

Move U Crew Team Member Job Description

Organization Type: UBC Faculty, Department, Unit or Student Group

Job Type: Part Time (29 hrs/wk or less)

Job Nature: On-Campus (UBC Vancouver) Job

Job Length: August 20, 2018-April 30, 2019

Hours Per Week: 5-10

Number of Openings: 5

Job Title: Move U Crew Team Member

Field of Work: Administrative and Clerical

Job Location:

Location

City

Vancouver

State/Province

British Columbia

Country

Canada

Job Description:

Research indicates that the majority of Canadians are not achieving the recommended levels of physical activity necessary for optimal health. What's more, here at UBC we spend a large portion of our day sedentary while we commute, study, work, and socialize. In response, UBC Recreation has formed the Move U Crew, a dedicated team of movement specialist who encourage people to sit less and move more. The Move U Crew helps enhance campus wellbeing by designing, promoting, and implementing interventions to reduce sitting, such as offering movement breaks in academic classes, conferences and meetings. In addition, the Move U Crew explores and shares evidence-based health information about sedentary behavior and physical activity, hosts bi-weekly guided walks, and aids the coordination of the annual MoveUBC campaign.

START AND LENGTH OF TERM

Work Term: August 20, 2018-April 30, 2019 (start and end dates can be flexible)

This position is a part-time role over two terms, with training time in August and/or

September. A one day training session (date TBD) is required. One hour weekly meetings are mandatory (days/times TBD). The term's end date will be determined based upon the successful candidate's exam schedule. Candidates will be required to be flexible with their hours throughout the term. Most hours will be scheduled Monday to Friday, with occasional evening and weekend work. The position will finish by April 30, 2019, unless otherwise negotiated.

WORKING RELATIONSHIPS

Reports to the Physical Activity Manager, Recreation and under the direction of the Move U Crew Captain. This position will also work closely with other departments and organizations outside of UBC Recreation in addition to other recreation programming staff, student staff, and volunteers.

WORK PERFORMED

Deliver an excellent program experience to UBC Community Members by helping to coordinate, promote, deliver and evaluate the following events and activities: Movement Breaks, bi-weekly guided walks, walking challenges (Step It Up and Walkabout), social media and blog posts, and Move UBC.

- *Movement Breaks:* Lead classroom or meeting-based movement breaks that encourage all participants to move more and sit less.
- *Walking Program:* Promote, coordinate, lead and evaluate bi-weekly one hour guided walks.
- *Walking Challenges:* Help coordinate and promote the 4-week Step It Up Walking Challenge in the fall term and 9-week Walkabout in the spring term.
- *Promotions:* Assist in the promotion of Movement Breaks and the Walking Program. Promote health-related resources on campus at major campus-wide events such as Orientations and MoveUBC as well as through partners such as in the Wellness Center and Residence.
- *Customer Service:* Respond to questions and engaging participants in relevant and action-focused conversations about student wellbeing.
- *Health Education & Projects:* Educate UBC's diverse range of communities about physical activity and movement-oriented programs and services (includes hosting booths and information sessions across campus). Share evidence-based information about appropriate on-campus and off-campus resources through blog and newsletter contributions. Assist in development of initiatives that promote physical activity on campus.
- *Evaluation:* Track and log activities, interventions, and interactions.
- *Partnerships:* Work in collaboration with wellbeing staff and student teams to provide support for UBC community members.
- *Administrative:* Attend weekly one-hour meetings with the Move U Crew to aid in coordination, planning, and preparation for upcoming events.
- Other duties as assigned and opportunities identified by Crew Members and the Manager of Physical Activity.

TEAM DEVELOPMENT AND LEADERSHIP SUPPORT

- Act as a student leader and ambassador on behalf of UBC Recreation and embody the values of diversity, inclusion and wellbeing.
- Aid in the development of a Move U Crew team culture that is a dynamic and inspiring group of student leaders who motivate others to move more and sit less.
- Uphold UBC's Respectful Environment Statement as a responsible member of the UBC community.
- Understand the role that the Move U Crew plays within a larger scope of leadership on UBC's Vancouver campus.
- Promote UBC Recreation and MoveUBC, as well as other wellbeing events, content, and resources through personal networks and seek opportunities to collaborate with other.

Qualifications:

- Current student at UBC in either third or fourth year, or graduate program
- Experience delivering interactive movement-related activities.
- Previous experience interacting with people in a customer service or assisting role, either paid or volunteer, is an asset
- Strong communications, public speaking and writing skills are required.
- Willingness to learn new topics and ideas, to grow personally and professionally
- Demonstrates passion for physical activity/movement in any level/ability
- Demonstrates strong written and verbal communication skills
- Enthusiasm for leadership responsibilities at UBC
- Ability to balance and manage multiple priorities throughout the school year
- Ability to take initiative and engage in creative problem solving
- Understand the various abilities for movement and considers the diversity of audiences when promoting wellness
- Commitment to team and working closely with others to ensure team success.
- Highly motivated individual able to take initiative

Experience Level: Current Students in an Undergraduate Program

Do you require applicants to currently be studying or have graduated from a specific degree program or discipline?: No

Salary / Wage: \$12.65/hour