



## CAREER PROFILES

### Program Leaders and Instructors in Recreation, Sport, and Fitness:

**Program Leaders and Instructors in recreation, sport, and fitness** lead and instruct groups and individuals in recreational, sports, fitness, or athletic programs. They may lead a variety of programs from teaching yoga and fitness classes, providing golf lessons, or coaching a basketball team, to leading children’s daycare programs.

### Wage/Salary Information:

\$50,250 is the median annual salary found in local job-postings.

\$12.54/hour is the median wage reported locally.

### Commonly Listed Skills in Job Postings:

- Teamwork
- Oral and written communication
- Detail oriented
- Work independently
- Customer service oriented
- Marketing
- Computer use
- Self-motivated
- Microsoft Office
- Creativity
- Time management
- Organizational skills
- Problem solving
- Multitasking
- Bilingual
- Management
- Interpersonal
- Public speaking
- Event planning

### Job Duties:

Program Leaders and Instructors in recreation, sport, and fitness plan and carry out recreational, athletic, fitness, and sports activities. Program Leaders and Instructors in recreation, sport, and fitness demonstrate and instruct athletic, fitness, or sports activities and techniques and instruct groups and individuals in arts, crafts, and similar activities and lead groups and individuals in recreational or leisure programs. They monitor recreational, sports,

or fitness activities to ensure safety and provide emergency or first aid assistance when required and enforce safety rules and regulations. Program Leaders and Instructors in recreation, sport, and fitness also assist with co-ordination of special events and schedule activities, keep logs, maintain records, and prepare reports.

### Working Conditions:

Work takes place indoors in sports and recreational settings.

Some outdoor work may also be required.

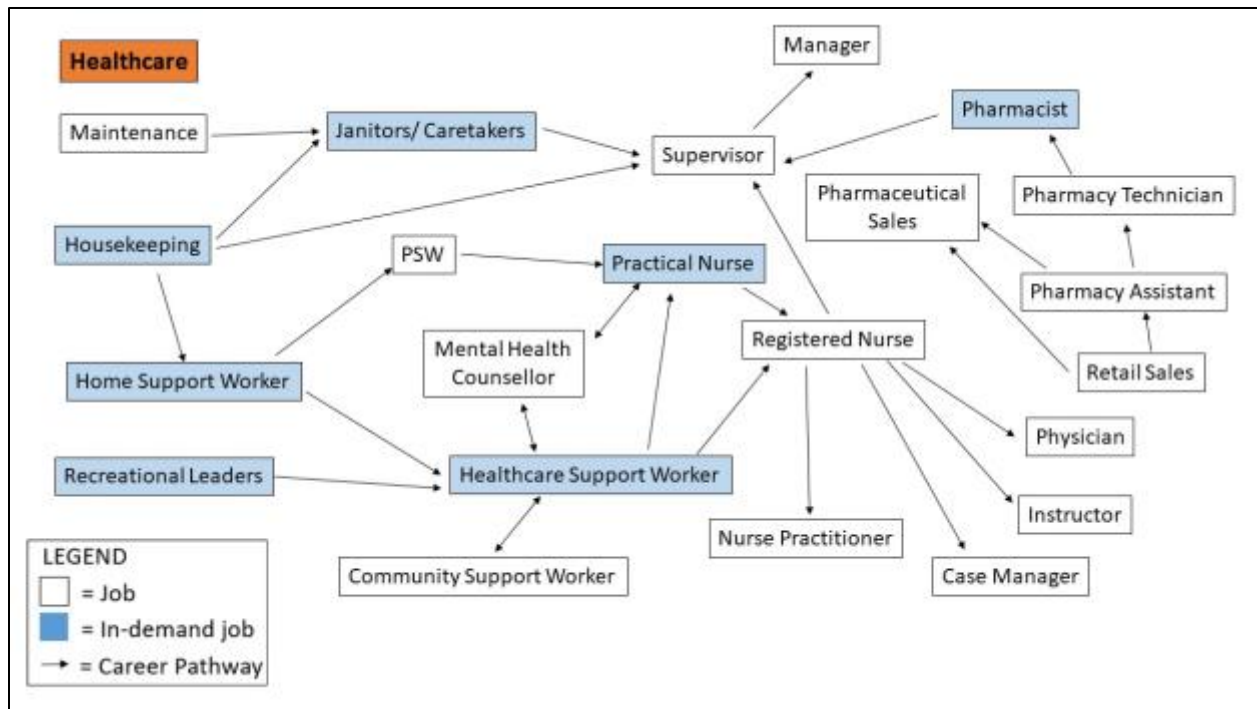
Some workers, such as lifeguards, work near water.

### Career Pathways:

The specifics of a job in this field depend on the activities being led. For example, workers in this field can teach or instruct indoor programs inside a gym or training facility. Program Leaders and Instructors in recreation, sport, and fitness may also conduct many activities outdoors. The range of sports and recreation activities varies greatly. For example, program Leaders and Instructors in recreation, sport, and fitness, may teach swimming lessons, give ski instruction, and coach teams and individuals in sports such as soccer, tennis, and golf. Depending on the sport or activity, program Leaders and Instructors may need to be physically fit.

Workers in this field are employed by community centres, sports and fitness clubs, outdoor centres, resorts, recreational facilities, health care facilities, retirement homes, correctional institutions, government departments, private businesses, tourism associations, and similar establishments. Below are potential career pathways for Program Leaders and Instructors in recreation, sport, and fitness:

- Aerobics Instructor
- Camp Counsellor
- Certified Personal Trainer
- Day Camp Leader
- Fitness Appraiser
- Fitness Instructor
- Gymnastics Teacher
- Lifeguard
- Playground Worker
- Recreation Program Leader
- Riding Instructor
- Ski Patrol
- Swimming Instructor - Sports



### Education and Training Pathways:

If you're interested in becoming a Program Leader or Instructor in recreation, sport, and fitness, you can acquire training/education locally at any of the following institutions.

#### St. Clair College:

#### **Fitness & Health Promotion**

#### **Admission/Eligibility Requirements:**

- OSSD with the majority of courses at the College (C), University (U), University/College (M), or Open (O) level
- Grade 12 English - ENG4U, ENG4C, EAE4C, or EAE4U
- Senior level Biology is strongly recommended

**Academic Credential:** Two Years - Ontario College Diploma

#### **Professional Certification:**

- Graduates qualify to complete an examination process certifying them as a CSEP-CPT (Canadian Society for Exercise Physiology - Certified Personal Trainer)
- Graduates will also be qualified to write the NFLA Group Fitness and Resistance Trainer and Personal Trainer exams

**Attendance:** In-person

**Full-time or Part-time:** Full-time

**Program Length:** 2 years - 4 semesters

**Program Cycle:** Unknown

**Program Cost:**

- Year 1: \$4,665.20
- Year 2: \$4,678.20
- Total: \$9,343.40 (2017/18)

**OSAP Eligible:** Unknown

**Location:** 2000 Talbot Road West, Windsor, N9A 6S4

For more information on this program, please visit:

[http://www.stclaircollege.ca/programs/postsec/fitness\\_health\\_promotion/](http://www.stclaircollege.ca/programs/postsec/fitness_health_promotion/)

## **Sport & Recreation Management**

**Admission/Eligibility Requirements:**

- OSSD with the majority of courses at the College (C), University (U), University/College (M), or Open (O) level
- Grade 12 English (C), (U), or (M)

**Academic Credential:** Three Year - Advanced College Diploma

**Professional Certification:** Unknown

**Attendance:** In-person

**Full-time or Part-time:** Full-time

**Program Length:** 3 years - 6 semesters

**Program Cycle:** Unknown

**Program Cost:**

- Year 1: \$4,548.86
- Year 2: \$4,548.86
- Year 3: \$4,571.86
- Total: \$13,669.58 (2017/18)

**OSAP Eligible:** Unknown

**Location:** 2000 Talbot Road West, Windsor, N9A 6S4

For more information on this program, please visit:

[http://www.stclaircollege.ca/programs/postsec/sport\\_management/](http://www.stclaircollege.ca/programs/postsec/sport_management/)

[University of Windsor:](#)

## **Kinesiology**

### **Admission Requirements:**

- Minimum Admission Average: 77%
- Mean Admission Average: 83%
- ENG4U and SBI4U required. A minimum grade of 70% in each of ENG4U and SBI4U required. Specializations begin in third year in Sport Management. Co-op available - apply during Year 2.

**Academic Credential:** Degree - Bachelor of Human Kinetics

**Professional Certification:** Opportunity to Specialize in Kinesiology

**Attendance:** In-person

**Full-time or Part-time:** Full-time

**Program Length:** 4 years

**Program Cycle:** Intake for Fall, Winter, Summer

**Program Cost:** \*\$8076.26

**OSAP Eligible:** Yes

**Location:** 401 Sunset Avenue, Windsor, N9B 3P4

For more information on this program, please visit:

<http://www.uwindsor.ca/kinesiology/>

***Disclaimer:** The educational institution reserves the right to change information without notice, and may result in discrepancies between their information and the information presented above. If any errors are found, please report them to [info@workforcewindsoressex.com](mailto:info@workforcewindsoressex.com).*