



Position Identification

Working Title: High Performance Testing & Training Specialist
Department Name: Alberta Sport Development Centre-Northwest Region
Effective Date of Appointment: Immediately

Position Summary (provide a brief summary of the position)

The High Performance Testing and Training Specialist is responsible for the area of High Performance Testing, Training and Consultation for ASDC Athlete Enhancement Program members and potential ASDC members throughout Northwestern Alberta. The successful candidate will report to and work closely with the ASDC NW Coordinator. The primary responsibility is to ensure effective delivery of Testing and Training services and athlete profiling. This position will be min 25hrs a week contract, with opportunity for professional development/extra contract work within ASDC NW.

**There will be a requirement for flexed shifts including daytime, evenings and weekends.*

Duties & Responsibilities

- Plan, design, implement, facilitate and evaluate performance testing services, member goal setting sessions, coach and athlete consultations, program design and setup.
- Research and prepare testing protocols for specific sports.
- Data collection and interpretation of fitness standards and norms for sport specific training.
- Meet with clients, book appointments and prepare a pre-testing, mid-testing, and post follow-up report for clients
- Support and manage the ASDC's policy and procedures and uphold the integrity of our program development and facility use guidelines.
- Work in partnership with the sport communities of Northwestern Alberta to develop programs that meet unique community needs.
- Will communicate program guidelines and logistics to ASDC members.
- Will structure individual training/program sessions with ASDC members
- Maintenance of all testing services and equipment.
- Collection of Informed Consent forms and PAR-Q's required by all ASDC members taking advantage of testing services.
- Protecting the safety of themselves, their co-workers, and the membership of ASDC through identification and reporting of hazardous situations.
- Making decisions on a day-to-day basis in the design, administration and delivery of the High Performance Testing and Training services.
- Make service/program decisions that will impact the satisfaction of the ASDC members. These decisions will impact the ability of the ASDC to provide sport science applications to developing athletes and coaches in Northwestern Alberta.
- Assisting in Marketing and Special Events of the Centre

Knowledge & Skills

- Understanding of the industry standards and fitness, sport testing, strength and conditioning trends and will be responsible for sharing this information with the ASDC network and team.
- Outstanding planning, organizational and customer service skills.
- Possess very strong report writing skills.
- Demonstrate excellent written and oral communication skills and has the ability to problem solve and to be a mentor and team player to achieve successful program/service delivery.
- Understanding of the certifications and education necessary for program Instructors and Staff to deliver programs and services in the manner that meets industry standards.
- Conscientious and detailed oriented
- Ability to work under pressure situations and to be versatile
- Ability to follow timelines and meet deadlines
- Able to build and maintain strong relationships with all ASDC members, coaches and affiliates.
- Ability to articulate the mandate, vision, goal, and outcomes of the ASDC programming and service philosophy.
- Understands all aspects of the ASDC Northwest and the ASDC network.

Qualifications *(minimum education requirements and the minimum on-the-job experience)*

- **BSc Kin, BPE or related Sport and Exercise Science degree.**
- **Current CSEP CEP or CSCS.**
- **Current First Aid and CPR level C.**
- **1 years + experience in designing and prescription of periodized strength and conditioning programs to a variety of athletes at provincial level or higher.**
- **2 years + experience in Fitness Testing and Sport Performance.**
- **Proficient in operating a TrueOne 2400 Metabolic Measurement System**

NOTE: Thank you to all applicants however only suitable candidates will be contacted.