

Position Summary

Position Title: Kinesiologist

Reports to: Program Director

Revision Date: May 2026

POSITION SUMMARY

The Kinesiologist is an integral member of the interdisciplinary team, supporting clients through the development and delivery of exercise, mobility, and wellness programming.

The role focuses on health promotion, disease prevention, and improving functional ability for individuals experiencing barriers to care. Services are delivered in alignment with Quest CHC's model of care, grounded in harm reduction, trauma-informed practice, and health equity.

This position includes both clinic-based and outreach work across community settings.

KEY OBJECTIVES

1. Improve client mobility, function, and overall health outcomes
2. Increase access to exercise and rehabilitation services for priority populations
3. Support chronic disease management and prevention
4. Contribute to interdisciplinary, team-based care planning
5. Strengthen community partnerships and pathways to care

KEY RESPONSIBILITIES

- Assess client functional ability and develop individualized exercise plans
- Plan and deliver group-based exercise and wellness programs
- Provide outreach services across multiple community locations
- Collaborate with interdisciplinary team members on care planning and case management
- Develop and implement program pathways linking clients to community resources
- Participate in program planning, implementation, and evaluation
- Collect and report on program data and outcomes
- Maintain accurate and timely clinical documentation
- Support student placements and mentorship

Employee Initials

- Participate in team meetings, case conferences, and organizational initiatives
 - Ensure compliance with organizational policies, professional standards, and legislation
 - Promote culturally safe, inclusive, and client-centered care
 - Other duties as assigned
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QUALIFICATIONS

Education & Registration

- Registered Kinesiologist in good standing with the College of Kinesiologists of Ontario
- Membership with the Ontario Kinesiology Association (OKA) is an asset

Experience

- Experience delivering group exercise programming
 - Experience working with older adults and/or individuals with mobility limitations
 - Experience supporting clients with complex health and social needs, including mental health and substance use
 - Experience in program development and evaluation
 - Experience in a community health or primary care setting is an asset
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SKILLS & ABILITIES

- Strong understanding of trauma-informed and harm reduction approaches
 - Knowledge of anti-oppression, anti-racism, and equity-based care
 - Ability to work independently and collaboratively
 - Strong communication, problem-solving, and organizational skills
 - Ability to engage diverse populations in a respectful and inclusive manner
 - Proficiency with electronic medical records and standard software
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CONDITIONS OF EMPLOYMENT

- Valid Ontario Driver's License and access to a reliable vehicle
- Ability to travel between sites and work in community settings
- Satisfactory Police Vulnerable Sector Check
- Compliance with PHIPA, FIPPA, and organizational policies
- Commitment to ongoing professional development

PHYSICAL DEMANDS

- Ability to demonstrate and support physical activity and exercise
- Standing, walking, and light lifting (10–20 lbs)
- Frequent interaction and communication with clients
- Physical Demands
- The position requires fine motor movements and gripping, handling and/or lifting 10-20 pounds. It also requires sufficient mobility to allow sitting, standing and twisting to reach patients and equipment. The position also requires far and near vision, depth, spatial and form perception, feeling, reading, writing.
- Speech and listening are critical aspects of the role to effectively communicate with clients for education, instructions and general rapport to relieve anxiety.

Working Conditions

The duties of this position are performed both inside and outside the health care centre including satellite locations and points of service. Work settings include community locations such as hospitals, homes, shelters and drop-in centres where the potential for dangerous situations to occur is higher than in an office setting. The position may also be required to provide “On Call” services.

The candidate must be able to work varying work schedules, including evenings, and in multiple work locations.

We are committed to workplace equity and diversity and encourage submissions from equity-deserving groups who identify based on ability, cultural background, race, sexual orientation and/or gender.

Employee Signature: _____ **Date:** _____

Supervisor Signature: _____ **Date:** _____