

## EMPLOYMENT OPPORTUNITY

<b>POSITION TITLE:</b>	PS1 Sport Science Apprentice (2-year Contract)	<b>Posting Date:</b> Wednesday, December 1, 2021
<b>DEPARTMENT:</b>	Performance Services	<b>Application Deadline:</b> Tuesday, January 4, 2022 (4:00 PM -EST)
<b>REPORTS TO:</b>	Direct Report: Manager, Performance Solutions	
<b>LOCATION:</b>	Canadian Sport Institute Ontario 875 Morningside Avenue, Suite 100, Toronto	<b>Interview Dates:</b> Week of January 10, 2022 (date TBC)
<b>COMPENSATION:</b>	\$45,000 – \$50,000 per annum	

### ORGANIZATION

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The Canadian Sport Institute Ontario (CSIO) is committed to providing best-in-class, multi-sport daily training environments for athletes and coaches through expert leadership, services and programs.

**Our Purpose is** Elevating people and performances

**Our Values are** Commitment, Synergy, Integrity, Openness

### PERFORMANCE SERVICES CORE OBJECTIVES

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#### Position Summary

The Sport Science Apprentice is a development role at CSIO, with the following core functions:

1. Provide Physiology and/or Strength Training services to Provincial Sport Organizations, and contribute as part of interdisciplinary support teams (IST)
2. Support and/or lead physical testing sessions at CSIO and in the field
3. Assist Sport Science practitioners in service delivery for National Sport Organizations
4. Actively receive ongoing mentorship in all sport science disciplines (physiology, strength training, data science, biomechanics) to achieve a high standard of practice

The successful candidate will demonstrate coaching ability and understanding of the scientific method (experimental design, data capture, data management, data analysis and reporting), the ability to work collaboratively as part of a team, and a passion for high performance sport every day in order to support performance enhancement and help athletes and coaches to thrive.

### POSITION RESPONSIBILITIES

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#### Service Delivery

- Foster effective working relationships with sport coaches to understand coaching philosophy and sport program goals
- Plan, deliver and evaluate the provision of physiology and strength training services to identified athletes
- Support decentralized athletes with programming and consultations

- Support coaches in the periodization and planning of their daily training environment
- Leverage a strong understanding of sport science disciplines to determine how to best improve athlete performance
- Coach athletes in one on one or small group scenarios to teach proper lifting techniques, to ensure maximum adaptations and a safe environment
- Implement thorough monitoring, tracking, and testing process to ensure that athletes are making the desired progress
- Evaluate current research to broaden knowledge of the sport as well as general knowledge of trends and findings in the discipline
- Conduct and collaborate in research and innovation projects when required
- Supervise open training hours at CSIO headquarters located within the Toronto Pan Am Aquatic Center (TPASC)
- Attend and contribute to sport specific Integrated Support Team (IST) meetings
- Consult and refer specific athlete issues to relevant practitioners within the IST
- Maintain an accurate record of work conducted
- Adhere to any professional codes of conduct appropriate to your profession or other codes of conduct that might be deemed applicable to sports science and sports medicine practitioners in general

### **Physical Testing**

- Assist the Lab Coordinator with equipment calibration procedures and quality assurance of equipment and ensure electronic records are kept up to date
- Assist the Lab Coordinator with developing and maintaining Standard Operating Procedures of field tests and equipment
- Assist Performance Services staff with preparing and conducting performance testing within the Sport Lab and in the field
- Support in the management of performance data and ensure such is secure and accessible
- Provide comprehensive feedback (verbal, dashboards, presentations, publications, reports) of results and interpretation for practitioners, athletes and coaches
- Support targeted research and innovation projects

### **Mentorship and Development**

- Support sport science practitioners with data collection, processing, analysis, and reporting in the daily training environment and remotely
- Actively participate in CSIO professional development programs and processes
- Present at workshops, lectures and seminars as required
- Work with mentors to identify technical gaps and actively engage in skill development in all sport science disciplines (physiology, strength training, biomechanics, data science)
- Maintain a proactive approach to personal professional development
- Demonstrate an understanding and respect of all sport science and medicine service areas
- Adhere to professional codes of conduct
- Maintain an accurate record of work conducted
- Undertake any other reasonable duties as requested

### **Relationships**

- CSIO Performance Services Team & Leads
- CSIO Performance Pathways Advisors
  - Coaches & Athletes
  - CSIO CEO & Directors
  - Canadian Olympic & Paralympic Sport Institute Network

## **QUALIFICATIONS AND SKILLS**

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### **Required Experience, Qualifications and Skills**

- Advanced degree (M.Sc. or Ph.D.) in physiology, kinesiology, sport science, or related field
- Minimum of 2 years' experience working in a performance sport environment
- National Strength & Conditioning Association (NSCA), Certified Strength and Conditioning Specialist (CSCS) certification or ability to obtain in first 3 months
- Certification as an exercise physiologist (CSEP-CEP or equivalent) or able to obtain in first 3 months

- Strong understanding of physiological and mechanical principles related to sport performance
- Demonstrated success in applying scientific principles for performance enhancement
- Strong coaching and communication skills
- Experience with database software and basic data management procedures
- Able to perform metric, tool and protocol validation
- Able to think critically about data sources, calculations and interpretations
- Able to interpret and communicate data collection, analysis and results
- Eligible to work in Canada

#### **Desired Experience, Qualifications and Skills**

- Trained in phlebotomy
- Defined programming abilities in one or more of the following languages (R, Python, Julia, Labview, Matlab)
- Understand and perform descriptive, and inferential statistics
- Familiarity with sport performance laboratory will be considered an asset
- Background as a high performance coach or athlete is an asset
- Experience working with youth athletes (12-18 years) in an asset
- Knowledge of the Canadian Sport System is an asset

#### **Position Attributes and Behaviors**

- Tackle both mundane and challenging tasks with eagerness
- Excellent written and interpersonal communication skills.
- Ability to work in a fast-paced environment with a high degree of independence and initiative
- Good team building skills and the ability to be flexible and adjust to changing priorities
- Service and results orientated with the ability to balance sport needs and goals with those of CSIO
- Personal credibility, honesty, integrity, and ability to handle pressure and stress appropriately
- Excellent organizational and planning skills

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**Interested applicants should submit their resume and cover letter (in one PDF document) to:**

**Search Committee,  
Canadian Sport Institute Ontario  
E-mail: [careers@csiontario.ca](mailto:careers@csiontario.ca)**

**Canadian Sport Institute Ontario is committed to creating an inclusive and diverse work environment and is proud to be an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, age, marital status, family status or disability. Accommodations are available on request for candidates taking part in all aspects of the selection process.**

**We thank all applicants for their interest, however, only those selected for an interview will be contacted.**