

Kinesiologist (16 hours/week, Permanent)

Who We are:

Langs is a grass-roots neighbourhood-based organization that has become so much more! Langs was established as a community development project in 1978 by a group of citizens and service providers concerned about the lack of accessible services in the community. Langs has grown to become a dynamic, respected multi-service organization that uses a community development approach to provide comprehensive health, social and recreational services that are responsive to the changing needs of our community.

What We are Looking For:

We are currently recruiting for a Registered Kinesiologist to join our Health Promotion & Prevention team for a part-time position. This role is responsible for supporting clients in improving physical function, increasing physical activity, managing chronic conditions, reducing barriers to healthy living, and achieving their self-management goals. Services are delivered through individual consultations, group programs, community outreach activities, and collaboration with primary care providers and community partners.

A successful candidate in this role would have

- Current registration and membership in good standing with the College of Kinesiologists of Ontario
- Undergraduate degree in Kinesiology, Human Kinetics, Physical Education, or related field from a recognized university
- Certified Exercise Physiologist (CSEP-CEP) designation preferred or equivalent certification.
- Minimum two (2) years' experience working with individuals living with chronic health conditions including diabetes, cardiovascular disease, obesity, hypertension, arthritis, chronic pain, respiratory conditions, and other metabolic disorders.
- Experience conducting physical activity and functional assessments and developing individualized exercise and physical activity plans.
- Experience providing individual and group-based health education and exercise programming.
- Demonstrated understanding, of behaviour change strategies, motivational interviewing, self-management support, and health coaching.
- Experience working within an interprofessional team environment.
- Experience in program planning, implementation, evaluation, and quality improvement.
- Demonstrated commitment to health equality, anti-oppressive practice, cultural safety, and trauma-informed care.
- Knowledge of the social determinants of health and their impact on health outcomes.
- Experience working with culturally, economically, and socially diverse populations.
- Experience working in a Community Health Centre or primary care setting considered an asset.
- Proficiency with electronic medical records and Microsoft Office applications.
- Current CPR-C and First Aid certification.
- Valid driver's license and access to reliable transportation considered an asset.

In this role you will be expected to complete the following tasks

- Conduct assessment of physical activity, functional capacity, mobility, strength, balance, and exercise readiness for clients living with chronic health conditions.
- Develop, implement, monitor, and modify individualized exercise and physical activity plans based on client goals, abilities, and health status.
- Provide individual exercise therapy, physical activity counselling, health education, and self-management support within the Kinesiologist's scope of practice.
- Support clients living with chronic conditions such as diabetes, cardiovascular disease, hypertension, obesity, chronic pain, arthritis, and respiratory disease.
- Utilize evidence-informed behaviour change strategies, including motivational interviewing and goal setting, to support healthy lifestyle changes.
- Design, facilitate, and evaluate group exercise, wellness, and chronic disease prevention and management programs.
- Collaborate with members of the interprofessional team to support coordinated client-centered care.
- Assist clients in identifying and addressing barriers to physical activity and accessing appropriate community resources and supports.
- Maintain accurate and timely documentation in the electronic medical record and communicate with care providers as required.
- Participate in community outreach, health promotion activities, program evaluation, quality improvement initiatives, and data collection.
- Provide support and supervision to students and volunteers, as appropriate.
- Act as physical activity and exercise resource to staff and community partners.
- Perform other related duties as assigned.

What We Can Offer You:

Langs is an organization where people belong. Langs is committed to promoting Inclusion, Diversity, Equity, and Access for all our staff, patients, participants, and volunteers. We are committed to equal employment opportunity regardless of race, colour, ancestry, religion, sex, national origin, sexual orientation, age, citizenship, marital status, disability, gender identity or Veteran status. Langs strives for an inclusive environment centred on employee wellbeing and supportive leadership.

Don't meet every requirement? Studies have shown that women and people of colour hesitate to apply to jobs unless they meet every single qualification. At Langs, we are dedicated to building a diverse, inclusive and authentic workplace, if you're excited about this role but your past experience doesn't align perfectly with every qualification please apply and share in your cover letter why you believe you are the right candidate.

The successful candidate would be eligible for the following benefits:

- Starting Salary of \$28.73-\$33.44 Hourly
- 3 Weeks paid vacation, with an increase to 4 weeks after 1 year of employment
- 15 Sick/Personal Days per year
- 10 Professional Development days per year
- Enrolment in Healthcare of Ontario Pension Plan (HOOPP)
- Comprehensive Extended Health and Dental Care Plan including a \$1000 Healthcare Spending Account & \$500 Lifestyle Spending Account.

Candidates are required to submit detailed cover letter along with their resume by July 29, 2026
Candidates requiring accommodation to participate should contact Human Resources to communicate any accommodation needs.

This job posting is for an existing or expected vacancy within our organization.

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