



CEP Instructor
Employment Opportunity #071-25.26

Closing Date: October 3, 2025 at 4:00 PM

REDS RECREATION

REDS Recreation provides physical activity and wellness opportunities for students, faculty/staff, alumni and the community. We offer memberships, club sport & intramurals, group fitness, fee-based programs, aquatic-based activities, unorganized recreational opportunities, occupational testing, outdoor recreation and more in both group and individual experiences. We are housed in The Richard J. Currie Centre although many activities take place throughout the UNB campus.

WHAT WE OFFER

Part-time | Term ending August 17, 2026 | Fredericton | On-Campus

Standard Work Hours: Shift Work | 20 hours per week

Salary Range: \$24.92 - \$31.16 per hour

YOUR FOCUS

Reporting to the Program Coordinator, the CEP Instructor leads programming for older adults with various chronic conditions while also contributing to group fitness and personal training programming.

- Instruct progressive programs (including assessments) for various special populations, including general strength & conditioning programs.
- Document, develop and evaluate appropriate exercise prescription program plans for special populations and apparently healthy individuals.
- Assist in training, mentoring and evaluating other instructors and volunteers of special population and generally healthy strength & conditioning programs.
- Provide general consultations to members and/or patrons.
- Provide personal training services to clients who require a Clinical Exercise Physiologist due to their health status or those apparently healthy looking for general strength and conditioning programs.
- Instruct drop-in group fitness classes.
- Assist with individual and group fitness assessments, including occupational fitness testing or general fitness appraisals.

WHAT YOU BRING

- Canadian Society for Exercise Physiology Clinical Exercise Physiologist (CSEP-CEP).
- Undergraduate degree in Kinesiology or health-related program.
- Current First Aid, CPR and AED Certification.
- EPIC.
- Experience teaching older adults and those with chronic conditions in both group and one-on-one settings.

Additional Strengths

- Additional health and fitness certifications would be considered an asset.
- Additional training with special populations would be considered an asset.
- Experience working at REDS Recreation would be considered an asset.
- Excellent verbal and written communication skills.

WORK WITH US

WHY CHOOSE UNB?

UNB offers a large variety of benefits for employees, including a full pension, a minimum of three weeks of vacation annually, the Employee and Family Assistance Program (EFAP), and dental, life, and health insurance.

COMMITMENT TO EQUITY, DIVERSITY & INCLUSION

The University of New Brunswick is committed to employment equity and fostering diversity within our community and developing an inclusive workplace that reflects the richness of the broader community that we serve. The University welcomes and encourages applications from all qualified individuals who will help us achieve our goals, including women, visible minorities, Aboriginal persons, persons with disabilities, persons of any sexual orientation, gender identity or gender expression. Preference will be given to Canadian citizens and permanent residents of Canada.

We thank all who apply; however, only those selected for an interview will be contacted.

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