

10 TOP

- Athletic Therapist
- Community Centre Administrator
- Coach
- Facility Manager
- Fitness Instructor
- Personal Trainer
- Physical Education Teacher
- Physiotherapist
- Sports Administrator
- Sports Marketer

PROSPECTS IN **SPORT,** **RECREATION** **AND FITNESS**

Promoting Fitness and Healthy Living

Sports Administrator (NOC 5254)



Program leaders and instructors in recreation and sport instruct groups and individuals in recreation, sports, fitness and athletic programs. Employers include: community centres, sports and fitness clubs, hotels and resorts, medical institutions, recreational facilities and correctional institutions.

DUTIES:

- plan and carry-out recreational, athletic, fitness and sports activities
- assemble supplies and sports and game equipment
- demonstrate and instruct athletic, fitness or sports activities and techniques
- instruct groups and individuals in arts, crafts and similar activities and lead groups and individuals in recreational or leisure programs
- provide lifestyle awareness information

- attend to clients with special needs
- conduct therapeutic recreational or athletic activities
- ensure safety and provide emergency or first aid assistance when required and enforce safety rules and regulations

SKILLS:

- excellent verbal communication skills to explain movements or activities clearly
- ability to motivate and to be patient with learners
- good physical fitness
- awareness of health hazards and ability to respond to emergency situations
- ability to work independently
- creativity in designing new programs
- the ability to plan schedules and organize equipment and space needs
- computer skills for record keeping



Getting People Moving

THE BENEFITS OF ACTIVE LIVING ARE NOT ONLY FOR ONE'S HEALTH BUT ALSO FOR QUALITY OF LIFE. There are a wide variety of careers in the recreation, fitness and sport sector including: personal trainer, sports administrator, icemaker, facility manager, physiotherapist and sports marketer.

For Kevin Chief, Executive Director, Winnipeg Aboriginal Sport and Recreation, the passion for sports goes back to his days of playing basketball for the University of Winnipeg Wesmen. "Playing sports provided me with the determination and discipline to forge ahead in my career and the ability to work with and help others," said Chief. "There are life lessons that I learned in sport that I still employ everyday."



Chief is also in charge of the Winnipeg Aboriginal Sport Achievement Centre (WASAC) that runs a sports and recreation camp for aboriginal youth in the summer. WASAC also runs programs in various schools throughout the year. It's an initiative to reach out to at-risk youth using sports and recreation as a vehicle to promote healthy lifestyles, attendance in school and career choices.

"We tell our students that getting involved in sports and recreation can lead to a variety of careers – and playing sports is fun too," said Chief. "It's about getting youth involved in positive activities that will encourage them to stay in school and enjoy a healthy lifestyle." ●



FOR MORE INFORMATION

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WWW.MASRC.COM

PROFILE

James Zebrasky

Sports Program Co-ordinator

Being able to wear sweat pants to work is not the only perk for James Zebrasky. He loves passing on his passion for sports to youth.

In fact, sports has always been a big part of James Zebrasky's life and he feels fortunate to give back to the community as a program coordinator with the Winnipeg Aboriginal Sports and Achievement Centre.

Zebrasky plans and coordinates after school recreational programs for inner city children ranging in ages from six to 18. He also prepares budgets, handles

the finances and does some counselling when required.

"I'm glad to be able to help out the community by keeping kids busy and out of trouble," said Zebrasky. It's not a 'nine-to-five' job and some days he finds himself working late into the evenings. "Our outdoor adventures program with high school students starts just after school where we take them rock climbing, hiking or even to the movies," said Zebrasky.

Zebrasky has been employed in sports and



recreation since leaving high school. He worked with the City of Winnipeg before graduating from a Recreation Technician course offered at the Aboriginal Centre of Winnipeg. "I want to continue my education in the future and get a degree in Recreation Administration," said Zebrasky. ●