

# Ancient Rivers

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## Family Health Team

### Kinesiologist Job Description

#### Organization Name

Ancient Rivers Family Health Team

#### Address

100 Health Village Lane, Suite 101B  
Renfrew ON K7V 0C3

#### Position

Kinesiologist

#### Compensation

\$34.97 - CA\$40.91 per hour

#### FTE Type

0.4 FTE (15 hours per week), temporary  
until March 31, 2027

#### Overview

The Kinesiologist will work closely with our Primary Care Providers and Integrated Healthcare Providers as part of a dynamic interdisciplinary health care team. In both individual and group settings, the Kinesiologist offers safe exercise prescription and counseling aimed at preventing and managing chronic diseases and injuries. Their approach also focuses on enhancing patients' functional abilities and preserving their independence.

#### About Us

The Ancient Rivers Family Health Team (FHT) is a group of interprofessional healthcare providers associated with the Ancient Rivers Family Health Organization (FHO), a group of 17 family doctors in Renfrew and Calabogie with a combined roster of 14 000 patients on 1 shared EMR (Telus Practice Solutions).

#### Main Responsibilities

- Provide safe and effective physical activity prescriptions and counseling tailored to individual patient needs.
- Conduct thorough assessments to evaluate patients' health status, risk factors, physical function, and readiness for change.
- Design personalized exercise interventions based on each patient's unique needs and readiness to engage in change.
- Offer behavioral counseling and follow-up sessions as necessary to support patient progress.

- Supervise exercise sessions when appropriate, ensuring patient safety and effectiveness.
- Develop and lead exercise and educational groups for various conditions, including fall prevention programs.
- Review patient charts prior to initial consultations to understand medical history and health profiles.
- Identify and facilitate access to relevant community services and programs based on patients' needs and interests.
- Collaborate with allied healthcare professionals to provide holistic care.
- Work closely with team members to support program development and integration.
- Maintain accurate and up-to-date clinical records in accordance with the College of Kinesiologists of Ontario standards, documenting assessments, treatment plans, goals, progress, and discharge plans.
- Utilize the Electronic Medical Records (EMR) system for documenting and reviewing patient information relevant to assessments and consultations.
- Collaborate with Administrative Assistants to ensure efficient scheduling and contribute to the scheduling process.
- Stay informed about professional standards and advancements in the field.
- Participate in training and education related to current federal and provincial health and safety regulations, standards, and guidelines.
- Attend and contribute to committees and meetings as required.
- Perform other duties as assigned to support the team's objectives.
- Connect and build relationships with community partners, as needed

## Position Qualifications and Skills

- Registered and in good standing with the College of Kinesiologists of Ontario
- Preference of two years providing Kinesiology services.
- Experience with in-home assessments and treatments; community and/or primary health care setting an asset.
- Experience in group program development and evaluation an asset.
- Demonstrated ability to communicate effectively with patients, families, and members of an interdisciplinary medical team.
- Experience in patient education and chronic disease management.
- Excellent written and verbal communication skills.
- Intermediate knowledge of Microsoft Office Suite and EMR (e.g. Telus Practice Solutions Suite) preferred.
- Demonstrated ability to work well independently and in a team environment.
- Current Ontario Driver's License and access to a vehicle for travel within the region.

## Why Join ARFHT?

We care about your wellbeing and will support your work-life balance. Our competitive employee value proposition includes, but is not limited to:

- Participation in HOOPP
- 12 paid stat holidays annually + 3 float holidays (prorated to start date and FTE)
- 10 combined paid personal/sick days annually (prorated to start date and FTE)
- 3 weeks of paid vacation time (prorated to start date and FTE)
- Professional development time and funding

## How to Apply

Qualified applicants are asked to forward their cover letter and resume to [info@arfht.ca](mailto:info@arfht.ca). We thank all applicants for their interest in Ancient Rivers FHT, however, only those applicants selected for an interview will be contacted.

*The Ancient Rivers Family Health Team supports diversity, equity, and a workplace free from harassment and discrimination. We encourage applications from all qualified candidates, including women, visible minorities, aboriginal peoples, and persons with a disability. Personal information contained in applications will be used for recruitment purposes and collected as per the Freedom of Information (F.O.I.) And Protection of Privacy Act, 1987. The Ancient Rivers Family Health Team is committed to improving access and opportunities for individuals with disabilities in accordance with the Accessibility for Ontarians with Disabilities Act. If you require a specific accommodation during the application, interview, or recruitment stage, please contact Kate Jones by phone at 613-554-9551 ext101 or by email at [info@arfht.ca](mailto:info@arfht.ca) noting Accessibility Inquiry in the subject line, for appropriate accommodations to be made.*