



Aussie-FIT Community Coach (Albany & Bunbury)

Job Description

We are recruiting coaches to deliver the Aussie-FIT men's health program. This role will involve facilitating footy-themed physical activity and workshop style education to groups of men.

Benefits

Remuneration: \$49.71/hour

- Develop personal and professional skills in community health program delivery
- Learn about nutrition, physical activity, motivation, and behaviour change psychology
- Have a direct impact on the lives of men, helping them improve their physical and mental health
- Work with a research team including behavioural scientists, psychologists and sport and nutrition experts
- Be paid \$49.71/hour for 3 hours work per 90-minute weekly session delivered (covering 1.5 hours preparation per weekly session) and for 15 hours training

About the role

Researchers from Curtin University will provide comprehensive training in program delivery, and detailed delivery notes and resources for each session. Coaches are responsible for facilitating education and physical activity with a group of approximately 15 men. An important part of the coach role is designing and delivering physical activity sessions that are safe and suitable for men with a range of fitness levels and abilities.

In Albany, we anticipate an initial program delivery from September 2021, with more deliveries planned for 2022. In Bunbury, we anticipate initial program deliveries from February 2022. Coaches should be available for 2 hours once a week on a weekday evening. We are awaiting confirmation of exact dates, times, and venues. The venue will be a local footy setting, with the education part of the session delivered indoors and the physical activity mostly on the oval (weather dependent!).





Role Requirements

The key to the success of Aussie-FIT is recruiting enthusiastic and engaging local coaches to help support the men to improve their health. Ideally coaches will:

- have some knowledge, an interest in, or passion for footy
- some experience in a coaching or similar role
- good communication skills
- be able to help foster a fun and supportive atmosphere

Aussie-FIT program information

Aussie Fans in Training ([Aussie-FIT](http://www.aussiefit.org)) is a footy-themed men's health program. In 2021 and 2022, with funding from the Department of Health, Aussie-FIT is running in some regional towns in WA. Men participate in 12 weekly 90 minute sessions, with each session covering different topics. Sessions include both education (e.g., nutrition, goal setting) and physical activity. In 2018 we piloted the program with men living with obesity in Perth. You can read more about the pilot delivery of the program on our website: www.aussiefit.org/pilot. The program helped men lose some weight and improve their physical activity, diet, alcohol consumption, and psychological health. Both participants and coaches told us that being involved in this program was extremely rewarding.

For more information

If you are interested in becoming an Aussie-FIT Coach, please contact program lead Associate Professor Eleanor Quested from Curtin University who will be able to provide you with further information regarding the project and the position advertised.

Phone: 08 9266 5693

Email: eleanor.quested@curtin.edu.au

