

F2T AMBASSADORS

Potential roles and responsibilities for certified members

The **F2T** Program supports the education, training and mentorship of three tiers of program ambassadors – the Fitness-Performance Specialist (**FPS**), the Peer Fitness Trainer (**PFT**), and the Wellness-Fitness Ambassador (**WFA**). Each designation is associated with different skill sets and capabilities that members can bring to bear in supporting their department's wellness and fitness program. This document is not meant to serve as a scope of practice for each **F2T** Certificate, but instead aims to highlight potential roles and responsibilities that could be taken on by members holding each designation. Should a department want a member to assume a particular role, they are encouraged to have them Certified at least to that level of training (members' access to **F2T** resources is linked to their Certificate level).

1. Author (**WFA**, PFT, FPS)

Marketing and Program Advocacy

Assist with the department's efforts to promote wellness and fitness, and inspire and motivate general members to engage and take action.

Advocate for the department's wellness-fitness program and the value of wellness and fitness in formal or informal conversations with members.

2. Collaborator (**WFA**, PFT, FPS)

Teamwork, Inclusivity and Shared Interests

Work alongside or under the direction of other stakeholders in the implementation of a department-led wellness and fitness initiatives.

Promote inclusivity and opportunities to collaborate / involve multiple stakeholders in department-led wellness-fitness initiatives.

3. Guide (**WFA**, PFT, FPS)

Leading By Example

Serve as a model and/or motivator to others through their actions and behaviours in support of wellness and fitness.

Guide the efforts of others and/or direct them to the appropriate personnel and resources to support their wellness-fitness related needs.

4. Student (**WFA**, PFT, FPS)

Self-care and a Willingness to Learn

Make a commitment to self-care, learning, and personal growth in support of wellness and fitness.

Display a willingness to engage in activities that involve self-reflection and an opportunity to grow personally and professionally.

5. Author (**PFT**, FPS)

Written Communication and Content Creation

Produce written content on topics related to wellness and fitness for use on multiple platforms in the department's wellness-fitness program.

Produce or assist in the production and distribution of other wellness and fitness resources using different forms of media.



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6. Creator (**PFT**, **FPS**)

Critical Appraisal and Designing Solutions

Design workouts and exercise programs to suit a variety of interests, needs and objectives, and equipment and space constraints.

Assist with the planning and development of wellness- and fitness-related initiatives for the department's program.

7. Teacher (**PFT**, **FPS**)

Public Speaking and Teaching

Communicate with stakeholders regarding the members' and/or department's interests on matters related to wellness and fitness.

Lead or assist with the delivery of exercise sessions, training activities and educational workshops on wellness/fitness-related topics.

8. Mentor (**PFT**, **FPS**)

Providing Feedback and Support

Administer wellness- and fitness-related assessments and provide personalized feedback to members regarding their results.

Support members' interests/needs and serve as a program champion who connects with and empowers others.

9. Leader (**FPS**)

Innovate and Influence

Assist in establishing goals and objectives for the department's program, and identify potential strategies and tactics to facilitate progress.

Solicit stakeholder feedback, advocate for the members, and identify innovative solutions to address existing obstacles to implementation.

10. Manager (**FPS**)

Program Oversight, Coordination & Evaluation

Work with other stakeholders to oversee the planning, design, implementation and evaluation of the department's wellness-fitness program.

Lead or assist with the coordination and delivery of program initiatives, including the support and continuing education of PFTs and WFAs.

