

Career Profile KINESIOLOGIST

What is a Kinesiologist? Career Description/Scope

Kinesiologists are regulated health professionals who study human movement and the relationship between physical activity and health. Kinesiologists are committed to enhancing quality of life through the promotion of physical activity and workplace health and safety, the prevention and management of injury and chronic disease, and the overall improvement of health and performance. Kinesiologists are leaders in the prevention of injury and chronic disease; they work with people of all ages and every level of function and physical ability to assess, track, manage and achieve a broad range of personal health goals. Exercise is used to prevent and manage injury and manage chronic disease.

Education Requirements to Work in Ontario

The kinesiology program is a 4 year degree program offered at many universities across Canada.

Lakehead University

Admissions requirements:

- Ontario Secondary School Diploma including
 - 1 credit in Grade 12 U English and Math
 - 2 credits from: Grade 12 UBiology, Chemistry, Exercise Science, Physics
 - 2 additional 12 U/M credits

Program Specifics:

- 4 year undergraduate degree program
- Course in biomechanics, health promotion, psycho-motor behaviour, ergonomics, etc.
- Must attain First Aid and CPR(C) by the end of year 2
- In order to continue on each year in the kinesiology program students must maintain a minimum overall average of 60% in all courses, and maintain a minimum 70% cumulative average in all Kinesiology courses

Kinesiologist Practice Requirements

To practice in Ontario, Kinesiologists must be registered with the College of Kinesiologists of Ontario and perform the following requirements:

- Entry to Practice
 - Licensing exam
 - Jurisprudence exam
- Ongoing
 - Participation in the College of Kinesiologists of Ontario quality assurance program

How does a Kinesiologist Practice at TBRHSC?

- Works to scope of practice as outlined by various legislation and authorities including:
 - College of Kinesiologists of Ontario
 - Regulated Health Professions Act
 - Kinesiology Act
 - Public Hospitals Act
- Works as part of an interprofessional team
- Works on a referral basis

What does a Kinesiologist Do?

Kinesiologists ultimately aim to encourage the health and wellbeing of individuals through the implementation of movement and exercise. They work with patients to reach their personal lifestyle goals. Through body composition testing, the assessment of physical abilities, and the instruction of proper exercise form, Kinesiologists ensure that patients are motivated and have the resources required to be healthy and move efficiently. In a health care system that focuses on remedial care, Kinesiologists are becoming increasingly valued as health care providers who focus on preventative care. Many chronic diseases such as diabetes, cancer, and heart diseases can be prevented with a healthy lifestyle including a balanced diet and regular exercise. Kinesiologists have been specially trained as exercise therapists to remove barriers and encourage individuals of all abilities to remain active through all stages of life.

Web Resources

- College of Kinesiologists of Ontario www.coko.ca
- Ontario Kinesiology Association www.oka.on.ca
- Lakehead University Kinesiology Page www.kinesiology.lakeheadu.ca
- Kinesiology Network www.kinesiology.net
- Canadian Society for Exercise Physiology www.csep.ca/english/view.asp?x=1
- Physical and Health Education Canada www.phecanada.ca