



This Fact Sheet provides a brief overview of the Kinesiology profession.

1 REGULATED PROFESSION

NOC National Occupational Classification:

Kinesiologist is a professional recognized under NOC National Occupational Classification issued by Statistics Canada: [3144 - Other professional occupations in therapy and assessment](#)

2 REGULATOR & PROFESSIONAL ASSOCIATIONS

In Canada, Kinesiologists are legislated provincially. In 2013, in Ontario, kinesiology became a regulated health profession with the establishment of the College of Kinesiology of Ontario (CKO). Similar proposals have been made in other provinces and will soon be legislated in 3 other provinces.

For Kinesiologists outside of Ontario, the profession is controlled by the Canadian Kinesiology Alliance and its partners: Provincial Kinesiology Associations.

All Kinesiologists must meet specific requirements in order to practice in Canada:

- Meet competencies and standards of the profession, and successfully pass a professional assessment (if applicable)
- Maintain professional insurance and general insurance
- Follow the CKA code of ethics
- Complete Continuing Education Standards every 1- 3 years
- Be a member of their Provincial Kinesiology Association, National Kinesiology Alliance and College (if applicable)

3 ECONOMIC IMPACT

According to the Conference Board of Canada, if we were to decrease the number of inactive Canadians by even 10%, we'd see a 30% reduction in mortality and major savings in health care. It is estimated that more than \$2.4 billion, or 3.7 per cent of all healthcare costs, are attributed to the direct cost of treating illness and disease due to physical inactivity. The financial impact of poor health amounts to a loss of more than \$4.3 billion to the Canadian economy, and the negative repercussions of inactivity cost the healthcare system \$89 billion per year in Canada.

4 MEMBERSHIP

Nationally (members of CKA – Practicing Kinesiologists only):

In 2017, 3625 practicing Kins were members of the CKA . Our numbers are growing, this is a 69% increase over 2016

From: 36.6% ON; 30.2% BC; 25.7% QC; 5.4% AB; 1% MB, NS, PEI; 0.8% NB, 0.5% NL

Provincially (members of PKAs)

BC: 1137 practicing Kins; 62 academics; 49 non-practicing; 21 corporations
ON: 1323 practicing Kins
QC: 929 practicing Kins
AB: 194 practicing Kins
NS: 20 practicing Kins
PEI: 80 Kin graduates – first cohort 2016. Most PEI Kins practice in another province.
NB: 32 practicing Kins
NL: 26 practicing Kins
MB: 49 practicing and non-practicing Kins

5 DEMOGRAPHY & LOCATION

- Location:

Nationally: 36.6% ON; 30.2% BC; 25.7% QC; 5.4% AB; 1% MB, NS, PEI; 0.8% NB, 0.5% NL

Provincially:

BC: Primarily Greater Vancouver 75%, Kelowna 10%, all other areas 15%.

AB: Edmonton 31%, Calgary 58%, Red Deer Area 8%, Others 3%

NS: Halifax Area 66%, Cape Breton Area 25%, others 9%

QC: Greater Montreal Area 58%, Eastern Township 5%, Greater Québec City Area 16%, Chicoutimi Saguenay Area 8% Centre du Québec 5%, Cote Nord, Bas St-Laurent Gaspé 5%, Outaouais 1%, Val d'or 2%

MB: Winnipeg 99%, other 1%

NB: Moncton Dieppe Area: 78%, Fredericton 7%, Edmundston 4%, other 11%

NL: St-John's 50%, Paradise 23%, Mount Pearl 19%, Other 7%

ON: Greater Toronto Area 40%, St-Catherine, Niagara Hamilton Burlington 17%, Guelph Waterloo 10%, Ottawa 10%, London Greater Area 7%, Sudbury Area 5%, Kingston 5%, Thunder Bay Area 2%, Orillia Barrie 3%, Windsor 2%

- Age:

76% of kinesiologists are between 25 to 44 years old; Less than 25 years old (14 %) ; 25-34 y.o. (57 %) ; 35-44 y.o. (19 %) ; 45-54 y.o. (7 %) ; 55-64 y.o. (2 %) ;

6 TITLES

In Ontario, Kinesiologists have a professional designation "Registered Kinesiologist".

In provinces without legislation, however, their titles may differ widely to reflect a particular area of focus: Practicing Kinesiologists, Accredited Kinesiologists, Certified personal trainer, Certified exercise physiologist, Exercise physiologist, Clinical exercise physiologist, Exercise specialist, Exercise Therapist, Cardiac rehabilitation professionals, Pulmonary rehabilitation professionals, Ergonomist, Exercise Scientist, Usability Designer, Exercise professional, Sport and exercise scientist, Clinical Kinesiologist.

7 SCOPE OF PRACTICE

As University-educated health professionals, Kinesiologists apply exercise and movement science to promote health and wellbeing; prevent, manage and rehabilitate injuries; treat illness and chronic disease; restore function, and optimize human performance in the workplace, clinical settings, sport and fitness. Kinesiologists are associated with movement, performance, fitness and function, rehabilitation, prevention and management of chronic diseases, sport, recreation and work.

Kinesiologists treat asymptomatic (healthy) individuals and those experiencing chronic diseases (likely associated with morbidities). This creates challenges with exercise treatment but ultimately will provide significant benefit to, and impact on, their quality of life. Kinesiologists work in the domains of sport, recreation and active living, and their wide scope of practice may include functional ability/capacity evaluations, rehabilitation, ergonomics, , home/workplace health and safety, disability management, and research.

8 SERVICES OFFERED BY KINESIOLOGISTS

Kinesiologists provide services through the application of the science of human movement and deliver quality solutions through prevention, objective assessment, and evidence based intervention.

- CLINICAL/REHABILITATION

Kinesiologists work with individuals with injuries, pain and chronic disease to help them regain their optimal physical function. Kinesiologists work in private homes, clinical and rehabilitation settings such as hospitals and clinics and in the workplace. They provide services such as: Musculoskeletal Assessments, Strength and Endurance Testing, Functional Capacity Evaluations, Assistive Devices Education , Worksite/Physical Demands Analysis, Ergonomic Assessments, Transferable Skills Analysis, Gait Assessment Analysis, Biomechanical Analysis, Psychomotor Testing, Therapeutic Exercise Prescription, Cardiovascular Exercises, Range of Motion Exercises, Hydrotherapy, Chronic Pain Education, Cardiac Rehabilitation, Work Hardening, Work Conditioning.

- HEALTH PROMOTION

Kinesiologists working in the health promotion field work to improve individuals' health, fitness and well-being. Kinesiologists can often be found working in fitness organizations, industry and as personal-trainers. They work to change policies that will enhance public health. In some cases they also provide services such as: Musculoskeletal Assessments and Custom Exercise Prescription, Strength and Endurance Testing/Program Design, Strength and Endurance Exercise Prescription, Cardiovascular Exercises, Range of Motion Exercises, Hydrotherapy, Health Education.

- ERGONOMICS

Kinesiologists are uniquely qualified to provide professional and expert advice/guidance to maximize productivity by assessing the ergonomics of work spaces and conditions, and modifying these to prevent ongoing pain/discomfort due to repetitive strain, or sustained

positions. Kinesiologists provide services such as: Worksite/Physical Demands Analysis, Ergonomic Assessments, Adapted Design.

- HEALTH AND SAFETY

Services such as: Risk Assessments, Safety Audits, Investigations.

- DISABILITY MANAGEMENT/CASE COORDINATION

Services such as: Medical-Legal Consultation, Return to Work Program Development, Case Management, Claims Consultation, Job Coaching/Shadowing.

- OTHERS

Services such as: Management, Research, Administration, Health and Safety.

- Provincially:

In BC, kinesiologists work in: Injury Assessment & Rehabilitation 57%, Health & Fitness Personal training, athletic training, coaching 12%, Disability Management 12%, Exercise Therapy special population (diabetes stroke etc.) 10%, Biomedical, research other 8%

In QC: Prevention 61%, Treatment 37%, Performance 23%, Teaching 5%, Research 5%, other 18%

9 TRAINING LEVEL

- The Standards Required For Application Are:

A university degree:

Eligible degrees include three to four year bachelor's degree from a kinesiology, human kinetics, kinanthropology, exercise physiology program or equivalent. Each university course must equal 3.0 credits (i.e. 36- 40 semester hours in length). Academic requirements fall into 2 categories: Core areas of Study and Elective Areas of Study (see below).

- Applicant will receive credit for no more than two (2) courses in any one Elective Area of Study. Applicant may receive two (2) courses in a maximum of 5 Elective Areas of Study.
- Credit is not granted for laboratory, tutorial or practicum courses.
- Full year courses lasting 72-80 hours (6.0 credits) may be considered as two courses.

Core Areas of Study

Applicant must have university credit in each of the following four Core Areas of Study:

- a. Human Anatomy: gross human anatomy of the neuromuscular system
- b. Human Physiology: physiology and patho-physiology of the muscular, cardiovascular, respiratory, renal, endocrine, gastrointestinal and neural systems
3. Biomechanics: anthropometric, neural and Newtonian mechanical considerations in the qualitative and quantitative analysis of human movement
4. Psychomotor Behaviour / Motor Control & Learning: information processing in human motor performance and the principles of learning and performing motor skills

Elective Areas of Study

Applicant must have at least sixteen (16) courses in the Elective Areas of Study:

Adaptives of Kinesiology

Instrumentation/Functional

Biochemistry**

Measurement/Evaluation

Biology**	Kinesiology
Biomechanics***	Neurophysiology
Chemistry**	Nutrition
Computer Science	Organic Chemistry**
Ergonomics/Human Factors	Philosophy/Ethics (Kinesiology)**
Exercise Management/Rehabilitation	Physics**
Fitness Evaluation	Physiology***
Gerontology	Psychology of Movement
Health Science	Psychomotor Behaviour/Motor Control & Learning***
Human Anatomy***	Research Design*
Human Growth & Development	Research Project (Kinesiology)
Human Pathology	Sociology of Movement
Human Physiology/ Exercise or Work	Sports Medicine
Individual Study (Kinesiology)	Statistics*

*can be taken from any department, **must be taken in their respective departments or through the kinesiology department, ***please note: courses can only be counted in either the core or elective areas of study (not both). If the core course is 72-80 hours (i.e. 6 credit course) a credit may be considered in the elective area.

- Provincially:

BC: Undergraduate 66%, Graduate 15%, Postgraduate 2%, Additional training programs 18%, 49% have more than one professional certification.

QC: Undergraduate 71%, Postgraduate 22% (masters) 3% PhD., 78% do not have other professional certification.

10 CONTINUING EDUCATION REQUIREMENTS

Kinesiologists in Canada participate in this program to ensure that they are maintaining currency in their professional practice. This program is referred to as the Continuing Education Standards Program (CESP). This system is important; particularly as knowledge, experience and educational requirements within the profession are inevitably rising and our profession is expected to remain current.

The CESP operates on a three year basis. At the end of each three year period, Affiliated Kinesiologists are required to submit a listing, along with supporting documentation, of all accumulated continuing education credits. In general, 60 points over a period of three years are required to keep your membership in good standing, ie 20 credits per year of which 70% must be in the scope of kinesiology and 30% in general activities.

11 DIFFERENCES BETWEEN KINESIOLOGIST VS. EXERCISE PHYSIOLOGIST VS. PHYSIOTHERAPIST VS. KINESITHERAPIST

vs. CSEP: insurance, continuing education requirements, scope and services

Scope is broader, includes manual therapy, modalities, osteopathic manual techniques, JSV, JDA, FCE, RTWP

vs. Physio: Kins, not allowed invasive techniques, no or minimal neurological injury treatment, no specializations in neuro, dry needling, vestibular, cranio-sacral, etc.

vs. Kinesitherapist: is an advanced massage therapy technique that uses Swedish massage, passive, active and disorganized mobilizations as well as various exercises. It is a so-called manual therapy since it is practiced only with the hands and body of the kinesitherapist.
Source: www.monreseauplus.com

12 ANNUAL KINESIOLOGY BASED INCOME, SELF-EMPLOYED VS EMPLOYEE FULL VS PART TIME

BC: 57% full time, 43% part-time, 34% earn between 20-40k\$/yr, 30% 40-60k\$, 22% less than 20k\$, 15% higher than \$60k.

QC: 66% full-time, 33% part-time, 50% are self-employed in 3 sectors: 34% fitness centers, 21% Public health Institution, 18% private clinics either as employees or owners. 8% earn more than \$65k, \$50-65k 13%, \$35-50k 27%, \$20-35k 25%, \$20k 27%.

13 YEARS WORKED IN FIELD

BC: 27% less than 2 years, 23% 2-5 years, 20% 5-10 years, 11% 10-15 years and 19% more than 15 years.

QC: 22% less than 2 years, 21% 3-4 years, 27% 5-9 years, 15% 10-15 years, 14% more than 15 years.

14 KINESIOLOGY SERVICES REIMBURSED BY INSURANCE CO.

Majority of insurance company reimburse kinesiology services namely Manulife , Desjardins, Sunlife, Blue Cross, Industrial Alliance, Excellence, Claim Secure, SSQ, Great-West Life

Benefits of an active lifestyle:

Physical activity programs can reduce the number of workplace injuries by 25%.

The cost of worker compensation per person can be reduced by 45% if staff members are regularly active.

Staff engaged in physical activity take between 14% and 25% fewer days of disability leave.

Health Canada reports that staff performance at work can improve from 4% to 15% through regular participation in physical activity.

BC Hydro estimates that physical activity initiatives reduce the cost of sick leave by \$1.2 million annually.

Absenteeism

Staff engaged in physical activity take 27% fewer days of illness.

Metro Fit staff in Toronto missed 3.35 fewer days in the first six months of the fitness program than those who were not enrolled in the program.

Staff Turnover

The Canadian Life Assurance Company found that the turnover rate of staff participating in fitness programs was 32.4% lower than the average rate over seven years.

BC Hydro staff enrolled in an employer-sponsored fitness program had a turnover rate of 3.5%, a fraction of the company's average of 10.3%.

Toronto Life Assurance found that the turnover rate of staff participating in the company's fitness program was 1.5%, compared to a rate of 15% for non-participants.

For every dollar that the company invested in physical activity, Canada Life of Toronto earned a return of \$3.40 in terms of reduced staff turnover, productivity gains and reduced demand for physical activity.

15 CLIENTS

Asymptomatic adults (66%); Adults with temporary pathology (65%); Adults with progressive or chronic pathology (51%); Elderly (51%); Athletes, including high level (39%); Adults in functional rehabilitation programs due to car accident or workplace accident (36%).