



Differences between CKA / ACK , CSEP, CATA

The three professions of Kinesiologist, Exercise Physiologist and Athletic Therapist are becoming more distinct and differ from one another by their scope of practice, their educational requirements for certification and their recognition by legal authorities and/or other organizations.

Here is an attempt in summarizing the differences between the professions and their organizations.

Disclosure

The information may differ from one province to another. The primary purpose is to provide information. As kinesiology is provincially legislated, the information may differ from one province to another. The CKA / ACK is not responsible for consequences and damages that may occur as an outcome of its use or misuse, incomplete use and mis adaptation, and its interpretation by anyone. It is to be stressed that the aim is to guide and if anyone has difficulty over interpretation, they should seek independent advice.

Kinesiology is a young profession, yet maturing quickly. On a national level, the Canadian Kinesiology Alliance / Alliance canadienne de kinésiologie (CKA / ACK) represents seven Provincial Kinesiology Associations (PKAs) that are member associations and over 3,600 affiliated Kinesiologists. The CKA / ACK mission is to advance, to promote and to advocate kinesiology to ensure its broadly recognition by all Canadians as leading health profession.

Kinesiology is broadly defined as the scientific study of human movement, performance and function, and applies the sciences of anatomy, physiology, biomechanics, and motor learning (neuroscience). Kinesiology utilizes science-based approaches, research and assessment to aid in the enhancement of human performance and to assist in the prevention or rehabilitation of injury and other physiological conditions.

Kinesiologists treat asymptomatic (healthy) individuals and those experiencing chronic diseases (likely associated with morbidities). This brings on challenges when treating with exercises but also provides a greater benefit and impact on their quality of life. They may work in the domains of sport, recreation and active living, and their wide scope of practice may include functional ability evaluations, rehabilitation, ergonomics, home/workplace health and safety, disability management, and research.

The scope of a kinesiologist is more broad and includes manual therapy, modalities, osteopathic manual techniques, JSV, JDA, FCE, RTWP vs. Physio: Kins have no restricted acts invasive techniques, no or minimal neurological injury treatment, no specializations in neuro, dry needling, vestibular, cranio-sacral, etc.

Kinesitherapist are not recognised by CKA / ACK because their training does not meet the standards for practicing kinesiology in Canada. Kinesitherapy 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

Exercise Physiologists have a narrower scope of practice than a Kinesiologist. Exercise Physiologists are exercise specialists that perform assessments/evaluations, prescribe conditioning exercises, provide exercise supervision/monitoring, counselling, healthy lifestyle education, and outcome evaluation for “apparently healthy” individuals and/or populations with medical conditions, functional limitations or disabilities through the application of physical activity/exercise, for the purpose of improving health, function, and work or sport performance.

Read more:

Differences between Kinesiologist and Exercise Physiologist under CSEP as per recognition by EIMC: [Scope of practice](#) and [EIMC CEP designation](#)