



This Fact Sheet serves as a guide to have a brief overview of the profession of Kinesiologist.

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. Since 2013, kinesiology in Ontario is a regulated health profession with the establishment of the College of Kinesiology of Ontario (CKO). Similar proposals have been made in other jurisdictions and will soon be legislated in other 3 other provinces.

For Kinesiologist in the other provinces than Ontario, the profession is controlled by the Canadian Kinesiology Alliance and its partners Provincial Kinesiology Associations.

All Kinesiologist must comply to specific requirements in order to practice in Canada:

- Meet competencies and standards of the profession, and successfully pass a professional assessment (if applicable)
- Own a professional insurance policy and a general insurance policy
- Respect a code of ethics
- Complete Continuing Education Standards every 2 – 3 years
- Be a member of the Provincial and National Bodies 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 all-cause mortality and major savings in health care. It is in fact estimated that more than \$2.4 billion, or 3.7 per cent of all healthcare costs, were 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 Kins only):

3625 practicing Kins are members of CKA (Total 2017), 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 – Practicing and other denominations)

BC: 1137 practicing Kins; 62 academics; 49 non-practicing; 21 corporations

ON: 1323 practicing Kins

QC: 929 practicing Kins
AB: 194 practicing Kins
NS: practicing Kins
PEI: 80 Kins 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 & GEOLOCATION

- Geolocation:

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%, Cap 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%, ThunderBay 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: 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 brings on challenges when treating with exercises but also provides a greater benefit and impact on their quality of life. Despite treating chronic disease, Kinesiologists do not diagnose pathologies but rather collaborate with multidisciplinary care teams. 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, motor redundancy, neuroplasticity, adaptation through exercise, 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. Services such as: Musculoskeletal Assessment, Strength and Endurance Testing, Functional Capacity Evaluation, Assistive Devices Utilization, Worksite/Physical Demands Analysis, Ergonomic Assessment, transferable Skills Analysis, Gait Assessment Analysis, Biomechanical Analysis, Psychomotor Testing, Therapeutic Exercise, Cardiovascular Exercises, Range of Motion Exercises, Hydrotherapy, Education, Cardiac Rehabilitation, Work Hardening, Work Conditioning.

- HEALTH PROMOTION

Kinesiologists working in the fields surrounding health promotion often focus on individuals to enhance their health, fitness and well-being. Kinesiologists can often be found working fitness organizations, industry and as personal-trainers. Services such as: Musculoskeletal Assessment, Strength and Endurance Testing, Strength and Endurance Exercises, Cardiovascular Exercises, Range of Motion Exercises, Hydrotherapy, Education.

- ERGONOMICS

A growing and important field that Kinesiologists are uniquely qualified for in which professional and expert advice and guidance is provided to maximize productivity through such tasks as assessing work spaces and conditions and where necessary modifying these. Services such as: Worksite/Physical Demands Analysis, Ergonomic Assessment, 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: 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:

Eligible degrees include:

Three to Four year university 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 Areas 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
 Ergonomics/Human Factors
 Exercise Management/Rehabilitation
 Fitness Evaluation
 Gerontology
 Health Science
 Human Anatomy***
 Human Growth & Development
 Human Pathology
 Human Physiology/ Exercise or Work
 Individual Study (Kinesiology)

Organic Chemistry**
 Philosophy/Ethics (Kinesiology)**
 Physics**
 Physiology***
 Psychology of Movement
 Psychomotor Behaviour/Motor Control & Learning***
 Research Design*
 Research Project (Kinesiology)
 Sociology of Movement
 Sports Medicine
 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 Kinesiologist 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 PHYSIOLOGISTS VS. PHYSIOTHERAPIST SV. 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, no restricted acts 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 that 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 Manuvie , Desjardins, Sunlife, Croix Bleue, Industrielle Alliance, Excellence, Claim Secure, SSQ, Great-West

Active lifestyle with physical activity will:

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.

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. Reimbursement in health care.

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 (36%).