

Scope of Practice for Affiliated Kinesiologists with Kinesiology PEI

Kinesiology is the science of human movement, including all the components involved (anatomical, physiological, neurological, biochemical, biomechanical, neuromotor, psychological), in interaction with our environment.

In order to become an Affiliated Kinesiologist with Kinesiology PEI, individuals must have completed a 4-year university degree in Kinesiology with credits in human anatomy, physiology, biomechanics, and psychomotor behaviour. They must also abide by the Kinesiology PEI Code of Ethics.

The scope of practice for Affiliated Kinesiologists with Kinesiology PEI is broadly defined as:

Affiliated Kinesiologists are human movement professionals. They apply evidence-based movement and exercise programs to maintain, rehabilitate and enhance human movement, health and performance.

This definition allows for the diversity of settings in which Affiliated Kinesiologists practice and also reflects the practice of kinesiology not just as rehabilitative, but as a discipline aimed at improving health and general wellness. It is not restrictive; it allows for the use of a range of modalities that are applicable to a broad spectrum of patients/clients.

Areas of Practice and target clientele for Affiliated Kinesiologists

Affiliated Kinesiologists use the science of exercise and human movement to provide quality services that effectively help people of all ages and physical abilities achieve their health and wellness goals. They work in several key settings (depending on their specialization):

- Rehabilitation clinics
- Government or private health facilities
 - Hospitals, out-patient clinics, assisted living facilities
- Fitness centres
- Municipalities, community groups, sport and non-governmental organizations
- Research and educational institutions
- Military and public security organizations
- Athletic organizations
- Insurance companies

Affiliated Kinesiologists help improve quality of life, primarily using interventions that include physical activity. They provide services for a variety of people with and without health concerns. The following are the primary clientele Affiliated Kinesiologists can work with, but it is not an exhaustive list:

TARGET CLIENTELE

ASYMPTOMATIC CLIENTS (WITHOUT SYMPTOMS OR PATHOLOGY):

- General population (all age groups)
- Pre - and post-natal clients
- Occupations that require physical activity
 - First responders
 - Military
 - Manual labourers
- Sedentary occupations
 - Office workers
 - Truck drivers
- Athletic populations
- Individuals at risk for chronic disease or dysfunction based on lifestyle or family history factors

SYMPTOMATIC CLIENTS AND THOSE WITH CLINICAL CONDITIONS:

- Those diagnosed with chronic conditions, including:
 - Cardiovascular disease
 - Diabetes
 - Obesity
 - Chronic kidney disease
 - Pulmonary conditions
 - Cancer
 - Neuromuscular, musculoskeletal and orthopedic conditions
 - Arthritis
 - Chronic pain
 - Frailty
- Transitional rehabilitation patients following discharge from an outpatient or private rehabilitation program (e.g. physiotherapy) who have not yet reached maximum rehabilitation or health potential
- Persons with diagnosed and medically supervised psychological disorders (e.g. depression, anxiety)

- Individuals that require functional re-conditioning to be able to return to work safely and effectively
- Patients rehabilitating following motor vehicle accidents

The health and physical activity needs of any client include many factors. For this reason, an interdisciplinary and collaborative approach generally ensures a superior level of service. Affiliated Kinesiologists often collaborate with other health professionals on multidisciplinary and interdisciplinary interventions - they support medical teams in evaluations and are involved in developing treatment and intervention plans.

Affiliated Kinesiologists complement other healthcare professionals with the wide range of their knowledge and broad scope of their practice.

The following list, while not exhaustive, contains many of the well-established services and modalities that Affiliated Kinesiologists are permitted to utilize in their practice:

- Promoting the adoption of healthy and physically active lifestyles
- Fitness & health evaluations (excluding disease diagnosis) and exercise prescription
- Athletic training, therapy and interventions
- Ergonomics, physical demands analyses, occupational fitness testing and occupational health cases
- General nutritional counselling
- Neuromusculoskeletal and functional evaluations
- Personal training and physical condition coaching
- High-performance coaching and fitness training
- Case management and completion of insurance assessment forms (subject to form specific limitations)
- Therapeutic application of heat and cold
- Other modalities as trained, including:
 - Manual techniques/modalities (excluding controlled acts)
 - Electrical therapy techniques

The scope of practice is also designed to allow members to interpret when a particular modality is beyond their scope. It should be noted that just because an assessment or intervention might be considered within the scope of practice for an Affiliated Kinesiologist, this does not always mean it is within the scope of practice of the individual member. For example, a member who is practising solely in one distinct area such as ergonomics may not be able to safely offer nutritional or athletic therapy advice; this member should refer the patient/client to another practitioner who is better qualified to practice in that specific area. Affiliated Kinesiologists must only undertake

performance of any modality or service after a full health history is taken from the patient/client and a thorough assessment has been conducted. There are, however, defined limits to what an Affiliated Kinesiologist can and cannot do. The most obvious limit to the Affiliated Kinesiologist scope of practice is the restriction to perform any controlled acts within the province of Prince Edward Island. The exception to this is when a controlled act is appropriately delegated by another health professional.

The Affiliated Kinesiologist's Degree of Autonomy

Affiliated Kinesiologists have full autonomy in using their clinical judgment to carry out their professional tasks competently and with integrity, particularly during evaluation, prescription, and intervention processes, regardless of the setting or environment. Their judgment is not used to make a medical diagnosis, but rather to identify the starting point of their interventions in meeting obligations to clients. In some practice settings, kinesiologists often interact with colleagues in the healthcare field as part of an interdisciplinary framework. But even in this context, they have unequivocal and decisive autonomy in the execution of their professional tasks. Affiliated Kinesiologists may also be asked to perform tasks that are not directly related to their profession, including management (administration, disability, health and safety), coordination (of a clinical team, with an insurer), research, and health promotion.

Affiliated Kinesiologists must be the only signatory on their evaluations, and they are solely responsible for their position or professional opinion, even in a medical context. The physician is the one who issues a medical prescription and specifies the restrictions. The physician remains in charge of the medical process, but the kinesiologist retains responsibility for their own actions within the limits of their competencies and legislative restrictions.

Assignment

Assignment is the process of handing over the care of a patient/client (or specific tasks) to another health care worker (either regulated or non) that does not involve controlled acts. Affiliated Kinesiologists may assign tasks to non-regulated health professionals that are not controlled acts but are within the scope of kinesiology. Affiliated Kinesiologists must ensure that they have the patient's/client's informed consent before assigning a task. Affiliated Kinesiologists must also ensure that the assignee has the appropriate knowledge, skills and ability to perform the task. Affiliated Kinesiologists must also assess whether supervision or monitoring is required and available.