

# School of Kinesiology

## Bachelor of Kinesiology (Exercise Science and Training Option) Information Session



ACADIA  
UNIVERSITY

# 'Options' in Kinesiology

## Primary OPTIONS to apply to for 2022

- Athletic Therapy (AT)
- Exercise Science and Training (ExST)
  - Note: S&C internship
- Academic and Practical programs
  - Typically a GPA of 3.0 or higher is recommended and some experience in the given area
- Apply to respective streams – or rank order
  - Q&A Session January 17<sup>th</sup>, 2023
  - January 30<sup>th</sup>, 2023 – Application Deadline
  - February 6<sup>th</sup>- 17<sup>th</sup>, 2023- Interviews



# What is Exercise Science and Training?

- Professional application of your exercise physiology and fitness programming knowledge in practice for generally healthy, high performance sport and occupations and for individuals with special considerations and/or chronic disease
- Major professional/certifying/regulating organizations
  - Canadian Society for Exercise Physiology (<https://csep.ca/home>)
  - College of Kinesiology of Ontario (<https://www.coko.ca/>)
  - Canadian Kinesiology Alliance (<https://www.cka.ca/en/welcome>)
    - Provincial Kinesiology Associations



# CERTIFICATIONS

## Basic Level:

- CSEP Certified Personal Trainer<sup>®</sup> (CSEP-CPT)
  - Health-Related Fitness

## Advanced Level:

- CSEP Clinical Exercise Physiologist<sup>®</sup> (CSEP-CEP)
  - Primarily Clinical Populations

# High Performance Specialization



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**CSEP**  
**HIGH PERFORMANCE**  
**SPECIALIZATION™**

# High Performance Specialization

- The first of its kind in Canada, the CSEP High Performance Specialization™, focuses on performance and occupational testing and training for qualified exercise professionals working with **elite athletes, emergency services personnel, armed forces, and high performance clients**
  - » Sport and occupational biomechanics, physiology, and performance psychology
  - » Sport and occupational performance assessment
  - » Sport and occupational performance exercise design and prescription
  - » Energy intake for sport and occupational performance
  - » Professional and ethical practice

# CSEP Clinical Exercise Physiologist<sup>®</sup> (CSEP-CEP)

- **Advanced** health and fitness practitioner certification
- Works with asymptomatic and symptomatic populations
- Provides appropriate **advanced** assessment and exercise therapy to clients including, but not limited to, those with musculoskeletal, cardio-respiratory, and metabolic conditions, etc.
- Accept referrals from licensed health care professionals
- Gold standard in the industry

# Pre-requisites

## ***Academic-Course Work - UPDATED***

There are 8 Core Competency areas including:

- Anatomy, Biomechanics, & Exercise Physiology
- Health Behaviour Change and Education and Exercise Psychology
- Client Screening and Pharmacology
- Advanced Exercise and Health Assessment Apparently Healthy
- Advanced Exercise and Health Assessment Chronic Conditions
- Advanced Exercise Prescription Apparently Healthy
  - Children, older adults, pregnancy, disability
- Advanced Exercise Prescription for Chronic Conditions
  - CV, metabolic, cancer, MSK-neurological
- Professional and Ethical Practice

*You can see the full detailed list of core competencies on the CSEP website.*



# How Do I become a CEP?

- Preparatory course work
- Minimum 100 documented but recommended 300 practical hours
- Theory exam
- Practical exam
- Registration
  - » First aid and CPR
  - » Continuing education credits

# Exercise Science & Training Option (ExST)

Interest in Personal Training, Cardiac Rehabilitation, Therapeutic Exercise  
And Advanced Testing and Training (Getting **CSEP CPT & CEP** certifications)

**Key Courses:**      KINE 2413 Applied Human Physiology  
                                 KINE 190B Resistance training

Apply to Dr. Jonathon Fowles and Dr. Karen Kendall

## Required ExT Courses

KINE 3343 Fitness Programming (CPT course)

KINE 3393 Physiological Assessment

KINE 4013 Training Methods

KINE 4693 Physical Activity and Chronic Conditions

KINE 4193 Exercise Science and Training Practicum (CEP course)

KINE 4203 Exercise Science and Training Clinical Practicum (CEP Course)

**Practical Hours: 5-10 hours per week**

Comprehensive Practical Assessment

Written Examination

## Elective Courses (Recommended)

KINE 185B PA for Older Adults

KINE 190A PA for Chronic Disease

KINE 190C Speed Agility Quickness

KINE 2493 Health Pro & Wellness

KINE 3593 Health Behaviour Change

KINE 4873 Pharmacology

Others relative to interest



# Recommend Course Plan

## 3<sup>rd</sup> Year

### 1<sup>st</sup> term

- 3013 (Exercise Physiology)
- 3343 (Fitness Programming)
- *(elective)*

### 2nd term

- 3393 (Physiological Assessment)
- 4013 (Training Methods)
- 3593 (*Health Behaviour Change*)

## 4<sup>th</sup> year

### 1<sup>st</sup> term

- 4693 (Ex in Chronic Conditions)
- 4193 (Ex Sci & Training practicum)
- NUTR 3533 (*Sports Nutrition*)

### 2nd term

- \*3363 Philosophical aspects PA
- 4203 (ExT Clinical Practicum)
- 4873 (*Pharmacology*)



# Application Process

- Students can apply if they have completed or are registered in KINE 2413: Human Physiology 1.
- Applications will be sent through kinestu email thread
- We will use a common application for the Athletic Therapy Option and the Exercise Science & Training Option. If students are interested in applying to both programs, they can, while indicating which *option is their preference*.



# Important Dates

- **January 17<sup>th</sup>, 2023** – Question & Answer Session (4pm in Gym 491)
- **January 30<sup>th</sup>, 2023** – Application Deadline
- **February 6<sup>th</sup>- 17<sup>th</sup>, 2023**- Interviews
  - Typically interview top 20 candidates
- **March 1<sup>st</sup>** Announce Selections
  - Typically 12 candidates for ExST



# Questions?

- Contact the BKin (Exercise Science and Training) Option Directors
  - Dr. Jonathon Fowles ([Jonathon.fowles@acadiau.ca](mailto:Jonathon.fowles@acadiau.ca))
  - Dr. Karen Kendall ([Karen.Kendall@acadiau.ca](mailto:Karen.Kendall@acadiau.ca))

