# School of Kinesiology

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





## **'Options' in Kinesiology**

#### Primary OPTIONS to apply to for 2021

- 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
  - LIVE info Sessions January, 2022
    - 1:00pm Athletic Therapy Option Live Information Session;
    - 2:30pm Exercise Science & Training Option Live Information Session

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- February 1st, 2022 Application Deadline
- February 8th- 19th, 2022- 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 (<u>https://csep.ca/home</u>)
  - College of Kinesiology of Ontario (<u>https://www.coko.ca/</u>)
  - Canadian Kinesiology Alliance (<u>https://www.cka.ca/en/welcome</u>)
    - Provincial Kinesiology Associations

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### CERTIFICATIONS

#### **Basic Level:**

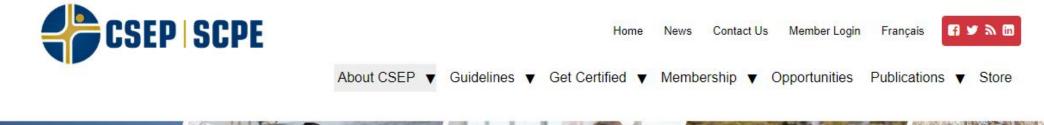
- CSEP Certified Personal Trainer<sup>®</sup> (CSEP-CPT)
  - Health-Related Fitness

#### **Advanced Level:**

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



### High Performance Specialization









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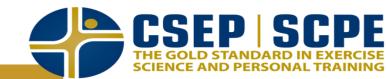
### **High Performance Specialization**

- The first of its kind in Canada, the CSEP High Performance Specialization<sup>™</sup>, 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 185BPA for Older AdultsKINE 190PA for Chronic DiseaseKINE 190CSpeed Agility QuicknessKINE 2493Health Pro & WellnessKINE 3593Health Behaviour ChangeKINE 4873PharmacologyOthers relative to interestImage: Image State St



#### School of Kinesiology

## **Recommend Course Plan**

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

1<sup>st</sup> term

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

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

<sup>1st</sup> term

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

### 2nd term

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

### <sup>2nd</sup> term

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

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## **Application Process**

- Students can apply in their 2<sup>nd</sup> year standing.
- 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**

- Mid January, 2022
  - 1:00pm Athletic Therapy Option Live Information Session;
  - 2:30pm Exercise Science & Training Option Live Information Session
- February 1st, 2022 Application Deadline
- February 7th- 18th, 2022- Interviews
  - Typically interview top 20 candidates
- End of February, 2022- Announce Selections
  - Typically 12 candidates for ExST



### **Questions?**

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

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