

Application to 'Options' Kinesiology

Two primary OPTIONS to apply to January

- Exercise and Training Practicum (ExT)
- Athletic Therapy (currently SIAM)
- Strength and Conditioning Internship (APT)
- 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



Exercise & Training Practicum (ExT)

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. Said Mekary or Dr. Jonathon Fowles

Required ExT Courses

KINE 3343 Fitness Programming (CPT course)
KINE 3393 Physiological Assessment
KINE 4013 Training Methods
KINE 4193 Exercise and Training Practicum (CEP course)
KINE 4693 Physical Activity and Chronic Conditions

Practical Hours: 5-10 hours per week

Comprehensive Practical Assessment
Written Examination

Elective Courses (Recommended)

KINE 185B PA for Older Adults
KINE 190C Speed Agility Quickness
KINE 2493 Health Pro & Wellness
KINE 3593 Health Behaviour Change
KINE 4873 Pharmacology
Others relative to interest



CERTIFICATIONS

Basic Level:

- CSEP Certified Personal Trainer® (CSEP-CPT)
 - Health-Related Fitness

Advanced Level:

- CSEP Clinical Exercise Physiologist® (CSEP-CEP)
 - Primarily Clinical Populations

CSEP Clinical Exercise Physiologist[®] (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 10 Core Competency areas including:

- Anatomy, Biomechanics, & Exercise Physiology
- Health and Exercise Psychology
- Client Screening and Evaluation
- **Advanced Fitness Assessment &** Exercise Prescription
- Clinical Assessment and Pharmacology
- Special Populations: Children, Older adults, Chronic conditions
- Lifestyle Literacy
- Professional Practice

You can see the full list of core competencies online at the CSEP website.

High Performance Specialization



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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

Bachelor of Kinesiology (Athletic Therapy Option) Information Session

January 20th, 2020



Transition from SIAM to BKin (AT Option)

- This is something that has been on Acadia's radar for quite some time, to have an accredited athletic therapy program at the institution.
- Formal application for Canadian Athletic Therapists Association accreditation on **September 1st 2020**
- Site Review Process **Winter 2021**
- We will know if this program is accredited sometime after the site visit.
- So what does this mean for you as a student? What does this mean for previous students?
- We cannot make promises that you will be considered a graduate of an accredited program because these decisions will be determined by an external agency (CATA)



Course Requirements for BKin (AT Option)

New Curriculum

- KINE 3413 – Assessment and Rehabilitation 1: Intro and Lower Extremity (Lecture and Lab)
- KINE 3423 – Assessment and Rehabilitation 2: Upper Extremity (Lecture and Lab)
- KINE 3433 – Athletic Therapy Field Practicum
- KINE 4843 – Assessment and Rehabilitation 3: Hip, Spine, Pelvis (Lecture and Lab)
- KINE 4853 – Therapeutic Modalities
- KINE 4433 – Athletic Therapy Clinical Practicum
- KINE 3400 – First Responder* required to start taking AT courses

Old SIAM Curriculum

- KINE 3413 – Assessment of the Lower Extremity
- KINE 3423 – Assessment of the Upper Extremity
- KINE 4843 – Principles of Sport Rehabilitation
- KINE 4853 – Professional Issues



First Responder Requirement

- To be eligible for accreditation, a first responder course has to be embedded somewhere within the course requirements of the athletic therapy program.
- In the BKin(AT Option), we will offer a first responder course to students after exams in April (dates to be confirmed but it will be immediately after exams) at Acadia.
- The cost of this course is the responsibility of the **student**
- First Responder certification is required to be eligible to complete 3rd year KINE (AT Option) courses. Therefore if a student fails the April course, then they can find another one on their own to complete through the summer.



Practicum Requirements

- With the transition towards an accredited athletic therapy program, we need to ensure that our students obtain a wide variety of experiences in different sports.
- Each semester, you will be required to complete a number of field and clinical practicum hours, mixed between various internal and external field/clinical placements.
- Changes from existing SIAM model
- 3rd year will focus more on developing field-based skills
- 4th year will focus more on developing professional/clinical skills



Varsity Athletes?

- With the transition towards an accredited athletic therapy program, we need to ensure that our students obtain a wide variety of experiences in different sports.
- We also need to be able to evaluate these students in different field and clinical settings to assess their level of competence in specific skills.
- If a student is playing their sport, then we cannot assess their ability to complete on-field assessments, sideline assessment, interactions with coaches, etc.
- Therefore, we will not be able to accept varsity athletes for this program who are actively playing their respective sport.
- This is standard practice at ALL other athletic therapy programs across the country (and US)



BKin (AT) Option Student Application Process/Timeline

- Applications will be sent through KINE-student email list
- Application Due Dates: January 30
- Interviews – Mid February
- Final Decisions – Before Course Selection in March

