

# Quick Guides to the Health Professions

## Kinesiologists

### *What is a kinesiologist?*

Kinesiology is a primary care, self-regulated, client-focused health profession dedicated to:

- Promoting fitness, health, wellness, and performance
- Improving and maintaining functional independence and physical performance
- Preventing and managing of chronic disease, physical impairments, disabilities, and limits to participation

### *What do kinesiologists do?*

Kinesiologists (exercise physiologists, exercise therapists, and personal trainers) provide assessment, education, and lifestyle and activity prescription for a wide range of health problems. They recommend exercises and activities that are best suited for the health goals of the client. These could include interventions to help manage a chronic medical condition, or assist in the recovery of a medical intervention. Kinesiologists also advise clients on ways to prevent potential health conditions that may arise from inactivity or poor lifestyle choices.

### *Where do Kinesiologists work?*

Kinesiologists work in a variety of settings including rehabilitation centres, hospitals, primary care networks, workers compensation clinics, private physical therapy clinics, fitness and recreation centres, private workout studios, police services, and the military.

### *Education and preparation*

Kinesiology students require a 4-year BSc KIN or BKIN degree. Most kinesiologists working in healthcare will require a higher level of certification that can be challenged after they have completed their degree. These are:

- Certified Exercise Physiologist (CEP) provided by the Canadian Society of Exercise Physiology (CSEP)
- Certified Clinical Exercise Physiologist (CEP) provided by the American College of Sports Medicine (ACSM)
- Registered Certified Exercise Physiologist (RCEP) provided by ACSM

### *Licensure*

Currently there is no licensure in Alberta. Kinesiologists must pursue certifications with liability insurance to work in the field.

### *Professional organizations*

American College of Sports Medicine (ACSM)

<http://www.acsm.org>

Alberta Fitness and Leadership Certification Association (AFLCA)

<http://www.provincialfitnessunit.ca/aflca-certification>

Canadian Society of Exercise Physiology (CSEP)

<http://www.csep.ca>

### *Contributors to this guide*

University of Alberta, Faculty of Kinesiology, Sport, and Recreation

<https://www.ualberta.ca/kinesiology-sport-recreation>



This work is licensed under [CC BY-NC-SA 4.0](https://creativecommons.org/licenses/by-nc-sa/4.0/). For more information see [uab.ca/viper](http://uab.ca/viper). © 2018 University of Alberta.



**UNIVERSITY OF ALBERTA**  
HEALTH SCIENCES COUNCIL  
Health Sciences Education and Research Commons