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CSEP Certified Exercise Physiologist® Scope of Practice (Effective October 28, 2014)

The CSEP Certified Exercise Physiologist® (CSEP-CEP) must show they have graduated from an appropriate Undergraduate program with successful completion of at least 120 credits at the post-secondary level within the CSEP-CEP Core Competency areas.

Kinesiology is broadly defined as the scientific study of human movement, performance and function, and applies the sciences of anatomy, physiology, biomechanics, and motor learning (neuroscience). Kinesiology utilizes science-based approaches, research and assessment to aid in the enhancement of human performance and to assist in the prevention or rehabilitation of injury and other physiological conditions.

INSURANCE POLICY (COVERAGE)

Most professional or “Practicing” members of the CKA hold professional liability insurance through the group insurance broker, LMS ProLink Ltd. The LMS ProLink Ltd. website states as follows:

Definition of Kinesiologist

Kinesiologists are human movement specialists offering a wide variety of assessments and services to the public to assist with both injury/illness prevention and injury management. Their practice is based on the core sciences of anatomy, physiology, biomechanics and psychomotor behavior. Kinesiologists work in fitness, clinical, and industrial environments.

The CSEP Certified Exercise Physiologist® performs assessments/evaluations, prescribes conditioning exercise, provides exercise supervision/monitoring, counselling, healthy lifestyle education, and outcome evaluation for “apparently healthy” individuals and/or populations with medical conditions, functional limitations or disabilities through the application of physical activity/exercise, for the purpose of improving health, function, and work or sport performance.

Kinesiologists treat asymptomatic (healthy) individuals and those experiencing chronic diseases (likely associated with morbidities). This creates challenges with exercise treatment but ultimately will provide significant benefit to, and impact on, their quality of life. Kinesiologists work in the domains of sport, recreation and active living, and their wide scope of practice may include functional ability/capacity evaluations, rehabilitation, ergonomics, motor redundancy, neuroplasticity, adaptation through exercise, home/workplace health and safety, disability management, and research.

A CSEP-CEP is sanctioned by the CSEP to:

1. Conduct pre-participation screening, administer various health and fitness assessments, prescribe and supervise exercise programs, and provide counseling and healthy lifestyle education to general populations, high performance athletes, and those with chronic health conditions, functional limitations or disabilities across the lifespan.
2. Conduct pre-participation screening using evidence-informed tools that will support recommendations for individual client-tailored physical activity and exercise programs within the CEP's individual knowledge competency.
3. Accept referrals from licensed health care professionals who are trained and licensed to diagnose and treat acute and chronic medical conditions. The CEP may clear clients with one chronic health condition to work with a CPT. Further medical clearance should be sought if the health condition is unstable.
4. Use evidence-informed behavior change models to facilitate physical activity and exercise participation, and lifestyle modification.
5. Interpret the results of comprehensive fitness assessment protocols to determine health, physical function, work and/or sport performance.
6. Monitor the influence of commonly used medications on the response to sub-maximal and maximal exercise during assessments and/or training sessions.
7. Use the outcomes from objective health and fitness assessments to design and implement safe and effective physical activity and exercise prescriptions for both healthy and unhealthy populations
8. Make general, evidence-informed, dietary recommendations if within the CEP's individual knowledge competency, recognizing when to refer to a registered dietician for more specialized counselling.
9. Measure and monitor heart rate, electric activity of the heart (using ECG) and blood pressure (by auscultation unless hearing impaired) at rest, during exercise and post-exercise. These measures can be used to identify, but not diagnose, irregularities during rest, sub-maximal, and maximal exercise.
10. Draw finger prick blood (capillary), or venous samples provided they comply with the current CSEP Blood Sampling Policy.
11. Conduct group physical activity or exercise sessions with appropriately screened participants. Sessions can include any one or combination of aerobic, resistance, balance or flexibility exercises within the CEP's individual knowledge competency. Additional training and certification must be sought to ensure that the CEP has expert competence for different exercise modalities where necessary.

A CKA KINESIOLOGIST IS SANCTIONED TO:

Permitted Treatments

Subject to the foregoing, the following list, while not exhaustive, contains many of the modalities and services that members are permitted to utilize in their practice:

1. Fitness & health evaluations and exercise prescription-
2. Postural assessment and education.
3. Athletic training, exercise therapy and interventions.
4. Therapeutic application of heat and cold.
5. General nutritional counselling.
6. Functional Ability/Capacity Evaluations (med-legal and non-med-legal)
7. Ergonomic assessments, and recommendations.
8. Subject to the limitation in clause 2 of the “Restricted Activities” below, mobilization, manual therapy and manipulation.
9. Completion of insurance assessment forms (subject to form specific limitations).
10. Osteopathic manual techniques*.
11. Electrical therapy techniques*, including:
 - Ultrasound.
 - Interferential Current Therapy (IFC).
 - Low Intensity Laser Therapy**.
 - Transcutaneous Electric Nerve Stimulation (TENS).
 - Muscle stimulation.
 - Pulsed high frequency electromagnetic stimulation (also known as therapeutic magnetic resonance).

Special Notes

1. **In order for kinesiologists to consider themselves appropriately educated and trained to perform Osteopathic manual or Electrical therapy techniques they need to be able to show they have completed formal or non-formal training for delivery of these treatments. Informal training is not generally considered an acceptable form of training.*
2. **Kinesiologists are permitted to use osteopathic manual and electrical therapy techniques as part of a kinesiology treatment plan. However, if a kinesiologist is providing manual osteopathic and/or electrical therapy treatment solely, or is utilizing either of these techniques for treatment of a condition outside of the scope practice, the kinesiologist must consider the CKA requirement of Dual Practice.*
3. ***Kinesiologists are only permitted to perform low intensity (level) laser therapy (LLLT) and are not permitted to perform high intensity laser therapy (HILT) or utilize known forms of hazardous laser therapy regardless of the intensity.*

A CSEP-CEP IS NOT SANCTIONED BY CSEP TO:

1. Diagnose pathology based on any assessment or observation.

A CKA Kinesiologist is NOT sanctioned to:

Despite treating chronic disease, Kinesiologists do not diagnose pathologies but rather they collaborate with multidisciplinary care teams.

RESTRICTED ACTIVITIES (ACTS) – DELEGATION

The Act permits health care professionals who are permitted to undertake restricted acts to in turn delegate the performance of those acts, subject to their supervising the person doing so.

To sum up:

Members of the CKA, and kinesiologists in provinces, generally, must not carry on any action that falls within the list of restricted acts. If the action is something that only a practitioner of a regulated health care profession is permitted to carry on, no one else can do so.

A member may carry on a restricted act only if:

- a) Under the supervision of a member of one of the 26 recognized health care professions, and
- b) Members of that health care profession are legally permitted to undertake the restricted act.

It is up to you to ensure that the person who is delegating performance of a restricted act to you is a member of a recognized health care profession, and that “they” have the legal right to perform that act