

NEWSLETTER

The New Brunswick Kinesiology Association



OVERVIEW:

A WORD FROM THE PRESIDENT

By Kendra Cooling, Certified Kinesiologist

Hello members!

I hope this quarter has found you well! I also hope you are each finding ways to fill your cup in this very trying time. Taking the time to keep ourselves happy and healthy could not be more 'essential'.

I find myself thinking about our fellow New Brunswickers, and our responsibility to support them in educating themselves, advocating for their health access, and supporting them in their journey to a healthier lifestyle. I believe it essential for each member of every community to have the opportunity to take charge of their physical health, and access to these services should be standard practice.

I hope you are all feeling inspired to create change and address reform, as we have an incredible opportunity to have our voices heard in the ongoing health care policy reform.

We have this opportunity to effect change for our profession, and I hope each of you speak out to address your concerns about regulation and accessibility for our clients and for yourselves.

Stay safe!

**INTERVIEW WITH A KIN:
DANIELLE DESJARDINS**

**KINESIOLOGISTS WITHIN THE
VITALITÉ HEALTH NETWORK**

**PEDESTRIANIZATION OF
MAIN STREET IN MONCTON:
THE HEALTH BENEFITS**

**FIRST-RATE NEW
BRUNSWICK STUDENT
RESEARCHERS**



INTERVIEW

With a kinesiologist

DANIELLE DESJARDINS

How long have you been a kinesiologist? Can you describe your academic and professional background? My academic journey began in September 2002 until I graduated 8 ½ years later with a Master's degree in Occupational Therapy. Kinesiology was not a profession I aspired to as a high school graduate and in all honesty, it was a profession that was completely unknown to me at the time! I discovered it in one of my detours of trying to find my way into a health care field. Despite my love for kinesiology, I did not see any job opportunities in my area that paid enough to pay off my student loans. While I was a Kinesiology student, I met the manager of the Dalhousie Extra-Mural Program. I was fortunate enough to get a summer job with them as a "rehabilitation student/helper" and to work closely with the occupational therapists. This is what motivated me to continue my studies in occupational therapy and come back to work with them after I graduated. However, the kinesiologist in me was not satisfied with my work as an occupational therapist. There was something missing. That's when I got in touch with the owner of Ergo Consult OT's private clinic located in Edmundston. She first offered me a contractual job opportunity as a kinesiologist, and then in January 2017, offered me a permanent job as an occupational thera-

pist/kinesiologist.

Until last February you were working as an OT/kin at Ergo Consult OT in Edmundston. Can you describe what you were doing there? Ergo Consult OT offered me this great opportunity in April 2015 to use my skills as a kinesiologist in some of their occupational therapy cases for the first time since I graduated in 2008. Specifically, I was collaborating with my occupational therapy colleague in "functional reactivation" cases. These cases were people who had been off work for several months, but more often than not, for several years and were at risk of developing a prolonged disability due to pain, fatigue, chronic and persistent depressive and/or anxiety symptoms and psychosocial barriers. Ergo Consult OT also introduced me to "Functional Capacity Evaluations". These assessments can be done by trained kinesiologists, as also mentioned by Todd Hickey in the January 2021 newsletter. For my part, I did a full 2-day training with "Matheson" in October 2015 and have continued thereafter to develop and refine, with the collaboration of a colleague, the assessment tools to facilitate data taking, observations and analysis as well as a report "template" to standardize the presentation of results.

You believe in interprofessional collaboration and the benefits it can bring not only to clients/patients but also to kinesiologists. What is your experience in this area and what do you hope for the profession in the future in their role within interdisciplinary teams? It was my experience at Ergo Consult OT that introduced me to the opportunities and potential of interprofessional collaboration, particularly between the professions of occupational therapy and kinesiology. In our joint cases, my colleague and I would always have a discussion at the outset to determine the initial terms of the program and the realistic goal to be achieved with the individual at mid-program and/or at the end of the program. My role as the kinesiologist was to report weekly on my observations and the subjective comments of the individual that could help the occupational therapist measure their functional progress and justify continuing, extending or stopping the reconditioning program. We would have telephone or face-to-face discussions when it was necessary, in the case of a plateau or regression, for our two expertises to be shared in order for the client to progress. We would combine our reports and sometimes both of us would also participate in a phone discussion

payer to justify our recommendations. Not only did I feel like I was part of it; I was part of the person's rehabilitation continuum and helping to direct them towards the goal. This collaboration between my colleague and I made me see the functional impact of integrating physical activity into a person's life and in doing so, changed my very perception and meaning of physical activity. My approach with clients, my clinical reasoning and my interventions in kinesiology have been transformed thanks to this collaboration. This respect and trust between professionals in an interdisciplinary team should always be present to allow for optimal and positive collaboration. The richness of collaboration is to be able to obtain pictures of the same subject from different angles, which when combined give a more complete and real picture of it. I also like to compare the result of the collaboration to the success of a recipe, where each ingredient (professional) and their combination contribute to the success of it. The kinesio

And now, what are your future plans in the profession? Since last June, I have completed the "Dive Into a Coach Approach 1.0" training with H el ene Th eriau

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The kinesio
ingredient that allows for a rich and unique
taste when combined with other health
professionals.

lives in each individual and help them propel themselves forward to improve their health and wellness. **The Covid-19 pandemic has greatly changed the practices of health care professionals. Some changes have had negative effects for everyone, but others have had positive effects. What do you think kinesio**

logists should take away from this situation to improve their practice? Personally, I consider that the pandemic has brought the profession of kinesiology to the forefront. It has made us rediscover occupations/activities, including physical activity. I see people walking outside more than ever since the pandemic started! Parents are getting outside to play with their children; I have rarely seen so many snowmen this year! Many virtual challenges have also been launched in companies to keep people active, connected and physically and mentally healthy. In the past year, several opportunities in kinesiology have presented themselves to me. I was part of the first cohort last summer for the Healthy Business Group to obtain the Level 1 certification for: "Kinesio

prepared? I feel that my training provided me with the basic essential skills to become a Kinesiologist. However, it is impossible to prepare a Kinesiologist for every eventuality. The most important learning we do is in our daily practice. We learn from our successes, our mistakes, our clients, our colleagues and other health professionals. However, it would have been essential to have an entire course dedicated to the therapeutic use of self in our assessments/interventions. We can develop the best exercise program in the world, but if it doesn't fit the person's needs, if we don't consider the barriers and develop strategies to help them integrate it into their routine, we won't achieve the desired goal. We are the most important and powerful tool with our clients. This is what the Coach Approach taught me. However, in order to use ourselves therapeutically and effectively, we must first and foremost know ourselves and identify what motivates us and what puts us in conflict. In her book, "Maybe You Should Talk to Someone," author and psychotherapist Lori Gottlieb writes, "By healing my own wounds, I become more adept at healing people. For me, this is what was missing from my practice and certainly caused me to have a major breakdown early in my practice.

The other missing element, in my opinion, is that our role is not well defined with other health professionals with whom we share many grey areas. I was pleased to hear that universities are now encouraging students to find practicum settings where they can work and define their role in collaboration with other health care professionals. I was fortunate to host a UdeM kinesiology student for 12 weeks at the Ergo Consult OT clinic before the holidays.

Finally, what message would you like to share with the kinesiology students? I am very hopeful about the practice of Kinesiology in the years to come. The health care system and other professionals are realizing the importance, impact and benefits of integrating this profession into interdisciplinary teams. As proof, 7 kinesiology positions with the health network were recently offered in our province! As mentioned above, the pandemic has allowed us to rethink our practice, to reinvent ourselves, to create new ways of doing things to continue our interventions with clients. Telework opens doors and even borders! When we finish our studies, we can feel liberated; we can finally become and act as we wish. However, with freedom also comes uncertainty and the unknown, which in fact opens up a



sea of possibilities! Consider the options available to you. Be more than a physical activity prescriber! Be confident, influential, innovative, creative, adaptive, persistent and adventurous! Have fun in this beautiful, challenging, positive profession and experience the benefits it will bring you personally as well!

KINESIOLOGISTS WITHIN VITALITÉ HEALTH NETWORK

*By Simon Boudreau, MSc
Certified Kinesiologist
Cardiac rehabilitation - zone 4
Vitalité Health Network*

At the time of writing, the Vitalité health network's kinesiologists are working in cardiac/pulmonary rehabilitation, musculoskeletal rehabilitation, mental health and on care units. The profession of Kinesiology is doing well in the health network, for example, Kinesiologists have joined the union of specialized health care professionals.

- ◇ Kinesiologists in cardiac/pulmonary rehabilitation do clinical work that includes assessment, detection, interpretation, education, rehabilitation and prevention of chronic diseases. They ensure the proper functioning of the exercise component of the rehabilitation program and work closely with other health care professionals (nurses, respiratory therapists, etc.).
- ◇ Musculoskeletal Rehabilitation Kinesiologists will prepare, teach and supervise exercise programs for patients with loss of autonomy and other chronic diseases to restore, maintain or improve the level of functional independence of patients.
- ◇ Mental Health Kinesiologists prescribe personal or group exercise programs, accompany and encourage patients in physical activities, prevent loss of mobility and maintain autonomy in patients of the Restigouche Hospital Center.
- ◇ The kinesiologists on the care units will ensure the mobilization of patients, ensure the implementation of established exercise programs, maintain or improve the level of functional independence of patients, as well as assist the nursing staff in positioning and setting up for out-of-unit examinations of patients.

The future looks bright for our profession in the Vitalité health network. There will be positions for kinesiologists on the care units that will be filled in the near future as well as a greater demand for kinesiologists on the care units due to the shortage of health care personnel in the network.

New Brunswick Kinesiology Association

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New Brunswick Kinesiology Association



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DO YOU KNOW KINESIOLOGISTS WHO ARE NOT YET A MEMBER OF THE NBKA?

SPREAD THE WORD, TELL THEM TO
JOIN US!

To become a certified kinesiologist, members have to maintain a professional Liability covering the scope of practice of kinesiology defined by the CKA and the NBKA. Insurance may be held through:

◇ **The CKA National Insurance Program**

PROLINK Professional Liability Insurance can be purchased directly from PROLINK during your renewal process

◇ **Your employer**

The policy must covers the full scope of practice for kinesiology as defined by the CKA and the PKAs, and meets the requirements outlined below. You have then to agree that you will exclusively provide kinesiology services in the business operation of your employer.

Learn more about the mandatory professional liability on the [Canadian Kinesiology Association web site](#).

OPINION

Pedestrianization AND HEALTH BENEFITS

By Annie-pier Fortin, MSc

Member of the NBKA Board of directors

With the arrival of warmer weather, one wonders if the City of Moncton will repeat the pedestrianization of Main Street in the summer of 2021. In 2020, there were many objections to the pedestrianization of Main Street: business owners feared that access to businesses would be limited and that traffic would decrease if cars were prohibited on the main street (1). Remember that 40% of the downtown area is used for car parking. Others welcomed the project by pointing out the beneficial effects of taking advantage of outdoor spaces while keeping the possible physical distance and meeting sanitary rules. Two professors from the University of Montreal (UdeM) in urban morphology and urban development stated that Main Street between Botsford and Church was dense enough for such a project to work, but that it was necessary to first attract the population by active transportation and public transit (2). A hybrid form of the project was eventually implemented allowing east-west vehicular access between Botsford and Lutz with a bike lane while keeping the rest of the space available for bicyclists, pedestrians and restaurant seating (3).

There is no doubt that with the pandemic, cities will have an obligation in the future to rethink urbanization and improve their resilience in the context of health and wellness in relation to the built environment. Many actions can be put forward to meet health needs when population density requires close contact between citizens. In this case, the pedestrianization of major arteries is one of the immediate solutions that can be implemented quickly and, moreover, is part of the development of a sustainable transportation network by promoting active travel of the population (4). After a long period where public health restrictions have put people's lives on hold, this initiative could have many benefits and should be welcomed by the population. It could lead citizens to revisit their method of travel by prioritizing active transportation, increase the level of daily physical activity, and control outdoor pollution from car traffic.

In addition to the economic concerns that were raised

by Main Street business owners almost a year ago, the health benefits of a pedestrian street in Moncton have not been well documented and this project remains a golden opportunity to incorporate physical activity into daily life. Active transportation modes have been shown to be beneficial to health (5). According to a study published in the American Journal of Preventive Medicine in 2004 (6), for every hour spent in a car per day, there is a 6% increase in the probability of suffering from obesity, while every kilometer walked per day reduces the risk by 4.8%. Environmental factors obviously play an important role in the use of walking or cycling as a means of transportation. These include bicycle lanes separated from traffic, increased population density, and short travel distances that encourage the use of active transportation (7). While walking and cycling may not be feasible for everyone, given the distance to work, it is possible to use a mixed mode of transportation (8). Walking the last mile and parking a car further away is a feasible and easy strategy to increase physical activity levels and benefit one's health, both physically and mentally, and this is precisely what a pedestrian street could achieve. Studies are clear on this subject: integrating physical activity, whether of light or moderate intensity, into our daily routine is sufficient for us to enjoy the health benefits of physical activity (9). A meta-analysis published in the British Journal of Sport medicine in 2020 (10) demonstrated that a high number of hours per day of sedentary behaviour was associated with a higher risk of mortality in those who initially had a low level of moderate to vigorous physical activity (MVPA) on a daily basis. It was noted that physical activity level and sedentary time may be combined differently depending on the individual's physical activity level to reduce the risk of premature death. Indeed, accumulating 30 to 40 minutes of MVPA per day was sufficient to mitigate the association between sedentary time and risk of premature death. However, according to the latest 2016 Population Health Snapshot from the New Brunswick Health Council, 49.2% of New Brunswickers were moderately active or active on a daily basis according to self-reported physical activity levels (11). In Canada, the 2016-2017 Canadian Health Measures Survey accelerometer results showed a less positive picture with only 1 in 5 Canadians accumulating the recommended 150 minutes of MVPA (12). Referring to the Health of Canadians report using accelerometry data from 2007



to 2009, we note a consistent trend over the past decade where levels of MVPA have remained the same among Canadians since 2007 and also that the majority spent their waking hours (68% for men and 69% for women) in sedentary activities (13). Given that a majority of the population is not physically active, the adverse health effects of a sedentary lifestyle are pervasive and may be associated with a higher risk of premature death. A project such as the pedestrianization of Main Street could add as little as 10 to 15 minutes of walking per day, allowing for an accumulation of an additional 75 minutes of physical activity per week, thereby reducing the sedentary time that is most detrimental to people who are not very active and allowing them to reap the health benefits associated with being physically active. By parking a little further away and walking a hundred metres to get a coffee or lunch, the downtown population could achieve a good proportion of the recommended physical activity (14) with minimal effort.

Finally, we need not look far for successful models, consider the City of St. John's, Newfoundland who implemented such a project in the summer of 2020 by pedestrianizing Water Street in their downtown core (15). The project was initially met with resistance from the public. As little as a week later, businesses reported that they had seen an increase in business and that customers were happy to spend time outdoors, and that this was welcome in a spring when COVID-19 restrictions had made it difficult for people to get around. The project was reported as a success by politicians and residents alike and a large majority hoped that the initiative would continue in future years. Recently, it was announced that the project will be returning for the summer of 2021 and expanding to include Duckworth street, as business owners on Duckworth street felt that they missed out on the opportunity (16).

The pedestrianization of Main Street could also be a success, both for the businesses and for the population, but it is important to try it and let the project go ahead before throwing in the towel. Not only will it potentially benefit the health of our residents, but also the environment and who knows, maybe even the economy.

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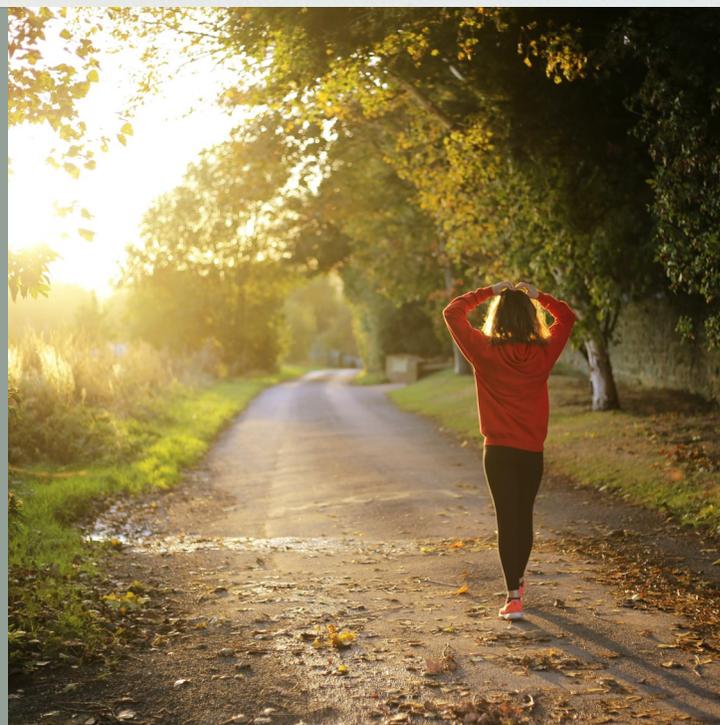


THE KIN TOOLBOX

SCIENTIFIC PUBLICATIONS ON ACTIVE LIVING AND HEALTHY LIFESTYLE HABITS

The Institut National de Santé Publique du Québec (INSPQ) publishes a quarterly scientific newsletter (Veille Scientifique) that lists the latest scientific publications on active living and healthy lifestyle habits aimed at preventing obesity and chronic diseases. You can subscribe to the mailing list to receive the newsletter by email when it is published. It's a good way to stay on top of the latest developments in the field of prevention! (Available in French only)

 [VEILLE SCIENTIFIQUE](#)



FROM ACADEMIC TO PRACTICE

In an effort to help kinesiology students enter the workforce, the Canadian Kinesiology Alliance has created a start-up kit to help undergraduate students and recent graduates plan and prepare for a career in kinesiology. The kit covers topics such as the different players in the field, the structure of the kinesiology profession, graduate studies, tools for the self-employed, etc.

 [KINSTARTUPKIT](#)



APES + 2021

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On March 26th, the APES + (Atlantic Provinces Exercise Scientists and Socio-Culturalists) conference was organized by the Faculty of Kinesiology of the University of New Brunswick as part of their research day (online conference this year due to the pandemic). The purpose of this conference is to offer students from the Atlantic Provinces, in the field of kinesiology and related fields, the chance to present their research projects to their peers.

Three students from New Brunswick were recognized at the event for the quality of their presentation and their research project: Michael Carroll, Hilary Pond, both from UNB, and Felix LeBlanc from the Université de Moncton. These three students are respectively under the direction and supervision of professors Danielle Bouchard, Martin Sénéchal and Grant Handrigan.

More than sixty undergraduate and graduate students from Acadia University, Cape Breton University, Uni-

versity of Dalhousie, St. Francis Xavier University, University of Prince Edward Island, University of New Brunswick and the Université de Moncton participated in the conference. The presentations were separated into three separate virtual presentation rooms halls with themes of "Biomechanics/ Exercise physiology/ Motor Learning", "Health & Rehabilitation", and "Sport & Exercise Psychology/ Sociocultural". Two undergraduate students and one graduate student were awarded in each virtual presentation rooms. Congratulations to all three students! For more information, please visit their [website](#). 



THE CANADIAN MENTAL HEALTH ASSOCIATION MENTAL HEALTH WEEK

From the 3-9 of May, the Canadian Mental Health association is hosting mental health week, and kinesiologists are supporting it!

Health benefits of physical activity are not limited to physical health. There is growing evidence on positive effects of physical activity on mental health and on a positive association between physical activity and positive mental health.

Follow us this week on Facebook to learn more on how you can maintain a positive mental health with physical activity practice.



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- ◆ PROVIDE LEADERSHIP THROUGHOUT THE PROMOTION OF THE SCIENCE AND PROFESSION OF KINESIOLOGY AND ENHANCE THE APPRECIATION OF KINESIOLOGY SERVICES.
- ◆ STIMULATE THE EVOLUTION OF THE PROFESSION OF KINESIOLOGY THROUGH DEVELOPMENT AND PROMOTION OF EDUCATIONAL OPPORTUNITIES TO ITS MEMBERS.
- ◆ FOSTER PARTNERSHIPS WITH THE ACADEMIC COMMUNITY THROUGH SUPPORT OF RESEARCH AND KINESIOLOGY PROGRAM DEVELOPMENT.
- ◆ ENHANCE BENEFITS OF MEMBERSHIP



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THE NEWSLETTER WILL BE BACK IN OCTOBER 2021!