

New Brunswick Kinesiology Association
Association de Kinésiologie du Nouveau-Brunswick



Newsletter

January 2019



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A WORD FROM OUR PRESIDENT



Happy New Year Members!

We are welcoming 2019 with open arms!

We are happy to start another year progressing and improving the profession of Kinesiology in New Brunswick. This year we anticipate many changes to our processes, professional relationships, and the access of Kinesiology services in New Brunswick. There are many things to look forward to, including our quarterly newsletter (this is the first edition!), website development as well as more NBKA presence at some national kin events. We will continue to maintain a close working relationship with the CKA as we move forward to better the services we can offer you and we are working diligently to help you as best we can. We are hoping for another successful year of growth and development as we move forward together in 2019!

Cheers!

Your president,

Kendra Cooling , B.Sc.Kin, C.K

INTERVIEW WITH A KINESIOLOGIST

Through the newsletters, NBKA would like to highlight the work and contributions of our certified members. For this first issue, Renée Frenette working at Occupational Concept accepted to answer a few questions for us. Enjoy the read!

How long have you worked as a kinesiologist? I have been working as a Kinesiologist for 19 years.

Where do you practice kinesiology? Can you describe what you do, and which services are offered. I am currently working as a Kinesiologist at Occupational Concepts part of the CBI Health group in Moncton, NB. I perform office ergonomic evaluations, functional capacity evaluations, job site analysis and workplace training for employers and employees in office ergonomics, manual material handling and workplace wellness.

Please share with us your academic and professional background. I completed my bachelor's degree in Kinesiology at the Université de Moncton and completed a Master's level course on Introduction to Ergonomics from the University of Derby. Through work, I have also completed the Functional Capacity Evaluation Program, Advanced FCE training and Ergonomic Evaluation

Certification Program through Matheson and Associates.

What do you think is the major strength of kinesiologists as a health professional Their knowledge of the human body and how it functions. With a core background in anatomy and physiology, body mechanics, exercise physiology and motor learning, Kinesiologists have transferable knowledge that can be applied to any population (from youth to senior) and in multiple settings (i.e. from leisure, to rehab, sports and work).

What are some of the challenges it faces as a health profession? Since Kinesiology is a relatively young profession, the areas of practices/ services provided as well as the competencies of Kinesiologists are not always well known by the general public or other health professionals. Also, kinesiology services are not always covered under medical health benefit plans making it more challenging from a billing perspective.

How long have you been a member of NBKA? Have you ever been involved on the board of directors? I was actually part of the founding group/inaugural board of directors of the NBKA/AKNB and have been a certified member since its inception. I have served on the board of directors for many years in various roles such as President, Vice-President and Secretary.

What are your expectation of the association? Which services do you expect to receive? I expect the association to represent the field and its members in a positive and professional manner and to market our scope of practice and competencies. For services, I would expect affordable professional liability insurance, continuing education opportunities and resources (i.e. marketing and educational).

To finish, what is your advice to those who want to become a kinesiologist Study hard, complete as many kinesi-



ology specific and science courses as possible, get in-

“Study hard, complete as many kinesiology specific and science courses as possible, get involved in programs offered at your university”

involved in programs offered at your university (i.e. cardiac rehab, neuro rehab, exercise testing and prescription, etc.) and in the community, get involved in the association, be professional and network with working Kinesiologists.

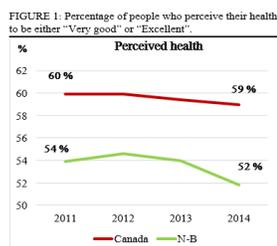
OFF THE SHELF - AN INDEPTH LOOK AT A CURRENT PUBLISHED REPORT.

The New Brunswick Health Council has as part of its mandate, the measurement and evaluation of the health of the NB population. Their annual report is rich in information. Citizens, communities and health organisations will find valuable information contained within its pages. Here is an overview of their most recent report, from 2016 and specifically regarding 3 of the 43 health indicators that are presented.

Regarding perceived health, New Brunswick is ranked last when compared to the other Canadian provinces. Specifically, 52% of New Brunswickers (Figure 1)

“NB has approximately 49.2% of adults who are moderately active or active in 2014”

consider their health status to be “very good” or “excellent”. The Canadian average is 59%.



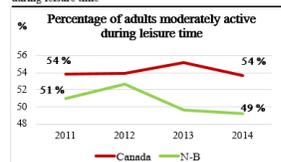
The report from the NBHC indicates that there is a slow improvement in smoking rates

and in the excessive consumption of alcohol, and also in the rest of Canada (Figure 2). NB ranks 8th amongst the provinces for this indicator. On physical activity levels, an important determinant of overall health, NB has approximately

49.2% of adults who are moderately active or active in 2014 (Figure 3). NB slid one place, from 7th to 8th in

the Canadian rankings from 2013 to 2014. In light of this information (and other indicators present in the reports), the NBHC encourages New Brunswickers to adopt

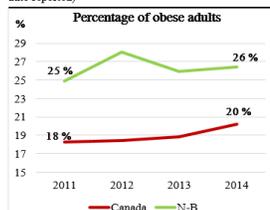
FIGURE 3: Percentage of adults who are moderately active during leisure time



health.

As indicated, the reports are rich in information, and there are many others available on the health of the NB population that are published by the NBHC. Also, readers are encouraged to view the Statistics Canada Canadian Health Mea-

FIGURE 2: Percentage of adults who are obese (BMI auto reported)



asures Survey for more information from across the country. We specifically encourage you to consult the NBHC website because there is information for 43 different health indicators that are separated by 7 zones across the province and 33 communities. These documents are available under the tab ‘Resources and Publications’ on the NBHC website: <http://www.nbhc.ca>

REFERENCES

- Canadian Community Health Survey– Statistics Canada
- Recognizing and focusing on population health priorities, New Brunswick Health Council, April 2016

FRESH FROM THE OVEN – RECENT SCIENTIFIC ARTICLES AND GUIDELINES

Do you work with pregnant women? See the 2019 Canadian Guidelines for Physical Activity throughout Pregnancy published in the British Journal of Sports medicine and co published in the Journal of Obstetrics and Gynaecology Canada.

Here are two different link where you can take note of the recommendations:

⇒ <https://bjsm.bmj.com/content/52/21/1339.long>

⇒ [https://www.jogc.com/article/S1701-2163\(18\)30699-6/fulltext](https://www.jogc.com/article/S1701-2163(18)30699-6/fulltext)

Stay informed and provide the best recommendations for your clients !

2019 PROJECTS

June 1st, 2019 is national health and fitness day. Visit the website <https://www.nhfdcan.ca/> to learn more about this event.



During Kinesiology week 2018, that was held from the 12th to the 18th of November 2018, the Canadian Kinesiology Alliance (CKA) reach approximately 1 million people with their activities for their second consecutive year. There were 12% more activities realized by the different provincial kinesiology associations across the country, thus making this event a success. This year looks to be an even bigger and better year, the dates are not yet announced, but stay tuned to find out!

The annual NBKA conference was held on Saturday, November 3rd. After reviewing the participant feedback forms, it was concluded that the event was a success and that the members appreciated the diverse activities and the speakers. We would like to thank Lesley Smyth, Ken Seaman and Michel Johnson for presenting. We look forward enthusiastically to this fall for our next conference to promote the activities and training of our members!

On March 1st 2019, our president has been invited to present during the graduate colloquium at UNB in the faculty of kinesiology. The agenda of the presentation will include the advantages to becoming a member of the NBKA and our programming for 2019.



We are excited to announce that this fall, the NBKA will be hosting a competition for a student scholarship sponsored. All kinesiology students in New Brunswick will be invited to participate. Later this year we will share the details of the competition, the scholarship amount and how to apply. Stay tuned! In the meantime, if you are a student, apply to become a member as this is required for participating in the competition. Don't wait until the last minute!

OPPORTUNITIES

Kinesiology Co-op placements

Are you interested in helping train the next generation of kinesiologists? Please contact us and we can circulate your co-op position to the appropriate individuals at the University of New Brunswick and the Université de Moncton. For example, every year the school of kinesiology and leisure studies at the Université de Moncton place approximately 30 students in various places across the greater Moncton region. Be part of this exciting opportunity to contribute to the future of kinesiology in our province.

Job opportunities

- ⇒ [Kinesiologist - CBI Health Group](#)
Dieppe, Full time
- ⇒ [Ergonomics Assistant - J.D. Irving](#)
Fredericton, Summer 2019 (May to August)
- ⇒ [Fitness Manager - Goodlife Fitness](#)
Dieppe, Full time
- ⇒ [Kinesiologist - Orthopaedics Plus Ltd.](#)
Saint John, Full time