



THE NEW BRUNSWICK KINESIOLOGY ASSOCIATION NEWSLETTER

IN THIS ISSUE:

<i>A word from the president</i>	01
<i>Continuing Education</i>	01
<i>Interview with a Kinesiologist</i>	02
<i>Coming Soon</i>	03
<i>News from our partners</i>	03
<i>2020 Membership Renewal</i>	03

SUMMARY

- Interview with a Kinesiologist: Jérémie Arseneau
- New Continuing Education opportunity



KINESIOLOGISTS ARE
MOVEMENT AND PHYSICAL
ACTIVITY SPECIALISTS

A WORD FROM THE PRESIDENT

Hello members,

As we start 2020 in earnest, we can still take a little time to look back on our success and perseverance in 2019. Our visibility and our memberships are at an all time high and we plan to use this momentum to continue to grow in the new year. We are inspired to move forward and make some real change and we cannot do it without you -the great thing about kinesiologists is that we are not afraid of some hard work!

I want to thank you so much for the opportunity to continue working with the association as the active president, and I am eager to see what we can get done in 2020! This year we will be looking to you, our members, to help our association grow. Please answer the call when it comes!

Kendra



CONTINUING EDUCATION

NBKA SEMINARS

The NBKA is preparing a series of seminars in 2020 aimed at creating continuing education opportunities for its members. Each seminar will be part of the continuing education program of the Canadian Kinesiology Alliance for a total of 2 credits.

These seminars will be held at the Université de Moncton with the possibility of rebroadcasting by teleconference for our members outside of the Moncton region.

The first seminar will be held on the evening of February 20th at the Universi-

té de Moncton and will be given by Professor Grant Handrigan. More details will be sent to you by email in the coming weeks.

We hope to see you there!

INTERVIEW WITH A KINESIOLOGIST: JÉRÉMIE ARSENEAU



What is the place of a kinesiologist in a physiotherapy clinic? What are the main benefits and challenges of working professionally in a physiotherapy clinic?

In my opinion, the place of a kinesiologist in a physiotherapy clinic is indispensable. It is just as important at the beginning of the protocol of an injured person, as it is in the return to normal life habits, or even the prevention of future injuries. The advantages of working in a clinic as a kinesiologist are numerous. My favorite is the collaboration in the team, which allows us to deal with pain more quickly because of our comprehensive approach. One challenge of my job is definitely the variety of injuries that force me to go outside my comfort zone on a daily basis.

You're working at 360 plus physio as a kinesiologist in Bathurst. How long have you been working there as a kinesiologist and tell us what you do there?

I have been with the Physio 360 Plus clinic since it opened in June 2017. As a Kinesiologist, my job is to teach, supervise and create exercise programs. I work directly with 3, soon to be 4, physiotherapists to assist them in the rehabilitation of their patients. Our patients come to us from many different situations, such as car accidents, accidents at work, the elderly, people with musculoskeletal problems, athletes, people with concussions, chronic or acute pain and mental problems. Of course, we also promote physical activity.

What is your academic and professional background?

I graduated from the University of Moncton in 2015 with a Bachelor of Science in Kinesiology. During my university career, I was a member of the support team for the varsity athletics and cross-country teams. In addition, I volunteered my time every week to help patients in cardiac rehabilitation. After graduating, I started my career as a kinesiologist at Good Life fitness. I spent only 6 months there and then moved back to my hometown of Bathurst, where I started my own private kinesiology service company in collaboration with local community gyms. Which brings me to my current job with Physio 360 plus.

You have been a member of the NBKA Board of Directors since September. What kind of mark do you want to leave within the association and what project do you have in mind for the kinesiology profession in New Brunswick?

My main goal with the Board of Directors is simple, the legislation of the NBKA. This process will be an arduous one to attain, including fundraising and strengthening community ties that will allow us to offer a standardized service in kinesiology in New Brunswick. It will also give the general population easier access to prevention and private insurance companies will be able to cover our services.

What advice would you give to kinesiology students who wish to pursue a career as a kinesiologist?

Tip number one:

Annual participation / registration with the NBKA. This will allow you to follow the progress of the association and also the new jobs available.

Tip number two :

Treat yourself before treating others. Be the image you want to project to your future clients and they will be more tempted to listen to your advice.

Tip number three :

Volunteering in our field. In my case, volunteering during my studies (about 30 hours/week) allowed me to gain a lot of experience, which made me feel more comfortable when I joined the job market.

NBKA BOARD OF DIRECTORS

Kendra Cooling, President

Antoine Côté, Vice President

Jérémy Arseneau, Treasurer

Simon Boudreau., CKA representative

Grant Handrigan

Annie-Pier Fortin

2020 NBKA MEMBERS

MEMBRES CERTIFIÉS

54



OUR MISSION:

- ◆ 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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STAY UP TO DATE WITH THE NBKA



NEW BRUNSWICK KINESIOLOGY
ASSOCIATION



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COMING SOON

NBKA MEMBER SURVEY

The NBKA Board of Directors is currently developing a survey to investigate the scope of practice and work environment of certified members. This survey is also intended to gather information on members' interests and expectations of their association.

The survey will be conducted anonymously and some of the questions based on the practice of Kinesiology in New Brunswick may be used to provide information about the profession of Kinesiology to our students to answer their questions about employment opportunities in Kinesiology in the province. These results will always be presented in a comprehensive and confidential manner.

We therefore request the collaboration of our certified members to complete the survey, always with the goal of helping the AKNB better serve its members and fulfill its mission.

The survey will be available and distributed by email to our members in early February

NEWS FROM OUR PARTNER

In collaboration with Hexfit, we are proud to offer you an free electronic document toolkit that is tailor-made for you. This toolkit contains assessments, physical tests, medical history, insurance receipt and much more. Also, did you know that you can get a huge discount on Hexfit software?



Access this kit via this link:

<http://hxft.co/of-bj>

2020 MEMBERSHIP RENEWAL

If you have not yet renewed your membership for the current year 2020, there is still time to do so.

STUDENT MEMBERS

For students who were already members with the NBKA in 2019, just send us an email to let us know that you want to renew your status. For students who would like to join us for the first time, visit our website at www.nbka-aknb.ca to fill out a membership form and send it to nbkaaknb@gmail.com. Student membership is free.

AFFILIATED MEMBERS

For affiliated members, you can simply send us an email at nbkaaknb@gmail.com to inform us that you wish to renew your membership and the payment method for your 2020 membership.

CERTIFIED MEMBERS

Renewal for certified members is done through the Canadian Kinesiology Alliance website. If you have any questions, please do not hesitate to write to info@ccka.ca.