



THE NEW BRUNSWICK KINESIOLOGY ASSOCIATION NEWSLETTER



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SUMMARY:

- How do NB youth measure up compared to the CSEP movement guidelines?
- Find out the date and location of the NBKA 2019 conference!
- Interview with a kinesiologist: Simon Boudreau



KINESIOLOGISTS ARE
MOVEMENT AND PHYSICAL
ACTIVITY SPECIALISTS

A WORD FROM THE PRESIDENT

Hello Members!

This term has flown by and we have lots to share with you all!

We are proud of the work we have accomplished so far in 2019, and it is just the beginning. We say hello to new directors, and good bye to previous directors, and we are motivated to keep the momentum with fresh faces and new ideas.

Happy Summer to you all!

Your president,

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



WELCOME TO NBKA'S FIRST EMPLOYEE!

We would like to extend a warm welcome to Tamara Tompkins who will join our team this summer for a period of 12 weeks. Tamara is currently a graduate student in the kinesiology department at the University of New Brunswick researching anterior cruciate ligament (ACL) injury prevention. She is a certified athletic trainer (ATC), which is known as an Athletic Therapist in Canada. For her undergraduate degrees (she has two!), she obtained a Bachelor of Science, major in kinesiology, minor in Foods and Nutrition from the University of Prince Edward Island and a Bachelor of Science in Athletic Training from the University of Maine in Presque Isle, Maine. We look forward to working with her during the



summer. Tamara has deep and broad experience in various domains of kinesiology and we anticipate she will contribute in a significant manner to our association!

Welcome aboard, Tamara !

INTERVIEW WITH A KINESIOLOGIST: SIMON BOUDREAU



Where do you work as a kinesiologist?

I work in cardiac rehabilitation at the regional hospital in Edmundston, the general hospital in Grand-Sault et the Hotel-Dieu Saint Joseph in Saint-Quentin.

Can you tell us a little about what you do?

As a kinesiologist in the cardiac rehabilitation program, I oversee the exercise aspect of the program. This consists of performing evaluations, exercise prescription and monitoring of the physical condition of the cardiac patients. Also, I am responsible for the exercise facilities, revising exercise programs for members, and leading group activities for patients and their families.

Can you tell us about your training and education?

I completed my bachelor's degree in kinesiology from the Université de Moncton from 2009-2013. After, I completed a professional master's degree in kinesiology from the Université de Montréal. During my studies in Montreal I worked as a personnel training in an Énergie Cardio gym. After, I had the opportunity to return to NB to work in cardiac rehabilitation.

What sort of experience do you have working as a member of an interdisciplinary team? What sort of challenges do you face in this environment? In a cardiac rehabilitation setting, I mostly work with nurses and upon consultation, patients have access to a dietician, a psychologist and a social worker. I have also worked with respiratory therapists in cardiopulmonary rehabilitation. The biggest challenge I faced was in the early stages of my employment. My colleagues

had never worked with a kinesiologist before, so I had to demonstrate to them what my abilities and competencies were as part of an interdisciplinary team.

Can you tell us about some of the advantages to working as part of an interdisciplinary team? There are many advantages to working together as part of an interdisciplinary team. For example, if I have questions regarding medications, a diagnosis or about arrhythmias, I can ask my nurse colleagues. Also, I can consult with my colleagues from other domains such as the dieticians, psychologists, respiratory therapists, physiotherapists and social workers. The end goal here, and what I am most concerned with is that it provides a wholistic approach to handling our patient concerns thus enabling a safer and more efficient care plan.

How long have you been a member of the NBKA? Have you contributed as a board member? I've been a member of the NBKA since 2016. I have not yet contributed to the board as a member, but it is something I would like to do in the near future.

What are your expectations from the AKNB? Which services would you like to see them offer? I expect that the association will keep its members informed about current practices and recent developments in kinesiology across New Brunswick and Canada. Equally, I expect that the association will provide its members with continuing education opportunities and that it continues its efforts to increase the influence and visibility of kinesiologists provincially.

Since January, we have approximately thirty students who have become members of the association. What advice do you have for them? I encourage them to pick courses and continuing education opportunities that align with their interests. That kinesiology is a profession of the future and that means that sometimes you might have to create your own job (e.g., open a clinic that focuses on assisting individuals with traumatic brain injury). That it is possible to work as a kinesiologist in New Brunswick!

BOARD OF DIRECTORS

Kendra Cooling, President

Grant Handrigan

Antoine Côté

Annie-Pier Fortin

We would like to say thank you and best wishes to Marcel Robichaud who was an active board member (treasurer) for several years. Thanks for all your contributions!

NBKA MEMBERS 2019

CERTIFIED MEMBERS

42

STUDENT MEMBERS

30

AFFILIATED MEMBERS

3



IF YOU ARE A STUDENT, A MEMBER OF THE NBKA AND YOU ARE GRADUATING SOON

Please take advantage of the professional insurance that we offer as part of your membership. Become a certified member and start your profession right away!

Please go to the [Canadian Kinesiology Association](#) website and sign up as a certified member.

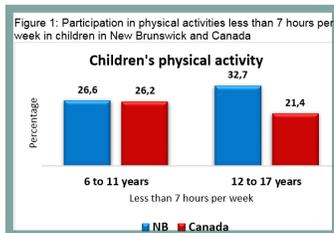
OFF THE SHELF - AN INDEPTH LOOK AT RECENTLY PUBLISHED REPORTS.

In 2016, the Canadian Society for Exercise Physiologists (CSEP-SCPE) launched the first movement guidelines for 24 hours aimed at children and youth between the ages of 5 and 17. Here is an in depth look at where the youth of New Brunswick are situated in comparison to the recommendations. These results are compiled based on the provincial and national data that are currently available.

The Canadian 24-hour movement guidelines for children and youth (1), state that children should adopt an active lifestyle with a focus on finding balance between physical activity, sedentary behaviours and sleep in order to ensure their healthy development. Here is a profile of the youth from New Brunswick with regards to each of these activities.

Physical activity participation

Youth between the ages of 5 and 17 should accumulate at least 60 minutes of physical activity per day, including a variety of aerobic



of aerobic activities. In addition, high intensity activities and activities that rely on muscular strength should be performed at least three times per week (1). These recommendations stipulate that youth should be performing at least 7 hours of activity per week. In New Brunswick, 26.6% (26.2% in Canada) of youth aged between 6 and 11 et 32.7% (21.4% in Canada) of youth aged between 12 and 17 (Figure 1) do not meet these recommendations, based on data retrieved from Statistics Canada in 2015 (2).

Other data are also available for physical activity guidelines for youth in New Brunswick. First of all, if we look at a questionnaire on the well-being of New Brunswick primary school aged students, specifically

kindergarten to grade five students in 2016-2017 (3), 77% of the respondents in the 4th and 5th grades reported not achieving at least one hour per day of physical activity. However, the parents for this same age group reported that only 21% of the children aged 5 to 11 (kindergarten to 5th grade) did not meet the minimum recommendations. What's more, 11% of students in this group practice active transportation methods to get to school. For the older students, those in grade 6 to grade 12, it is 78% who report not meeting the minimum

"6 OUT OF 10 NEW BRUNSWICK CHILDREN SLEEP LESS THAN 8 HOURS PER NIGHT"

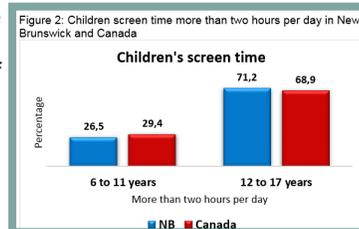
recommendations for physical activity. Regarding active transportation methods, it is only 7% of these students that regularly travel to and from school this way. There are a slightly higher percentage who practice regularly a mix of active and inactive methods of transportation.

The Canadian Fitness and Lifestyle Research Institute (5) used pedometers to measure the number of steps taken in a day in order to examine the physical activity levels of youth. They report that for children between ages 5 and 19 years on average stepped 10 400 steps per day, which is slightly less than the national average of 11 300 steps per day. In comparison to the other provinces and territories, New Brunswick ranks just ahead of Newfoundland and Labrador for average steps taken in a day, with an overall rank of 12th place. In general, youth from the Atlantic provinces perform fewer daily steps than the average Canadian youth. New Brunswick shows the same tendency as across Canada with boys performing on average more daily steps than girls. Also, as it is across Canada, youth who move more generally come from households with higher revenues and are involved in more organised sporting activities. Finally, this study indicates that the number of steps taken daily decreases with age, and this for both New Brunswick as well as the Canadian average.

Screen time

Screen time (watching television, gaming, using a computer, a tablet or any portable electronic device) should be limited to a maximum of 2 hours per day between the ages of 6 and 17. Also, prolonged sitting should also be limited (1). Continuing with New Brunswick, 26.5% (29.4% in Canada) of children aged between 6 and 11 and 71.2% (68.9% in Canada) aged between 12 and 17 (Figure 2) do not meet these recommendations (6). Based on the questionnaire

on the well-being of New Brunswick primary school aged



students, it is 57% of the respondents between ages 5 and 11 who spend more than 2 hours per day in front of a screen (3). For those aged 12 to 17, 63% of the respondents spend more than 2 hours per day (4).

Sleep

Children between ages 5 and 13 are recommended to sleep between 9 to 11 hours per night, youth aged 14 to 17 should sleep between 8 to 10 hours per night. In New Brunswick, it is approximately 6 youth in 10 who sleep less than 8 hours per night (6). Continuing with data from the questionnaire on the well-being of New Brunswick primary school aged students (3,4), 39% of students between the 6th and the 12th grade sleep less than 8 hours per night. Data are not available for students between kindergarten and 5th grade.

The surveys of the well-being of New Brunswick youth contain many other data on different dimensions of well-being, including nutrition, mental health, leisure activities, and others. You can consult these reports, and others, on the New Brunswick Health Council website (<https://www.nbhc.ca>)

REFERENCES

1. Canadian 24-hour movement guidelines, SCPE-CSEP
2. Statistics Canada. Table 13-10-0798-01 Children's participation in physical activities, in hours per week, by sex, household population aged 6 to 17, 2015 Canadian Community Health Survey - Nutrition, Canada and provinces
3. New Brunswick elementary student wellness survey, New Brunswick: Kindergarten to grade 5, 2016-2017, New Brunswick health council, October 2017
4. New Brunswick student wellness survey. : Grades 6 to 12- 2015-2016, Conseil de la santé du Nouveau-Brunswick, New Brunswick health council, May 2017
5. Kids CANPLAY, 2014-2016, Bulletin 1: Physical activity levels of Canadian children and youth
6. Statistics Canada. Table 13-10-0799-01 Children's screen time, 2 hours per day or less, by sex, household population aged 6 to 17, 2015 Canadian Community Health Survey - Nutrition, Canada and provinces
7. Infographic - When I don't sleep enough , New Brunswick health council, December 2016

OUR MISSION:

- ◆ PROVIDE LEADERSHIP THROUGHOUT THE PROMOTION OF THE SCIENCE AND PROFESSION OF KINESIOLOGY AND ENHANCE THE APPRECIATION OF KINESIOLOGY SERVICES.
- ◆ STIMULATE THE DYNAMIC 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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ASSOCIATION NEWS

NBKA PRESENTATION

On March 29th 2019, our president, Kendra Cooling, presented our association at the weekly seminar series in the faculty of kinesiology at the University of New Brunswick. Several subjects were discussed, including our mission, our objectives, legislation and our future events.



NEW LOGO

Have you noticed something different with our logo? We refreshed it to go along with the winds of change that are sweeping through the NBKA!



BANNER

We have purchased a banner for the NBKA in order to improve our visibility of our association and kinesiologists in New Brunswick. Keep an eye out for it at our events as it will follow us wherever we go! For example, we will be present at the open doors' days at the Université de Moncton in September.

COMING SOON ...

NATIONAL HEALTH AND FITNESS DAY

On June 1st we encourage kinesiologists in New Brunswick to participate in the national health and fitness day by organising an activity to celebrate this event, or just as an excuse to promote physical activity!



NBKA 2019 CONFERENCE

Mark your calendars! October 5th 2019 is the date for our next conference. It will be hosted in Fredericton this year and we invite everyone to participate in order to partake in the exciting continuing education and networking activities that we have planned.

NBKA STUDENT BURSARY

The NBKA is launching a bursary competition starting in September 2019. The amount is fixed at 500\$. Bursary application instructions will be sent to our members in September. To be eligible you must be:

- A kinesiology student in one of the programs at either the University of New Brunswick or the Université de Moncton
- A member of the NBKA

WEBSITE

We challenged ourselves for the rest of 2019 to update our website in order for it to become the reference site for kinesiologists and information about kinesiology in New Brunswick. Here are some resources that we want to add:

- Who are kinesiologists? What sort of training do they have, what is their scope of practice?
- Deontological code
- Member directory
- Clear instructions on how to become a certified member, an affiliated member and a student member.
- Create and post a web form for affiliated and student members.

NATIONAL KINESIOLOGY WEEK

2019 National kinesiology week will be from the 11 to the 19th of November.

The Canadian kinesiology alliance (CKA) reached over 1 million people in 2018 (an increase of 12% in activities over the previous year, 2017). We encourage you to start planning your activities for 2019 and we hope that this trend increases this year!



MEMBER SPACE

Do you have a research project, an activity, an event or some information that you would like to share with other members of the association? We invite you to communicate with us the details of your information and we will share it with our members in our next newsletter.

Undergraduate honours thesis

By Gilles Fougère in collaboration with the professor Grant Handrigan at the Université de Moncton.

- 🔗 [Comparing the effects of Achilles, fibularis longus and tibialis anterior tendon vibration on balance control and lower leg electromyography in young adults with and without recurrent ankle sprain.](#) (Only available in french)

This study compared EMG activity of the Achilles tendon, fibularis longus and tibialis anterior and balance control to identify the optimal tendon vibration to increase the muscular response in the lower limbs. A healthy control group and a group of individuals who reported recurring ankle instability were compared. For results, and an in-depth discussion, we encourage you to consult the link to view the entire document.

RECENT ARTICLES AND RECOMMENDATIONS

[Nicole M. Mullins et al., Elementary school classroom physical activity breaks: student, teacher, and facilitator perspectives, *Adv Physiol Educ* 43: 140–148, 2019](#)

Occupational health and safety best practices recommend workers who spend prolonged time sitting to take frequent activity breaks to reduce sedentary time. This article is inspired by the same idea, but in youth during school time. Not only do they recommend reducing sitting time, but to also incorporate fun activities while doing so. This study included a daily session of physical activity of 10 minutes in 4th grade students in an urban setting in Ohio in the USA. The experience was equally appreciated by the students as it was by the teachers. Following an activity break, 71% of the students reported being more apt to learn. Previous research has demonstrated that activity breaks increase learning outcomes. In summary, students and teachers appreciated the activities and reported increased physical activity.

Please note that our newsletter will be back in September!

Enjoy the summer and see you soon!