



THE NEW BRUNSWICK KINESIOLOGY ASSOCIATION NEWSLETTER



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KINESIOLOGISTS ARE  
MOVEMENT AND PHYSICAL  
ACTIVITY SPECIALISTS

A WORD FROM THE PRESIDENT

Hi everyone!

As fall is approaching so is our annual conference. We are excited and grateful for all the progress and help we have had this year. Despite the summer being over, we still have plans to move forward in progressing the development of Kinesiology! We are looking to sharing our progress with you in October!

See you all at the conference!

Your president,

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



2019 ANNUAL CONFERENCE AND AGM

It's already time to register for the Annual conference and AGM, that will take place in Fredericton on October 5<sup>th</sup>.

This year, we have 3 speakers. Serge Bourdeau, president of the Fédération des Kinésologues du Québec, will share with us the experiences and challenges of the FKQ in their ongoing processes in establishing a professional order. Travis Saunders, professor of kinesiology at UPEI and president of KIN PEI will talk about the lessons they encountered in their first year as a provincial kinesiology association in PEI. Finally, Vicky Bouffard-Levasseur will be our last invited speaker of the conference. Vicky is professor at UdeMoncton, Edmundston's campus. She will share her experience working as a certified kinesiologist in New Brunswick.

Newly this year, kinesiology students will have the opportunity to share their work in the conference poster competition.

The deadline to submit an abstract is on September 23<sup>th</sup> at midnight. There will be a 100\$ prize for top undergraduate, master's, and PhD research posters.

To register to the conference and to see the abstract submission guidelines for the poster competition, please visit our website at [www.nbka-aknb.ca](http://www.nbka-aknb.ca) under the **Conference** tab. We hope that we can see you there. We wish to make this conference an opportunity to develop a vision for the future for the NBKA and also for the kinesiology profession in New Brunswick.

## INTERVIEW WITH A KINESIOLOGIST: SHELDON DROVER



**Where do you practice kinesiology? Can you describe what you do, and which services are offered?** I am co-owner of MVP Fitness along with Antoine Cote in Dieppe, NB. We teach you how to increase strength, reduce pain and add energy in minimal time so you can experience the life you deserve. At MVP, we offer private sessions, semi-private, small group and fascial stretch therapy to individuals.

**Please share with us your academic and professional background.** I graduated from St Francis Xavier University in 2008 and have been practicing kinesiology in some capacity since graduating. While attending St FX, I had the opportunity to work with the varsity hockey and soccer programs in a training or therapy capacity for 2 years and travelled with the soccer teams during the season. Upon graduating, I moved back to my hometown of Labrador City, NL where I worked in the mine and own my own personal training business on the side. After 4 years home, I made the decision that I wanted to use my degree fully and packed up my family and moved to Dieppe, NB. At that point, I started as a personal trainer with Goodlife Fitness and then after almost 3 years and being recognized as a top PT in the region and company, I sought out another opportunity, which was to open MVP Fitness along with my co-owner Antoine Cote.

**What were your motivations to start your own business? What were your biggest challenges?** When I decided that I would like to start my own business, it

was because I felt that my values were not aligning with the others who I was working with at that time. Other individuals viewed the position as one that anyone could do and did not value the client at all times. At that point, I asked Antoine, who I knew had a similar vision and values towards the industry as I did and wanted to create something that focused on Results, Education and Professionalism. The biggest challenges when beginning to start the business was the planning and preparation in order to open the doors. Then once the doors opened for the business, there seems to be challenges every week that you must face and adapt to in order to be successful. My biggest challenge is trying to find a balance of work and life, where I have 2 kids and a wife at home. When I am home, I feel guilty that I am not focusing on the business to grow and develop and then when I am putting a lot of time on clients, business development and other business tasks, I feel guilty for not putting the time in with my family and this is a cycle that I battle. But this battle is one the great things of having a great business partner, such as Antoine, who pushes me to ensure I have that balance within.

**What are the advantages of having your own business?** The three biggest advantages for myself would be:

- 1) Having the ability to schedule and plan my days around my kids appointments and activities so I can be involved with them, while still contributing within the business
- 2) You get to see what you are truly capable of when challenges comes in front of you and see where your fight or flight will truly kick in. Without the battles and struggles that I have overcome personal and business, I would not be in the position that I am and be able to help others who might be going through similar
- 3) You are forced to grow as an individual each and every day or you will fall behind to the industry.

**How long have you been a member of NBKA? Have you ever been involved on the board of directors?** I have been a member for the past 4 or 5 years and I have never been involved on the board.

**What are your expectations towards the association? Which services do**

### BOARD OF DIRECTORS

*Kendra Cooling, President*  
*Grant Handrigan*  
*Antoine Côté*  
*Simon Boudreau*  
*Annie-Pier Fortin*

We would like to thank our summer student Tamara Tompkins who did outstanding work with the NBKA this past summer. Thanks for all your work.

### NBKA MEMBERS 2019

#### CERTIFIED MEMBERS

45

#### STUDENT MEMBERS

48

#### AFFILIATED MEMBERS

3



**you expect to receive?** My expectation is for the association to be a voice to push for kinesiologists to be considered an allied health professionals the same as it is viewed upon in other provinces of Canada. We have an opportunity to have a massive impact on individuals and I want to be a part of that.

**What advice would you give to students studying kinesiology who also have the desire to start their own business?** The biggest piece I would have is to reach out to those who have their own business and seek their advice or information to learn from them. There is so many individuals out there who have seen many situations and look to share and guide others. In order to change the province, country and world to become more active and less pain, we have to utilize one another to move forward.

## 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



## NEW BRUNSWICK KINESIOLOGY ASSOCIATION

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## STAY UP TO DATE WITH THE NBKA



NEW BRUNSWICK KINESIOLOGY ASSOCIATION



NBKA AKNB

[WWW.NBKA-AKNB.CA](http://WWW.NBKA-AKNB.CA)

## ASSOCIATION NEWS

### JOURNÉE KIOSQUE AND GRADUATE ORIENTATION DAY

On the 3rd and 4th September, the NBKA was present at the welcoming days at the Université de Moncton and the graduate orientation day in UNB. Our presence aimed to increase the NBKA visibility in the university community, including the kinesiology students and professors. We also used the opportunity to promote the NBKA student bursary and the conference poster competition. For the occasion we also used our new banner in Moncton.

Thanks to Kendra Cooling and Grant Handrigan for their presence in UdeM in Moncton and to Tamara Tompkins, our summer student, for her implication in UNB.



### NEW PARTNERSHIP

The Association of Kinesiologists of New Brunswick is excited to announce a new collaboration with Hexfit, an interprofessional customer tracking software. Through this collaboration, NBKA promotes the interest of its members by including technology in practice and demonstrating an openness to cooperate with the various professions in the field of health.



Hexfit is a software to optimize the achievement of the health objectives of the customers. It is possible to create a variety of exercise programs with more than 8,000 exercises. They have also developed a file management module that allows you to centralize all the information.

Through this collaboration, NBKA benefits its members several advantages including discounts on the software, a custom-made electronic documents toolkit (Evaluation, Physical Tests, Medical History, etc.) and much more!

Discover all the details: [toolkit.nbka-aknb.ca](http://toolkit.nbka-aknb.ca)

### NBKA STUDENT BURSARY



The NBKA Student bursary guidelines is available on our website.

You can visit the following website: <http://nbka-aknb.ca/new-brunswick-kinesiology-association-student-bursary/> to apply. You have until September 23rd at midnight to submit your application.

The recipient of the bursary will be announced at our annual conference, on October 5<sup>th</sup> in Fredericton. We wish good luck to all students that will apply!