

Kinesiologists

Kinesiology, from the Greek words *kinesis* (movement) and *kinein* (to move) is the applied science of human movement. In most Universities, kinesiology is studied in Schools or Departments Human Kinetics. It is a regulated allied health profession that focuses on science-based principles to the analysis, preservation and enhancement of human movement in all settings and populations.

Kinesiologists work to understand how and why people move the way they do, and the factors which limit and enhance a person's capacity to move. Kinesiology is an interdisciplinary science encompassing anatomy, biomechanics, physiology, psychomotor behaviour, and social and cultural factors. The goal of Kinesiology is to discover strategies for improved human health and performance. These strategies can be applied to high-performance athletes, people suffering from chronic injury or disease, work-related performance and those wanting to improve their overall physical health and wellness.

As society becomes increasingly health-conscious and fitness-oriented, more careers in the health and wellness industry are available to Kinesiologists. Maintaining health, and preventing injury and disease, are the focus for future health models. Kinesiologists are employed in both the public and private sector and practice areas include:

- Clinical Kinesiology
- Ergonomics
- Occupational Health and Safety Specialist
- Rehabilitation
- Private Consultant
- Clinical Practice Manager
- Work Site Analyst
- Researcher (Academia, Military, Government Agencies, Private Companies)
- Work Disability Consultant
- Vocational Rehabilitation Specialist

and many others...

Kinesiologists usually require a master's degree in Kinesiology. Certification for Kinesiologists is available through the Canadian Kinesiology Alliance.

For more information, visit the websites listed below:

Newfoundland and Labrador Kinesiology Association - <http://www.nlka.ca/>

Canadian Kinesiology Alliance - <http://www.cka.ca/home.php>