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Introduction

The British Columbia Association of Kinesiologists (“BCAK”) is not a college recognized under the [Health Professions and Occupations Act](#) (further referred to as “the Act”) or the [Regulated Health Practitioner Regulation](#), and it does not have the authority to govern the profession of kinesiology in B.C. However, it is positioning itself and its members for the time when British Columbia’s kinesiologists are deemed appropriate to regulate and the profession is required to join one of the existing regulatory colleges under the supervision of the Health Professions and Occupations Regulatory Oversight Office (the “Oversight Office”). Under the Act, kinesiologists are currently considered **unregulated care providers (UCPs)** and the government does not define a scope of practice for kinesiologists. Until such time as the profession of kinesiology is regulated in BC, one of the BCAK’s purposes is to establish a clear scope of practice that applies to members and acts as a guide to others who practice kinesiology and are not members of the BCAK.

A scope of practice must meet specific criteria within the social construct of the society in which it exists and, in the province of British Columbia, this includes the following:

- Protect the public interest.
- Conform to the standards required by the Act, and any regulation under the Act defining the practice of kinesiology as they may exist from time to time.
- Be consistent with those of existing health care professions.
- Clearly identify and address any areas where the practice of kinesiology “overlaps” with that of other professions.
- Be consistent with available professional errors and omissions insurance coverage available to BCAK members through the BCAK’s group insurance provider, and other licensed Canadian insurance providers from whom



kinesiologists may obtain coverage.

- Be a useful and readable tool to guide members in practice.

Assessments, treatments, and interventions that BCAK members provide to clients/patients must fall within the scope of practice. Acting outside this scope of practice would result in not being covered by your professional liability insurance policy and is contrary to the BCAK's Professional Practice Standards. Should the BC Provincial Government regulate the profession of kinesiology under the Act, it will become professional misconduct for a licensee of the regulatory college to act outside the scope of practice when providing kinesiology services to a person in BC.

The scope of practice set out in this document is aligned with the scope of practice and guidelines adopted by the College of Kinesiologists of Ontario.

It is expected that it will be substantially similar to:

1. A scope of practice that a B.C. college regulating kinesiologists would adopt if formed,
2. Those of other provincial or territorial kinesiology associations or regulatory bodies which exist now or may exist in the future in Canada, and
3. The scope of practice of other BC health care professions regulated under the Act.

Objective versus Subjective Scope of Practice

The **objective** part of a scope of practice is, simply put, whether an assessment, treatment or intervention would fall within the scope of practice of kinesiology, as seen by an informed, objective outside observer.

The **subjective** part is whether an individual kinesiologist possesses the competence to deliver an assessment, treatment, or intervention safely and effectively. Where “competence” describes the appropriate combination of education, skills, training, knowledge, experience and resources.

Kinesiologists must assess and judge whether an activity (including assessment, treatment or other intervention) is within their scope of practice (personal sphere of competence) and the general BCAK Scope of Practice for member kinesiologists. It is always wise to seek the opinion of another experienced kinesiologist (peer assessment) if you are unsure, or to refer a client/patient to another kinesiology practitioner, or another health care practitioner who is known to have the competency and for whom it is within their professional scope of practice.

For example, a member who is practicing solely in an area such as ergonomics may not be competent to safely and effectively provide nutritional advice or orthopaedic care services. This member needs to refer the patient/client to another practitioner who is better qualified to practice in the specific area.

Members must also ensure professional practice standards are followed, and only deliver treatment interventions after



obtaining a detailed and relevant health history and conducting a thorough assessment of the client/patient.

It is expected that a BCAK member kinesiologist will assess and confirm their ability to safely and effectively provide assessment and/or treatment interventions, objectively and subjectively, prior to service delivery.

Scope of Practice

“Scope of practice statements are broad descriptions, using non-exclusive terms, of each regulated profession's activities and areas of professional practice. These statements describe in general what each profession does and how it does it. They are not exhaustive lists of every service the profession may provide, nor do they exclude other regulated professions or unregulated care providers from providing services that fall within a particular profession's scope of practice.”¹

Kinesiology has been broadly defined by the BCAK as:

Kinesiology is the scientific study of human movement – where knowledge of human anatomy, physiology, biomechanics, neuroscience, psychology and sociology are collectively applied using an evidence-informed framework to enhance, restore, or optimize movement and function.

Kinesiologists apply scientific evidence-informed research, assessment, and treatment to aid in the enhancement of human performance and in the prevention or rehabilitation of injury and other physiological conditions.

Permitted Treatments²

Subject to the foregoing, the following list, while not exhaustive, contains many of the modalities and services that members are permitted to utilize in their practice:

1. Fitness and health evaluations and exercise prescription
2. Postural assessment and education
3. Athletic training, exercise therapy and interventions
4. Therapeutic application of heat and cold
5. General nutritional counselling

¹ See BC Ministry of Health – [Shared scope of practice and restricted activities](#) for additional information.

² A kinesiologist must be competent to perform an activity, where competence describes the appropriate combination of education, skills, training, knowledge, judgement, experience and resources. Formal and/or non-formal training, along with recent experience are key elements in determining competency. Informal training on its own is not generally considered sufficient to provide competency.



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6. Ergonomics
 7. Mobilization, manual therapy and manipulation (*Subject to the limitations in Division 2 of the “Restricted Activities” listed below, notably items 7 through 10*)
 8. Completion of insurance assessment forms (subject to form specific limitations)
 9. Osteopathic manual techniques³
 10. Electrical therapy techniques⁴, including:
 - Ultrasound
 - Interferential Current Therapy (IFC)
 - Low Intensity Laser Therapy⁵
 - Transcutaneous Electric Nerve Stimulation (TENS)
 - Muscle stimulation
 - Pulsed high frequency electromagnetic stimulation (also known as therapeutic magnetic resonance)
 - Extracorporeal Shock Wave Therapy (ESWT)
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³ A BCAK Practicing Kinesiologist is not permitted to perform manual osteopathic techniques for treatment of a condition, symptoms, or illness not within the BCAK Scope of Practice and must abide by the BCAK’s Dual Practice Standard.

⁴ A BCAK Practicing Kinesiologist who performs electrical therapy techniques as described below is practicing outside of the BCAK Scope of Practice and must abide by the BCAK’s Dual Practice Standard;

- Client treatment is provided for a condition, symptoms, or illness that does not fall within the BCAK Scope of Practice for Kinesiology, and
- The cumulative volume of electrical therapy techniques services provided to clients for conditions that fall within the BCAK Scope of Practice exceeds 25% of the total of all services provided by the kinesiologist.

⁵ A BCAK Practicing Kinesiologist is permitted to perform low intensity laser therapy (LILT) but is not permitted to perform high intensity laser therapy (HILT) or utilize other known forms of hazardous laser therapy regardless of the intensity.



Restricted Activities (Acts)

The BC Ministry of Health currently states that the following activities can **only** be undertaken by authorized practitioners, including:

- licensees (registrants) of a regulatory college who have been granted specific authority to do so in their designation regulation under the HPOA,
- and non-registrants (including unregulated health occupations) who have been duly authorized to perform the activity (act) by a regulated health professional who has the authority to perform, and also delegate or issue an order or authorization to another person to perform the restricted activity.

The activities (acts) within the BCAK's Scope of Practice fall within the public domain. This means that the activities kinesiologists can perform **do not** include any restricted activities. If an activity is on the "Restricted Activities" list, BCAK Practicing members and others practicing as kinesiologists cannot undertake the activity even if it falls within the "Permitted Treatments", unless they have been properly delegated to do so (see Restricted Activities (Acts) – Delegation).

Prescribed Restricted Activities

An activity described in Column 1 of the following table is prescribed as a restricted activity for the purposes of the Act and the regulations made under it.

Item	Column 1 Restricted Activity
Diagnoses	
1	Make a diagnosis
Procedures on tissue	
2	Perform a procedure on tissue below the dermis
3	Perform a procedure on tissue below the surface of a mucous membrane
4	Perform a procedure on tissue in or below the surface of the cornea
5	Perform a procedure on tissue in or below the surface of the teeth, including the scaling of teeth
Venipunctures	
6	Perform venipuncture
Bones and joints	
7	Set a fracture of a bone
8	Cast a fracture of a bone
9	Reduce a dislocation of a joint
10	Move a joint of the spine beyond the limits the body can voluntarily achieve but within the anatomical range of motion using a high velocity, low amplitude thrust
Administration of substances and Schedule III drugs	
11	Administer by injection a substance or Schedule III drug
12	Administer by inhalation a substance or Schedule III drug
13	Administer by mechanical ventilation a substance or Schedule III drug
14	Administer by irrigation a substance or Schedule III drug



15	Administer by enteral instillation a substance or Schedule III drug
16	Administer by parenteral instillation a substance or Schedule III drug
17	Administer, by use of a hyperbaric chamber, a substance or Schedule III drug
Insertion of instruments, devices, hands, fingers and substances	
18	Insert an instrument, device, hand or finger into the external ear canal
19	Insert an instrument, device, hand or finger beyond the point in the nasal passages where they normally narrow
20	Insert an instrument, device, hand or finger beyond the pharynx
21	Insert an instrument, device, hand or finger beyond the opening of the urethra
22	Insert an instrument, device, hand or finger beyond the labia majora
23	Insert an instrument, device, hand or finger beyond the anal verge
24	Insert an instrument, device, hand or finger into an artificial opening into the body
25	Insert a substance that is under pressure into the external ear canal
26	Insert a substance that subsequently solidifies into the external ear canal
Labour and delivery	
27	Manage labour or delivery of a baby
Hazardous energy	
28	Apply ultrasound for diagnostic or imaging purposes
29	Apply ultrasound for the purpose of lithotripsy
30	Apply electricity for the purpose of destroying tissue
31	Apply electricity for the purpose of affecting activity of the heart
32	Apply electricity for the purpose of affecting activity of the nervous system
33	Apply electromagnetism for the purpose of magnetic resonance imaging
34	Apply laser for the purpose of cutting tissue
35	Apply laser for the purpose of destroying tissue
36	Apply X-rays for diagnostic or imaging purposes, including for the purpose of a computed tomography (CT) scan
Authorizations to apply hazardous energy	
37	Issue an authorization to apply ultrasound for diagnostic or imaging purposes
38	Issue an authorization to apply ultrasound for the purpose of lithotripsy
39	Issue an authorization to apply electricity for the purpose of destroying tissue
40	Issue an authorization to apply electricity for the purpose of affecting activity of the heart
41	Issue an authorization to apply electricity for the purpose of affecting activity of the nervous system
42	Issue an authorization to apply electromagnetism for the purpose of magnetic resonance imaging
43	Issue an authorization to apply laser for the purpose of cutting tissue
44	Issue an authorization to apply laser for the purpose of destroying tissue
45	Issue an authorization to apply X-rays for diagnostic or imaging purposes, including for the purpose of a computed tomography scan
Drugs⁶	
46	Prescribe a Schedule I, IA or II drug
47	Compound a Schedule I, IA or II drug

⁶ [Drug Schedules Regulation](#) – provides details on how to differentiate between drugs assigned to each Schedule and the national drugs list



48	Dispense a Schedule I, IA or II drug
49	Administer a Schedule I, IA or II drug by any method
Therapeutic diet	
50	Design a therapeutic diet
51	Compound a therapeutic diet that is administered by enteral instillation or parenteral instillation
52	Dispense a therapeutic diet
53	Administer a therapeutic diet by enteral instillation or parenteral installation
Wearable devices	
54	Prescribe a dental appliance
55	Dispense a dental appliance
56	Fit a dental appliance
57	Prescribe a wearable hearing instrument
58	Dispense a wearable hearing instrument
59	Fit a wearable hearing instrument
60	Prescribe a vision appliance
61	Prepare a dispensing authority
62	Dispense a corrective eyeglass lens
63	Dispense a contact lens
64	Fit a contact lens
Allergies	
65	Conduct challenge testing for allergies
66	Conduct desensitizing treatment for allergies

If an activity is on the “Restricted Activities” list, BCAK Practicing Members and others practicing as kinesiologists cannot undertake the activity even if it falls within the “**Permitted Treatments**”, unless they have been properly delegated to do so.

Many of the restricted activities include assessments, treatments, and services that are easily identified as being outside of the scope of practice for a kinesiologist and a kinesiologist would be unlikely to consider performing. Nonetheless, it is important that kinesiologists know and understand the restricted activities to prevent accidentally breaching the restrictions.

BCAK members should pay particular attention to items in the restricted activities list that are more likely to be of concern for misinterpretation of boundaries, including items 1, 2, 6, 9, 10 and 50. It is important to seek additional professional advice and guidance for activities that may fall into these areas.

Should the BC Ministry of Health determine that the regulation of the kinesiology profession be in the public’s best interest, the professional regulation may permit kinesiologists to undertake activities on the restricted list, either of their own volition, or under the supervision of another health care profession, e.g., a physician.



Restricted Activities (Acts) – Delegation

The Act permits health care professionals who are permitted to undertake restricted acts to, in turn, delegate the performance **of some** of those acts, subject to supervision of the person doing so.

To sum up:

- Members of the BCKA, and kinesiologists, must generally not carry out any activity that falls within the list of restricted acts. If an activity is something that only a regulated health practitioner is permitted to perform, no other person, including a BCKA member, may do so.
- A person may carry on a restricted act only if:
 - a. Under the supervision of a regulated healthcare practitioner, and
 - b. The regulated healthcare practitioner is both legally permitted to undertake and delegate the restricted act.
 - c. A ministerial order or exemption grants permission for a member of the public to provide emergency care to prevent loss of life or significant injury under the [Good Samaritan Act](#).

It is up to you as a kinesiologist to ensure that the healthcare practitioner who is delegating performance of a restricted act to you, is a member in good standing of the applicable health professions regulatory college, and that “they” have the legal right to perform that act and in turn delegate that act to you.

[\(See: Interpretive Bulletin on Scope of Practice, Restricted Activities, and the use of Delegation and other Authorizing Mechanisms\).](#)

Insurance Policy (Coverage)

All Practicing members of the BCKA are required to hold professional liability insurance coverage to reduce the risk of significant financial harm to clients and themselves due to negligence, errors or omissions that may occur and result in injury or alleged injury resulting from the provision of kinesiology client care services. The insurance coverage must align with the scope of practice to provide appropriate client and practitioner protections.

Most BCKA members will obtain their insurance coverage through the national group insurance provider of the Canadian Kinesiology Alliance, however members may hold insurance through an insurance carrier of their personal choosing provided the coverage meets or exceeds the minimum coverage standards set by the BCKA.

The national insurance provider states the following:

Definition of Kinesiologist

Kinesiologists are human movement specialists offering a wide variety of assessments and services to the public to assist with both injury/illness prevention and injury management. Their practice is based on the core sciences of



anatomy, physiology, biomechanics, and psychomotor behaviour. Kinesiologists work in the fitness, clinical, and industrial environments.

Scope of Practice of a Kinesiologist

Kinesiologists utilize the science of human movement to provide services that deliver quality solutions through prevention, objective assessment, and evidence-based intervention.

Ultimately, the insurer permits and relies on the BCAK to define the scope of practice of its member kinesiologists in B.C. The policy covers errors, omissions, and negligence of insured members while providing services within the scope of practice and an insured member's professional capacity in the province of BC. Services provided to persons resident elsewhere in Canada may only be done so if you are legally permitted to perform the activities (acts) or services in that region. The policy does not cover any other activity, treatment, or therapy and is not likely to cover services provided to persons who are resident outside of Canada. If you are not sure whether the activities you perform/wish to perform are covered, or you provide services to persons outside BC or Canada, you should refer to the terms and exclusions and/or contact your insurance broker for clarification on your coverage and whether additional coverage is required to address specific risk exposures.

If you have questions regarding scope of practice or the wording or terms in this document, please contact the BCAK office.

If you are considering the addition of new treatments or therapies to your practice, which are not, or may not be covered or defined by the scope of practice and your professional liability insurance, you should contact the BCAK and your insurance broker.