

# PHYSIOTHERAPISTS AND KINESIOLOGISTS: BUILDING STRONG FOUNDATIONS FOR PATIENT CARE AND CHOICE

There are 31 health professions regulated by 26 regulatory colleges in Ontario. Understanding the scope, roles and competencies of professions helps Ontarians make informed choices about their care. It also guides healthcare practitioners in referring to and collaborating with other healthcare professions and helps system decision-makers build strong interprofessional programs that ensure that patients receive the safe, effective and quality care. In 2007, [Interprofessional Care: A Blueprint for Action in Ontario](#) recommended that providing clarity on roles and responsibilities, including scopes of practice and competencies, is important to building a strong foundation for interprofessional care.

This resource has been developed to increase understanding of the education and scope of practice for two regulated professions that practice within the physical rehabilitation sector, namely physiotherapy and kinesiology. Both professions work in physical rehabilitation, with key differences in scope of practice, core educational requirements and complexity of conditions they assess, treat and manage.

Teams providing physical rehabilitation also often include physiotherapist assistants (PTAs). PTAs are non-regulated health care professionals who have completed a college diploma PTA program, or may have other educational or experiential preparation that enable them to fulfil the competencies as set out in the [Essential Competency Profile](#) for Physiotherapist Assistants in Canada. Regardless of education or experiential preparation, PTAs perform activities and treatments as assigned and directed by a physiotherapist, who assesses the individual PTA's competencies to perform assigned activities within a care program and in keeping with the Standards of Practice of the College of Physiotherapists of Ontario, including the [Working with Physiotherapist Assistants Standards](#).

The following chart sets out the educational preparations and scopes of practice for physiotherapists and kinesiologists to facilitate informed patient choices for care and decisions by system leaders in health human resources planning. Both regulated professions working in the physical rehabilitation sector may work as sole providers within their individual knowledge, skill, judgement and scope, and also may complement one another while working in an interprofessional manner, as needed, to fully address the needs of a patient and/or populations.

	<b>KINESIOLOGIST</b>	<b>PHYSIOTHERAPIST</b>	<b>COMMENTS</b>
<b>ENTRY-LEVEL EDUCATION AND PROGRAM ACCREDITATION</b>	<p>Undergraduate kinesiology degree programs are offered in many universities across Canada. Optional Masters in Professional Kinesiology and Graduate Diplomas in Professional Kinesiology further prepare graduates for a career as a registered kinesiologist.</p> <p>Some, but not all, programs are accredited through the independent Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA).</p> <p>A kinesiology program does not have to be accredited by CCUPEKA for a graduate to take the entry-to-practice exam as a candidate for registration as a kinesiologist in Ontario.</p> <p><a href="#">CCUPEKA Accreditation</a></p>	<p>In Canada, all entry-level to practice education requires a professional Masters in physiotherapy (MScPT or MHScPT or MPT) offered in 15 university programs across Canada.</p> <p>All graduates from accredited physiotherapy programs have met the educational requirements for entry-level practice as regulated health professionals in Canada.</p> <p>Canadian physiotherapy programs are all accredited through Physiotherapy Education Accreditation Canada (PEAC).</p> <p><a href="#">Physiotherapy Education Accreditation Canada</a></p> <p><a href="#">List of Canada's 15 accredited physiotherapy programs</a></p>	<p>Kinesiology programs include options that focus on the science of human movement. The course selection of the student will determine at graduation whether they have completed courses on diseases, injury or disorders that may impact human movement. Not all who take the program do so with the end goal of becoming a registered kinesiologist or to practice in health care.</p> <p>Continuing professional education courses may also be taken after the completion of a kinesiology degree to meet the entry-level educational requirements clearly set out by the College of Kinesiologists of Ontario.</p> <p>Physiotherapy is a professional degree focused on preparing the individual to meet the entry-level requirements to be a registered physiotherapist.</p> <p>All Canadian physiotherapy programs must meet the educational requirements for entry-level practice in Canada. Internationally educated candidates must meet credentialing requirements as administered by the Canadian Alliance of Physiotherapy regulators.</p>

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<b>CORE COURSES</b>	<p>Not all kinesiology programs provide the same educational programming. As the curriculum for a kinesiology degree can prepare for both non-clinical and clinical type roles, the College of Kinesiology of Ontario has developed an essential competency profile that forms the basis of the examination provided by the College to determine whether a graduate is qualified to be a kinesiologist in the province.</p> <p><a href="#">Essential Competencies of Practice for Kinesiologists in Ontario</a></p> <p>For those kinesiology programs that seek accreditation by CCUPEKA the following must be included in their educational program:</p> <p>A minimum of 3 credit hour course equivalent in each of the following subject areas: human anatomy, human physiology, exercise physiology, biomechanics, motor learning/motor control; psychology of physical activity along with a minimum of 6 credit</p>	<p>Physiotherapy curriculum is based on the Competency Profile for Physiotherapists in Canada (2017) required for entry-level registration and/or licensing.</p> <p><a href="#">Competency Profile for Physiotherapists in Canada (2017)</a></p> <p>All 15 University programs are required to meet the curriculum guidelines in order to meet the accreditation requirements for Physiotherapy Education Accreditation Canada.</p> <p>All physiotherapy programs in Canada must have the following core content and be accredited by Physiotherapy Education Accreditation Canada:</p> <p>Human Anatomy and Neuroanatomy, Human Physiology, Pathology/Pathophysiology, Lifespan sciences, Pharmacology, Movement Sciences, Exercise Sciences, Pain Science, Psychological Sciences, Social Sciences, Biostatistics.</p>	<p>Within the kinesiology degree, choices regarding core and elective courses will determine whether an individual meets the requirements to be a Registered Kinesiologist or must seek additional post-degree training to meet the requirements for registration.</p> <p>In Ontario, prior to registering for independent practice:</p> <ul style="list-style-type: none"> <li>• Kinesiologists must complete a written entry-to-practice examination provided by the College of Kinesiologists of Ontario;</li> <li>• Physiotherapists must complete a national written examination provided through the Canadian Alliance of Physiotherapy Regulators and complete the Ontario Clinical Examination provided by the College of Physiotherapists of Ontario.</li> </ul>



	<p>hour course equivalents in courses in the social science and/or humanities area.</p> <p>Scientific Inquiry (2 Courses)</p> <p><a href="#">Course requirements for CCUPEKA accreditation</a></p>	<p>Physiotherapy Therapeutics: General Physiotherapy Therapeutics, Airway Management, Electrophysical Agents, Group Programming, Mobility – General and Soft Tissue, Therapeutic and Assistive Devices, Therapeutic Exercise, Wound Care.</p> <p>Professional Practice: Client-Physiotherapist Therapeutic Alliance, Autonomous Professional Practice, Ethical Practice, Collaborative Practice, Communication and Education, Critical Appraisal and Research.</p> <p>Context of Practice including Canada’s Health System, Global Health Environment and Practice Management.</p> <p>Context of Practice including health care environment, health care models and frameworks, practice and services management and practice settings.</p> <p><a href="#">National Physiotherapy Entry-to-Practice Curriculum Guidelines</a></p>	
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<b>CLINICAL HOURS REQUIRED WITHIN EDUCATIONAL PROGRAMS TO ACHIEVE ENTRY-LEVEL QUALIFICATIONS</b>	<p>There are no set requirements or standards for clinical hours within the educational programs for kinesiology specific to the preparation to be a regulated health professional. Some courses will have skills lab components involving classmates and community participation. Some courses also have clinical placement opportunities. COKO requirements stipulate that courses must include a “practical component,” such as a clinical placement, internship or hands-on lab.</p> <p>The Canadian Council of University Physical Education and Kinesiology Administrators have an accreditation program in which a minimum of 4 core courses with a minimum of 100 hours active learning experiences with at least 75 of those hours in lab experiences is a standard to be accredited. These hours do not necessarily refer to clinical hours as a preparation for health professional practice.</p>	<p>There is a requirement of a minimum of 1,025 clinical hours with a minimum of 100 hours in each of the essential areas of practice: Cardiovascular and Respiratory, Musculoskeletal and Neurological.</p> <p>From the Standards by the Physiotherapy Education Accreditation Canada (PEAC) – Criterion 4.3.</p>	<p>Clinical hours in physiotherapy programs are structured clinical internships in the areas of practice determined by the Curriculum Guidelines, Essential Competency Profile and the Accreditation Standards. Standardized tools are used across Canada to set learning objectives and to assess competencies during clinical internships. Adherence to this standard must be reported during accreditation.</p> <p>As physiotherapy students progress through their program there is an increasing expectation of autonomy in their performance during clinical internships with the final clinical internship evaluations reflecting that the student has met entry-level to practice competencies.</p>

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<b>LEGISLATED SCOPE STATEMENT</b>	<p>The scope of practice statement, in Ontario, in the <i>Kinesiology Act, 2007</i> is:</p> <p>The practice of kinesiology is the assessment of human movement and performance and its rehabilitation and management to maintain, rehabilitate or enhance movement and performance. 2007, c. 10, Sched. O, s. 3.</p> <p>The <i>Kinesiology Act, 2007</i> which includes the scope statement and protected titles can be found here: <a href="#">Kinesiology Act, 2007</a></p>	<p>The scope of practice statement, in Ontario, in the <i>Physiotherapy Act, 1991</i> is:</p> <p>The practice of physiotherapy is the assessment of neuromuscular, musculoskeletal and cardio respiratory systems, the diagnosis of diseases or disorders associated with physical dysfunction, injury or pain and the treatment, rehabilitation and prevention or relief of physical dysfunction, injury or pain to develop, maintain, rehabilitate or augment function and promote mobility. 2009, c. 26, s. 22 (1).</p> <p>The <i>Physiotherapy Act, 1991</i> which includes the scope statement, controlled acts assigned to the profession and protected titles can be found here: <a href="#">Physiotherapy Act, 1991</a></p>	<p>In Canada a 'scope of practice' for regulated health professionals is defined in legislation.</p> <p>Physiotherapists are regulated in all provinces and the Yukon (Northwest Territories and Nunavut require that physiotherapists be regulated in a Canadian jurisdiction, but have no legislation of their own).</p> <p>Kinesiologists are regulated in Ontario under the Kinesiology Act, but are not regulated under legislation in other provinces or territories.</p> <p>In other provinces, kinesiologists are informally organized through the Canadian Kinesiology Alliance and allied Provincial Kinesiology Associations. These associations recognize the standards of practice set by COKO.</p> <p>Within scope, physiotherapists complete a clinical assessment and can make and communicate a 'diagnosis of diseases or disorders.'</p> <p>Within scope, kinesiologists can provide a clinical assessment.</p>

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<b>CONTROLLED ACTS WITHIN THE LEGISLATED SCOPE OF PRACTICE</b>	In the <i>Kinesiology Act</i> in Ontario, kinesiologists have no controlled act within their scope of practice.	<p>In the <i>Physiotherapy Act</i> in Ontario, physiotherapists have the following Controlled Acts within their scope of practice:</p> <ol style="list-style-type: none"> <li>1. Communicating a diagnosis identifying a disease, a physical disorder or dysfunction as the cause of a person's symptoms.</li> <li>2. Moving the joints of the spine beyond a person's usual physiological range of motion using a fast, low amplitude thrust.</li> <li>3. Tracheal suctioning.</li> <li>4. Treating a wound below the dermis using any of the following procedures:               <ol style="list-style-type: none"> <li>i. cleansing,</li> <li>ii. soaking,</li> <li>iii. irrigating,</li> <li>iv. probing,</li> <li>v. debriding,</li> <li>vi. packing,</li> <li>vii. dressing.</li> </ol> </li> <li>5. For the purpose of assessing or rehabilitating pelvic musculature relating to incontinence or pain disorders,</li> </ol>	<p>In Ontario, the Regulated Health Professions Act (RHPA) defines Controlled Acts as activities that have a higher risk of harm and are only authorized, through profession-specific legislation, to those professions that have met the required advanced knowledge and competencies to perform them safely and competently.</p> <p>The RHPA states that Controlled Acts can be delegated, in some circumstances, in keeping with the regulations and standards of practice applicable to the delegating profession's regulatory College.</p> <p>In all circumstances of delegation, the professional delegating the controlled act is responsible to assess the competency of the individual receiving the delegation.</p>



		<p>putting an instrument, hand or finger,</p> <ul style="list-style-type: none"> <li>i. beyond the labia majora, or</li> <li>ii. beyond the anal verge.</li> </ul> <p>6. Ordering the application of a prescribed form of energy.</p> <p>7. Administering a substance by inhalation. 2009, c. 26, s. 22 (2).</p> <p>*Bill 179 amended legislation to allow physiotherapists to order diagnostic imaging and laboratory tests within scope of practice pending regulations for full implementation.</p>	
	<b>KINESIOLOGIST</b>	<b>PHYSIOTHERAPIST</b>	<b>COMMENTS</b>
<b>RESTRICTED TITLES PROTECTED BY LEGISLATION</b>	The title “kinesiologist,” a variation or abbreviation or an equivalent in another language.	The title “physiotherapist” or “physical therapist,” a variation or abbreviation or an equivalent in another language.	<p>Kinesiologist and abbreviations and equivalents in other languages are protected titles in Ontario.</p> <p>Physiotherapist/physical therapist and abbreviations and equivalents in other languages are protected titles in all provinces and territories (NWT/NU requires registration with a College in any other province or territory to practice).</p>