

SCHOOL OF KINESIOLOGY
Graduate Programs

Graduate Diploma
in Professional
Kinesiology



lakeheadu.ca/kinesiology



Lakehead
UNIVERSITY

School of
Kinesiology



GRADUATE DIPLOMA IN PROFESSIONAL KINESIOLOGY

ONE-YEAR, STUDY FROM ANYWHERE

The Graduate Diploma in Professional Kinesiology provides professional training and clinical skill upgrading for current and future practitioners of Kinesiology. Individuals will gain advanced theoretical knowledge and practical experience to help prepare them to work within the scope of practice of a Kinesiologist.

The diploma program is offered over a 12-month time frame commencing in September. Students enroll on a full-time basis and complete course work as required. The program includes four online courses that run consecutively, and four 5-day on-site practical courses.

This combination of online and on-site courses gives students the option to live in Thunder Bay or to live in an alternate location and attend the Thunder Bay campus to complete the practical courses. Bi-weekly Grand Rounds compliment the online learning modules and can be attended virtually. These sessions offer students the opportunity to study from a distance and still engage with professors and peers. The format of course delivery may also allow students to maintain employment while completing their studies. The program also includes a 200-hour practicum placement that may occur within the province, the country, or internationally provided a suitable setting is identified with an appropriate supervisor.



“The graduate program gave me many tools to assess, treat and design appropriate programs for my clients. It also gave me the confidence I needed to work in the field of injury rehabilitation with the complex cases I see each day.”

Emily Denhem, Lakehead Grad Diploma Prof. Kin Alumni, R.Kin, Altum Health, Oakville



Content in the program includes the following advanced level topics: assessment skills related to peripheral and spinal joints; exercise prescription for both healthy individuals and those with chronic disease; communication and leadership in the context of ergonomics and disability management; business, ethics, and risk management related to kinesiology.

ADMISSION REQUIREMENTS

Admission to the program is consistent with Lakehead University's policy for admission to Graduate Programs. Students must successfully complete a four-year degree in Kinesiology, Human Kinetics or a related degree, with a minimum 70% overall average based on their last 20 half courses or equivalent.

Applicants are also required to submit contact information for three references, two academic references and one professional reference.



"Advanced courses in assessment, exercise prescription and communication and leadership as well as the practicum opportunities helped prepare me to start my career as a Registered Kinesiologist in a clinical setting."

Charissa Vogt, Lakehead Grad Diploma Prof. Kin Alumni, Lead Kinesiologist, CBI Health, London



COURSE DESCRIPTIONS

Five full course equivalents (FCEs) are required to fulfill the requirements for graduation, including the required practicum course, Kinesiology 5380 (9380) - Experiences in Professional Kinesiology, which is equivalent to one FCE.

KINE 5310 ADVANCED CLINICAL ASSESSMENT IN KINESIOLOGY

Provides the theoretical foundations of advanced clinical assessment. Topics include gathering relevant medical history, conducting functional assessment, understanding the role of posture, balance, and gait in the assessment process, and performing upper and lower body muscular testing and neurological screening.

KINE 5315 ADVANCED CLINICAL ASSESSMENT PRACTICAL

Focuses on the practical application of the theoretical foundations of advanced clinical assessment. Students are provided with the opportunity to gain practical experience in taking a medical history, performing functional tests and assessments, and analyzing balance, gait and posture.

KINE 5331 COMMUNICATION AND LEADERSHIP IN ADVANCED ERGONOMICS AND DISABILITY MANAGEMENT

Provides the theoretical foundations of return-to-work, disability management, and ergonomics while considering organizational context and basic principles of behaviour change. Models of communication and leadership with respect to rehabilitation and disability management are also examined.

KINE 5336 COMMUNICATION AND LEADERSHIP IN ADVANCED ERGONOMICS AND DISABILITY MANAGEMENT PRACTICAL

Focuses on the practical application of theoretical foundations of ergonomics, return-to-work, and disability management, using learned models of communication and leadership. Students will gain practical experience in developing and implementing physical demands analyses, functional capacity evaluations, and return-to-work programs, within the context of organizational disability management programs.



KINE 5350 ADVANCED EXERCISE PRESCRIPTION

Provides the theoretical foundation of advanced exercise prescription for apparently healthy individuals and for populations with chronic disease and/or related disorders, including cardiovascular diseases, obesity, cancer, diabetes, and musculoskeletal disorders. Advanced training concepts to improve health, fitness, and performance are discussed in relation to client needs.

KINE 5355 ADVANCED EXERCISE PRESCRIPTION PRACTICAL

Focuses on the practical application of advanced exercise prescription for apparently healthy individuals, and for populations with chronic diseases and/or related disorders. Encompasses development, implementation, and critical analysis of treatment plans through the discussion of case scenarios.

KINE 5370 BUSINESS, ETHICS, AND RISK MANAGEMENT ISSUES

Provides conceptual knowledge that has real-world applications in business, ethics, and risk management for the profession of kinesiology. Topics may include the development of marketing and business plans, project management, business financing, and accounting principles. Legal liability, risk management, and fitness and safety standards are discussed from an ethical practitioner approach.

KINE 5375 THE PRACTICE OF KINESIOLOGY

Theoretical and practical aspects of assessment, prescription, communication and leadership, and business practice are incorporated in this culminating course. Scenarios provide a comprehensive overview of the practice of kinesiology drawing from experiences gained by the students throughout the program.

KINE 5380 (9380) EXPERIENCES IN PROFESSIONAL KINESIOLOGY

Provides students with professional experiences through the completion of a 200-hour practicum. Opportunities are selected from diverse pre-approved community placement partners. Students work closely with the Graduate Diploma Program Coordinator to arrange the practicum, and subsequently work under the supervision of an on-site mentor. A list of past and current placement partners can be found on page 10.



ONLINE COURSE FORMAT

Online courses consist of self-directed learning as well as bi-weekly Grand Rounds. Students are required to complete the necessary readings, online learning modules, and assignments as scheduled by the professor. Approximately every second week students participate in a three-hour Grand Rounds discussion. Students in Thunder Bay attend in class, while those out of town attend via video conference. Grand Rounds are structured in a problem-based learning style where students work through case scenarios and discuss relevant research as a group.

ON-SITE PRACTICAL COURSE FORMAT

On-site practical courses are five days in length and take place at the Thunder Bay campus. Students gain hands on experience performing the skills and assessments they learned the theory behind during the corresponding online course. Attendance is mandatory in order to pass the course and complete the program.



“This program taught me a lot about the practical and theoretical aspects of Kinesiology. It really built on my foundational knowledge from my undergraduate degree and exposed me to different applications of kinesiology. The business course gave me a starting point to build my own business and practice, which helped me get to where I am today!”

Adam Burtnik, Lakehead Grad Diploma Prof. Kin Alumni, Sr. Consultant, Health U Wellbeing, CGI, London, UK



PLACEMENT FORMAT

The placement provides opportunities for students to gain relevant practical experience by completing a 200-hour community-based applied placement, working within an appropriate setting. Students with prior experience will be expected to seek out opportunities that expand on their present knowledge and practice base. Placements are to be arranged by the individual students in conjunction with the Program Coordinator. Students must discuss placement ideas with the Program Coordinator prior to contacting a potential placement host. Students can access a database of pre-approved placement sites, or students can complete a placement at an alternate site not listed in the database, subject to approval by the Program Coordinator. Students will work closely with the Program Coordinator (course instructor) and a Field Supervisor from the Placement Partner to set up specific arrangements.

The placement may be completed on a full-time (minimum 6 weeks) or part-time (up to 20 weeks) basis. Students are matched with placements based on criteria determined by the Program Coordinator in consultation with the Placement Partner and the student; however, the Placement Partner ultimately selects the student for placement. A learning contract stipulating placement objectives, and work to be completed and evaluated to meet these objectives, must be jointly approved by the student, the student's Field Supervisor, and the Program Coordinator.



ENGLISH LANGUAGE PROFICIENCY REQUIREMENTS

Applicants whose first language is not English must demonstrate they can cope with the language demands of an English language university. Applicants to an undergraduate or graduate program may meet our English language requirements if 3 full years of recent study in an English language school system have been successfully completed or are in the process of being successfully completed.

Applicants whose native language is not English, and who cannot verify having recently studied in an English language school system for more than 3 full years of full-time study, will be required to present proof of English language proficiency as follows:

TEST	Minimum Score
TOEFL - Test of English as a Foreign Language (Paper based)	550 (no component score less than 50)
TOEFL (Computer based)	213 (no component score less than 17)
TOEFL (Internet based)	80 (no component score less than 19)
<i>Lakehead University's Institution Code for TOEFL scores is 0888.</i>	
IELTS - International English Language Testing System	6.5 (no individual score less than 6.0)
MELAB - Michigan English Language Assessment Battery	85
CAEL - Canadian Academic English Language Assessment	60



PROGRAM PLACEMENTS

Our group of industry partners is always growing. Below is a sample of some of our placement partners.

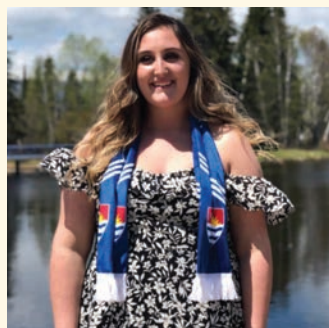
- Fairway Physiotherapy – Thunder Bay, ON
- Thunder Bay Regional Health Sciences Centre (Cardiac Rehab, Maternity Care, Bariatrics & Cancer Centre) – Thunder Bay, ON
- Altum Health – Barrie, ON
- Kinnect to Wellness, Sudbury, ON
- CBI Health – Brantford & London
- Only the Strong Inc – Scarborough, ON
- Children's Hospital of Eastern Ontario – Ottawa, ON
- St. Joseph's Care Group (Chronic Pain Program & Outpatient Physiotherapy) – Thunder Bay, ON
- Synergee Fitness – Thunder Bay, ON
- Health Sciences North (Cardiac Rehab) – Sudbury, ON
- Generations Sport & Spine Physiotherapy Centre Inc. – Niagara Falls, ON
- Sioux Lookout First Nations Health Authority Primary Care Team
- Orillia Soldiers Memorial Hospital – Orillia, ON
- Lifemark Physiotherapy - Calgary, AB
- McCallum Physiotherapy - Abbotsford, BC
- Thrive Strength & Conditioning – Thunder Bay, ON
- ThreeSixty Physio – Kelowna, BC
- In Motion Chiropractic Centre – Nova Scotia
- Kenora Physiotherapy and Sports Injury Clinic – Kenora, ON
- Universidad Politecnica de Santa Rose Jauregui - Queretero, Mexico
- Reactive Health - Charlottetown, PEI
- Hydrathletics – Kingston, ON
- Family Chiropractic & Rehabilitation – Kirkland Lake, ON
- Dynamic Health & Performance, Oakville, ON
- Woodall Physiotherapy Clinic – Chatham, ON
- SJHC Cardiac Rehab & Secondary Prevention Program – London, ON
- Helping Hands - Philippines



GDIP ALUMNI

WHERE ARE THEY NOW?

- Cambridge Cardiac Care – Cambridge, ON
- Thunder Bay Regional Health Sciences Centre
- Altum Health - Oakville, ON
- Thrive Strength & Wellness, Strength Coach – Thunder Bay
- Novo Peak Health – Hearst, ON
- Geraldton District Hospital – Geraldton, ON
- Canadian Back Institute Health – Multiple Sites
- WSIB Claims Adjudicator - Thunder Bay, ON
- Entrepreneur – Totus Strength & Conditioning
- Riverside Healthcare - Fort Frances, ON
- Concussion Clinic Coordinator - Thunder Bay, ON
- Sioux Lookout First Nations Health Authority Primary Care
- Stride Orthopaedics – Thunder Bay, ON
- Talbot Trail Physiotherapy – St. Thomas, ON
- Continued Education
 - o Physiotherapy
 - o Occupational Therapy
 - o Master of Coaching
 - o Medical School



“I completed my 200-hour placement at the Canadian Back Institute in London, ON. I was able to treat a wide variety of injuries with different client populations and I was trusted to complete intake assessments, functional evaluations, utilize modalities and progress clients through their exercise programs. It was a great experience and I was hired upon finishing my placement!”

Samantha Jones, Lakehead Grad Diploma Prof. Kin Alumni, R.Kin, CBI Health, London, ON



Located on the northwest shore of Lake Superior under the watchful gaze of Nanabijou, or the Sleeping Giant, the city of Thunder Bay is built around the harbour of the largest inland port in Canada.

- Population of 110,000
- 1.5 hour flight from Toronto, served by WestJet, Porter Airlines, Air Canada, and regional airlines
- 5 minute walk from campus to the historic Finnish district, waterfront, and downtown north core with cafes, pubs & boutiques
- Vibrant local farmer's market open twice weekly
- 2 alpine ski, snowboarding and Nordic ski centres a 30 minute drive from campus; 7 area golf courses; over 34 km of paved recreational trails throughout the City
- Home to a professional symphony orchestra, theatre, art galleries, and many live music venues, including the Thunder Bay Community Auditorium
- A four-season outdoor paradise, a city rich in wide open green space, parks and wilderness, Thunder Bay is the gateway to outdoor adventure in Northwestern Ontario.
- Growing scene of talented young people representing diverse professions and backgrounds. Small businesses and new innovations are constantly emerging with enthusiastic support from the community

Connect with Us - Visit, contact us or ask questions!

Our campus is stunning, the city is friendly and we would love to meet you! We are happy to chat with you about any questions you have about our program, the school or the city.



Follow us on Twitter [@mylakehead](https://twitter.com/mylakehead) for regular updates about what's happening.



Friend us on Facebook www.facebook.com/LakeheadGradStudies/



EXCEPTIONAL. UNCONVENTIONAL.

CONTACT INFORMATION

Should you have any questions about the Graduate Diploma program, please call or email our graduate coordinator.

Erin Sargent

Coordinator

E: esargent@lakeheadu.ca



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