

## Abstract

**Background:** Physical inactivity has been identified as a major public health concern and demands attention with new strategies to combat this issue. The benefits of physical activity are well established and known to be appropriate therapy for the prevention and management of many chronic diseases. One strategy to help patients receive individualized evidence-based exercise counselling is to promote kinesiologists working with physicians within family practice (FP) clinics providing team-based care. The purpose of this project is to review the literature on the role of kinesiologists in FP settings and explore the acceptability of having kinesiology students working with patients and physicians as being part of the healthcare team.

**Research Question(s):** In family practice settings, would patients, staff, learners and faculty be accepting of kinesiology students on the team to enhance exercise counselling with patients?

**Methods/Methodology** A literature search has been completed using MEDLINE and Google Scholar, examining the role of kinesiologists in healthcare settings. An environmental scan was also completed to understand varying provincial regulations for health professionals including kinesiologists working as healthcare professionals. The qualitative study will proceed with focus groups conducted with faculty, residents, patients and kinesiology students to provide insights into the acceptability of having kinesiologists training in a Saskatoon FP teaching clinic.

**Results/Findings:** The literature review and environmental scan were completed in 2021 and support further exploration of kinesiologists in FP clinics in Saskatchewan. This study has ethics approved and the focus groups will be completed in the summer of 2022. This project is funded through the Office of the Dean of Kinesiology.

**Discussion and Conclusions:** There is a complex political environment regarding the role of applied kinesiology in healthcare. Interviews are planned to understand what barriers and supports exist for integrating kinesiology students into FP clinics in Saskatoon given the critical role of exercise in medicine. The future challenge may be to have kinesiology recognized as a regulated health profession in SK.

## Exercise is Medicine

1. Can we integrate more exercise counselling in family practice settings?

2. What do patients, learners and faculty think about having kinesiology students working clinically in FP settings?



Photo by Charles Plant

Exercise is an important part of primary care including in chronic disease prevention and management.

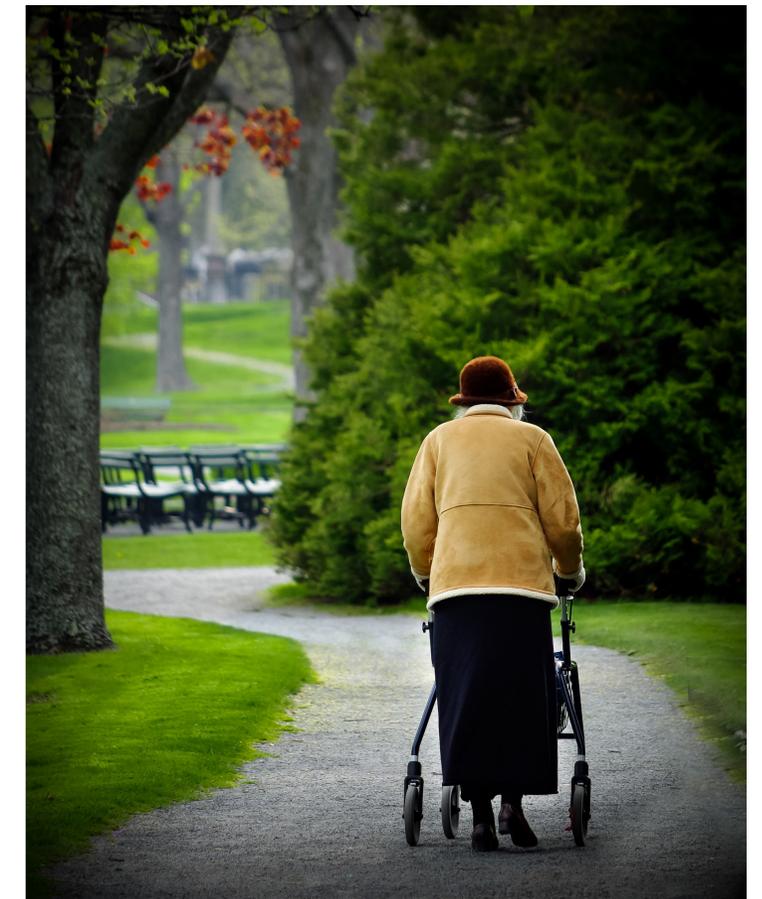


Photo by Charles Plant.

This study will inform future educational programming in Kinesiology and Family Medicine focusing on collaborative, interprofessional team-based care.

References and report available on request.