



Welcome to the College!

Registrar's welcome

It is my pleasure to welcome you to the profession of kinesiology.

You are joining a strong and growing profession that is focused on building and maintaining the public's trust and confidence, and that strives for excellence in delivering client-centred kinesiology services.

The College exists to protect the public, and we can only do that in partnership with you. We are committed to supporting you in practice to ensure the delivery of competent, safe and ethical services. Learn more about the [standards and guidelines](#) and the [quality assurance program](#).

Joining a regulated profession is an opportunity for you to participate and help set the direction for your profession. I encourage you to run for Council, put your name forward to sit on a committee or working group, or to provide your feedback on proposed policies, standards and by-laws.

I wish you the very best as you embark on this new chapter of your career.

A handwritten signature in black ink, appearing to read 'Nancy Leris', with a stylized flourish at the end.

Nancy Leris,
Registrar and CEO

Who we are

The College of Kinesiologists is the body that regulates kinesiologists in Ontario. The College receives its authority from the *Kinesiology Act, 2007* and the *Regulated Health Professions Act, 1991*. It is not a school, and it exists to protect the public.

The College regulates kinesiologists and protects the public by:

- setting [requirements to enter the profession](#) so that only qualified individuals can practise kinesiology.
- maintaining on its website a [list of individuals qualified to practise kinesiology](#), known as the public register, or Find a Kinesiologist.
- developing [rules and guidelines for kinesiologists' practice and conduct](#), including a code of ethics.
- investigating [complaints about kinesiologists'](#) and disciplining when necessary.
- requiring kinesiologists to participate in a [program that helps ensure that their knowledge and skills are up-to-date](#), and monitoring that participation.

The College is run by a Council, similar to a board of directors. Council sets the College's strategic direction and develops policies and standards to ensure the College is meeting its mandate to protect the public. [Learn more about Council.](#)

Vision - Trusted Kinesiologists providing optimal movement for Ontarians of all ages.

Mission - To protect the public through governance that ensures excellent professional practice of Kinesiologists in Ontario.

Values - The College is guided by its values of; Dignity & Respect, Accountability, Transparency, Excellence & Innovation, and Equity, Diversity, Inclusion & Belonging.

Regulators vs. professional associations

In Ontario, kinesiology is a self-regulating profession. This means that the Ontario government has given kinesiologists the ability to develop the rules to oversee their profession. In exchange for this, the profession, through the College, must create and maintain rules that place the interests of the public ahead of the interests of the profession. It is important to remember that self-regulation is a privilege, not a right. It can easily be taken away if a profession forgets that its duty is first and foremost to the public.

The College's role differs from that of a professional association, such as the Ontario Kinesiology Association (OKA) or the Ontario Athletic Therapist Association (OATA). These organizations exist to protect and promote their members' interests. [Learn about the differences.](#)

History

In Ontario, the Health Professions Regulatory Advisory Council (HPRAC) provides advice to the Ontario government on matters of professional regulation. In 2006, [HPRAC submitted a report](#) recommending that it would be in the public interest to regulate kinesiology under the [Regulated Health Professions Act, 1991](#) (RHPA).

HPRAC determined that the lack of regulation may potentially expose patients/clients to increased risks of harm given the number of kinesiologists working in private practice, where supervision is lacking, and the expansion of the profession into the treatment of more complex cases. Unqualified practitioners could cause severe injury if they were to design an inappropriate exercise or rehabilitation program, recommend equipment not suitable for an individual's functional capacity, or if they made incorrect recommendations for workplace accommodation or design of work.

In December 2006, the Ontario government introduced Bill 171, the *Health System Improvements Act, 2007* which, among other things, proposed to regulate kinesiology under the RHPA and the *Kinesiology Act, 2007*. The *Kinesiology Act* established the College of Kinesiologists as the regulatory body for the profession.

The government appointed a transitional Council in 2009 to develop the regulations, by-laws, policies and business practices to effectively regulate the profession. The transitional Council was made up of thirteen professional and public members appointed by the Ontario government. Professional members were practising kinesiology; public members were from a variety of backgrounds.

The *Kinesiology Act, 2007* came into force on April 1, 2013. On that date, the College assumed its regulatory authority and began registering kinesiologists. Ontario is the first jurisdiction in the world to define and regulate the practice of kinesiology.

Where to get information

Your first stop for all College-related information is www.coko.ca. Here you can find latest news, requests for feedback, the standards and guidelines, information about the Quality Assurance Program, and much more. Save www.coko.ca to your favourites and check it regularly for important updates.

The College's official publication, @CKO, is emailed to you every month. @CKO is your official source for news and updates, as well as helpful practice articles. In between editions, the College will email you timely information. We strive to keep communication relevant and to a minimum. To ensure you receive our emails, add info@coko.ca to your safe-sender list. **Please do not unsubscribe from College emails as this stops you from receiving important information about your registration.**

Are you active on social media? [Follow us on LinkedIn](#), [like our Facebook page](#) or [follow us on Twitter!](#) We are also on [YouTube](#), where you can find archived webinars and helpful videos.

Practice advisory service

The College has a practice advisory service that can answer practice-specific questions and questions about the standards and guidelines. This service is available to all kinesiologists. You can contact the Practice Advisor [via email](#) or at (416) 961-7000 ext. 104.

What's expected of you

Keep the College updated

Did you get a new email address? Have you changed employers? Let us know quickly and easily by [updating your employment and contact information](#). Remember that your employment information is displayed on the [Public Register of Kinesiologists](#). Having that information available and updated helps the public verify that you are registered and practising.

Proper use of title

You are permitted to use the following titles in practice:

- Kinesiologist
- Registered kinesiologist
- R.Kin

You must use one of these designations after your name in all professional communication. Do you have another designation and are wondering how to use it with your R.Kin designation? View our [Practice Guideline - Use of Title and Designations](#).

Standards and Guidelines

To help you in practice and to protect the public, the College has developed [practice standards and practice guidelines](#). The standards explain expectations in certain areas of practice; the guidelines help you apply the standards in your daily practice. You are encouraged to review them frequently, and if you have any questions about them, contact us at (416) 961-7000 ext. 104 or [via email](#).

Mandatory reporting

Kinesiologists have certain mandatory reporting obligations. These can be self-reports or reports about another regulated health professional. Learn more about your [mandatory reporting obligations](#).

Participate in the Quality Assurance Program

Part of being a regulated health professional is that you commit to on-going learning. The College's [Quality Assurance Program](#) ensures that you participate in continuing professional development and that you maintain a record of your learning.

There are three components to the Program:

- [Self-assessment](#) (completed every two years)
- [Continuing professional development](#) (on-going)
- [Peer and practice assessment](#) (completed at least once in your career)

If you have questions about the QA Program, contact us at (416) 961-7000 ext. 103 or [via email](#).

Annual renewal

Every year by August 31, you must renew your registration. Renewal is completed online, and notice is emailed to you at the beginning of July. You must complete a form and pay the annual fee. [Learn more about annual renewal](#).