
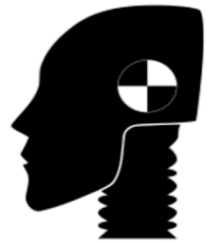


## Continuing Professional Development Directory

Click the headings below to find resources to help you learn more about these knowledge areas. The links within this document are not intended to be comprehensive or a complete list, and inclusion is not necessarily an endorsement by the College of their value.

- [Anatomy and Physiology](#)
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Knowledge Category	Practice Resources	Description
<p>Anatomy and Physiology</p> 	<p><a href="#">Fascinating facts about Fascia – First Line Education Inc.</a></p>	<p>First Line Education Inc. is a team of healthcare professionals that offer in-person and online courses in soft skills and in business, assessment, movement, and soft tissue therapy. This is a four-part fascial foundational series covering basics, your nervous system and fascia and how fascial health is influenced by food, lifestyle and injury.</p>
<p>Ergonomics and Biomechanics</p> 	<p><a href="#">Institute for Work &amp; Health Website</a></p>	<p>The Institute for Work &amp; Health is an independent, not-for-profit research organization. Their goal is to protect and improve the health and safety of working people by providing useful, relevant research in areas of primary prevention and secondary prevention in the workplace through research in musculoskeletal disorder prevention.</p>
	<p><a href="#">Workplace Disability Management</a></p>	<p>This document examines workplaces setting up accommodation and return-to-work (RTW) programs to help ensure employees with work-related and non-work related injuries and illnesses are able to remain at work or return to work as quickly as they are safely able to do so. It also examines system-level programs (i.e. those offered by workers' compensation boards) that support workplaces in doing so.</p>
	<p><a href="#">Clinical Treatment and Health Measurement</a></p>	<p>The Institute for Work &amp; Health looks at what treatments and rehabilitation programs are available to injured workers to ensure their full and speedy recovery.</p>
	<p><a href="#">IWH Tools and Guides</a></p>	<p>This tool is based on the Institute for Work &amp; Health <i>Seven Principles for Successful Return to Work</i> and provides an evidence informed guide to be used by anyone in the workplace who supports workers with depression as they cope with their symptoms while working or when they are returning to work following an episode.</p>
	<p><a href="#">Workplace OHS programs and practices</a></p>	<p>This document provides information on how workplaces play a vital role in ensuring the well-being of workers and knowing what occupational health and safety (OHS) practices are most effective in preventing injury and illness.</p>
	<p><a href="#">The Institut de Recherche Robert-Sauvé (IRSST) Website</a></p>	<p>This is one of the leading occupational health and safety research centres in Canada. The Robert-Sauvé Institute funds research to eliminate health and safety risks for workers, as well as rehabilitation and return to work practices.</p>
	<p><a href="#">Awareness-Raising Tools</a></p>	<p>A publication provided by the Institut de Recherche Robert- Sauvé (IRSST) that lists the various guides and technical awareness tools by field in accessing information and reports.</p>

	<a href="#">Independent Medical Exam Care Centre- Functional Capacity Evaluation Guide</a>	This document looks at the evaluation of an injured party that uses a third party, independent medical professional who provides unbiased medical evaluation for a specific case. In a Functional Capacity Evaluation, these are a series of tests used to evaluate a worker's physical abilities.
	<a href="#">Canadian Centre for Occupational Health and Safety-Health and Wellness</a>	This legislation regulates each province's jurisdiction over its OHS outlining the rights and responsibilities of the employer, the supervisor and the worker. It provides numerous resources dedicated to the health and wellness of workers and employees.
	<a href="#">Centre of Research Expertise on Musculoskeletal Disorders</a>	This organization, made up of 47 dedicated researchers across 13 different institutions in Ontario, conducts research to improve the understanding of musculoskeletal disorders and their impact on worker related absences.
	<a href="#">WSIB- Musculoskeletal Disorders Prevention</a>	A three-part musculoskeletal disorder prevention series aimed at controlling hazards in the workplace that could lead to MSD's.
	<a href="#">Safety Now</a>	Safety talks, safety training materials, and health and safety resources for workers and employers.
	<a href="#">National Ergonomics Conference (American)</a>	This event, known as the ErgoExpo, has been providing professionals across various industries the tools, strategies and latest approaches to learn to build or enhance an existing ergonomic or safety program.
	<a href="#">Occupational Health and Safety Act</a>	Ontario workplace safety legislation. The <i>Occupational and Safety Act</i> sets out the rights and duties of all parties in the workplace, as well as procedures for dealing with workplace hazards and for enforcement as needed.
	<a href="#">Government of Canada- Workplace Safety</a>	Canadian policy for workplace safety and rights for Canadian employees. The Canada Labour Code gives workplace parties (employers and employees) a stronger role in identifying and resolving health and safety concerns.
<b>Informed Consent</b>  	<a href="#">College of Kinesiologists of Ontario Practice Standard - Consent</a>  <a href="#">Practice Guideline - Consent</a>	This standard and accompanying guideline defines consent, how to obtain consent, substitute decision makers and explains how they can act to provide consent.
	<a href="#">College of Kinesiologists of Ontario – Consent and Capacity Webinar</a>	A COKO webinar on Consent and capacity during the practice of kinesiology in Ontario.

Assessment, Exercise Prescription,  
Treatment, and Therapy



[Clinical Assessment – Posture, Balance and Gait Basics - First Line Education Inc.](#)

First Line Education Inc. is a team of health care professionals that offer in-person and online courses in soft skills, business, assessment, movement and soft tissue therapy. This is a two-day course that explores the foot's connection to the fascial lines of the body, posture, balance and walking.

[Functional Testing for the Upper & Lower body](#)

Join First Line to learn all about the history and research behind functional movement, application of testing protocol alongside insight into testing equipment, movement planning and therapeutic exercises for your clients.

[Clinical Assessment for the Lower Body –Pelvis, L-Spine & Trunk - First Line Education Inc.](#)

This two-day course continues on from the Clinical Assessment – Posture, Balance & Gait Basics course. Learn how to evaluate fascial and muscle imbalances, identify the drivers of compensatory movement patterns, check muscle endurance, strength and develop early-stage exercise therapy protocols.

[Clinical Assessment for The Upper Body – T-Spine, Scapulae & C-Spine- First Line Education Inc.](#)

Continuing to the upper body, join First Line for this two-day investigation of the upper body's fascial lines, expected movement patterns, possible compensation patterns, and tests for muscle awareness, endurance and strength. Start to build out simple exercise therapy programs for all levels of client rehabilitation.

[Annual International Conference on Kinesiology and Exercise Science](#)

The aim of the conference is to bring together scholars and students of all areas of applied and integrated health sciences, including physiology, assessment, health psychology, health promotion, epidemiology, biomechanics, sports medicine, training methods, nutrition and physical education.

[Canadian Society for Exercise Physiology \(CSEP\)](#)

CSEP is a voluntary organization composed of professionals interested and involved in the scientific study of exercise physiology, exercise biochemistry, fitness and health. It was founded at the Pan-American Games, Winnipeg, Manitoba in 1967. A link to educational opportunities is provided by CSEP.

[Introduction To Therapeutic Exercise - First Line Education Inc.](#)


First Line Education Inc. offers this two-day course either online or in-person. You will learn how to put together therapeutic exercises for clients, understanding the order of your programming, and creating basic programs to meet clinical and client expectations and modification of programs to accommodate client's limitations.

[Optimizing Foot and Ankle Function: The Foot Core – Active Initiatives](#)


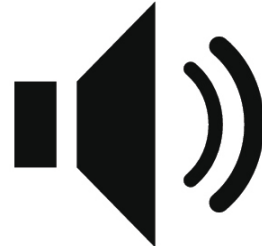

Active Initiatives is an Okanagan-based educational business, has over 35 years of experience in fitness and health industries that creates online courses to provide knowledge, skills, and ongoing support to health professionals.




This self-paced online course explores the vital role of foot and ankle function in alignment, stability, and movement. .



	<a href="#">Optimizing the Older Adult - Active Initiatives</a>	<p>This course is designed to build your confidence in working with adults aged 55 and older. Gain insight into the physical, cognitive, and mental effects of aging, explore common chronic conditions, and learn how to design effective exercise programs for both healthy older adults and those with complex health concerns.</p>
	<a href="#">Optimizing the Kinetic Chain - Active Initiatives</a>	<p>This 8-hour, self-paced online course dives into the dynamic nature of the kinetic chain, starting from the feet and moving upward. Learn how optimal alignment supports better function and injury prevention, explore common postural issues, and discover strategies to enhance your clients' dynamic stability and strength for both everyday movement and sport performance.</p>
	<a href="#">Optimizing Shoulder Function - Active Initiatives</a>	<p>This self-paced online course explores shoulder anatomy, function, and the vital role of the scapula, equipping you with the knowledge to assess and address common shoulder injuries like impingement, rotator cuff tears, bursitis, and dislocations. Learn the most effective exercises for rehab and prevention—and become an expert on the body's most mobile joint.</p>
	<a href="#">Finding Balance: Dual Task, Cognition and Vestibular Exercise Workshop - Active Initiatives</a>	<p>This self-paced online course explores the latest research on integrating cognitive, vestibular, and dual-task challenges into exercise to improve balance, selective attention, and real-world function. Learn how to recognize vertigo, reduce fall risk, and enhance outcomes for your clients across one-on-one, small group, and large class settings.</p>
	<a href="#">Gait: The Crucial Step - Active Initiatives</a>	<p>This self-paced online course highlights the critical role of gait analysis in achieving full functional recovery after injury or surgery. Learn how to quickly identify and correct gait errors—often in just one session—and help your clients get back to their active lives with confidence.</p>
	<a href="#">Part 1: Optimizing Hip and Knee Function: Fresh Ideas for Management of Osteoarthritis and Hip/Knee Joint Replacements - Active Initiatives</a>  <a href="#">Part 2: Optimizing Hip and Knee Function: Taking it to the next level - Active Initiatives</a>	<p>These self-paced online courses provide the latest insights on training clients with osteoarthritis or hip and knee replacements. Learn about current surgical procedures, effective prehab and posthab exercises, and how to correct muscle imbalances, prevent dislocations, and improve gait.</p>

<p>Patient/Client-Centered Care</p> 	<a href="#">COKO Practice Guideline – Patient/Client Centred Care</a>	<p>This practice guideline outlines the principles and best practices for delivering patient- and client-centred care, emphasizing collaboration, respect, and individualized approaches to enhance outcomes and experience in kinesiology practice.</p>
	<a href="#">Pain Literacy</a>	<p>Pain literacy is evidence based and psychologically informed at its core. Learn to listen and connect with clients living with chronic/persistent pain to help them build their path back to wellness. Participants will acquire strategies to support clients as individuals living with conditions and diagnoses that are associated with pain.</p> <p>After completion of this 6-hour course, learners/participants can join a community of practice to stay up to date and share ideas.</p>
	<a href="#">Health Expectations International Journal- Family Centered Care</a>	<p>Article reports key findings on shift of family-centred care, management and advocacy responsibilities to families.</p>
	<a href="#">San'yas Anti-Racism Indigenous Cultural Safety Training Program</a>	<p>San'yas is an established leader in Indigenous Specific Anti-racism training and cultural safety.</p> <p>Sanyas' training equips learner with knowledge, skills and tools to uproot Indigenous specific racism and fostering culturally safety, with a focus on facilitated discussions, reflective activities and exploring personal view and workplace experiences.</p> <p>Key learnings:</p> <ul style="list-style-type: none"> <li>• Knowledge of Colonization in Canada: shared history and present day recognition of Indigenous Rights</li> <li>• Impacts of Indigenous specific discrimination, stereotyping, inequities, barriers, and harm experienced by Indigenous People</li> <li>• Actions for Indigenous Cultural safety: Strategies, opportunities and practical applications.</li> </ul>
	<a href="#">Canada Race Relations Foundation</a>	<p>The Canadian Race Relations Foundation offers transformative educational materials aimed at building organizational capacity to foster equity, inclusion, and anti-racism across Canadian society.</p>

<b>Patient Safety</b>  	<a href="#">Healthcare Excellence Canada- The Safety Competencies</a>	<p>The Safety Competencies Framework is designed to help health providers build a safe, relevant health service for patients. Includes downloadable Safety Competencies PDF.</p>
	<a href="#">Healthcare Excellence Canada</a>	<p>Established and funded by Health Canada in 2003, Healthcare Excellence Canada works with governments, health organizations, leaders and healthcare providers to inspire extraordinary improvement in patient safety and quality.</p>
	<a href="#">Infection Prevention and Control Canada (IPAC)</a>	<p>Infection Prevention and Control Canada is a multidisciplinary member-based association committed to public wellness and safety that advocates for best practices in infection prevention and control by offering resources initiating and coordinating effective communication and cooperation among all disciplines united by infection control activities.</p>
	<a href="#">Public Health Ontario – Infection Prevention and Control</a>	<p>A range of information and resources intended to provide health care professionals, with a focus on public health professionals, expertise, support and resources for infection prevention and control. Includes specific guidance and recommendations as well as general information regarding IPAC practices.</p>
	<a href="#">Public Health Ontario – Infection Prevention and Control Online Learning</a>	<p>Learning modules offered by Public Health Ontario regarding Infection Prevention and Control (IPAC). Requires access to the PHO “My PHO” learning management system.</p>
	<a href="#">Agency for Healthcare Research and Quality - Quality Improvement and Patient Safety</a>	<p>Chapter on implementing quality improvement strategies and tools to emphasize patient safety.</p>
<b>Professional Responsibilities</b>  	<a href="#">Canadian Medical Protection Agency- The changing practice of medicine: Employment contracts and medical liability</a>	<p>This article highlights how shifts toward employment contracts in medical practice can impact physicians’ legal protections and liability, emphasizing the need for careful contract review and guidance from legal or professional advisors.</p>
	<a href="#">COKO Practice Standard Dual Health Care</a>	<p>This practice standard describes the expectations for members who practice as kinesiologists and in one or more other health care discipline, whether regulated or unregulated</p>
	<a href="#">COKO Practice Guideline - Scope of Practice, Controlled Acts and Delegation</a>	<p>This guideline helps kinesiologists understand the legal boundaries of their profession—including what constitutes their scope of practice under the <i>Kinesiology Act, 2007</i>, the circumstances under which Controlled Acts may be performed, and when delegation from other regulated health professionals is required</p>

<p><b>Record Keeping</b></p> 	<p><a href="#">COKO Practice Standard - Record Keeping</a></p>	<p>This Practice Standard on record keeping describes the College’s expectations for creating, maintaining and destroying records.</p>
<p><b>Health Promotion</b></p> 	<p><a href="#">Canadian Medical Protection Agency – Electronic Records Handbook</a></p>	<p>Guide that aids physicians in meeting their professional obligations and mitigate potential medico-legal risks related to the use of eRecord systems, including information on relevant legislation, regulatory requirements, and technological standards that apply to eRecords.</p>
<p><b>Program Evaluation</b></p> 	<p><a href="#">Government of Canada- Health Promotion</a></p>	<p>The Public Health Agency of Canada addresses such topics as healthy child development, active living, family violence prevention, obesity, physical activity, mental health, population, rural and senior’s health.</p>
	<p><a href="#">Canadian Kinesiology Alliance Conference</a></p>	<p>This is a national event to raise awareness of the profession by aligning organizations such as CLHIA with CKA goals. Speakers at this conference will target areas such as: rehabilitation, physical fitness, health at work and promotion of healthy lifestyles.</p>
	<p><a href="#">Research Institute for Aging-Cultural Diversity in Long Term Care</a></p>	<p>The report summarizes the findings from a needs assessment to explore strategies to better support cultural diversity in long-term care homes.</p>
	<p><a href="#">Aboriginal Sexual Health-Health Professionals Working with First Nations, Metis women and their Families</a></p>	<p>An innovative guideline to give healthcare practitioners a better understanding of how to provide culturally-safe care to Aboriginal Peoples throughout Canada.</p>
	<p><a href="#">Wellness Conversations – First Line Education Inc.</a></p>	<p>Join First Line Education, Inc. in exploring how to have and enhance client interactions and wellness conversations that support your clients using research-based tools to reach their health, fitness and wellness goals.</p>
	<p><a href="#">Public Health Ontario- Program Evaluation</a></p>	<p>A document that is designed to provide an overview of key concepts and strategies used to conduct program evaluation through a 10-step model.</p>
	<p><a href="#">Journal of Preventing Chronic Disease- Six Steps for Program Evaluation</a></p>	<p>A framework that recommends six steps for an effective program evaluation.</p>
	<p><a href="#">Centre for Disease Control- Framework for Program Evaluation</a></p>	<p>This guideline is designed to summarize and organize essential elements of program evaluation, and encourages an approach to evaluation that is integrated with routine program operations.</p>

<p><b>Leading Research Initiatives</b></p> 	<p><a href="#">Sick Kids Hospital- Research Ethics Board</a></p> <p><a href="#">John Creswell- Research Design</a></p> <p><a href="#">What researchers mean by...</a></p>	<p>Core principles of research ethics (process of initial and ongoing review and monitoring of research involving human participants to ensure ethical acceptability), and working with a Research Ethics Board (independent committee of people with varied backgrounds who use their knowledge and expertise to examine the research study from the perspective of prospective participants).</p> <p>John Creswell was previously a professor in educational psychology and has published many articles and books. In this book he discusses key elements of the research process, review of theory and use of ethics in research.</p> <p>Institute for Work &amp; Health index of common research terms used in the health and social sciences are explained for readers in simple language using everyday examples.</p>
<p><b>Code of Ethics and Practice Standards</b></p> 	<p><a href="#">Health Canada- Good Clinical Practice</a></p> <p><a href="#">Tommy Cooke, Ph.D. – Professional Practice and Ethics</a></p>	<p>Clinical guidelines adopted by Health Canada for use by healthcare professionals. Health Canada has the responsibility for the inspection and investigation of clinical trials that were adopted in January 2000 which later provided a clear framework for the performance of clinical trials in Canada. The main objective is to reduce risks to subjects and for inspections to be used in the evaluation of submissions.</p> <p>Individual and group education and instruction regarding Professional Practice and Ethics, with the following areas of emphasis: Communication &amp; Documentation and Responsible Use of Technology. Responsible Use of Technology training may be focused on AI, Privacy &amp; Responsible Digital Practice. Intended for professionals seeking practice improvement, whether proactively or in response to some identified need. The goal is to aid professionals in navigating evolving expectations in modern professional practice.</p>
<p><b>Privacy and Confidentiality</b></p> 	<p><a href="#">Information and Privacy Commissioner (IPC) of Ontario</a></p> <p><a href="#">College of Kinesiologists of Ontario- What You Need to Know About Privacy Law</a></p> <p><a href="#">Steinecke Macuira LeBlanc – Privacy and Confidentiality – A Guide to PHIPA for Regulated Health Professionals</a></p>	<p>The IPC upholds and protects access to information and privacy rights in Ontario. Includes information on collection, use and disclosure of personal health information; safeguarding personal health information; lock boxes and reporting privacy breaches, etc.</p> <p>A guide that provides an overview of key concepts, obligations, and updates related to Canadian privacy laws to help organizations understand and comply with their legal responsibilities regarding personal information.</p> <p>A comprehensive guide to Ontario's Personal Health Information Protection Act (PHIPA), outlining the rules for collecting, using, and disclosing personal health information to ensure compliance and protect patient privacy.</p>

<p><b>Professional Boundaries</b></p> 	<p><a href="#">Prevention of Sexual Abuse e-Learning Module</a></p>	<p>The College of Kinesiologists of Ontario’s e-learning module will help you better understand what constitutes a boundary violation and sexual abuse, how to recognize warning signs and how to act on them to protect the client; and what to do if boundary violations occur. The module will also help you understand your mandatory reporting obligations and how to respond to concerns of sexual abuse appropriately.</p>
<p><b>Business Development, Financial Stewardship and Management and Soft Skills/Administration</b></p> 	<p><a href="#">College of Kinesiologists of Ontario - Professional Boundaries webinar</a></p>	<p>The College of Kinesiologists of Ontario’s webinar on professional boundaries.</p>
	<p><a href="#">Article - Social media use by R.Kins</a></p>	<p>The College of Kinesiologists of Ontario’s article on social media use.</p>
	<p><a href="#">Article - Giving and receiving gifts</a></p>	<p>The College of Kinesiologists of Ontario’s article on giving and receiving gifts.</p>
	<p><a href="#">Jump Start Your Practice – An Intro For Movement Therapists- First Line Education Inc.</a></p>	<p>This one-day workshop is available either online or in-person. Want to set up your own business? Learn how to name and register your business, get your tax accounts set up, organize your office, select your record keeping system, plug into a network and organize your promotional materials.</p>
	<p><a href="#">COKO Practice Standard– Fees and Billing</a> <a href="#">Practice Guideline – Fees and Billing</a></p>	<p>This practice standard and accompanying guideline describes the College’s expectations for kinesiologist’s fees and billing.</p>
	<p><a href="#">COKO Practice Standard - Advertising</a> <a href="#">Practice Guideline Advertising</a></p>	<p>This practice standard and accompanying guideline describe how kinesiologists are expected to communicate the type and availability of their services to the public and other health care providers.</p>
	<p><a href="#">Chartered Professional Accountants of Ontario</a></p>	<p>CPA Ontario’s PD portal offers CPAs flexible professional development through a wide range of on-demand courses, seminars, certificates, and conferences—covering topics from ethics and tax to AI, data, sustainability, and leadership—to help members earn mandatory PD hours and stay current in their field.</p>

<p>Communication</p> 	<p><a href="#">Health Canada: Talking Tools II Putting Communication Skills to Work- Interactive Course for Practising Physicians</a></p>	<p>Resource booklet on communication skills.</p>
<p>Managing and Supervising Support Personnel and Students</p> 	<p><a href="#">Statistics Canada- Adult Learning in Canada</a></p>	<p>Research on characteristics of adult learners in Canada. The government has provided research on the data that has been collected to publish comparable measures on adult learning in four skill domains: prose and document literacy, numeracy and problem solving. These lifelong principles take place from three basic categories of settings which include formal and informal learning types.</p>
	<p><a href="#">Ontario Government- Accessible Information and Communication</a></p>	<p>The Ontario Government has implemented strategies to make information and other forms of communication more accessible and easy to use for people with disabilities.</p>
	<p><a href="#">Winnipeg Regional Health Authority- Health Behaviour Change</a></p>	<p>Workbook with theories, models and strategies designed to help healthcare providers have conversations with patients about behaviour change in healthcare settings.</p>
	<p><a href="#">COKO Practice Standard – Supervision of Students and Support Personnel</a></p>	<p>This practice standard describes kinesiologists responsibilities and accountabilities when supervising students or support personnel.</p>
<p>Counselling and Coaching Strategies</p> 	<p><a href="#">Canadian Association for Mental Health- Motivational Interviewing</a></p>	<p>Motivational interviewing is defined as a collaborative conversation style for strengthening a person’s own motivation and commitment to change. This course explores the effectiveness of motivational interviewing, how it is used and how it works in improving the care of patients.</p>
	<p><a href="#">Nutritional Counselling for Kinesiologists – First Line Education Inc.</a></p>	<p>First Line Education Inc. offers this research based two-day live workshop on dietary advice and nutritional guidance within your scope of practice as a kinesiologist, and a highly structured nutrition plan to assist your clients in adopting and maintaining new habits.</p>