

**Manitoba Exercise Professionals Association  
Visioning Evening  
Duckworth Centre  
University of Winnipeg  
March 2, 2010**

**Purpose of the Session:**

- a. Participate in the process regarding the setting of a Vision for MEPA
- b. Receive a brief update on:
  - Status of the Working Group
  - Current state of other Canadian jurisdictions
  - Related background information (e.g. legislation, standards etc.)
- c. Contribute thoughts and ideas as well as support in principle for the path ahead

This two hour session continued the on-going review and further development of strategies for professional recognition and integration. Some important information about the Visioning Evening includes:

- The members present participated actively in the process during the time available
- Participants are committed and passionate about finding ways to further develop and achieve a comprehensive strategic plan and vision
- The sense of responsibility and accountability demonstrated during the evening will enable the establishment of priorities, milestones and timelines that will move the group toward the desired goal

Specifically, through a small group and plenary process, (please see Appendix A) the evening focused on identifying the following:

**3 positives of what is proposed**

**2 things that need to be included or need further development**

**1 thing you can commit to support**

**Group 1:**  
**Positives**

- 1) Easy access and trust by public
- 2) Working definition of kinesiology which includes psycho-social aspects
- 3) Regulating body to ensure that standards are met (TBA)

**Further Development**

- 1) Have allied HCP support
- 2) Different levels of certification? – or one standard?

**Support**

- 1) Continuing education
- 2) Direction
- 3) Commit to each other
  - a) attend meetings
  - b) find “missing” members
  - c) grads
  - d) professional
  - e) other

**Group 2:**  
**Positives**

- 1) Standardization
- 2) Recognition (i.e., insurance coverage)
- 3) Accountability

**Further Development**

- 1) Resistance from other professional organizations – how do we get them on board? (e.g., physio)

- 2) How do we establish these standards?
- 3) Legislation could eliminate legitimate people (i.e., supervisors)

### **Support**

1. Further investigation and consultation towards legislation

### **Group 3: Positives**

1. Credibility
2. Public Safety
3. Awareness about the profession
4. Financial reward for those who meet the standards

### **Further Development**

1. Consumer awareness
2. Integration into the healthcare “team”
3. Minimum education standards re: nutrition

### **One thing to commit to support**

- 1) Raising awareness at all levels, consumer level especially, and providing resources

### **Group 4: Three positives**

- 1) Recognition as a profession – educating the public
- 2) Standardization, scope of practice, identity, “policing”
- 3) Unity

## **Two things to be developed**

- 1) Third party insurers and recognition by them
- 2) Create awareness, network with allied health care professionals

## **One thing to commit to support**

- 1) Time and energy on identified tasks

## **Group 5: Three positives**

- 1) Proactive way to fill gap (health care providers want someone there) – need to do this before someone else does
- 2) Create professionalism and credibility – create public awareness
- 3) Draw more people to profession
- 4) Insurance coverage
- 5) Salary improvements – set ourselves apart from “weekend courses”
- 6) Increase public access to kinesiology services and disease prevention
- 7) Steer health care system towards prevention and using physical activity
- 8) Create more opportunities for private training
- 9) Raise public awareness of the importance of physical activity and the presence of professionals out there to help them
- 10) Forces us as a profession to “get our act together” i.e.,
  - a) scope of practice
  - b) ethics
  - c) where to access a professional
  - d) ensuring that these professionals maintain consistency through monitoring process

## Two things to develop

- 1) Unite different kinesiology colleges to create critical mass
- 2) Bridging with allied health (especially physios)
- 3) Where do we need to be to move things ahead?
  - a) forum on how many people do we need to get there
  - b) survey
  - c) how do we make kinesiologists aware?

## Action items

	<i>Item</i>	<i>who</i>	<i>when</i>
1	Draft flip chart information and forward to Jen	Jim	6 March
2	Circulate draft information to participants along with Power Point information prepared by Liz	Jen	10 March
3	Participants share information with others in their contact list (e.g., student awareness)	All	30 March
4	Establish sub-committee to develop strategic plan to move forward. Consider the following suggestions: <ul style="list-style-type: none"><li>• Post information on M.E.P.A., U of W, and U of M websites – include blog</li><li>• Coalition update → via M.E.P.A.</li></ul>	Jen	?

**Appendix A**

**Manitoba Exercise Professional Association (M.E.P.A.)  
Visioning Evening  
March 2<sup>nd</sup>, 2010 - 6:30 to 8:30 pm  
Room 2D11  
Duckworth Centre  
University of Winnipeg**

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**Agenda**

- 1. Refreshments (6:00)
- 2. Introduction and Welcome – Jennifer Onyskie-Marcua
- 3. Ground Rules and Format – Jim
- 4. Overview of Background Information (15 minutes)
  - Summary from Working Group
  - Share Canadian examples
  - Other related information (legislation, standards, interrelationship with other professional groups)
- 5. Small Group 3-2-1 Activity
  - 3 positives you see about what is being proposed
  - 2 things that need to be included or that require further development
  - 1 thing you can commit to that will provide support for a successful future

6. Small Groups report back

7. Next Steps

8. Wrap-up

"It's not what the vision is, it's what the vision does".

The value in the vision is not so much its content, but the impact it can have on channeling and focusing the energies of a group, large or small towards a common, shared (when developed inclusively and properly disseminated) destination.

3 March 2010