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Host Institution – Acadia University

Founded in 1838, Acadia University is one of the oldest and most respected liberal arts universities in Canada. Located just a one-hour drive from Halifax, Nova Scotia and its international airport, Acadia is an integral part of the quintessential college town of Wolfville, overlooking the Annapolis Valley and the Bay of Fundy. The mission of Acadia University is to provide a personalized and rigorous liberal education; promote a robust and respectful scholarly community; and inspire a diversity of students to become critical thinkers, lifelong learners, engaged citizens, and responsible global leaders.



NC Advisory Board

Affiliation

Taniya Nagpal, Ph.D.	Assistant Professor, Faculty of Kinesiology, Sport and Recreation, University of Alberta
Scott Howitt, D.C.	- Director, Sports Medicine Performance Centres - Associate Professor, Canadian Memorial Chiropractic College - Canadian Chiropractic Association (CCA) / Royal College of Chiropractic Sport Sciences (RCCSS)
Sue Boreskie, M.PE.	- Clinical Exercise Professional representative - CEO, RehFit Centre Winnipeg
Kristin Campbell, Ph.D., P.T.	- Associate Professor & Director, Clinical Exercise Physiology Laboratory, University of British Columbia - Canadian Physiotherapy Association (CPA)
Nicole Culos-Reed, Ph.D.	Professor, Health & Exercise Psychology, Faculty of Kinesiology; University of Calgary
Molly Courish	- MSc student, Dalhousie University - EIM On Campus Canada Coordinator
Jonathon Fowles, Ph.D.	Professor, Department of Kinesiology; Chair, Centre of Lifestyle Studies, Acadia University

John Gray	• Past President, Canadian Kinesiology Association (CKA)
Brian Justin, MKin	• Lab Faculty, University of the Fraser Valley • Canadian Society for Exercise Physiology (CSEP) rep
Robert Petrella, Ph.D., M.D.	• Head, Dept of Family Practice, University of British Columbia

2026 Goals

- Publish position stand on the integration of qualified exercise professionals in healthcare
 - Have EIM Canada members write editorials, support papers, blogs etc. in response to the publication of the position stand
 - Supported by funding from the Canadian Council of University Physical Education and Kinesiology Administrators (CCUPEKA), complete and publish three new projects that compliment our previous position stand including:
 - An environmental scan on scope of practice outlined on Canadian exercise professional websites
 - A survey of kinesiology graduates to capture where they have gone in terms of entry level work following completion of their undergraduate degree and what additional training or support was needed to work in the exercise sector
 - Conducting semi-structured interviews to gain greater insight into training and career prospects with a sub-sample of kinesiology graduates
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Accomplishments to Date

- Established EIM Canada National Center (2010)
 - Updated EIMC website (2021) with translation to French
 - Integrated EIM (including PAVS screening) into several collaborative care practices in Nova Scotia (2020-2024)
 - Developed job description with roles and responsibilities for Qualified Exercise Professionals (QEPs) to support their integration in health settings
 - Served on the national ParticipatACTION that released a national PA report card (2025)
 - Integrating QEPs into regional health organizations in New Brunswick, Nova Scotia, and Prince Edward Island
 - Working to establish QEPs in provincial delivery systems in partnership with provincial health authorities (8 of 10) and national organizations (2024)
 - Major project developing 6 papers and 2 national presentations on integrating exercise professionals in health care, a symposium session at 2025 CSEP annual meeting to present recommendations, and a 'fireside chat' with national leaders in the field (2024-25)
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Accomplishments to Date (cont)

- Developed and presented an EIM Oncology-focused workshop (2022)
 - Collaborated on Exercise and Cancer Care workshops for exercise professionals nationally and regionally and supported the implementation of National and Regional Cancer exercise community Programming (2022)
 - Expanded EIM new (exercise) professional network to >1200 individuals (2022)
 - Developed a working group on Medical Education Curriculum that identified standardized approaches for medical curriculum in medical schools and continuing medical education (2022)
 - Published several articles and research presentations on the outcomes of our EIMC workshops (7 articles published over 2021-22)
 - Developed 3 practical resources and a position stand on physical activity post-COVID (2021)
 - Served on the National Physical Activity report card for adults, as well as on national and provincial physical activity frameworks
 - Ongoing delivery of physical activity training workshops for healthcare providers: 2024 – 3 courses for 140 providers, 2020 – 2 courses for 50 providers, 2019 – 10 trainings for 250 providers, 2019 – 10 training for 250 providers, 2018 – 18 workshops for 375 providers
 - Presented >30 clinical rounds and symposia at conferences to more than 4000 health care professionals, including the Family Medicine forum, Primary Medicine conference (largest MD conference in Canada), the annual meetings of the Canadian Academy of Sport and Exercise Medicine, Canadian Chiropractic Association, and Canadian Society for Exercise Physiology
 - Hosted a ‘Think Tank’ on Exercise Prescription and Referral engaging leaders in the field to develop national strategies to integrate EIM into Health care and in communities
 - Nova Scotia Health Authority identified EIM as one of the top 20 innovations in health care in the province. This led to a pilot study that was supported by the Health Authority in which local health care providers referred patients to community exercise programs delivered by CEPs.
 - Launched a new professional network in 2021, connecting >400 individuals interested in EIM
 - Developed a working group on Medical Education Curriculum to standardized approaches to develop medical curriculum for professionals schools and continuing medical education
 - Established EIM on Campus at 42 universities and colleges (19 which were active in 2022) with an annual EIM On Campus national student conference
 - Expanded social media presence in 2024 to >3250 Twitter/X followers, >1250 LinkedIn followers, 3200 FB likes and >830 followers on Instagram
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