



UNIVERSITY OF
SASKATCHEWAN

Department of
Family Medicine

Get a Move on!

Kinesiology's role in Family Medicine





Treaty Acknowledgement

As we gather today, we want to start in a good way by acknowledging that we are on Treaty 1 Territory – homeland of the Anishinaabe, Cree, Dakota and Metis. We are working to identify, acknowledge and address the inequities embedded in the culture and delivery of health care. We continue to learn about our true history, acknowledging past and current injustices and work to build better relationships with First Nation and Métis people as partners in their health.

No Conflicts of Interest to declare

Cathy MacLean

Austen Zentner

Dylan Chuckrowski

Cara Mino

PRESENTER DISCLOSURE

Presenter: **Cathy MacLean**

Relationships with financial sponsors:

- Grants/Research Support: **Dean's Project funding in past from CoM and College of Kinesiology**
- Speakers Bureau/Honoraria: volunteer
- Contracted Faculty– USASK DFM/Fac Dev

PRESENTER DISCLOSURE

Presenter: **Austen Zentner**

Relationships with financial sponsors:

- Grants/Research Support: **NONE**
- Speakers Bureau/Honoraria: **NONE**
- Consulting Fees: **NONE**
- Patents: **NONE**
- Other: **ED Kin Assoc. of SK**

PRESENTER DISCLOSURE

Presenter: **Dylan Chuckrowski**

Relationships with financial sponsors:

- Grants/Research Support: **NONE**
- Speakers Bureau/Honoraria: **NONE**
- Consulting Fees: **NONE**
- Patents: **NONE**
- Other: **NONE**

PRESENTER DISCLOSURE

Presenter: **Cara Mino**

Relationships with financial sponsors:


- Grants/Research Support: **NONE**
- Speakers Bureau/Honoraria: **NONE**
- Consulting Fees: **NONE**
- Patents: **NONE**
- Other: **NONE**

Disclosure of Support

USASK College of Medicine Dean B
Project funding and West Winds
Clinical supports

USASK College of Kinesiology M
additional funding from Dean for
second year

USASK College of Kinesiology M for funding
student participation at FMF 2025



FMF 2025

Objectives:


Participants will be able to:

1. Describe the value of exercise in day-to-day family practice and the role of Kinesiology students in doing exercise counselling.
2. List barriers and facilitators for integrating Kin students into family medicine settings including brainstorming some approaches to problems that can be anticipated.
3. Create a plan of action to get moving yourself on integrating exercise more effectively in practice having kin on your team and modeling this to other learners.



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FMF 2025

Today's Agenda

- Introductions
- The value proposition
- The challenges and rewards
- Discussion about application in reality
- Wrap up and Q&A
- Summary and Take Home Messages



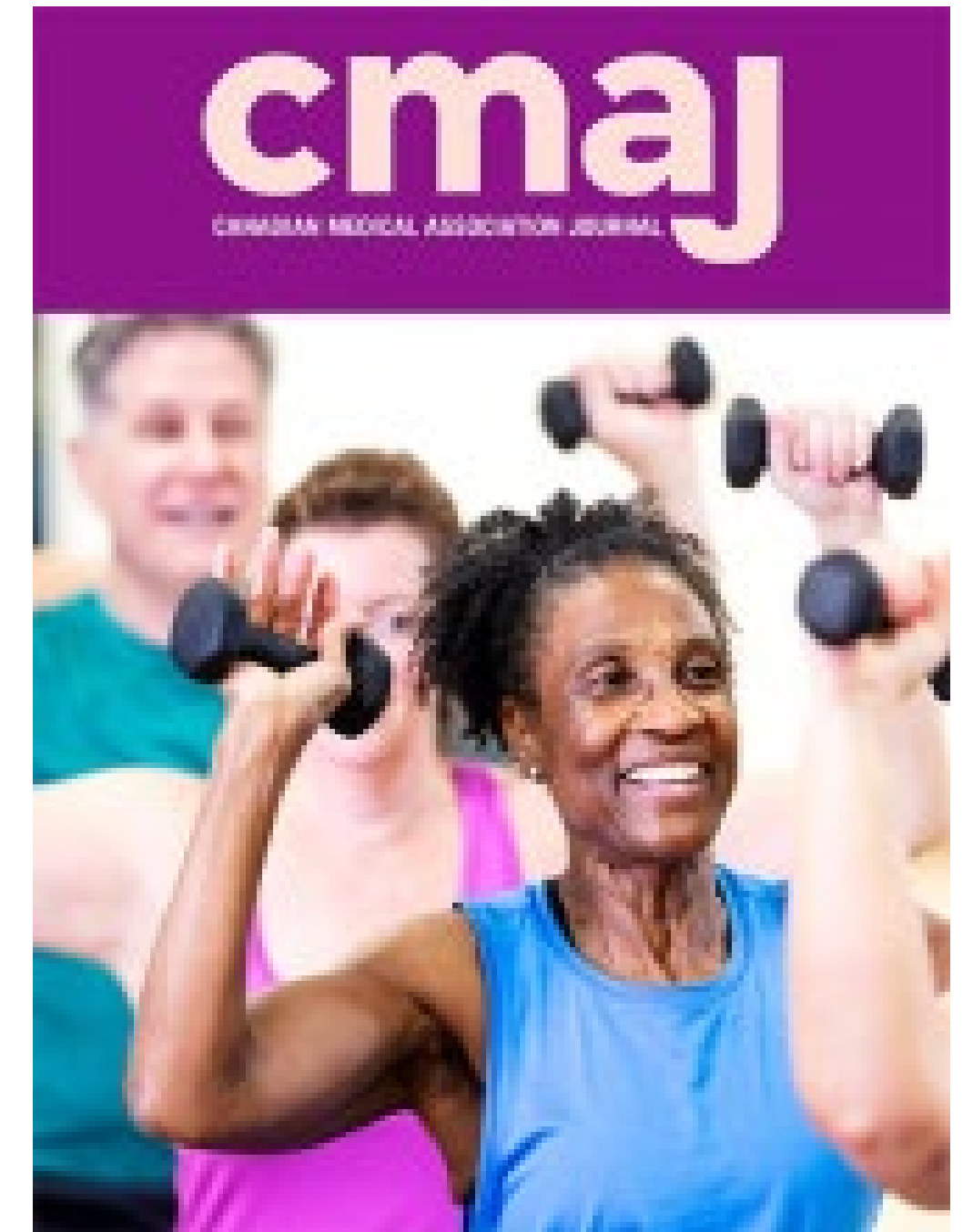
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Why bother?

Move more, age well – CMAJ article

<https://exerciseismedicine.org/canada/>



West Winds USask FM and Kinesiology Collaboration



Meet our initial team



Sayha Bhargava

PI/ Dean's Project Lead



Cathy MacLean

Faculty support



Bart Arnold

College of Kinesiology

Kinesiology Project

01

College of Medicine

2022
Dean's Project
Sayha Bhargava
Lit review
Environmental
scan
Ethics approval.

02

College of Kinesiology

Kin Dean's Project
Sayha Bhargava
Focus
Groups/interviews:
• Faculty
• Residents
• Patients
• Kin Students

03

West Winds

2 Placements of 2
students in
different terms

100 Hour Practicum

Creating as we go
• Kin cart
• Use of gym
• Warm handovers
• Booked appts.

04

Next Steps

- Evaluation
- Application more widely
- Innovation fund pitch...?

Kinesiology Lead



Austen Zentner

- 1st cohort
- Executive Director, Kinesiology Association of Saskatchewan
- BSc Kin (2025)
- Sport & Exercise Coach (2017-present)



Meet our students



Dylan Chuckrowski

- 3rd Cohort
- BSc Kin (exp. 2026)
- Strength & conditioning coach (2019-Present)



Cara Mino

- 4th cohort
- BSc (exp. 2026)
- Certified Personal Trainer (CSEP)
- Research Assistant, College of Kinesiology

The role of clinical kin at WW:

- Exercise expertise
- Emotional support & encouragement
- Accessibility to exercise counselling
- Chronic Disease Management
- Prevention
- Health Promotion

Benefits for staff and faculty too





Initial Observations

- **West Winds Practicum history and ongoing processes**
- **Student testimonials**
- **Team development**
- **Patient feedback**

Next Steps

Formal Evaluation

- **impact on students, patients, clinicians, other learners and overall team development**

Think-Pair-Share: Action Planning

Determine a 3+ action point plan to introduce kinesiology into a family practice setting.

Consider: initial attitudes, student duties, facility requirements.

Questions?

Get in touch!

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Thank you!

Thanks to the patients, staff, faculty and residents for their support for this project.