

Draft regulation

Professional Code
(chapter C-26)

Professional activity that may be engaged in by kinesiologists

Notice is hereby given, in accordance with sections 10 and 11 of the Regulations Act (chapter R-18.1), that the Regulation respecting a professional activity that may be engaged in by kinesiologists, adopted by the board of directors of the Collège des médecins du Québec and appearing below, is published as a draft and may be examined by the Office des professions du Québec and submitted to the Government which may approve it, with or without amendment, on the expiry of 45 days following this publication.

The draft Regulation determines, among the professional activities that may be engaged in by physicians, the activity that may be engaged in by kinesiologists, namely performing a maximal exercise test to contribute to the assessment or rehabilitation of cardiac, respiratory or vascular functions of a patient, as well as the terms and conditions under which the test may be performed.

The draft Regulation has no impact on the public or on enterprises, including small and medium-sized businesses.

Further information on the draft Regulation may be obtained by contacting Maude Thibault, notary, Direction des affaires juridiques, Collège des médecins du Québec, 1250, boulevard René-Lévesque Ouest, bureau 3500, Montréal (Québec) H3B 0G2; telephone: 514 933-4441, extension 5277, or 1 888 MEDECIN; email: mthibault@cmq.org.

Any person wishing to comment on the draft Regulation is requested to submit written comments within the 45-day period to Jean Gagnon, Acting Secretary, Office des professions du Québec, 800, place D'Youville, 10^e étage, Québec (Québec) G1R 5Z3; email: secretariat@opq.gouv.qc.ca. The comments will be forwarded by the Office to the Minister Responsible for Government Administration and Chair of the Conseil du trésor and will also be sent to the Collège des médecins du Québec and to interested persons, departments and bodies.

JEAN GAGNON
Acting Secretary,
Office des professions du Québec

Regulation respecting a professional activity that may be engaged in by kinesiologists

Professional Code
(chapter C-26, s. 94, 1st par., subpar. h).

1. The purpose of this Regulation is to determine, among the professional activities that may be engaged in by physicians, that which may be engaged in by a kinesiologist according to the terms and conditions set out in the Regulation.

2. In this Regulation,

“kinesiologist” means a person who, in addition to holding the Clinical Exercise Physiologist certification issued by the Canadian Society for Exercise Physiology or the American College of Sports Medicine, holds one of the following diplomas:

(1) the diploma issued upon completion of the Bachelor of Kinesiology program of one of the following university level educational institutions:

- (a) McGill University;
- (b) Université Laval;
- (c) Université de Montréal;
- (d) Université de Sherbrooke;
- (e) Université du Québec à Trois-Rivières;
- (f) Concordia University;
- (g) Université du Québec à Chicoutimi;
- (h) Université du Québec à Rimouski;

(2) the diploma issued upon completion of the Baccalauréat d'intervention en activité physique program, Kinesiology profile, of the Université du Québec à Montréal;

(3) the Diplôme d'études supérieures spécialisées (D.E.S.S.) issued upon completion of the Programme d'études supérieures spécialisées en kinésiologie clinique of Université Laval;

(4) a diploma issued by an educational institution outside Québec upon completion of a bachelor's program giving access to the Clinical Exercise Physiologist certification issued by the Canadian Society for Exercise Physiology or the American College of Sports Medicine;

“supervising professional” means a physician or a specialized nurse practitioner responsible for the supervision of the activity provided for in section 3;

“direct supervision” means supervision requiring the presence of the supervising professional at the precise location where the activity provided for in section 3 is performed;

“indirect supervision” means supervision requiring the presence and availability of the supervising professional close to the location where the activity provided for in section 3 is performed to enable rapid intervention;

“general oversight” means supervision requiring the availability of the supervising professional at a distance, using any means allowing to reach the supervising professional without delay;

“maximal exercise test” means a type of cardiopulmonary function testing using a complete exercise system including a gas exchange analysis system, bicycle ergometer or treadmill, electrocardiograph, oxygen meter, and automatic blood pressure monitor.

3. The kinesiologist may perform a maximal exercise test to contribute to the assessment or rehabilitation of cardiac, respiratory or vascular functions in accordance with an individual prescription indicating the level of risk of complications and in compliance with the following conditions:

(1) under direct supervision if the activity is performed for a patient at high risk of complications;

(2) under indirect supervision if the activity is performed for a patient at moderate risk of complications;

(3) under general oversight if the activity is performed for a patient at low risk of complications.

4. Before engaging in the activity provided for in section 3, the kinesiologist must agree with the supervising professional on the time and place at which the activity is to be performed.

5. The activity provided for in section 3 must be performed at an institution within the meaning of the Act respecting health services and social services (chapter S-4.2) or the Act respecting health services and social services for Cree Native persons (chapter S-5).

6. This Regulation comes into force on the fifteenth day following the date of its publication in the *Gazette officielle du Québec* and ceases to have effect on 1 April 2028.

