

NAVIKASH CHAND, BKIN

EDUCATION

- Bachelor of Kinesiology, **University of British Columbia**, 2021

PROFESSIONAL MEMBERSHIPS

- British Columbia Association of Kinesiologists

PROFESSIONAL DEVELOPMENT/TRAINING

- Concussion Management Certification
- Advanced Exercise Prescription Certification
- SureHire Occupational Testing

RELEVANT WORK EXPERIENCE

Re:Function Health Group Inc.: 2022 - present

Practicing Kinesiologist

- Kinesiology and Active Rehabilitation services
- SureHire Occupational Testing
- Occupational Rehabilitation

Beyond Physiotherapy: 2021 - present

Practicing Kinesiologist

- Kinesiology and Active Rehabilitation services
- Assessing and providing individuals with active rehabilitation services
- Treatment for motor vehicle accident injuries, work and sport injuries

YMCA Healthy Heart Instructor: 2018 - 2020

Group Instructor

- Lead group exercise classes
- Take vitals and ensure participants are able to participate
- Create and progress individual strength and conditioning exercises

DEMONSTRATED COMPETENCIES

Community Active Rehabilitation

- WorkSafeBC Community Occupational Therapy Services
- Provide education on patient injury and treatment
- Conduct initial assessments, create and progress individualized exercise programs