

## **A conceptual framework of Biokinetic procedures and referral system: An integrated protocol for the various health paradigms**

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### **Abstract**

Physical activity as a therapeutic modality has been prescribed by health professionals for various ailments since ancient times. Research has proved this positive relationship and recent initiatives suggest that exercise should be prescribed just as medicine or any drug would be – the so-called “Exercise is Medicine” initiative in the USA at present. In an equally important way physical activity serves a pivotal role in health promotion. This implies that biokinetics, which is the profession mainly using scientifically prescribed exercise as a modality, serves in both the pathogenic as well as the fortogenic health paradigms. The pathogenic paradigm refers to either the presence of an illness (ill care) or to the threat of an illness (illness prevention). In both of these constructs pathology is of key importance. In the fortogenic paradigm (health promotion) the focus primarily falls on improving the strong points with no threat of pathology. However, these constructs are not isolated, but interact intimately with each other. This can be illustrated by means of a schematic diagram. biokinetics as the profession using exercise and physical activity as the primary modality of treatment, therefore, is closely linked to the various constructs. This implies that referral to the biokineticist may come from the clinical as well as the non-clinical environment and that the biokineticist, as a professional who is registered with the HPCSA, should ensure working within the scope of the ethical rules. The referrals from the clinical as well as the non-clinical environment can be more clearly described by means of a conceptual framework constructed for the biokinetic practice.

**Key words:** *Biokinetics, health paradigms, referral, procedures, ethical rules.*

### **Introduction**

Physical activity as a therapeutic modality has been prescribed by doctors for various ailments since ancient times (Ryan, 1984). At this point in time research has already indisputably proved the positive contribution of these applications and at present no question about the positive relationship between physical activity and health exists (Ehrmam, Gordon, Visch & Keteyian, 2009; Kolby-Alexander, Buckmaster, Hassel, Dreyer, Bull, Noakes & Lambert, 2008; Bouchard, Blair & Haskel, 2007).

According to Sallis (2009), there is no doubt that if there was any single thing that an individual could do to improve his/her health dramatically, it would be exercise.