

Jane Nettleton

1. Where did you go school? When did you graduate?

I am a Registered Kinesiologist through the British Columbia Association of Kinesiology (BCAK), as well as a Clinical Exercise Physiologist through the Canadian Society of Exercise Physiology (CSEP). I completed my bachelor's in human kinetics at the University of British Columbia Okanagan, and my Masters of Clinical Exercise Physiology at Deakin University (located in Melbourne, Australia).

2. What do you do for work outside of WCCMT?

I work as a clinical exercise physiologist / kinesiologist at Active Solutions Health + Sport clinic in Ladysmith, BC. I also complete telehealth sessions from home for a clinic located in Penticton, BC, called Skaha Physiotherapy and Wellness. I complete other contract work from time to time include fitness testing for firefighters.

3. What inspires you about the profession of Massage Therapy?

Massage therapy is a great aspect of the health profession! I have always been very happy to work with massage therapists as a part of a multidisciplinary team. RMTs always have a great view of the human body and can provide client's another great source of health benefits and learning about their body.

4. What do you enjoy doing in your time away from work?

Traveling, camping, fishing, anything outdoors really. I am planning to teach my dog how to paddleboard this year, as well and expose her to longer backpacking trips!

5. What do you enjoy about working with the students and teaching at WCCMT?

I hope that teaching at WCCMT will bring some great future collaborations, and I am happy to be able to share more about the kinesiology profession to RMTs to make a more collaborative work environment for all health clinicians in the future.

6. Are there any other interesting pieces of information about yourself that you would like people to know?

I am from South Africa and will be traveling back there to visit family just before starting my teaching term at WCCMT. I also ride a '09 Triumph motorcycle and will likely be using that to commute into Victoria each week!