



Republic of Namibia
Annotated Statutes

REGULATIONS

REGULATIONS SURVIVING IN TERMS OF

Health Professions Act 16 of 2024
section 95(10)

Regulations relating to the Scope of Practice of a Biokineticist

Government Notice 45 of 2010

(GG 4443)

came into force on date of publication: 17 March 2010

These regulations were made in terms of section 55 of the Allied Health Professions Act 7 of 2004, which was repealed by the Health Professions Act 16 of 2024. Pursuant to section 95(10) of the Health Professions Act 16 of 2024, they are deemed to have been made under that Act.

The Government Notice which publishes these regulations notes that they were made on the recommendation of the Allied Health Professions Council of Namibia.

ARRANGEMENT OF REGULATIONS

1. Definitions
 2. Scope of practice of biokineticists
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Definitions

1. In these regulations, unless the context otherwise indicates, a word or expression defined in the Act has that meaning, and -

“final phase rehabilitation” means the period or phase in the rehabilitation process in which the physical activity and conditioning constitutes the primary therapeutic modality; and

“the Act” means the Allied Health Professions Act, 2004 (Act No. 7 of 2004).

[The Allied Health Professions Act 7 of 2004 has been
replaced by the Health Professions Act 16 of 2024.]

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Scope of practice of biokineticists

2. (1) A biokineticist is concerned with the -
- (a) preventative health care;
 - (b) maintaining of physical conditions and physical abilities; and
 - (c) final phase functional rehabilitation,

of humans by means of scientifically based physical activity and sport programmes.

- (2) The acts especially pertaining to a biokineticists are -
- (a) the promotion of physical abilities and performance, prevention and rehabilitation of medical ailments, the physical selection, body composition analysis, wellness intervention and functional restoration of the patient in the domains of -
 - (i) musculo-skeletal and orthopaedic disease, disability and injury;
 - (ii) neuromuscular disorders and disease;
 - (iii) cardiovascular disorders and disease;
 - (iv) pulmonary disease;
 - (v) metabolic disorders and disease;
 - (vi) immunological and haematological disorders;
 - (vii) psychological disorders;
 - (b) the evaluation of a patient by -
 - (i) the recording of his or her general history with a view to determining the risks (if any) of exercising for the patient;
 - (ii) the determining of his or her physical work capacity with the aid of a cycle ergometer or treadmill, and monitoring and available associated equipment, to arrive at and determine the effective and safe exercising level for an exercising programme prescription, by means of the -
 - (aa) monitoring, with an electrocardiograph or heart rate monitor, the heart rate during multistage workloads;
 - (bb) measuring of blood pressure and other physiological responses before, during and after work;
 - (cc) measuring of the range of motion muscle strength and specific functions;
 - (dd) evaluating the body posture and composition;

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- (ee) measuring of lung function and capacity by means of specialised spirometry equipment;
 - (ff) evaluation of body posture, alignment and body composition; and
 - (gg) assessment of joint stability;
- (iii) the prescribing of a specific exercising programme, including the follow-up and guidance relating to that programme;
- (iv) the physical selection, including the evaluation of an exercising programme for different groups and professions;
- (c) final phase rehabilitation (musculoskeletal and neuromuscular systems) of the patient, including -
 - (i) functional ergological assessment, consisting of the assessment of the affected limb or body part to determine the functional limitations, with the aid of the -
 - (aa) specific history of the condition and previous treatment, and a general medical history;
 - (bb) specific assessment of the affected limb or body part, including the manual determining of -
 - (ab) the range of motion;
 - (ac) muscle strength; and
 - (ad) flexibility;
 - (cc) analysis of posture;
 - (dd) specialised tests for muscle strength, activation and exhaustion, and the range of motion in all planes of joints by means of the assessment of torque, muscle, work, ratios between antagonistic muscle groups with regard to torque and work, bilateral comparisons with regard to torque and work, range of motion and extent and position of restriction resulting from injury or deviation of the following joints:
 - (ab) Knee;
 - (ac) ankle;
 - (ad) shoulder;
 - (ae) elbow;
 - (af) hip;
 - (ag) wrist; and

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- (ah) spinal column;
- (ii) rehabilitation programme prescription and sessions, both chronic and orthopaedic, including -
 - (aa) an orthopaedic final phase rehabilitation programme prescription and taking the patient through the rehabilitation programme prescription;
 - (bb) an orthopaedic final phase functional rehabilitation session;
 - (cc) a rehabilitation session on specialised equipment, including final phase functional rehabilitation with the aid of -
 - (ab) electronic-hydraulic isokinetic systems;
 - (ac) stability equipment and exercise;
- (d) an exercising programme prescription, including the prescription, follow-up and guidance of specific exercising programmes;
- (e) a physical selection, including the evaluation of an exercising programme prescription for special groups and professions;
- (f) final phase functional rehabilitation by means of hydrotherapy;
- (g) gait assessment, analysis and exercising programme;
- (h) final phase rehabilitation of medical conditions, including -
 - (i) functional assessment, including -
 - (aa) general history with a view to determine the risks of exercise for the patient; and
 - (bb) physical work capacity test, including the determining of physical work capacity with the aid of a cycle ergometer or treadmill, monitor equipment and available associated equipment to determine an effective and safe final phase rehabilitation programme prescription, including -
 - (ab) monitoring the heart rate by means of an electrocardiograph or heart rate monitor during multistage workloads; and
 - (ac) measuring of blood pressure and other physiological responses before, during and after workloads; and
 - (ii) rehabilitation programme prescription, including final phase rehabilitation programme prescription for specific medical conditions;
 - (i) sport specific performance, including -
 - (aa) improvement of functional ability;
 - (bb) scientifically designed, final phase rehabilitation programmes;

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- (cc) enhancing of sport performance;
- (dd) sport specific training programmes to enhance individual and team performance;
- (ee) promotion of high performance physical activity;
- (ff) implementation of sport specific programmes;
- (gg) implementation of long term development of sport specific programmes for athletes; and
- (hh) structured pre-season, in-season and post-season training programmes; and
- (j) testing, including -
 - (aa) scientifically based exercise testing;
 - (bb) specific physiological profiles for each athlete; and
 - (cc) fitness testing and re-evaluation.