

HEATHER DART MCISc, M.OMSc, BScPT, BKin, FCAMPT, CSCS

EDUCATION

Masters of Clinical Science in Advanced Health Care Practice (MCISc) *Western University, London, Ontario (2018 – 2019)*

Masters Diploma in Osteopathic Manipulative Sciences & Diploma in Osteopathic Manipulative Therapy and Practice (M.OMSc & DOMTP) *The Canadian Academy of Osteopathy, Hamilton, (2004 – 2008/10)*

Bachelor of Science in Physical Therapy (BScPT) *Queen's University, Kingston, Ontario (2000- 2003)*

Bachelor of Kinesiology with a minor in Biology (BKin) *McMaster University, Hamilton, Ontario (September 1995- April 1999)*

PROFESSIONAL CERTIFICATIONS

- * International Olympic Committee (IOC) Mental Health Certificate (2021)
- * IOC Sport Therapies Diploma (2022)
- * NSCA Certified Strength and Conditioning Specialist (2004)
- * Complete Concussion Management Certification (2020)
- * Fellow of the Canadian Academy of Manipulative Therapy
- * John Wernham College of Osteopathy Classical Certificate Training
- * Evidence in Motion 'Essentials of Musculoskeletal Imaging' Course Certificate (2012)
- * Fit Fore Golf Certifications (2007)
- * Neuro-Proprioceptive Taping (2008)

SPORT THERAPY & MEDICAL EXPERIENCE

Registered Physical Therapist & Osteopathic Manual Therapist
North Durham Physiotherapy, Uxbridge, Ontario (2018 – present)
Scugog Physiotherapy Centre, Port Perry, Ontario (2007 – 2017)

Niagara Canada Games Venue Medical Lead (Niagara, 2022)

- Welland Flatwater Venue for Triathlon, open water swimming and canoe/kayak

World Junior Badminton Championships Chief Therapist & Medical Manager *Markham, ON (November 3-18 2018)*

- Member of the Organizing Committee collaborating with Badminton World Federation (BWF) involving 500 athletes from over 32 countries and assisting with WADA in doping protocols
- received medical award from the BWF president for the successful efforts in organizing and leading the medical team for this event

Junior Pan Am Badminton Championships Chief Therapist & Medical Manager

Markham, ON (July, 2017)

- Member of the Organizing Committee and responsible for medical care and management for all the Junior Pan Am athletes
- Responsible for recruiting, selecting, training and scheduling all medical volunteers to provide Field of Play coverage and clinic oriented care as needed

Invictus Games Venue Medical Lead *Toronto, ON (Dec 2016-October 2017)*

- Sitting Volleyball – Toronto Pan Am Centre

Pan American Games Lead Medical Practitioner *(Toronto, 2014-Aug 2015)*

- Badminton at Markham Pan Am Centre

ParaPan American Games Lead Medical Practitioner *(Toronto, 2014- Aug 2015)*

- Wheelchair Tennis at U of T Scarborough

OTHER SPORT EVENT COVERAGE

International Event Experience

- USA Masters Games – (Greensboro, NC 2016)
- European Masters Games – (Nice, France, 2015)
- World Masters Games – (Torino, Italy 2013)
- World Age Group Triathlon Championships - Canadian National Team *(Lausanne, Switzerland, 2006, Brisbane, Australia 2009 & Budapest, Hungary, 2010)*

National Event Experience

- Canadian National Ultimate Championships (Brampton, 2018)
- Canadian National U14 Fastpitch Championships (Stouffville, 2018)
- Canadian National Artistic Gymnastics (2018)
- Canadian National Masters Badminton Championships (Burlington, 2015, Halifax, 2016 & Vancouver, 2018)
- Skate Canada Synchronized Skating National Championships – (2009)

Provincial Team and Event Experience

- Provincial Men's SPN Championship Team (2021)
- Provincial Co-ed SPN Championship Team (2021)
- Ontario Summer Games – Canoe/Kayak (London, Ontario, 2018)
- Men's Elite Cyclismo Cycling Team (2006-07)
- The Dragon Flies Dragonboat Team (2005-2007)
- Lindsay Figure Skating Club (2005-2007)
- Ontario Tour for Kids Bike Ride (Orillia, Ontario 2004)
- Lakefield College Rugby and Soccer (2004)

TEACHING EXPERIENCE

Senior Instructor

The Canadian Academy of Osteopathy, Hamilton, Ontario (2011- 2014)

- Completed three-year, 300 hour teacher training assistant program at CAO (2008-2011) prior accepting a position as a Professor
- Assisted with writing curriculum as well as developing and instructing courses on Medical Sciences, Orthopaedics, Essentials of Diagnostic Imaging and Professionalism to classes up to 30 students
- Prepared and administered tests for the courses and was an examiner for oral practical examinations

National Physiotherapy Examiner

Canadian Alliance of Physiotherapy Regulators, Toronto, ON (2008 & 2017 - present)

- Examiner for the written and oral practical Canadian National Physiotherapy Exam

COMMITTEE LEADERSHIP EXPERIENCE

Sport Physiotherapy Canada – Ontario Section, Executive Board Member (*Treasurer, 2015 – present*)

Squash Ontario – Board Member (*2021 – present*) and Gender Equity Committee Member (*2020-present*)

SPC Congress - Organization Committee Member (2020-2022)

Badminton Ontario – *Strategic and Operational Planning Committee Member (2020-2021)*

Badminton Canada – Equity, Diversity and Inclusion Committee Member (2020-present)

Squash Ontario – Board Member (2021 – present) and Gender Equity Committee Member (2020-present)

Richmond Hill Squash Club - Board Member (2019-2020)

Ontario Osteopathic Association - Executive Board Member (Vice President, 2008 & Treasurer 2009/10 & 2012-2015)

Port Perry Multisport Club - Co-Founder & Coach (2008-2012)

Kawartha Cycling Club – (Treasurer 2004-2006)

Student Preceptor (2004 – present)

PERSONAL ATHLETIC ACHIEVEMENTS

International Results

World Triathlon Championships & World Aquathlon Championships (*Lausanne 2006, Vancouver 2008, Australia, 2009, Budapest, 2010 & Edmonton, 2014*)

- Provided physiotherapy services for the Canadian National Age Group Team while at World Championships (2006, 2009, 2010)
- Qualified and competed five times as an athlete for the Canadian National Age Group Olympic Distance Triathlon Team
- World Sprint Triathlon 9th place finish and World International Distance 22nd place finish (2014)
- World Aquathlon 5th place finish (2010) and 10th place (2009)

European Masters Games
(*Nice, France, October 1-11, 2015*)

- Competed as an athlete in Open Water Swimming and Badminton (singles, doubles and mixed)

- Achieved Gold Medal in singles badminton, Silver in doubles and Bronze in mixed doubles and open water swimming

World Masters Games (*Turin, Italy, Aug 2-11, 2013*)

- Competed as an athlete in Triathlon, Duathlon, Badminton (singles, doubles, mixed and team event) & Swimming (200Fr & 400 Fr)
- Achieved Gold in Duathlon and three bronze medals in badminton (Singles, Doubles and Team Event)

Sponsorship Team Member

- Oliver Team Sponsored Athlete for Squash and Racketlon (*2017*)
- Forza Badminton Sponsorship (*2016-present*)
- Team Running Free Athlete (*2010 – 2016*)
- Li-Ning North America Badminton Sponsorship Team (*2013-2016*)
- Member of Team Polar Canada for Triathlon (*2008*)

National & Provincial Podium Finishes

Squash

- OUA Squash Team Silver with Western Mustangs (2019)
- National Canadian University and College Women's A Squash Champion (2019)
- Canadian Masters Team Championships bronze medallist (2020)
- OUA Squash Team Silver (2002) and Bronze (2003) with Queen's University

Badminton

- Canadian National Badminton Singles Bronze Medallist (2013, 2015, 2016)
- US National Singles Champion (2015)
- US National Doubles Finalist (2015)
- US National Mixed Doubles Finalist (2015)
- Provincial Singles Finalist (2012, 2015)
- Provincial Mixed Doubles Finalist (2015)
- Provincial Doubles Finalist (2014)
- Provincial Singles Champion (2013)
- Women's Varsity Team at McMaster University (1995-1996)

Triathlon

- Subaru Triathlon Series Award winner (2006 – 08, 2010, 2013)
- Multisport Series Award winner (2012)
- Philadelphia International Triathlon 1st place (2016) and 2nd place (2015)
- Cleveland Triathlon 1st place (2015)

- Pittsburgh International Triathlon 1st place (2015)
- Banff Triathlon 1st place (2014)
- Hy-Vee Triathlon in Des Moines, Iowa (2012) top 10 finish
- Canadian National Age-Group Olympic Distance Triathlon Bronze Medallist (2007)
- Canadian National Age-Group Sprint Distance Triathlon Bronze Medallist (2007)
- Canadian National Aquathlon Overall Women's Bronze Medallist (2007)
- Ontario Women's Triathlon Series Winner (2004)

Softball

- Co-ed SPN Provincial Champions (2021)
- Senior Women's Fastpitch Softball Provincial Finalist (2016)

Ultimate

- Women's Varsity Club Team at Queen's University (2001-2003)

PROFESSIONAL DEVELOPMENT

- CASEM Paediatric Sport Injuries Webinar Series
- CASEM Winter Sport Injuries Webinar Series
- CASEM Cycling Injuries Webinar Series
- Swimming for Triathlon by Dr. Greg Wells (2016)
- Exercise Physiology for Triathlon by Dr. Greg Wells (2014)
- Bike Fit Physio Cycle Positioning and the Treatment of Common Cycling Injuries (2009)
- The Running Clinic's, Running Injuries and Prevention (2008)
- Gait Analysis and Advanced Biomechanics & Orthotic Therapy – *The Orthotic Group* (2005)
- Visceral Manipulation Introduction & Advanced Techniques (2006)
- Craniosacral Introduction & Advanced Techniques (2006)
- The Pilates Exercise Method - APTEI (2005)
- Myofascial Release Techniques (2004)
- The Thoracic Spine – APTEI (2003)
- Lumbar Spine Mechanical Diagnosis and Therapy – McKenzie Institute (2002)
- Acupuncture Level 1 – AFCI (2002)

SPORT COACHING CERTIFICATIONS & EXPERIENCE

- * Trained NCCP Provincial Squash Coach (Nov, 2019)
- * Certified NCCP Squash Club Coach (Oct, 2019)
- * Provincial Squash and Doubles Squash Official (Feb, 2020)
- * Certified NCCP Competitive Triathlon Coach (June, 2009)

- * Certified NCCP Tennis Instructor (1995/96)
- * Provincial Triathlon Official Level 1 (March, 2012)
- * Red Cross First Responder Certification (2012-present)
- * Certified Canadian Red Cross First Aid and CPR Instructor (2000 - 2010)

PROFESSIONAL MEMBERSHIPS

- * Canadian Physiotherapy Association (CPA)
- * Ontario Physiotherapy Association (OPA)
- * Sport Physiotherapy Canada Member (SPC)
- * Ontario Osteopathic Association (OOA) Member
- * Ontario Association of Triathletes & Triathlon Canada
- * Badminton Ontario & Badminton Canada
- * Squash Ontario & Squash Canada