



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

# Master of Professional Kinesiology

Handbook 2023-2024

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# MPK Sessional Dates 2023-2024

## Fall Session 2023

August	7	Civic Holiday ( <b>University closed</b> )
August	8	MPK New Student Orientation. First day of MPK fall classes.
August	18	Last day to drop MPK4000Y without academic penalty
September	1	Last day for tuition fee deferral (if eligible) or payment of minimum payment to register as per tuition invoice on ACORN for 2023-2024 (after this date a late registration fee will be applied)
September	4	Labour Day ( <b>University closed</b> )
September	29	Last day to drop MPK4008Y without academic penalty
September	30	Payment deadline to avoid service charges on unpaid Fall (September to December) Session tuition and non-tuition fee amounts. Details: <a href="https://fees.utoronto.ca">fees.utoronto.ca</a>
October	9	Thanksgiving Day ( <b>University closed</b> )
October	30	Last day to drop MPK4001Y, MPK4004Y, MPK4005Y without academic penalty
November	6-10	Reading Week
November	17	Last day to drop MPK4006H without academic penalty
November	30	Students registered in fall-winter: Remaining winter session (January to April) fees due by this date to avoid incurring service charges, which begin accruing on December 15
December	21	University closed for Winter Break ( <b>December 21 - January 1 inclusive</b> )

## Winter Session 2024

January	2	Presidential Day ( <b>University closed</b> )
January	8	First day of MPK winter session courses
January	17	Fall session grades available for viewing by students on the Student Web Service (ACORN)
February	12	Last day to drop MPK4003Y, MPK4002Y, MPK4009H and MPK4015H without academic penalty
February	19	Family Day ( <b>University closed</b> )
February	19-23	Reading Week
February	20	Last day to drop MPK4007Y without academic penalty
March	29	Good Friday ( <b>University closed</b> )
April	30	Payment deadline to avoid service charges on unpaid Fall/Winter session (September-April) tuition and non-tuition fee amounts for students who had registered without payment (deferred). Details: <a href="https://fees.utoronto.ca">fees.utoronto.ca</a> .

## Summer Session 2024

May	14	Last day to drop MPK8002H without academic penalty
May	15	Winter session grades available for viewing by students on the Student Web Service (ACORN)
May	20	Victoria Day ( <b>University closed</b> )
June	14	Last day to drop MPK8003H without academic penalty
June	17	Last day to drop MPK4010H without academic penalty
July	1	Canada Day ( <b>University closed</b> )

# Introduction

Welcome to the Graduate Department of Kinesiology in the University of Toronto's Faculty of Kinesiology and Physical Education. This handbook is designed for students entering the Master of Professional Kinesiology (MPK) program. The MPK program offers students access to a diverse group of faculty, who provide educational experiences and offer students opportunities to gain advanced knowledge and skills in the professional practice of kinesiology. This program also provides unparalleled learning environments for hands-on practice working alongside leading practitioners. The purpose of this handbook is to provide information about the program's structure, expectations and policies.

## Graduate Department of Kinesiology

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# What is Professional Kinesiology?

On April 1, 2013, kinesiology in the province of Ontario became a regulated health-care profession. The College of Kinesiologists of Ontario (CKO) is the regulatory body that governs the profession of kinesiology in Ontario and receives its authority from the Kinesiology Act, 2007 and the Regulated Health Professions Act, 1991. In Ontario, any individual using the titles “Kinesiologist,” “Registered Kinesiologist,” or the designation “R.Kin,” must be registered with the College.

The CKO ensures kinesiologists maintain and enhance their skills and knowledge through established standards of practice and accountability.

According to the Ontario Kinesiology Association (OKA), an advocacy group for the profession in Ontario:

- Kinesiologists are leaders in the PREVENTION of injury, disability and chronic disease.
- Kinesiologists use exercise in the MANAGEMENT of injury, disability and chronic disease.
- Kinesiologists are devoted to improving PERFORMANCE, health, and overall quality of life.

By using a multidisciplinary approach Kinesiologists are able to:

- ASSESS the unique physical, psychological and behavioral needs of diverse populations;
- DESIGN exercise-based interventions to address a range of sport, occupational and clinical objectives;
- IMPLEMENT evidence-informed exercise solutions to manage chronic conditions, prevent future problems and improve performance;
- EVALUATE the short- and long-term benefits of various exercise programs;
- Synthesize, TRANSLATE and exchange knowledge with other health care professionals.

## Why an MPK?

- Develop the expertise to design and implement exercise programs for diverse groups
- Learn through practical experiences
- Network and advance expertise through 600 hours of professional practice
- Gain program implementation and evaluation skills
- Work with top scholars across diverse areas
- Engage in interprofessional education

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## What are some examples of kinesiology practice that our graduates will be prepared for?

### Injury prevention

- Providing pre-operative exercise training for people with cancer
- Facilitating exercise programming for elderly for the purpose of reducing risk of falls
- Enhancing physical activity levels in youth to reduce the risk of obesity
- Developing a functional training and physical conditioning program for athletes to reduce their risk of sport-related injury

### Management of chronic conditions

- Designing exercise programs to reduce depression and improve mental health
- Implementing physical activity and exercise initiatives to assist with the management of diabetes, cardiovascular disease and cancer
- Using exercise to management debilitating conditions such as chronic low back pain and arthritis

### Improving health and performance

- Using sports science testing and tailored training and conditioning to enhance athletic performance (e.g., functional movement screening and exercise interventions)
- Enhancing and maintaining the performance capabilities of firefighters through tactical strength and conditioning
- Promoting physical activity and implementing targeted programs to promote bone health in post-menopausal women

### Adapted physical activity and exercise programming

- Adapting community recreation and sports programs to be inclusive for children with diverse ability levels
- Adapting sports training and conditioning for athletes returning to sport from acute injury (e.g., concussion) or managing a chronic sport injury (e.g., tendonitis)
- Adapting exercise programming for people with cardiovascular disease



## MPK Program Information

### Program outcomes

The MPK will focus on the development of students' competencies in designing, implementing and evaluating exercise strategies to improve health and performance. Students will develop the ability to translate leading-edge research findings into professional practice through a mixture of classroom, case-based, laboratory and experiential (e.g., professional placements) educational approaches. Graduates of this program will acquire evidence-informed and multidisciplinary expertise to assess the unique needs of diverse populations so that cutting-edge interventions can be designed, implemented and evaluated. Special emphasis will also be placed on knowledge synthesis, and collaboration with interprofessional health-care teams, and conceptualizing future kinesiology practice.

### Competencies

#### Depth and breadth of knowledge

MPK graduates will have an advanced level of understanding of anatomy, exercise physiology, biomechanics, motor learning and control, behavioural aspects of health, social and cultural influences on health and physical activity participation, clinical reasoning and health-care professional relations. Graduates

should appreciate that real and perceived barriers to achieving sufficient movement quality and quantity are many, varied (i.e., physical, psychological, cognitive, emotional, social and cultural), interactive, and complex.

#### Application of knowledge

MPK graduates will employ the depth and breadth of knowledge and skills to prevent and manage health limitations and to enhance client ability to physically perform in valued life roles. This is reflected in students who are able to:

- Promote health, wellness and performance in a variety of settings
- Critically appraise the unique needs of diverse populations
- Design and implement evidence-based exercise programs for a range of populations
- Synthesize and present (oral and written formats) a summary of current knowledge of movement science as applied to the provision of professional kinesiology services
- Use program evaluation methods to evaluate the effectiveness of kinesiology practice and identify areas for improvement
- Create management and intervention plans that are based on current knowledge and creatively address the needs of clients
- Evaluate clinical programs and propose methods of improving current or new programs

## Professional capacity/autonomy

MPK graduates will serve the needs of clients by providing evidence-supported care, and by continuing to pursue opportunities for growth and development. Graduates will be able to:

- Locate, critically evaluate and employ professional and clinical practice guidelines
- Make appropriate decisions that assist with prevention, management, and enhancement of the health and physical capacity of clients
- Advance the profession of kinesiology through developing, advancing, disseminating and exchanging knowledge about physical activity, health and their interactions through the provision of care, education, research and leadership.

## Communication skills

MPK graduates will demonstrate the ability to receive information and feedback and to present information and feedback to peers, field instructors and clients using a range of mediums (e.g. face-to-face, video, online, presentation, etc.). They will also develop skills in persuasive communication and leadership.





# MPK Timetable (Overview)

August 2023	September 2023	October 2023	November 2023	December 2023
MPK4000H (Aug 8 - Sep 1) Introduction to Professional Kinesiology	MPK4001Y (Sep 5 - Dec 8) Clinical Assessment and Interventions			
	MPK4004Y (Sep 5 - Dec 8) Physical Culture, Health and Social Environments			
	MPK4007Y (Sep 5 - Apr 5) Practice Setting Considerations			
	MPK4008Y (Sep 5 - Oct 13) Evidence-Supported Practice		MPK4006H (Oct 16 - Dec 1) Interprofessional Practice	
	MPK4005Y (Sep 5 - Dec 8) Strength Based Professional Practice			

**WINTER BREAK**

January 2024	February 2024	March 2024	April 2024	May 2024
MPK4003Y (Jan 8 - Apr 5) Behavioural Assessment and Interventions			MPK4010H (Apr 22 - Aug 16) Professional Practice II	
MPK4002Y (Jan 8 - Apr 5) Biophysical Assessments and Interventions				
MPK4007Y (Jan 8 - Apr 5) Practice Setting Considerations				
MPK4009H (Jan 8 - Apr 5) Business of Kinesiology and Entrepreneurship				
MPK4015H (Jan 8 - Apr 5) Practice and Program Evaluation			MPK8002H (Apr 22 - Jun 14) Placement I	

June 2024	July 2024	August 2024	September 2024	October 2024	November 2024	December 2024
MPK4010H (Jun 24 - Aug 16) Professional Practice		MPK4012Y (Aug 19 - Dec 6) Capstone Project: Improving Kinesiology Practice				
MPK8003H (Jun 24 - Aug 16) Placement II						

## Reading Weeks

Fall term: November 6 - 10, 2023

Winter term: February 19 - 23, 2024

No academic classes will take place during these weeks.



# MPK Program Requirements

The MPK program is a full-time, 16-month program (August to December, inclusive) that offers a combination of classroom, case-based, laboratory and experiential education. The MPK involves successful completion of 12.0 full-course equivalents (FCEs) as follows:

- Courses (equal to 10.5 FCE academic courses)
- 600 hours of professional practice (1.5 FCE)

## **THE MPK DEGREE PROGRAM MAY BE COMPLETED WITH A CONCENTRATION OR WITHOUT CONCENTRATION.**

### **Concentrations:**

- Exercise as Medicine
- Health and Wellness
- High Performance Strength and Conditioning
- Adapted Physical Activity

### **Concentration Requirements**

- Students must follow departmental application procedures and can apply to only one MPK concentration.
- Students must successfully complete a total of 3.0 FCEs in the area of concentration, including:
  - A major course assignment in the area of concentration in a minimum of 1.5 FCEs in MPK courses
  - A minimum of 300 placement hours in the area of concentration (0.5 FCE)
  - A final capstone project in the area of concentration (1.0 FCE)



## Course Descriptions

### **MPK4000Y Introduction to Professional Kinesiology (1.0 FCE)**

The MPK4000Y course introduces an integrated approach to human movement in the context of professional kinesiology. The central tenet of this integrated approach is that every individual, regardless of age, experience, fitness or job status, needs the capacity to meet the demands of their life. This model provides a common foundation to establish recommendations to prevent injury, manage chronic disease and increase performance. Students will improve their ability to meet clients' specific needs by developing an appreciation for screening, assessment and exercise program design – having the knowledge and skills to assess, design, implement and evaluate will distinguish exceptional professionals who change lives from those who design “hard” workouts. Using a combination of teaching styles (e.g. lecture, reflection, discussion, observation and demonstration), small and large group activities, case studies, and hands-on experiences, students will be provided with the knowledge and tools to make exercise matter for any client.

#### **Course duration:**

- 4 weeks
- 50 hours of asynchronous and in-person learning activities

### **MPK4001Y Clinical Assessment and Interventions (1.0 FCE)**

Clinical practice refers to the delivery of health services based on interactions between practitioners and individual clients rather than population-based theory or basic science alone. In a clinical paradigm, kinesiologists may assess an individual's general state of health, movement capacity and habit, and their health or movement goals, in order to formulate plans to help those clients achieve their health or movement goals. In this course, students will explore the nature of the clinical paradigm and clinical reasoning about likely causes of observed phenomena, and develop skills related to the assessment of individual movement capacity and habit, and possible underlying health disorders of the locomotor system. A mixture of lectures and practical laboratories will be used to aid in the development of knowledge and skills related to clinical assessment.

#### **Course duration:**

- 13 weeks
- 3-hour lecture and 2-hour lab per week

## **MPK4002Y Biophysical Assessment and Interventions (1.0 FCE)**

Kinesiology assessment and intervention techniques should be selected and adapted to accommodate environmental, individual and task factors. In this course, students will learn how to appropriately design, select and administer a range of general and population-specific kinesiology assessments and interventions that relate to biological and physical performance for clients across the health-to-performance continuum. Lectures will stress the way anatomy, physiology, injury, pathology, and psychosocial factors affect decisions regarding client screening, assessment and intervention approaches. Emphasis will be placed on the demonstration of critical thinking, evidence-based decision making and applied skills within case-based learning sessions, small and large group discussions, mock counselling scenarios and laboratories.

### **Course duration:**

- 12 weeks
- 2-hour lecture/2-hour lab/tutorial per week

## **MPK4003Y Behavioural Assessment and Interventions (1.0 FCE)**

Supporting and adapting behaviours towards improved health are central to the role of kinesiologists in delivering client care. The complex interaction of clients' perceptions, goals, experiences, objectives, barriers and facilitators around health behaviours must be considered for the appropriate development of healthy lifestyle planning. In this course, students will enhance their understanding of the principles and application of theory-driven health behaviour assessment and intervention techniques for the prevention, treatment or management of health and performance. Skill development will focus on critical appraisal of assessment instruments, individualized interviewing and counselling techniques, strategies to accommodate varying degrees of health literacy and dynamic approaches to establishing and monitoring chronic health behaviour change. Students will engage in case-based learning, partner/small-group role-playing and lectures to develop a rich understanding of behaviour change theory and its application.

### **Course duration:**

- 12 weeks
- 2-hour lecture/2-hour lab/tutorial per week

## **MPK4004Y Physical Culture, Health and Social Environments (1.0 FCE)**

A comprehensive examination of the cultural, social and ecological effects that help shape health environments and behaviours provides important information and direction for health-promoting strategies. Accordingly, understanding and respecting the beliefs, backgrounds and broader social influences on health (and cultural understandings of health practices) and how they impact a wide range of people are essential to the creation of a better kinesiology. In this course, students will learn about the interactions between society, environments, culture, and physical health and how

to apply these understandings in the development of health-promoting programming. Furthermore, students will develop the ability to conceptualize and critically analyze the complicated institutional relationships between personal health, health-care service and practice, and broader-scale structural determinants for effective, responsible, interdisciplinary care. A mixture of lecture, problem- and case-based learning sessions and assignments will be used to aid in the development of knowledge and skills.

### **Course duration:**

- 12 weeks
- 2-hour lecture/2-hour tutorial alternate weeks

## **MPK4005Y Strength-Based Professional Practice (1.0 FCE)**

The ability to think critically, problem solve, and link theory to practice is paramount to the success of any exercise professional, particularly since “it depends” is often the most appropriate response. Using exercise to rehabilitate, manage and prevent injury or disease, improve performance, physical literacy and workplace safety, or enhance quality of life requires the knowledge and skills to assess, design, implement and evaluate exercise-based interventions. Students will be given an opportunity integrate a series of practical experiences with fundamental exercise-related principles such that they are able to work in a variety of settings with a range of populations. This course places an emphasis on linking theory with practice and the development or communication skills. Learning outcomes will be achieved through a combination of hands-on activities, lectures, critical reflection, and group work.

### **Course duration:**

- 12 weeks
- 2-hour lecture/2-hour tutorial per week

## **MPK4006H Interprofessional Practice (0.5 FCE)**

Kinesiologists practise among an extensive team of practitioners to provide comprehensive and co-ordinated services for clients. Students in this course will develop an understanding of the principles and concepts of interdisciplinary teamwork in healthcare and health promotion contexts. A focus of the course will be placed on strategies that facilitate appropriate co-ordination of service delivery, appropriate referral pathways, collaborative interprofessional communication and practising within the limits of the professional scope of practice. Guest lecturers from across the health-care disciplines and related groups will contribute to the learning experience. Students will participate in interprofessional education sessions throughout the year with health-care students from other programs.

### **Course duration:**

- 6 weeks
- 2-hour lecture/2-hour tutorial per week
- Additional events will be co-ordinated with the Centre for Interprofessional Education

## **MPK4007Y Practice Setting Considerations (1.0 FCE)**

This course will examine the principles and practice of professional Kinesiology in various settings and contexts that rely on prescription of movement or exercise as an intervention intended to improve health and/or physical performance capacity. It will consider the iterative process of assessment and prescription of kinesiological intervention in various practice settings. Practice setting issues to be considered will include: professional standards, regulation, and ethics; client-provider relationships; client health, movement capacity and habits, goals and resources; work setting facilities; organizational structure; and team dynamics, roles, and communication. Factors to consider in using movement or exercise as an intervention in those settings include: expected dose-response of client(s) to different types, volumes and intensities of movement or exercise; assessment of response, and alteration of prescription parameters; and short and long-term planning. Students will work in teams to develop case studies of kinesiological intervention in 4 areas of concentration (Exercise as Medicine, Health and Wellness, High Performance Strength and Conditioning, and Adapted Physical Activity) that collectively illustrate the application of principles in different settings, and provide students with opportunities to practice that application.

### **Course duration:**

- 27 weeks
- 2-hour lecture/practice session bi-weekly

## **MPK4008Y Evidence-Supported Practice (1.0 FCE)**

Evidence-supported practice refers to the integration of available scientific evidence into decision-making processes that guide the delivery of health services. Critical appraisal of research methodology and interpretation is an essential skill that ensures current best-practice approaches are maintained. In this course, students will enhance their understanding of research design and methodology, practice guidelines and knowledge translation strategies to clients and colleagues. Emphasized in this course are development of advanced skills in primary research retrieval and evaluation, synthesis of research findings across studies towards evidence-based decision making, strategies for rigorous programmatic evaluation and application of research findings in professional practice. Students will have opportunities to practice discussing research and knowledge with various audiences (researchers, practitioners, clients and the public) through various media. Concepts and frameworks from implementation science and knowledge translation will be used. A mixture of lectures, problem- and case-based learning sessions and assignments will be used to aid in development of knowledge and skills.

### **Course duration:**

- 6 weeks
- 2-hour lecture/2-hour tutorial per week

## **MPK4009H Business of Kinesiology and Entrepreneurship (0.5 FCE)**

There is a growing demand for health promotion and support services, creating opportunities for innovation in professional kinesiology services and/or products. Successful kinesiology-related ventures in a competitive climate require a foundation of business and management skills that are framed within the health industry and professional standards. In this course, students will learn about kinesiology as a business, project management and entrepreneurial strategy. Business models and strategies will be discussed within the context of kinesiology professional standards with an emphasis on relevant codes and regulations. This course will be delivered in lectures, facilitated by partner and group activities using problem and case-based learning approaches.

### **Course duration:**

- 12 weeks
- 2-hour lecture/1-hour tutorial per week

## **MPK4010H Professional Practice (0.5 FCE)**

This required course supports and provides an opportunity to document the learning process throughout Placement 1 (MPK8002) and Placement 2 (MPK8003). The intersection of theory and practice will be explored. This is a credit/no credit course and will be taught online

### **Course duration:**

- 16 weeks
- 1-hour per week asynchronous and synchronous learning activities

## **MPK4015H Practice and Program Evaluation (0.5 FCE)**

The emphasis of this course is on understanding the various paradigms and methods that may be used to evaluate programs. Topics will include distinguishing research, assessment and evaluation, the evaluation process, developing an evaluation question, paradigms and models of program evaluation, quality criteria, and ethical considerations in program evaluation. Learning outcomes will be achieved through a combination of lectures, critical discussion, group work and applied assignments.

### **Course duration:**

- 12 weeks
- 2-hour lecture / 2-hour tutorial per week

## **MPK4012Y Capstone Project: Improving Kinesiology Practice (1.0 FCE)**

In this capstone project, students will draw upon a mixture of research and practical experience to develop a comprehensive plan to improve a specific area of kinesiology practice. This may take the form of a plan for a new area of practice, a new approach for an established area or improved implementation of known best practices. Students will be guided to use the assessment, design, implementation, evaluation and communication skills acquired throughout the program to develop their ideas. Small and large group activities will also be used to explore proposed solutions, examine existing approaches, evaluate progress and provide feedback. Students will have an opportunity to share their projects in a conference-style atmosphere.

### **Course Duration:**

- 17 weeks
- This course will be taught via asynchronous and synchronous learning activities

### **MPK8002H Placement**

Students are expected to complete 300 hours with a specific community partner (hours will depend on the site and client needs). This placement provides an opportunity for students to gain practical experience in a real-world work environment. Possible settings include hospitals, clinics, sport and exercise organizations, and community centres. This is a credit/no credit course.

### **MPK8003H Placement**

Students are expected to complete 300 hours with a specific community partner (hours will depend on the site and client needs). This placement provides an opportunity for students to gain practical experience in a real-world work environment. Possible settings include hospitals, clinics, sport and exercise organizations, and community centres. This is a credit/no credit course.



# Placement Information

The MPK program provides unparalleled hands-on learning experiences for students to work alongside leading researchers and practitioners on campus and across the GTA. Students rank professional placement opportunities based on their learning goals. Rankings do not guarantee placements of top choice, however serious considerations are given to ranked interests and preferences. General liability and health and safety insurance are maintained for all students while on placement. Each placement opportunity is unpaid and will emphasize specific learning activities.

## MPK Shirts

Students will be given one complimentary MPK T-shirt.

In the case that a T-shirt is misplaced, a replacement T-shirt can be ordered at the student's expense.

## Placement Requirements

Students will engage in 600 hours of hands-on professional experience across three placements:

- Placement: Full-time (a minimum of 300 hours over 8 weeks from April to May)
- Placement: Full-time (a minimum of 300 hours over 8 weeks from June to beginning of August)

## Placements

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MPK students will gain hands-on professional experience through placements with external partner organizations secured by the Faculty. The intention of these community placements is for students to integrate the knowledge and skills acquired through the first 8 months of the program within an organization, with ties to the practice of kinesiology. Placements 1 and Placement 2 must be completed at different organizations to meet the learning objectives of the program.

**Sample placement learning activities include:**

### Hospital Placement

- Implement an exercise program for patients with chronic conditions
- Collaborate with other health care professionals on the care of a patient with an injury
- Assist with the collection, synthesis and translation of clinical data

### Clinical Placement

- Complete a musculoskeletal assessment and design an exercise program for a client with chronic low back pain
- Collaborate in the care of a client with an injury alongside other health professionals
- Use a variety of assessment tools and exercise modalities with clients

### Private Industry

- Contribute to research and product development through the lens of a kinesiologist
- Develop a new communication strategy with clients, health care professionals and funders
- Develop, deliver and evaluate in-house corporate wellness programming

### Sport Organization Placement

- Collaborate with other professionals to facilitate training and performance of athletes
- Design, administer, and interpret appropriate sport specific assessments
- Plan, modify and coach sport-specific exercise programs to improve performance

### Community Organization Placement

- Implement physical activity and exercise programs to promote health and wellness within the community
- Improve the fundamental movement skills and physical literacy of children and youth
- Develop and deliver exercise plans and programs for community members of diverse ages and ability levels

Full details for Placements, including learning activities, locations and prerequisites will be provided to students in the winter term. Students will apply to and rank their preferences. Matches are announced in February. There will be workshops and resources to support students as they prepare placement applications.



# Professionalism

Whether in a classroom or placement setting, in your capacity as an MPK student, you are representing the Faculty of Kinesiology and Physical Education and the University of Toronto. As such, we expect high levels of professionalism at all times, in both professional and academic settings.

## KPE Mission

As an MPK student you will be expected to conduct yourself in accordance with the mission of the Faculty of Kinesiology and Physical Education to “develop, advance and disseminate knowledge about physical activity, health and their interactions through education, research, leadership and the provision of opportunity.”

## Core Values

Students are expected to conduct themselves in a manner consistent with the following core values:

**Respect** – Uphold the highest respect for fellow peers, colleagues, instructors, clients and the environment in which you practice and train, and always act and communicate in a manner that is equitable, inclusive, fair and appropriate for the clientele you are interacting with and the context in which you are interacting.

**Integrity** – Hold yourself accountable to the highest moral standards and principles in any task undertaken and in all relationships developed.

**Commitment** – Commit to providing the highest quality service and pursuing personal and professional development.

## Adherence to University and Placement Site Policies

It is the student’s responsibility to adhere to all University policies (including procedures, rules and regulations) that apply to students at the University, including but not limited to academic and research policies, policies relating to off-campus activities and policies relating to student conduct. The applicable policies, procedures, rules and regulations of the University may be found online on [the University’s Planning & Policy website](#).

When on placement, it is the student’s responsibility to also be aware of and adhere to the placement site’s policies that are relevant to your activities. In cases of conflict between the University’s academic and research-related policies and the applicable placement site policies, the University’s policies will prevail. In the case of conflict between the University’s non-academic and non-research related policies and the placement site’s policies that apply specifically to the activities of the student at the placement site, the placement site’s policies will prevail. In the case of conflict not resolved by the foregoing, the parties will decide on a case-by-case basis which policy applies.

## Privacy and Confidentiality

You are expected to comply with all applicable legislation with respect to privacy, including the [Freedom of Information and Protection of Privacy Act \(FIPPA\)](#), by which the University of Toronto is bound.

## Status of Students When on Placement

You must be in good academic standing to participate in a placement. In the event that you cease to meet the academic requirements, are suspended, are subject to any type of University discipline, or cease to be a registered student at the University, the placement will end coincident with the cessation of your status, unless the parties agree otherwise.

## Standards and Expectations When on Placement

**Professional Standards:** When working in a professional environment you are expected to act and speak accordingly.

**Attire:** Students must dress in a professional manner, with attire that is appropriate for the specific placement or as indicated by the mentor.

**Minimum effective dose:** Be diligent and efficient with time and training.

**Referral:** You are expected to work within the scope of practice of a kinesiologist. All other matters must be referred to appropriate support staff/personnel.

Professional Placements are secured through the faculty and have been planned in advanced with the external organization. Start and end times of placements are non-negotiable.

Students are expected to complete a minimum of 300 hours. Total hours will vary depending on the placement site.

It is the student’s responsibility to secure all placement prerequisites/training requirements well in advance of beginning the placement. The faculty will assist with this process and identify any necessary prerequisites.

Students must fulfill their professional commitment and be available on the dates outlined on the MPK Program Timetable on p. 6. Once matched with a placement, the placement is final.

Requests to change placement requirements due to unavoidable circumstances or medical reasons need to be submitted before the placement begins and requires approval by the KPE Office of the Registrar and Student Services prior to discussion with the placement supervisor.

The MPK program can only be completed full-time. While it may be possible for full-time students to maintain part-time work on the side, it is the student’s responsibility to ensure that they are able to meet the rigorous program requirements. Students are required to be available during class time and for their placements, which may have diverse schedules.





# Registration Information

## Course Enrolment

All of the courses offered in the Master of Professional Kinesiology program are mandatory. Students will be pre-enrolled in courses by the KPE Office of the Registrar and Student Services. Students considering dropping a course should contact the Office of the Registrar and Student Services at [grad.kpe@utoronto.ca](mailto:grad.kpe@utoronto.ca) prior to the corresponding course drop deadline indicated in the [MPK 2023-2024 Session Dates listed on p. iii](#). Dropping a course may have significant impact on a student's progress through the program. The first day of classes is August 8, 2023.

## Tuition Fees

MPK tuition fees are charged as program fees. The fees for domestic and international students are available at: [fees.utoronto.ca](https://fees.utoronto.ca). Your tuition fee invoice (for August 2023 - August 2024) will be available on ACORN in mid-July. Tuition fee invoices for the final term of the program in your 2nd year (September 2024 - December 2024) will be available in July 2024 on ACORN. Fees are charged on an annual basis.

To be fully registered for the fall-winter sessions, you must pay the minimum payment to register or, if you are receiving OSAP funding, defer your fees by September 1, 2023. Once you have paid your minimum payment to register or you have deferred your tuition fees, your status will automatically change from “invite” (INVIT) to “registered” (REG) on ACORN within seven business days of payment.

Failure to pay the minimum payment to register or arrange deferral of tuition fees by September 1, 2023 will result in cancellation of enrolment in all courses and be subject to late registration fees. International students must make a payment by this date to ensure they are covered by UHIP at the beginning of September.

## Tips for Making Tuition Fee Payments

You can pay your fees like a bill – at a bank, via telephone or internet banking, or at a bank machine. To pay at a bank machine or at a teller, take a copy of your account in invoice format printed from ACORN with you. Your account number (on the top right-hand corner of the invoice) and student number printed on the account are needed to ensure the payment is credited to your account.

If you would like to pay online or by phone, add the University of Toronto to your list of bills, using the account number located on the top right-hand corner of your invoice on your account on the Student Web Service. The account number consists of up to the first five characters of your surname (in capital letters) and 10 numbers which will be your student number with leading zeros.

For more information on tuition fees, fee payment and service charges, please review the [Student Accounts](#) website.

## Tuition Fee Deferral (Based on OSAP)

Online Tuition Fee Deferral Students receiving OSAP funding may request a temporary tuition fee deferral, which allows them to be fully registered in their courses without paying the minimum fee before the fee deadline. Please visit the [Student Accounts](#) website for details and instructions on how to defer your tuition fees.



If you do not find the resources you require on these websites, please feel free to contact the KPE Office of the Registrar and Student Services directly via email at [grad.kpe@utoronto.ca](mailto:grad.kpe@utoronto.ca) or via phone at 416-978-6087.

### David L. MacIntosh Sport Medicine Clinic

The **David L. MacIntosh Sport Medicine Clinic** is a comprehensive sport medicine care facility. The clinic's staff includes certified athletic therapists, sport and manual physiotherapists, sport massage therapists, sport physicians, orthopaedic surgeons, a certified podiatrist and a registered psychologist (in clinical neuropsychology). The clinic's services are available to anyone with sport or exercise-related injuries or inquiries.

### Sexual Violence Prevention & Support Centre

The Centre has a mandate to conduct intake, accept disclosure and reporting of sexual violence, and provide support to individual members of the university community who have experienced or been affected by sexual violence. Please visit **The Centre's website** for more information.

### Anti-Racism and Cultural Diversity Office (ARCDO)

The office is mandated to provide support to students, staff and faculty across the three campuses. The Office engages collaboratively with stakeholders on campus to enable the University's academic mission through the integration of its commitment to equity, diversity and inclusivity. For more information, please visit the **ARCDO website**.

You are encouraged to review the online sexual violence prevention module at [uoft.me/SVEPtraining](http://uoft.me/SVEPtraining) before attending Orientation day.

## School of Graduate Studies

The School of Graduate Studies (SGS) offers an immense array of services that cater to any need a student may have. These include, but are not limited to, conflict resolution, campus life, equity and diversity, family resources and health and safety.

### GradHub

**GradHub** is designed to help you navigate grad life at U of T and connect you to workshops, social events, campus services and resources. GradHub provides community through programs where you can gain balance, build skills, seek support and connect with other graduate students across disciplines. To view more information on activities and support resources, visit the **GradHub** website.

### Graduate Centre for Academic Communication

The **Graduate Centre for Academic Communication** (GCAC) provides graduate students with advanced training in academic writing and speaking. The GCAC offers five types of support designed to target the needs of both native and non-native speakers of English: non-credit courses, single-session workshops, individual writing consultations, writing intensives, and a list of additional resources for academic writing and speaking.

## Financial Assistance – Ontario Student Assistance Program (OSAP)

As an MPK student you are eligible for financial assistance through Ontario Student Assistance Program (OSAP). OSAP provides need-based financial assistance to Ontario residents who are Canadian citizens, permanent residents or protected persons (recognized convention refugees). Students with course loads of 60 per cent or greater are considered for both federal and provincial interest-free student loans and grants to assist with educational and living expenses. For more information, please visit **the OSAP website**.

## Financial Assistance - Other Provincial/Territorial Loan Programs

For information regarding loan programs at other provinces or territories, please visit the University's **Financial Aid website**.

## Support Services and Resources

Academic success requires support beyond the classroom. The Faculty of Kinesiology and Physical Education and the University of Toronto offer many services to make your campus experience a positive one. Below are some key resources to get you started:

- **Accessibility Services**  
Supports students through academic accommodations to achieve academic and co-curricular success
- **Health Sciences Writing Centre**  
Supports students through the various stages and potential challenges of academic writing
- **Housing Services**  
Information on campus and non-campus accommodation, vacancies, online registry and FAQs
- **Sexual and Gender Diversity Office**  
Promotes the sexual diversity of the students, staff and faculty at U of T
- **Student Life Centre**  
Learn about resources to encourage a balanced and dynamic campus life, beyond the classroom

## Centre for Graduate Professional Development

The [Centre for Graduate Professional Development](#) (CGPD) is the central hub that supports graduate student professional development needs at the University of Toronto.

## Graduate Counselling Services

The School of Graduate Studies has partnered with the Office of Student Life to expand the outreach provided by Health and Wellness to the graduate student community.

To better meet the diverse needs of the graduate student population, graduate students can access counselling services at the School of Graduate Studies. The Wellness Counsellor will offer brief counselling services tailored to the challenges presented by graduate-level university life. The focus of counselling is on strengths, resiliency and skills-building.

## Financial Advising

Financial advising can help relieve your stress, resolve your immediate financial problems and help you plan for the future. Financial advisors are trained to assist currently registered students in all aspects of financial management, including planning a budget and debt load management. For more information or to schedule an appointment, please visit the [SGS Financial Advising](#) website.

## Wellness Workshops

Wellness workshops are offered by the Health and Wellness Centre. Topics of these workshops range from balanced living and emotional regulation to healthy behaviours and many others. For more information and to view the schedule of the workshops, please visit the [Wellness Workshop](#) website.

## Professional Development Workshops

A series of professional development workshops are presented throughout the program. These workshops are specifically designed for the MPK students to support their placement and professional development.

## KPE Student Resources

### Academic Learning Strategist

Learning strategist appointments are recommended for students who wish to achieve academic success in their university studies and improve their grades, learning skills and study habits.

### Career Educator

Career advising appointments are for those facing challenges in identifying, strategizing, and moving forward in their own career journey.

To book an appointment with a learning strategist or career educator please email [grad.kpe@utoronto.ca](mailto:grad.kpe@utoronto.ca) with your request. Ensure that you include the following information with your appointment request:

- Full name
- Student number
- UTORid
- Name of the advisor you would like to meet with
- Appointment dates and times that work for you
- Topic(s) you would like to discuss during the appointment

## KPE Wellness Counsellor

The Faculty, in partnership with the U of T Health and Wellness Centre, offers confidential counselling services to graduate students enrolled in KPE degree programs. Many students find it helpful to meet with a counsellor to learn how to manage stress around schedules, exams, relationships, or any unexpected challenge.

To book an appointment, contact the Health and Wellness Centre at **416-978-8030** and ask to book a time with the KPE counsellor.

## KINections

KINections is all about helping students connect with each other and get involved beyond the classroom.

An initiative of the Registrar's Office, KINections presents curated virtual and on-campus activities that support wellness and connection, at KPE and with the local and global community. Learn more on the [KINections website](#).

## Policies, Guidelines And Student Responsibilities

It is your responsibility to be aware of policies, procedures and deadlines during the course of the degree. You are expected to comply with the School of Graduate Studies (SGS) policies as detailed in the [School of Graduate Studies Calendar](#).

Get to know your rights and responsibilities. Find out about U of T policies, SGS regulations, memos and guidelines on intellectual property by visiting the [SGS Policies, Guidelines, Student Responsibilities](#) website.

### Student Code of Conduct

MPK students are expected to act in accordance with the Code of Student Conduct outlined in the current [School of Graduate Studies Calendar](#) as defined by the Office of Governing Council, University of Toronto.

### Avoiding Cheating and Plagiarism

U of T prohibits cheating and plagiarism and enforces severe penalties against students who break the rules outlined in the Code of Behaviour on Academic Matters, which include:

- Using unauthorized aids on an exam or test
- Looking at someone else's answers during an exam or test
- Falsifying documents or grades
- Making up sources or facts for an essay or report
- Submitting the same work in more than one course (without permission)
- Submitting someone else's work as your own



### Official Correspondence with Students

As per University of Toronto policy, The University and its divisions and the Graduate Department of Kinesiology will communicate with students primarily via email, and all students are required to obtain and maintain a University of Toronto email address. This is the only email address that will be used for official correspondence. Official correspondence may include, but is not limited to, matters related to students' participation in their academic programs, important information concerning University and program scheduling, fees information and other matters concerning the administration and governance of the University. Students are responsible for maintaining and updating their contact information on the student information system (**ACORN**). This information must include current and valid mailing and permanent addresses as well as a University of Toronto email address. Failure to provide and maintain this information may result in missing important information and will not be considered an acceptable rationale for failing to receive official correspondence from the University.

### Attendance

Students are expected to attend every class.

### Petitions

Policies and procedures are intended to ensure that all students in the Faculty are treated equitably and fairly. However, in some cases there are valid reasons why students should be granted an exception from these policies and procedures. Consideration will be given to the needs of students who are experiencing problems that are beyond their power to foresee or control. Most of these situations concern illness, personal problems, accidents, family difficulties, etc. Appropriate documentation is required for all petitions.

Petitions are not always granted.

Students considering a petition, or who are having problems that are interfering significantly with academic work are advised to seek assistance from the KPE Office of the Registrar and Student Services.

Petitions and other special requests must be accompanied with supporting documentation, e.g. a petitions form along with a Verification of Student Illness or Injury form (if applicable). Students have 24 hours from the date of the missed assessment to submit their written request for a petition. You should seek assistance from the KPE Office of the Registrar and Student Services as soon as you can to discuss your situation and begin the process of filing your petition. If you are unwell or unable to come to the Office, please contact [grad.kpe@utoronto.ca](mailto:grad.kpe@utoronto.ca) with your information. The paperwork may follow. Students have one week from the missed assessment to submit all the required paperwork to the KPE Office of the Registrar and Student Services and all petitions must be submitted to the KPE Office of the Registrar and Student Services for review by the Graduate Committee.

### Course Work Extensions

Occasionally due to unforeseen circumstances (usually documented medical or similar) students may require additional time beyond the grade submission deadline to complete course work. Course work extensions must be signed by the course instructor and submitted to the Registrar's Office for review by the Graduate Committee through the submission of an **Extension to Complete Coursework Form**. Approved extensions will be marked as SDF on the student's transcript until the final course grade is received. Students requiring additional time beyond the initial extension must contact the KPE Office of the Registrar and Student Services at [grad.kpe@utoronto.ca](mailto:grad.kpe@utoronto.ca).

## Appeals

Any student that would like to submit any appeals will need to contact the KPE Office of the Registrar and Student Services at [grad.kpe@utoronto.ca](mailto:grad.kpe@utoronto.ca). All appeals will be handled as per the SGS Appeals Policy.

## Leaves of Absence

Students considering a leave of absence from the program must contact the KPE Office of the Registrar and Student Services at [grad.kpe@utoronto.ca](mailto:grad.kpe@utoronto.ca) to discuss options. Due to the structure of the MPK program a leave of absence can have an impact on a student's progress through the program, therefore it is recommended that leaves are taken for a full academic year (3 sessions). Leaves of absence are not permitted within the first term of the start of the program (13 weeks). In general, students on leave may not make demands upon the resources of the university or attend courses. Once on leave, students will neither be registered nor will they be required to pay fees for this period.

## Withdrawal

Students considering program withdrawal must contact the KPE Office of the Registrar and Student Services [grad.kpe@utoronto.ca](mailto:grad.kpe@utoronto.ca) to discuss options.

Any student that withdraws from the MPK program and is interested in rejoining must re-apply to the program in the following year to continue the program. Re-admission is not guaranteed.

## Faculty of Kinesiology and Physical Education Facilities

### Athletic Centre (Corner of Harbord St. and Spadina Ave.)

With seven gymnasiums, three pools (including the only Olympic-sized pool in downtown Toronto), a strength and conditioning centre, indoor track, dance studio, cardio machines, tennis and squash courts and steam rooms, there really is something for everybody! Facilities are available for use by U of T students and all other Athletic Centre members.

### Goldring Centre for High Performance Sport (100 Devonshire Place)

The Goldring Centre for High Performance Sport is a multi-storey sport and exercise facility housing a 2,000-seat, internationally rated field house for basketball, volleyball and other court sports, a state-of-the-art strength and conditioning centre, fitness studio, sport medicine clinic and research and teaching laboratories.

### Varsity Centre (Corner of Bloor St. and Devonshire Place)

The Varsity Centre – which includes a 5,000-seat stadium, 400m eight-lane track, state-of-the-art artificial turf field with a dome for winter use and 4,000-seat arena – is a sport and recreation facility like no other. Home to international, intercollegiate and intramural competitions throughout the year, Varsity Centre also hosts recreational and instructional classes, children's programs and high performance athlete training. During the winter months, the field continues to be a hive of activity under the dome, where students and members can make use of the driving range and a range of drop-in recreational activities.

## ACORN – Student Web Service

The Accessible Campus Online Resource Network (ACORN) is U of T's user-friendly and intuitive student web service. ACORN will be your main online resource for updating contact information, student account information and student life resources. Access ACORN using your UTORid and password. Use ACORN to:

- View your daily schedule and upcoming key dates at a glance
- Defer fees
- View tuition invoices and financial account
- Update contact information
- Order transcripts
- Print tax forms
- Access information on housing, health and support, co-curricular programs and more in one place

For more information, visit [introducing.acorn.utoronto.ca](https://introducing.acorn.utoronto.ca)

## TCard Information/Library Information

The TCard is the campus ID card, which provides access to services and facilities such as Quercus, libraries, athletic facilities, exams, meal plans, printing services, and more. Once students have their TCard, they are also able to enable their UTORid, U of T email address, and access U of T WiFi.

As of May 1, 2023 students can begin initiating their TCards by uploading a photo for their TCard. In-person pick up from the Koffler Student Services Centre (214 College Street) can be done by appointment through [CLNx](#).

More information is available at [on the TCard website](#).

### Set Up Your Email Address and Activate Your UTORid

Once you have your TCard, activate your UTORid account, which will automatically create your UTMail+ account. All U of T students are given a U of T email address through the UTMail+ service. It's your responsibility to activate and maintain this account. Enter this new email address on your ACORN record. U of T uses email to communicate with you. It's your responsibility to update your email on ACORN and to check your UTMail+ account daily.

## Quercus

Quercus is U of T's online course communication system that some of your instructors will use to communicate important course information to you. The majority of instructors will post their course outline, lab and tutorial schedules, and various course notices and policies via Quercus. Some instructors will also post your course assignment, midterm test and essay grades on Quercus. The majority of your courses will become active on Quercus during the first week of classes.

Login to [Quercus](#) using your UTORid.



## Grading

Graduate students must obtain no less than 70 per cent (or a B-) in any graduate courses. In accordance with the University Assessment and Grading Practices Policy, any grade below B- will be recorded as a failure (FZ).

## Transcripts

Official transcripts can be ordered through ACORN. Learn more on the [University Registrar's Office website](#).

## Convocation

When students complete their degree requirements, the KPE Office of the Registrar and Student Services will confirm their eligibility to graduate.

Students have the option of selecting March graduation where students receive their diploma in absentia with no ceremony or June graduation where students receive their diploma at the ceremony.

## Confirmation Letters

Confirmation of Degree Requirements Letters and Confirmation of Registration Letters can be issued by the School of Graduate Studies.

Learn more on the [SGS website](#).

## Contact Information

### Graduate Programs Team

If you have any questions regarding administrative matters such as registration, enrollment, grades, fees, financial support and awards, please feel free to contact the KPE Office of the Registrar and Student Services for support.

### 320 Huron Street, Room BN 110

(Clara Benson Building, enter via 320 Huron Street doors)

Email: [grad.kpe@utoronto.ca](mailto:grad.kpe@utoronto.ca)

Tel: 416-978-6087 or 416-946-3645

Fax: 416-971-2118

Faculty Website: [kin.utoronto.ca](http://kin.utoronto.ca)

### Placement Program Team

If you have questions about your placements, please contact the Placement programs team at [placement.kpe@utoronto.ca](mailto:placement.kpe@utoronto.ca) for support.

### Office hours

Monday to Thursday: 8:30 a.m. – 12 p.m. and 1 p.m. – 4:30 p.m.

Friday: 8:30 a.m. – 12 p.m.

**STRONGER PRACTICE TO STRONGER FUTURES**

# How we move.

## GRADUATE DEPARTMENT OF KINESIOLOGY

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& Physical Education  
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