



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

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# MPK STUDENT GUIDE

## 2018-19

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**STRONGER PRACTICE TO STRONGER FUTURES**

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# MPK SESSIONAL DATES 2018-2019

## FALL SESSION 2018

August 6	Civic Holiday – University Closed
August 7	MPK New Student Orientation
August 7	First day of MPK Fall classes
August 24	Last day for tuition fee deferral (if eligible) or payment of minimum payment to register for 2017-2018 (after this date a late registration fee will be applied)
September 3	Labour Day (University closed)
September 30	Remaining fall session (September to December) fees due by this date to avoid incurring service charges
October 8	Thanksgiving Day (University closed)
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 24	University closed for winter break from Thursday, December 21 to Tuesday, January 2 inclusive

## WINTER SESSION 2019

January 7	First day of MPK Winter session courses
January 16	Fall session grades available for viewing by students on the Student Web Service (ROSI/ACORN)
April 19	Good Friday (University closed)

## SUMMER SESSION 2019

May 15	Winter session grades available for viewing by students on the Student Web Service (ROSI/ACORN)
May 20	Victoria Day (University closed)
July 1	Canada Day (University closed)

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# PREPARATION

## ADMISSION CONDITIONS

Admission conditions as stated on your Offer of Admission letter must be satisfied. All non-U of T students must submit an original, sealed and signed, final transcript to the Graduate Programs Office before you start classes. If this is not possible, please contact the Graduate Programs Office immediately.

Note: University of Toronto graduates do not need to submit a final transcript.

Final transcripts (with date of conferral) must be sent to the following address:

Zarine Ahmed  
Department of Exercise Sciences  
Faculty of Kinesiology and Physical Education  
55 Harbord Street  
Toronto, ON M5S 2W6

To check the status of receipt of your official transcripts, log onto your [SGS Online Admission application](#).

## UNIVERSITY OF TORONTO STUDENT CARD – TCard

The TCard is your campus ID card, which provides access to services and facilities such as Blackboard, 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.

Starting June 5th, TCards will be issued for new students at the Koffler Student Services Centre (214 College Street, first floor). Get your TCard as soon as you can.

More information available at: [tcard.utoronto.ca](http://tcard.utoronto.ca).

Note: U of T students continuing in another U of T degree, do not need a new TCard, your current TCard can still be used.

## 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.

The University's official method of corresponding with students regarding registration, enrolment status, student accounts and other important areas of business, is through your University of Toronto (or utoronto) email account. It is your responsibility to read your utoronto email on a regular basis. This will ensure that you receive important information from your instructors and the University.

## ACORN – STUDENT WEB SERVICE

The Accessible Campus Online Resource Network (ACORN) is UofT's student web service. Sign into ACORN to check fees and finances, update your address and emergency contact information, and more.

ACORN will allow you to:

- Update contact information
- View tuition invoices and financial account
- Order Transcripts
- Defer Fees
- Print Tax Forms
- Access information on housing, health and support, co-curricular programs and more in one place.

Access ACORN using your UTORid and password.  
[acorn.utoronto.ca](http://acorn.utoronto.ca)

For more information about ACORN visit  
[introducing.acorn.utoronto.ca](http://introducing.acorn.utoronto.ca).

## 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 firstweek of classes.

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

## TEXTBOOKS

Your course instructors will provide you with information related to the required and optional textbooks for your course during the first class or on the Portal course site. It is best to wait until you have received specific information from your instructor about the textbook edition and purchase location so you do not buy the wrong textbook.

# PROGRAM INFORMATION

## MPK PROGRAM REQUIREMENTS

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

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

## COURSE ENROLMENT

All of the graduate courses offered in the Master of Professional Kinesiology program are mandatory. Students will be pre-enrolled in courses by the Graduate Department at the end of July. The first day of classes is August 9, 2018.

## COURSE TIMETABLE, COURSE DESCRIPTIONS

### MPK TIMETABLE (OVERVIEW)

A detailed course timetable including time and room location will be sent to you in July.

AUGUST 2018	SEPTEMBER 2018	OCTOBER 2018	NOVEMBER 2018	DECEMBER 2018
<b>MPK3999H</b> (Aug 8 - Aug 30) Introduction to Professional Kinesiology	<b>MPK4001Y</b> (Sep 4 - Dec 20) Clinical Assessment and Interventions		WINTER BREAK	
	<b>MPK4002Y</b> (Sep 4 - Dec 20) Biophysical Assessment and Interventions			
	<b>MPK4007Y</b> (Sep 4 - Dec 20) Practice Setting Considerations			
<b>MPK4000H</b> (Aug 8 - Aug 30) Introduction to Human Movement in Professional Kinesiology	<b>MPK4008Y</b> (Sep 4 - Oct 19) Evidence-Supported Practice	<b>MPK4006H</b> (Oct 29 - Dec 14) Interprofessional Practice		
	<b>MPK4005H</b> (Sep 4 - Dec 20) Strength-Based Professional Practice			
	<b>MPK8001H</b> (Sep 4 - Dec 14) Placement 1			

JANUARY 2019	FEBRUARY 2019	MARCH 2019	APRIL 2019	MAY 2019
<b>MPK4003Y</b> (Jan 7 - Mar 29) Behavioural Assessment and Interventions		<b>MPK4010H</b> (Apr 2 - May 24) Professional Practice		SPRING BREAK
<b>MPK4004Y</b> (Jan 7 - Mar 29) Physical Culture, Health and Social Environments				
<b>MPK4007Y</b> (Jan 7 - Mar 29) Practice Setting Considerations				
<b>MPK4009H</b> (Jan 7 - Mar 9) Business of Kinesiology and Entrepreneurship				
<b>MPK8001H</b> (Jan 7 - Mar 29) Placement 1		<b>MPK8002H</b> (Apr 1 - May 24) Placement 2		
<b>MPK4015H</b> (Jan 7 - Mar 29) Practice and Program Evaluation				

JUNE 2019	JULY 2019	AUGUST 2019	SEPTEMBER 2019	OCTOBER 2019	NOVEMBER 2019
<b>MPK4010H</b> (Jun 10 - Aug 2) Professional Practice			<b>MPK4012Y</b> (Aug - Dec) Capstone Project: Improving Kinesiology Practice		
<b>MPK8003H</b> (Jun 10 - Aug 2) Placement 3					

## COURSE DESCRIPTIONS

### **MPK3999H Introduction to Professional Kinesiology (0.5 FCE)**

MPK3999H serves as an introduction to professional kinesiology, including starting the process of forming a professional identity, and becoming familiar with the responsibilities, laws and ethics of a registered health profession. The course will also introduce a series of learning tools and topics, which will be developed in more detail in subsequent courses. Tools include use of library resources, use of case studies for learning and electronic tools for clinicians. Topics include the elements of the MPK program, models of kinesiology practice, evidence supported practice, and the use of multiple lenses in kinesiology including biophysical, clinical, behavioral and physical cultural viewpoints. This course will assist students in developing an advanced understanding of how kinesiology can be applied in a professional context to enhance the health, wellness and functional capacity of clients. A mixture of lecture, laboratory and practical sessions will be used to aid in the development of knowledge and skills related to the practice of movement science.

#### **Course duration:**

- 4 weeks
- 10 hours of classroom activity/10 hours of laboratories and tutorials

### **MPK4000H Introduction to Human Movement in Professional Kinesiology (1.0 FCE)**

The MPK4000H 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 for interventions to aid clients in reducing impairment and increasing performance. Students will enhance 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
- 40 hours of lecture and practical learning activities

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

Clinical practice refers to the delivery of health services based upon the interaction between practitioners and clients rather than theory or basic science alone. Quality of clinical practice is achieved through patient interaction, involving various processes within the clinical paradigm of the practitioner, client and services. These interactions allow for thoughtful clinical reasoning and decision making to guide patient care across the health continuum, including assessment, intervention and the long-term management of health. In this course, students will explore the nature of the clinical paradigm and develop clinical reasoning skills related to the delivery of kinesiology assessment and intervention. This course will assist in developing the critical thinking skills required for effective decision making, while considering the needs of the client in the broad paradigm of clinical management. A mixture of lecture, problem- and case-based learning sessions, laboratories and assignments will be used to aid in the development of knowledge and skills related to clinical assessments and interventions.

#### **Course duration:**

- 15 weeks
- 2 hours of lecture/2-hour lab/tutorial 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 and pathology 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 and laboratories.

#### **Course duration:**

- 15 weeks
- 2 hours of 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 hours of 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 the client are essential to the creation of optimal kinesiology services. In this course, students will learn about the interactions between society, environments, culture, social justice 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 client 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 hours of lecture/2-hour tutorial alternate weeks

### **MPK4005H Strength-Based Professional Practice (0.5 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 their experiences from MPK8001 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 of practical skills. Learning outcomes will be achieved through a combination of hands-on activities, lectures, critical reflection, and group work.

**Course Duration:**

- 15 weeks
- 2 hours of lecture/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 a health-care and health promotion context. 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:**

- 7 weeks
- Additional events will be co-ordinated with the Centre for Interprofessional Education

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

This course will provide an opportunity to critically appraise the utility of several types of exercise and exercise programs that are used in professional Kinesiology settings. Students will evaluate traditional and non-traditional approaches in order to gain an understanding of each method’s strengths and weaknesses in achieving specific health, fitness and performance related objectives. Upon completion of the course, students will be able to critically appraise, design and implement exercise sessions for a range of applications. A mixture of lecture, case-based learning and practical activities will be integrated to facilitate the learning experience.

**Course duration:**

- 27 weeks
- 2 hours of 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 practise 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:**

- 7 weeks
- 2 hours of lecture/2-hour lab/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:**

- 9 weeks
- 2 hours of 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 2 (MPK8002) and Placement 3 (MPK8003). The intersection of theory and practice will be explored. This is a credit/no credit course.

**Course duration:**

- 16 weeks
- 1 hour per week online

### **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 hours of lecture/ tutorials per week

### **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 hours of lecture/ tutorials per week

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

In this capstone project, students will draw upon a mixture of research, assessment, intervention, analysis and communication skills acquired throughout the program to develop a plan to improve 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 present their findings in a conference-style atmosphere.

**Course Duration:**

- 17 weeks

### **MPK8001H Placement 1**

Students are expected to complete a minimum of 120 practice hours and are exposed to the practice of kinesiology and gain hands-on kinesiology experience working directly with clients in one of the areas of high performance sport, chronic disease and mental health, children and youth, musculoskeletal health and concussion and occupational wellness and fitness.. This is a credit/no credit course.



## **MPK8002H Placement 2**

Students are expected to complete a minimum of 240 hours and up to 320 hours depending on the placement site and needs of the clients. This placement provides the opportunity for students to gain practical kinesiology experience in a real-world work environment. Possible settings include hospitals, clinics, innovative enterprises and sport and community organizations. This is a credit/no credit course.

## **MPK8003H Placement 3**

Students are expected to complete a minimum of 240 hours and may be up to 320 hours depending on the placement site and client needs. This placement provides the opportunity for students to gain practical kinesiology experience in a real-world work environment. Possible settings include hospitals, clinics, innovative enterprises and sport and community organizations. This is a credit/no credit course.

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# PLACEMENT INFORMATION

The MPK program provides unparalleled learning environments for hands-on practice, working alongside leading experts 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 taken based on ranked interests and preferences. General liability and health and safety insurance are maintained for all students while on placement. Each placement opportunity will emphasize specific learning activities and all placements are unpaid.

## PLACEMENT REQUIREMENTS

Students will engage in 600 hours of professional, structured experience across three placements:

- Placement 1: Part-time within KPE (a minimum of 120 hours September to March)
- Placement 2: Full-time (a minimum of 240 hours over 8 weeks in April to May)
- Placement 3: Full time ( a minimum of 240 hours over 8 weeks from June to beginning of August)

## PLACEMENT 1

In the first placement (September to March), students will spend 120 hours in one of five practice areas: High Performance Sport, Children and Youth, Chronic Disease and Mental Health, Musculoskeletal Health and Concussion, and Occupational Wellness and Fitness. Students will rank their placement preferences. Placement matches consider both student's ranked preferences and placement availability.

### High Performance Sport

The University of Toronto Strength and Conditioning Centre is one of the most diverse sporting environments in Canada, supporting 22 intercollegiate teams in 14 different sports, in addition to Olympic and professional athletes. The Varsity Blues Athletic Department and S & C Centre is fully integrated within the Faculty of Kinesiology and Physical Education. This placement provides students with an opportunity for guided professional development, participation in daily activities and training sessions, experience in different sport settings and exposure to the latest evidence-based training methods and practices.

### Children and Youth

The U of T Sensory Motor Instructional Leadership Experience (S.M.I.L.E.) program is offered by the Faculty of Kinesiology and Physical Education in partnership with Surrey Place Centre, Clinton Street Public School and Acadia University. MPK students will contribute to the delivery of this innovative program designed to enhance the physical literacy and fundamental movement skill development of children and youth with disabilities. MPK students will be working one-on-one with a child (aged 6 to 12 years) with a disability to assess and develop individualized, meaningful physical activities goals.

### Chronic Disease and Mental Health

MPK students will contribute to the delivery of the U of T Secondary Prevention and Rehabilitation Kinesiology (S.P.A.R.K.) program with the aim of promoting long-term health through exercise prescription and physical activity participation. In the S.P.A.R.K. program, MPK students are paired one-on-one with an adult with a previous history of cancer or cardiovascular disease for the purpose of assessing exercise needs and

developing and delivering an exercise plan. Students are also paired with a U of T student experiencing high stress and/or symptoms of depression and anxiety to develop and deliver a physical activity plan to enhance mental health.

### Musculoskeletal Health and Concussion

The David L. MacIntosh Sport Medicine Clinic has been treating sport-related injuries in the University of Toronto community for over 60 years. As a comprehensive sport medicine care facility, the MacIntosh Clinic's staff includes certified athletic therapists, sport physiotherapists, sport massage therapists, sport physicians, orthopaedic surgeons, a certified podiatrist and a registered psychologist. MPK students will work alongside other therapists in the clinic to prevent, recognize, manage and rehabilitate injuries that result from physical activity or sport, contributing to the development, monitoring, evaluation and delivery of programming for the MacIntosh Clinic, including assisting with the Preventive and Rehabilitative Instruction on Movement and Exercise (P.R.I.M.E.) program for students recovering from concussion or lower limb injuries.

### Occupational Wellness and Fitness

An occupational wellness and fitness program is run in partnership with Toronto Fire Services, with the aim of promoting long-term health and safety of local fire fighters through education and exercise-based interventions. MPK students will assist with the design and implementation of fitness assessments and exercise programs for recruit and incumbent firefighters and support the promotion of personalized strategies that each individual can use to improve members quality of life both on and off the job.

## PLACEMENTS 2 AND 3

MPK students will gain hands-on professional hands-on learning experiences through their placements with external partner organizations secured by the Faculty. The intention of these community placements is for students to apply principles of movement assessment, design, implementation, and evaluation, and to gain additional experience with various clients and health care teams working within the scope of the practice of kinesiology. In order for students to fulfill the depth and breadth of knowledge competencies of the program. Placements 2 and Placement 3 must be completed at different organizations.

Sample Placement Learning Activities Include:

### Hospital Placement

- Exercise prescription and progression of exercise training for patients with chronic conditions
- Collaborate in the care of a patient with an injury alongside with other health professionals
- Collect, process and report research data

### Clinical Placement

- Under direction, carry out musculoskeletal assessment and develop exercise treatment plans
- Collaborate in the care of a client with an injury alongside other health professionals
- Employ a variety of exercise therapies (aerobic, resistive, flexibility, range of motion) with clients

### Innovative Enterprise Placement

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

### Sport Organization Placement

- Collaborate with other professionals to facilitate optimal training and performance of athletes
- Select, administer, and interpret appropriate sport specific tests and assessments
- Plan, modify and teach sport-specific exercise strategies to promote performance transfer

### Community Organization Placement

- Conduct community outreach activities to promote kinesiology programs
- Review fundamental movement skills and physical literacy to develop individualized exercise plans
- Develop and deliver exercise plans and programs to community members of diverse ages and ability levels

Full details for Placements 2 and 3, including learning activities, locations and prerequisites will be provided to students in the winter term. Students will apply and rank their preferences. Matches are announced in February. There will be workshops and resources to support students as they prepare placement applications.

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# TUITION FEES, FEE PAYMENTS, OSAP, FEE DEFERRAL

## TUITION FEES

MPK tuition fees are charged as program fees. The fees for domestic and international students are available at: [www.fees.utoronto.ca](http://www.fees.utoronto.ca). Your tuition fee invoice (for August 2018-August 2019) will be available on ACORN in mid-July. Tuition fee invoices for the final term of the program in your 2nd year (August 2019 - December 2019) will be available in July 2019 on ACORN. Tuition fees for the MPK Program are charged as program fees. 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 August 24, 2018. 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 August 24, 2018 will result in cancellation of enrolment in all courses and subject to late registration fees.

## 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.

## 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: <https://osap.gov.on.ca/OSAPPortal>

## FINANCIAL ASSISTANCE - OTHER PROVINCIAL/ TERRITORIAL LOAN PROGRAMS

For information regarding loan programs at other provinces or territories, please visit: <http://future.utoronto.ca/finances/financial-aid/osap-and-other-government-aid>

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# STUDENT RESOURCES

MPK students have access to a wide variety of resources, including Faculty of Kinesiology and Physical Education resources, School of Graduate Studies resources and general resources at the University of Toronto. Some of the key resources are listed below:

## FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION RESOURCES

### Program Advising

MPK students with questions regarding program requirements, registration, courses, student expectations or any other program-related questions, are encouraged to contact Zarine Ahmed, Graduate Program Coordinator.

Email: [exs.kpe@utoronto.ca](mailto:exs.kpe@utoronto.ca)  
Phone: 416-978-6087

### Health Sciences Writing Centre

KPE's Health Sciences Writing Centre provides free individualized, confidential writing instruction to develop your writing skills, improve your capacity to plan, organize, write and revise academic papers and manage ESL/EFL language challenges. The centre works with all students, for all assignments, at all stages of the writing process. Visit the website to book an appointment or for more information.

[hswriting.ca](http://hswriting.ca)

### Placement Advising

MPK students with questions regarding the placement, student expectations at placement, preparing for placement or any other placement-related questions, are encouraged to contact Natasha Jamal, Placement Program Coordinator:

Email: [placements.kpe@utoronto.ca](mailto:placements.kpe@utoronto.ca)  
Phone: 416-978-0474

### David L. Macintosh Sport Medicine Clinic

The David L. MacIntosh Sport Medicine Clinic has been treating sport-related injuries in the University of Toronto community for over 78 years. Services are available to anyone with sport or exercise-related injuries or inquiries.

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). Each professional is committed to offering an exceptional quality of care to help you get back in action faster.

[kpe.utoronto.ca/david-l-macintosh-sport-medicine-clinic](http://kpe.utoronto.ca/david-l-macintosh-sport-medicine-clinic)

## SCHOOL OF GRADUATE STUDIES (SGS) RESOURCES

### School Of Graduate Studies (SGS)

[sgs.utoronto.ca](http://sgs.utoronto.ca)

### First Steps for New Students

[sgs.utoronto.ca/currentstudents/Pages/First-Steps-for-New-Students.aspx](http://sgs.utoronto.ca/currentstudents/Pages/First-Steps-for-New-Students.aspx)

### Grad Life

A hub to help you navigate graduate student life at UofT and connect you to workshops, social events, campus services and resources. [sgs.utoronto.ca/gradlife/Pages/default.aspx](http://sgs.utoronto.ca/gradlife/Pages/default.aspx)

### Grad Wellness

There are extensive services on campus to support student wellness. These include, but are not limited to Dental Service, Health and Counselling Centre, Health and Wellness Centre and Multi-Faith Centre. For more information on these support services and many others visit

[sgs.utoronto.ca/gradlife/Pages/Grad-Wellness.aspx](http://sgs.utoronto.ca/gradlife/Pages/Grad-Wellness.aspx)

### Grad Academic Support

Meet with a learning strategist or attend a writer's group session.

[www.sgs.utoronto.ca/gradlife/Pages/Grad-Academic-Support.aspx](http://www.sgs.utoronto.ca/gradlife/Pages/Grad-Academic-Support.aspx)

### Graduate Counselling Services

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.

[sgs.utoronto.ca/currentstudents/Pages/Graduate-Counselling-Services.aspx](http://sgs.utoronto.ca/currentstudents/Pages/Graduate-Counselling-Services.aspx)

### Graduate Professional Skills (GPS) Program

The GPS program is designed to help all graduate students become fully prepared for their future. GPS focuses on skills beyond those conventionally learned within a disciplinary program—skills that may be critical to success in the wide range of careers that graduates enter.

[sgs.utoronto.ca/currentstudents/Pages/Professional-Development.aspx](http://sgs.utoronto.ca/currentstudents/Pages/Professional-Development.aspx)

### Graduate Centre For Academic Communication

The Graduate Centre for Academic Communication (GCAC) provides graduate students with advanced training in academic writing and speaking. GCAC was formerly known as the Office of English Language and Writing Support (ELWS). This name change does not reflect any change in mandate or programming; the new name simply serves to emphasize the type of support is offered to all graduate students at U of T.

Graduate students need to be able to communicate sophisticated information to sophisticated audiences. As you prepare to attend your first conference, to write your first proposal, or to publish your first paper, you will need stronger communication skills than those needed in undergraduate work. By emphasizing professional development rather than remediation, GCAC can help you cultivate the ability to diagnose and address the weaknesses in your oral and written work.

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.

All of the programs are free. While the workshops function on a drop-in basis, writing centre consultations require an appointment, and courses and writing intensives require registration.

[sgs.utoronto.ca/currentstudents/Pages/GCAC.aspx](http://sgs.utoronto.ca/currentstudents/Pages/GCAC.aspx)

### Financial Advising

It is best to seek help early so your problems do not get out of control. Most financial problems only get worse unless you seek help. Financial advising can help relieve your stress, resolve your immediate financial problems and help you plan for the future. The financial advisor is trained to assist currently registered students in all aspects of financial management including planning a budget and debt load management.

[sgs.utoronto.ca/currentstudents/Pages/Financial-Aid-and-Counselling.aspx](http://sgs.utoronto.ca/currentstudents/Pages/Financial-Aid-and-Counselling.aspx)

### Graduate Conflict Resolution Centre

Graduate students are welcome to connect confidentially with one of the trained G2G Peer Advisors (grad-to-grad) to talk about options for addressing a concern, how to start a difficult conversation and/or university supports and resources. The G2G will not intervene or advocate – they will listen and help you to navigate your own way forward. [gradcrc.utoronto.ca](http://gradcrc.utoronto.ca)



## UNIVERSITY OF TORONTO RESOURCES

### Accessibility Services

Accessibility Services provides services and programs for students with a documented disability, whether physical, sensory, learning disabilities or mental disorders. Students with a temporary disability (e.g. concussion, broken arm or leg,) also qualify. Services include test and exam arrangements, note-taking services, on-campus transportation, concussion support etc. Visit the website to find out about registering, accommodations, peer mentoring, financial supports etc. [accessibility.utoronto.ca](http://accessibility.utoronto.ca)

And many more...

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## FACILITIES

### ATHLETIC CENTRE (CORNER OF HARBORD ST. AND SPADINA AVE.)

With seven gymnasias, 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 FOR BLOOR ST. AND DEVONSHIRE PLACE)

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.

### ONLINE CAMPUS MAP

Use the online Campus Map to find the locations of your MPK and elective classes. Classroom locations are listed on ACORN

### Career Centre

The Career Centre provides offers a full range of career education and exploration programming. They also deliver extensive customized career programming for graduate students. [studentlife.utoronto.ca/cc/grad-students](http://studentlife.utoronto.ca/cc/grad-students)

and are also published on the timetables. Location information consists of a two letter building code followed by the room number in that building. For example the location BN 302 represents room 302 in the Clara Benson Building, 320 Huron Street. [map.utoronto.ca](http://map.utoronto.ca)

### MPK CLASSROOM SPACE

The MPK Classroom is a newly renovated space made specifically for the MPK students. This new space includes classroom space, lab and breakout rooms located in the U of T Athletic Centre.

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## MORE INFORMATION

U of T has hundreds of great student clubs, tons of fun events and dozens of gorgeous buildings and spaces to explore. Here are some ideas/suggestions of things to do around campus:

- Hart House [harthouse.ca/fitness](http://harthouse.ca/fitness)
- University of Toronto Graduate Student Union [gsu.utoronto.ca](http://gsu.utoronto.ca)
- University of Toronto Grad Life [sgs.utoronto.ca/gradlife](http://sgs.utoronto.ca/gradlife)
- University of Toronto Student Life [studentlife.utoronto.ca](http://studentlife.utoronto.ca)
- University of Toronto Magazine [magazine.utoronto.ca](http://magazine.utoronto.ca)

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# MPK PROGRAM CONTACTS

## ZARINE AHMED, GRADUATE PROGRAM COORDINATOR

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

Phone: 416-978-6087

## NATASHA JAMAL, PLACEMENT PROGRAM COORDINATOR

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

Phone: 416-978-0474

## GRADUATE PROGRAMS OFFICE

Location: 320 Huron Street, Room BN 102 (Clara Benson Building, enter via 320 Huron Street Doors)

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

Phone: 416-978-6087

Fax: 416-971-2118

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

### Office Hours

Monday - Thursday: 8:30 a.m. - 12:00 p.m. & 1:00 - 4:30 p.m.

Friday: 8:30 a.m. - 12 p.m.

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# WHAT'S NEXT?

## MPK PROGRAM STUDENT HANDBOOK

Detailed information about the MPK Program will be available in the MPK Program Student Handbook. The handbook will be available on the website at the end of July and a copy will be provided to you at the New Student Orientation.

## ORIENTATION EVENTS

### MPK New Student Orientation

August 7, 2018

At the mandatory New Student Orientation you will have the opportunity to learn more about program requirements and meet the faculty and staff. Detailed information to follow.

### SGS New Student Orientation

September 4, 2018

The School of Graduate Studies (SGS) invites incoming graduate students to SGS Orientation 2018. SGS will send you an invitation to the SGS Orientation Session closer to the date.