



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

# Bachelor of Kinesiology

## BKin



**HUMAN  
ANATOMY  
TO HUMAN  
RIGHTS**

AND

EVERYTHING

IN

BETWEEN

**It's understanding how physical activity moves you, improves you, how it challenges us as individuals and impacts us as a society.**

**At the University of Toronto, kinesiology is all of this and so much more.**

## Bachelor of Kinesiology BKin

**Through excellence in research, teaching and practice, the Faculty of Kinesiology and Physical Education at U of T educates and graduates a diverse student body who become productive contributors and leaders in their fields.**

Given what we know about the benefits of healthy active living, and the costs of physical inactivity to our individual and collective health, the mission of our Faculty is more important today than ever: to develop, advance and disseminate knowledge about physical activity, health and their interactions through education, research, leadership and the provision of opportunity. Areas of study include the spectrum of physical activity, including exercise, play, sport and dance.

The BKin degree program gives students the opportunity to acquire the knowledge and skills they need to be leaders in this growing field.

Our unique multidisciplinary program combines theory and practice across the curriculum, providing a plethora of hands-on learning experiences in practice-based courses, labs, tutorials, and through engagement with the greater community.

**“Drawing upon sources of knowledge from the physical and life sciences, the social sciences and the humanities, our BKin degree program is designed to provide students with the foundation of knowledge and critical thinking skills to help address contemporary issues related to health and the spectrum of physical activity.”**

Dr. Ashley Stirling,  
Vice-Dean of Academic Affairs

# Learning through Experience

**Hands-on learning, community engagement, research opportunities, learning abroad, and classes taught by accomplished internationally esteemed professors.**



## Professional Placements

Professional placements offered as a part of upper year BKin courses are available for third- and fourth- year students, providing an opportunity to learn alongside a mentor in a professional practice setting.

Studying in downtown Toronto gives you unrivalled access to top-tier health-care, sport and physical activity institutions, research opportunities and some of the largest and most diverse school boards and community and recreation centres in the country. The result is unparalleled learning opportunities, professional networking and exposure in Canada's largest city.



## Current Placement Opportunities

The Faculty maintains over 100 unique placement partners across the broad field of kinesiology and physical education practice.

- **Toronto Western Hospital**
- **Variety Village**
- **Toronto District School Board**
- **Kensington Gardens Long Term Care**
- **Toronto Football Club**
- **Dancer Transition Resource Centre**
- **Hart House, Recreation and Wellness**
- **Hospital for Sick Children**
- **Holland Bloorview Kids Rehabilitation**
- **Centre for Addiction and Mental Health**
- **The Runners Academy**
- **Toronto Rehabilitation Institute**
- **Access Alliance Multicultural Health and Community Services**
- **CultureLink Settlement Services**
- **Abilities Centre**



## Learning abroad

Valuable learning happens beyond our walls. We encourage students to take advantage of international education opportunities available through the program, including exchange opportunities, the Summer Abroad program, internship and research opportunities abroad, and the Tsukuba Summer Institute.



## Leading Professors & Research

All of our courses are taught by accomplished scholars and scientists who bring their research and experience into the classrooms and teaching labs.

Our students have opportunities to engage in independent research projects, working alongside professors. We also encourage students to attend national conferences to present their research.

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## Integrating Theory and Practice

We offer a wide array of courses that help to produce movement specialists. Our students develop knowledge and competencies related to the design and delivery of exercise and physical activity to a variety of populations within a broad range of settings. For example, we have courses in Introduction to Movement Observation and Evaluation, Fundamental Principles of Fitness and Exercise, Teaching the Child, Aging and also Adapted Physical Activity, which includes applied sessions in a field setting working with diverse populations.

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## Experience the Outdoor Projects

Outdoor projects are an important and unique component of our curriculum. These courses provide students with learning experiences related to outdoor activity, which emphasize skill-development, awareness of the environment, and equity, diversity and social inclusion.

practical activities led by experienced instructors. The programs will help you acquire the fundamental skills to engage in outdoor-related activities, while also providing highly-applicable life skills in the areas of leadership, co-operation, team work and problem solving.

Students are directly involved in



## Dr. Catherine Sabiston Recognized for Outstanding Cancer Research

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Catherine Sabiston, professor at the Faculty of Kinesiology and Physical Education, was a recipient of the 2016 William E. Rawls Prize Award for Excellence by the Canadian Cancer Society. The prestigious cancer research award is given to a young investigator whose outstanding contributions have led to important advances in cancer control. The award recognizes

Dr. Sabiston's innovative strategies to encourage cancer patients to exercise, helping them to reduce feelings of depression and anxiety and improving their overall health. Dr. Sabiston holds the Canada Research Chair in Physical Activity and Mental Health and is a leading researcher in sport, exercise and health psychology. Her work focuses on promoting physical activity in people living with and beyond cancer.

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# WHAT IS KINESIOLOGY ANYWAY?

## CULTURAL

- Violence in sport and its effect on youth
- Gender and health
- Use of visual media in sport and health
- Children's play

## COACHING

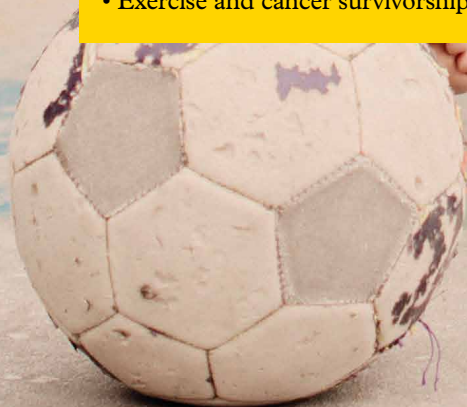
- Achieving optimal performance in a safe, inclusive way
- Athlete centred coaching practices

## PSYCHOLOGY

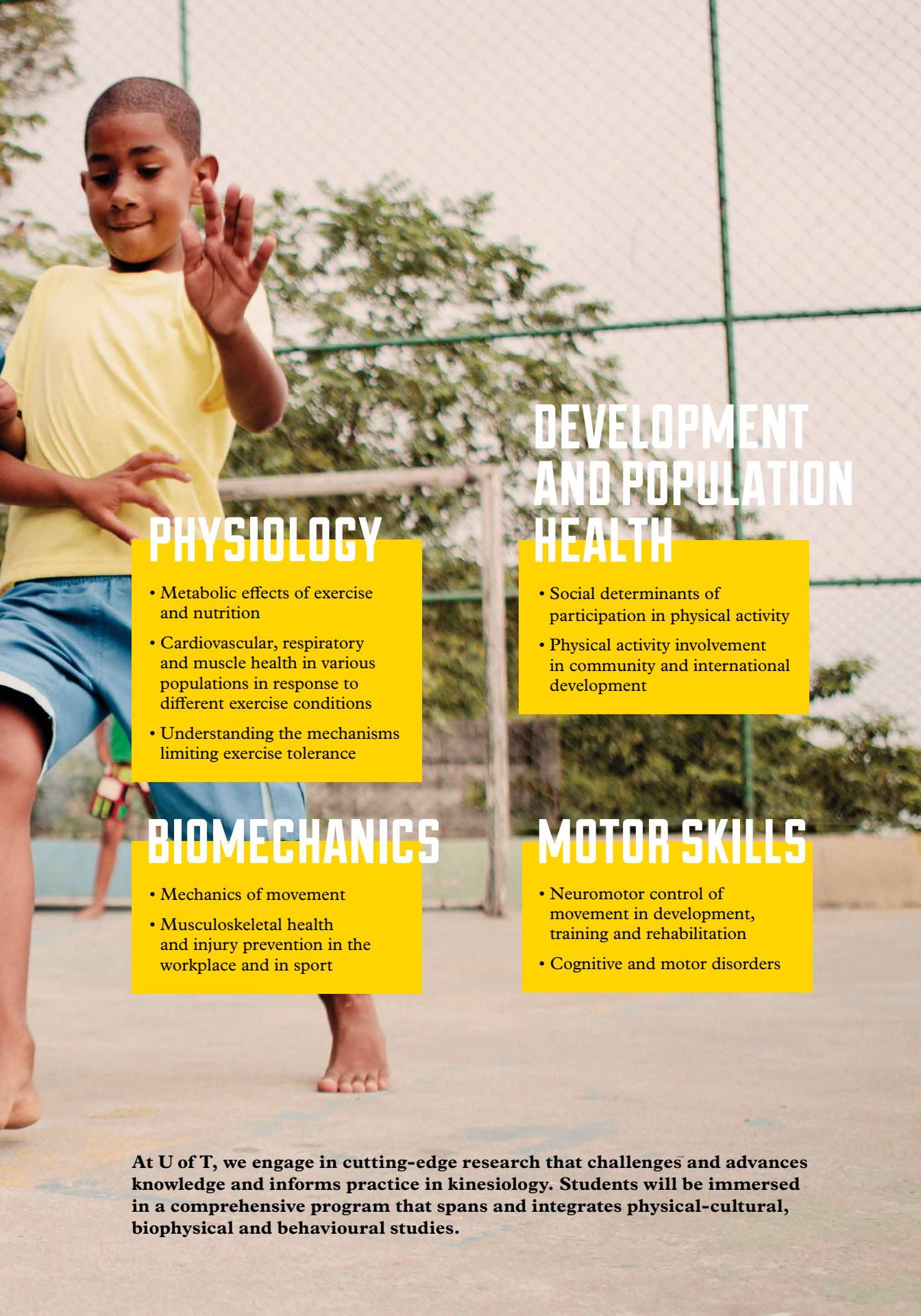
- Mental benefits of exercise and physical activity
- Motivation and behaviours associated with healthy active living and participation in sport

## INJURY PREVENTION/ REHABILITATION

- Current perspectives on injury prevention and concussion in sport
- Sport injury research
- Exercise and cancer survivorship







## PHYSIOLOGY

- Metabolic effects of exercise and nutrition
- Cardiovascular, respiratory and muscle health in various populations in response to different exercise conditions
- Understanding the mechanisms limiting exercise tolerance

## BIOMECHANICS

- Mechanics of movement
- Musculoskeletal health and injury prevention in the workplace and in sport

## DEVELOPMENT AND POPULATION HEALTH

- Social determinants of participation in physical activity
- Physical activity involvement in community and international development

## MOTOR SKILLS

- Neuromotor control of movement in development, training and rehabilitation
- Cognitive and motor disorders

**At U of T, we engage in cutting-edge research that challenges and advances knowledge and informs practice in kinesiology. Students will be immersed in a comprehensive program that spans and integrates physical-cultural, biophysical and behavioural studies.**

# Where Can a BKin Degree Take You?

**University of Toronto BKin graduates are well prepared to pursue a wide array of careers or to continue their studies in many professional and graduate schools.**

**HEALTH SCIENCES  
REGULATED HEALTH PROFESSIONS  
EDUCATION  
RECREATION  
SPORTS ADMINISTRATION  
OUTDOOR LEADERSHIP  
COACHING  
PUBLIC POLICY ANALYSIS  
BUSINESS  
FITNESS INDUSTRY  
EVENT MANAGEMENT  
MARKETING AND PROMOTION  
CLINICAL KINESIOLOGY  
ERGONOMICS  
GOVERNMENT SCIENTISTS  
CLINICAL TRIALS MANAGEMENT  
ACADEMIA  
PUBLIC HEALTH  
NON-GOVERNMENTAL ORGANIZATIONS**



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## From soccer field to medicine via kinesiology



Tate Newmarch was not planning on ever going to university. He was on his way to fulfilling his dream of becoming a soccer star in France, but a serious injury put him out of the game and at a crossroads. He decided to apply to study kinesiology, attracted by its multidisciplinary nature and the aspect of sport. He was interested in following up his kinesiology degree with studies in medicine, an idea that got solidified once he was in the program and conducting research with Assistant Professor Doug Richards, medical director and staff physician at U of T's David L. MacIntosh Sport Medicine Clinic. Newmarch has since received acceptance from U of T's Faculty of Medicine and will continue to work with Professor Richards on the research as a medical student.



## The golden Blue

Kinesiology student Kylie Masse is the first Varsity Blues swimmer to claim an Olympic medal while enrolled as a student at U of T. She has made one of the fastest ascents in the world of swimming, winning the bronze medal in the 100-metre back race at the 2016 Olympic Games in Rio de Janeiro only a couple of years after being ranked 200th in high school. In 2017, she set a new world record and took the gold in the 100-metre backstroke at the swimming world championships in Budapest, becoming the first-ever female Canadian swimmer to win a world title. "Kylie is the epitome of the student athlete at U of T," says her coach and former Olympian Byron MacDonald.

# Small Community, Big Opportunities

**Located at the heart of U of T's St. George Campus, the Faculty of Kinesiology and Physical Education gives you the advantage of being immersed in one of the world's leading research universities while also enjoying the support and camaraderie of a small close-knit community of students and faculty.**



## **Friendly, Supportive Community**

We are a small close-knit community embedded within our prestigious University. As a student, you will enjoy an inclusive, welcoming and safe environment, with access to a wide range of student support services to help you make the most of your university experience – inside and outside of the classroom.

- **Front-line support right within our Faculty**
- **Academic student advisors**
- **Learning skills resources, workshops and counselling**
- **Health Sciences Writing Centre**
- **Career skills development**
- **Kinesiology and Physical Education Undergraduate Association (KPEUA)**



## **Combined Master of Teaching Degree Program**

BKin students have the opportunity to gain early (conditional) graduate admission (in Year 3 of their undergraduate program), on a competitive basis, to the Master of Teaching (MT) program from the Ontario Institute for Studies in Education (OISE), which is internationally recognized as a leading institution in the field of education. If their application is successful, they are permitted to take 1.0 full-course equivalent from OISE's Master of Teaching curriculum in their 4th year to count both towards their BKin degree and MT degree. Students who successfully complete their Combined Degree Program, will have earned two University of Toronto degrees (i.e. BKin and MT), and be recommended to the Ontario College of Teachers for a Certificate of Qualification, which certifies them to teach in Ontario schools.



## Great Facilities and Programs

The Faculty of Kinesiology and Physical Education supports all UofT students by providing a wide range of co-curricular physical activities that strive to meet everyone's needs. Students may access physical activity, sport and leadership opportunities in all our facilities: the Athletic Centre, Varsity Centre, and state-of-the-art Goldring Centre for High Performance Sport.

Students can also participate in a multitude of pursuits and activities, including over 800 clubs ranging from drama productions to multi-faith groups to community work. Being part of a large and prestigious university provides advantages such as access to one of North America's largest libraries, as well as proximity to learning and networking opportunities through the University Health Network hospitals.





FACULTY OF KINESIOLOGY  
& PHYSICAL EDUCATION

University of Toronto  
55 Harbord Street  
Toronto, ON M5S 2W6

Contact the Recruitment,  
Events and Communications  
Coordinator at:

T 416-978-0278  
F 416-971-2118  
E [recruitment.kpe@utoronto.ca](mailto:recruitment.kpe@utoronto.ca)

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

  @futurekpe

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## Requirements



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### Ontario High School Applicants

**Program Requirements/ Prerequisites:**

Six Grade 12 4U/M courses or their equivalent; must include:

- **English**
- **Advanced Functions OR Calculus and Vectors**
- **One of Biology, Physics, Chemistry**

**Strongly Recommended:**

Introduction to Kinesiology/  
Exercise Science

**Recommended:**

Biology and/or Physics – (Note: Chemistry is strongly recommended for candidates wanting to pursue multiple courses in university level biology).

### Additional Requirements

All applicants must submit an online Statement of Interest [kinesiology.utoronto.ca](http://kinesiology.utoronto.ca)

**Applicants Not From an Ontario High School**

All applicants must present the high school requirements or equivalent in English, Science and Mathematics.

Full details on academic requirements for applicants not currently enrolled in an Ontario high school available at: [adm.utoronto.ca](http://adm.utoronto.ca)

