



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

How we move.

# Professional graduate

Master of Professional Kinesiology (MPK)

KPE  
@  
UofT

# Movement

Imagine a place that applies a physical cultural, biophysical and behavioural lens to all aspects of movement, from overcoming injury and managing disease to health promotion, high performance athletics and so much more.

is

# everything.

**STRONGER  
PRACTICE  
TO STRONGER  
FUTURES**



**GAIN THE ADVANCED KNOWLEDGE  
AND SKILLS THAT WILL PUT YOU AHEAD.**

**Work with renowned scholars and practitioners who are leaders in their fields. Make the move to strengthen your future by pursuing your MPK.**


The Faculty of Kinesiology and Physical Education at the University of Toronto offers a unique learning environment where cutting edge research takes place alongside high performance strength and conditioning, child and youth physical activity programming and clinical practice in the David L. MacIntosh Clinic — a comprehensive sports medicine facility. Located in Canada's most vibrant and culturally diverse city, the University of Toronto is consistently ranked among the world's top universities. Our location, size and diversity provide unique opportunities for collaboration and innovation.

The Master of Professional Kinesiology Program provides students an opportunity to gain advanced knowledge and practical skills that will distinguish them as leaders in the field. Whether you are a recent graduate or have years of experience, the MPK will provide you with an unparalleled learning experience to advance your career and professional practice.

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## WHAT IS THE MASTER OF PROFESSIONAL KINESIOLOGY PROGRAM?

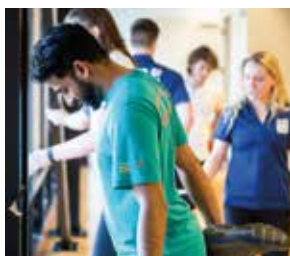
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The MPK program is a course-based graduate program in the field of kinesiology. This full-time, 16-month program offers a mix of classroom, case-based, laboratory and experiential education. Graduates will acquire research-informed and multidisciplinary expertise to:

- Assess the unique physical, psychological and behavioral needs of diverse populations
- Design exercise-based interventions to address a range of sport, youth and clinical objectives
- Implement evidence-informed exercise solutions to manage chronic conditions, prevent future problems and improve performance
- Evaluate the short- and long-term effectiveness of various exercise programs
- Synthesize, translate and exchange knowledge with other health-care professionals

The MPK provides unparalleled learning opportunities to build an evidence-informed practice by working alongside leading scholars and practitioners in downtown Toronto and across the GTA. You will have the opportunity to integrate and advance your expertise through 600 hours of professional, structured experience across placements. The program offers practice opportunities with hospitals, clinics, sport institutes, community organizations, and more!



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# Areas of Concentration

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### EXERCISE AS MEDICINE

Learn to design and implement exercise programs that prevent and manage the treatment of injuries and chronic disease in clinical settings.

### HEALTH AND WELLNESS

Learn to design and implement exercise programs that promote health, wellness and regular physical activity from the population at large.

### HIGH PERFORMANCE STRENGTH AND CONDITIONING

Learn to design and implement exercise programs that improve performance and minimize the injury risk of athletes.

### ADAPTED PHYSICAL ACTIVITY

Learn to design and implement exercise programs that accommodate the unique needs of children and youth with diverse abilities.

### STATE-OF-THE-ART LABS AND FACILITIES

As part of Canada's pre-eminent research university, the Graduate Department of Kinesiology offers access to state-of-the-art facilities, including the Goldring Centre for High Performance Sport.



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# Reasons to Pursue an MPK

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- Develop exercise expertise
- Learn through experience
- Network and advance expertise through 600 hours of professional practice
- Develop exercise program implementation and evaluation skills
- Work with top scholars across diverse areas
- Engage in interprofessional education

## How to Apply

To be considered for admission, applicants must meet the minimum admission requirements and submit a complete application with all supporting documents.

The online admissions application and admission information are available at [kin.utoronto.ca](http://kin.utoronto.ca)



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