

# WELCOME

TO THE FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION

A photograph of two young boys playing soccer on an outdoor court. The boy on the left is wearing a blue shirt and dark shorts, and is kicking a soccer ball. The boy on the right is wearing a yellow shirt and light blue shorts, and is in a defensive stance with his hands up. The background shows a green fence and trees.

# HUMAN ANATOMY TO HUMAN RIGHTS

A GUIDE FOR FIRST-YEAR STUDENTS • 2019 – 2020



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION



**“Congratulations on taking the first step in what will be an invaluable, engaging, challenging and rewarding journey!”**

## **WELCOME FROM THE DEAN**

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Congratulations on taking the first step in what will be an invaluable, engaging, challenging and rewarding journey! Public attention has never been more focused on the relevance of physical activity to the health and well-being of each of us individually and to the society in which we live.

Through our unique programs, you will be given the opportunity to acquire knowledge and skills to play not only an integral role, but also a leadership role in the translation of that knowledge into practice.

Outstanding professors, staff, facilities and collaborating organizations are what make our program so great. Our courses are taught by scholars and scientists who bring their expertise and research into the classrooms and teaching labs. As a student, you have access to the excellent academic resources U of T has to offer, as well as our wonderful co-curricular programs and facilities for your own personal engagement in physical activity and sports.

As part of your academic course work, you will participate in practical experiences that give you a chance to experience and apply the theories you learn in the classroom.

I encourage you to take advantage of the many resources our Faculty and University have to offer.

The staff members at the Registrar's Office are keen to help you achieve your academic goals, so don't hesitate to reach out.

Best wishes for a successful and satisfying first year of studies in the University of Toronto's Faculty of Kinesiology and Physical Education.

A handwritten signature in white ink on a dark blue background. The signature is stylized and appears to read 'Ira Jacobs'.

**Ira Jacobs, DrMedSc**  
Dean, Faculty of Kinesiology and Physical Education



## REGISTRAR'S OFFICE

Welcome! Our team in the Registrar's Office looks forward to helping you transition into your first year of university. We want to equip you with the skills and knowledge you need to succeed throughout your academic career.

We can answer your questions about admissions, registration, course enrolments, fee payments, exams and more.

Faculty and staff will be available throughout the year for consultation regarding any issues you may experience, even if they're not related to academics. Personal challenges may affect your concentration and ability to succeed — so come talk to us early. We are here to help!

### CONTACT US

**LOCATION:** 320 Huron Street, Room BN 110

**E-MAIL:** [undergrad.kpe@utoronto.ca](mailto:undergrad.kpe@utoronto.ca)

**PHONE:** 416-978-8255

**FAX:** 416-971-2118 **FACULTY WEBSITE:** [www.kpe.utoronto.ca](http://www.kpe.utoronto.ca)

### OFFICE HOURS

**MONDAY - THURSDAY:** 8:30 a.m. – 12 p.m. & 1 p.m. – 4:30 p.m.

**FRIDAY:** 8:30 a.m. – 12 p.m.

**FOLLOW US ON TWITTER:** @KPERegistrarUT

**FIND US ON FACEBOOK:** Faculty of Kinesiology and Physical Education – Registrar's Office



# KEY DATES

## BEFORE YOU ATTEND STUDIES

APRIL – JULY	Residence offers sent to qualified applicants
JUNE 15	Recommended deadline to apply for OSAP funding
JUNE 27	Attend the New Student Welcome Session
JULY 17	Enrol in your KPE academic courses and ODP 100H1 on ACORN
AUGUST 7	Enrol in your other division elective course on ACORN
AUGUST 28	Deadline for Minimum Required Payment to Register (MPR) or tuition deferral



# READY,

## PREPARING FOR YOUR FIRST YEAR

### STEPS:

1. ACTIVATE YOUR JOINid
2. ACCEPT YOUR OFFER
3. APPLY FOR TRANSFER CREDITS (IF APPLICABLE)
4. ATTEND THE NEW STUDENT WELCOME SESSION
5. GET YOUR TCard
6. SET UP YOUR EMAIL ADDRESS  
& ACTIVATE YOUR UTOrid
7. FINALIZE YOUR HOUSING: U OF T HOUSING SERVICES
8. APPLY FOR FINANCIAL AID



## ENABLE YOUR JOINid

Your JOINid gives you access to the University of Toronto's online applicant community. Enable your JOINid and check the join U of T site regularly for updates on the status of your application, and any additional information you may need to provide. Please refer to the following website for more information:

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

## ACCEPT YOUR OFFER

Accept your offer of admission before it expires — follow the instructions in your online admission offer. Places in our program can't be guaranteed after the acceptance deadline. Accept early and confirm the University has received your response by checking your status at [join.utoronto.ca](http://join.utoronto.ca)

## APPLY FOR TRANSFER CREDITS (if applicable)

You may qualify for transfer credits if you have completed previous university studies, Advanced Placement courses or International Baccalaureate courses.

Check Transfer Explorer for information about how your courses from another university may transfer. [http://www.acorn.utoronto.ca/transfer\\_explorer.php](http://www.acorn.utoronto.ca/transfer_explorer.php)

For information about how your IB or AP courses may transfer please refer to the following link: <https://www.future.utoronto.ca/transfercredit>

Complete and submit the Transfer Credit Assessment Forms included with your offer of admission along with payment by June 28, 2019.

## ATTEND THE NEW STUDENT WELCOME SESSION

You are invited to attend the New Student Welcome Session taking place on June 27, 2019. At this session, you will be able to pick up your welcome package, including instructions for course selection and registration. Family members, guardians, mentors and friends are welcome! To register, please **RSVP to the invitation sent to your email address.**

## GET YOUR TCard

Get your U of T student ID card before September or as soon as you can when you get to campus!

Your TCard is your official University of Toronto photo identification. It will be your library card, access pass to athletic facilities and general ID card for when you write exams and pick up official documents. Your UTORid will be issued when you obtain a TCard.

To get your TCard, go to 214 College St, Koffler Student Services Centre, First Floor during their service hours. Bring your student number or JOINid and proof of legal status. More information about procedures and required documentation is available at: <http://tcard.utoronto.ca/how-to-get-your-first-tcard/>

## SET UP YOUR EMAIL ADDRESS & ACTIVATE YOUR UTORid

Once you have your TCard, activate your UTORid account to 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. All official University correspondence will be sent to this address. You should also use your UTmail+ account to contact your instructors, staff and other students.

Enter this new email address on your ACORN record. It's your responsibility to update your email on ACORN and to check your UTmail+ account daily.

To create your account, go to: [email.utoronto.ca](mailto:email.utoronto.ca)

## FINALIZE YOUR HOUSING: U of T HOUSING SERVICES

### RESIDENCE OFFERS

Residence offers will be sent to qualified admitted students April through to July. You'll receive one formal offer of residence. It's important that you respond to your residence offer by the deadline stated in the residence offer email. Be sure to check the email account you've registered in ACORN, including any junk/spam folders.

### CHECK YOUR STATUS

You can follow the status of your residence application at [myres.utoronto.ca](http://myres.utoronto.ca)

If you meet the residence guarantee criteria and haven't received an offer by mid July, please contact U of T Housing Services at [416-978-8045](tel:416-978-8045) or [residence@utoronto.ca](mailto:residence@utoronto.ca)

### OFF-CAMPUS HOUSING

To explore your off-campus housing options, please visit [offcampushousing.utoronto.ca](http://offcampushousing.utoronto.ca) or contact U of T Housing Services at [416-978-8045](tel:416-978-8045).



# APPLY FOR FINANCIAL AID

## The University's Assurance of Financial Support

The University of Toronto is committed to ensuring that students who are offered admission will have the financial support necessary to allow them to enter and complete their program. This assurance is based on the assumption that Canadian citizens, permanent residents and protected persons will first access the government aid for which they are eligible. In Ontario, support is provided by the Ontario Student Assistance Program (**OSAP**).

For students whose assessed need is not fully covered by government aid, the University will ensure that their full need is met. These students must be assessed by **OSAP** (or by another Canadian provincial government financial aid program) as requiring maximum assistance.

Financial counselling is available for students at:

<http://www.future.utoronto.ca/finances/financial-aid/financial-counselling-directory>

### THE ONTARIO STUDENT ASSISTANCE PROGRAM

The Ontario Student Assistance Program (**OSAP**) provides need-based financial assistance to Ontario residents who are Canadian citizens, permanent residents or protected persons (recognized convention refugees). Students with recognized full-time course loads are considered for both federal and provincial interest-free student loans and grants to assist with educational and living expenses. For more information, visit: [osap.gov.on.ca](http://osap.gov.on.ca)

### UNIVERSITY OF TORONTO ADVANCE PLANNING FOR STUDENTS (UTAPS)

All full-time students who are Canadian citizens or permanent residents, in good academic standing, and assessed by **OSAP** as requiring maximum assistance, and whose assessed need is not fully covered by government aid, will be automatically considered for this non-repayable grant. Full details about this program are available at:

[www.future.utoronto.ca/finances/financial-aid](http://www.future.utoronto.ca/finances/financial-aid)

### OTHER PROVINCE FINANCIAL ASSISTANCE

Students who are Canadian citizens or permanent residents outside of Ontario may be eligible for financial assistance from their provincial government. Applications are usually available in late May or early June. For more information, visit:

[www.future.utoronto.ca/finances/financial-aid/osap-and-other-government-aid](http://www.future.utoronto.ca/finances/financial-aid/osap-and-other-government-aid)



## FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION GRANTS

Ontario residents with unmet financial need beyond their OSAP funding may apply for grants administered by the KPE Registrar's Office. Applications are due on ACORN by November 1 for consideration in the first round of grants. For full instructions go to: <http://help.acorn.utoronto.ca/how-to/>

## OTHER GRANTS AND AWARDS

A comprehensive list of other grants, recognition awards and scholarships is available at: [www.future.utoronto.ca/finances/scholarships](http://www.future.utoronto.ca/finances/scholarships)

## BURSARY FOR STUDENTS WITH DISABILITIES

Non-repayable assistance is available from the federal and provincial governments for **OSAP** recipients who have special educational expenses as a result of a disability. Contact Enrolment Services for more information at: [www.future.utoronto.ca/finances/financial-aid](http://www.future.utoronto.ca/finances/financial-aid)

## BURSARY FOR STUDENTS IN EMERGENCY SITUATIONS

The Good Samaritan Fund provides bursaries to students enrolled in the KPE undergraduate program on the basis of immediate financial need. To access this assistance, contact the KPE Registrar's Office at 416-978-3026 or [undergrad.kpe@utoronto.ca](mailto:undergrad.kpe@utoronto.ca)





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# SET,

## ENROLLING IN YOUR COURSES

### STEPS:

9. GET TO KNOW ACORN
10. YOUR FIRST-YEAR COURSES
11. PLAN YOUR TIMETABLE
12. ENROL IN YOUR COURSES USING ACORN
13. PAY TUITION FEES OR DEFER FEES FOR REGISTRATION

## GET TO KNOW ACORN

The Accessible Campus Online Resource Network (**ACORN**) is U of T's user-friendly and intuitive student web service. **ACORN** is your main tool for accessing course registration, student account information and student life resources.

### ACORN ACCESS

Access **ACORN** using your **JOINid/UTORid** and password. Your **JOINid** becomes your **UTORid** once your TCard is issued. Login at the following link: [www.acorn.utoronto.ca](http://www.acorn.utoronto.ca)

### ACORN ALLOWS YOU TO:

- Find the courses you need by course code or title using an easy search system
- Use an 'enrolment cart' to plan your course enrolments
- Add, drop and modify your course enrolments in real-time from a single window
- View and print your timetable
- View your daily schedule and upcoming key dates at a glance
- Access your course grades, grade point averages and your academic status
- Keep track of your undergraduate degree requirements
- View your tuition and residence fees invoice
- Order an official transcript
- Print **T2202A** and **T4A** tax forms
- Access information about housing, health and wellness, co-curricular programs and more in one place

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



## YOUR FIRST-YEAR COURSES

The first year of the KPE undergraduate program consists of five full credit equivalents of academic courses and one four-day Outdoor Project activity. Course requirements are listed below.

### **ANA126Y1 Elementary Human Anatomy**

This is an introductory course on the anatomy of the human body. In the first term, emphasis is placed on the functional overview of anatomy of the human body using a systemic approach including the respiratory, cardiovascular, gastrointestinal, renal, reproductive and neuroanatomical systems. A brief overview of histology is also integrated into this content in first term. In second term, the course covers detailed content on the upper and lower limb musculoskeletal system as well as a brief overview of the musculature of the trunk.

**Instructor:** Prof. Judi Laprade  
**Section Code:** Y (September – April)  
**Weight:** 1.0 Full Credit Equivalent (FCE)

### **KPE100H1 Physical Cultural Studies**

This course is an invitation and introduction to the social study of Kinesiology, physical education, sport, health, The Body and bodies, etc. The goal is to explore and discuss society and culture, particularly as it is stratified along lines of ability, race, gender, class, and sexuality, and to study social issues in Kinesiology like violence and performance enhancing drugs. Overall, students are encouraged to use course concepts in developing their own assessments of the social world of Kinesiology and Physical Education.

**Instructor:** Prof. Simon Darnell  
**Section Code:** S (January – April)  
**Weight:** 0.5 FCE

### **KPE120H1 Foundations of Sport, Exercise, and Health Psychology**

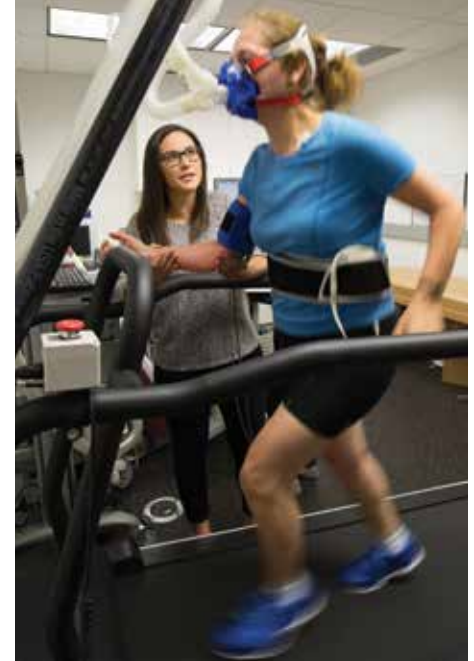
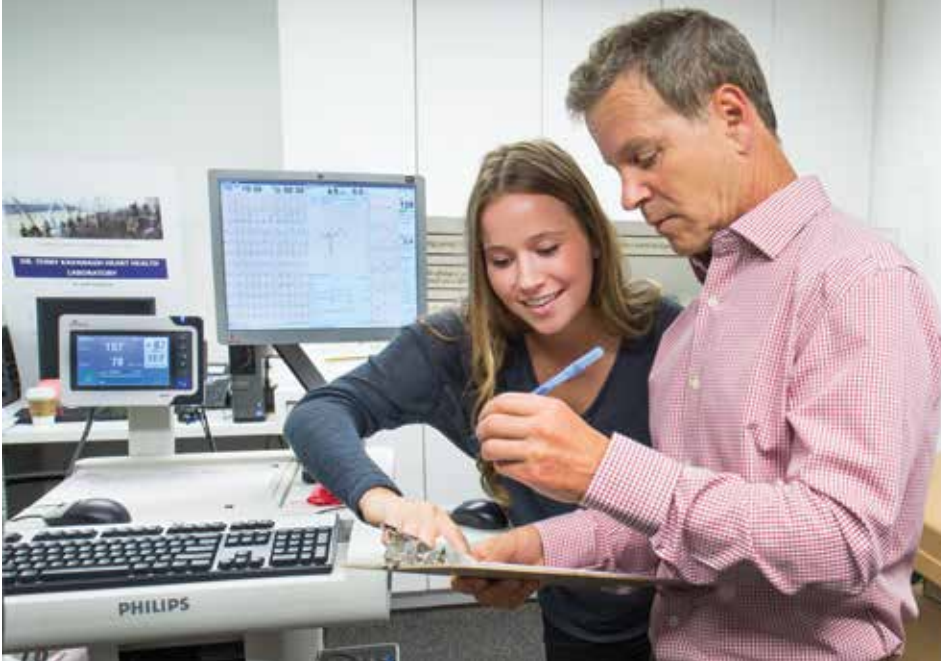
This is an introductory level course that will aid students' familiarization with psychological concepts and applications in sport, exercise, and health settings. This course will introduce students to some of the core topics, underlying theories and basic psychological skills within the area of sport, exercise, and health psychology. Throughout the course, emphasis will be placed on practical familiarisation with the basic psychological concepts common to both sporting and exercise contexts. This course serves as a foundation for upper-year classes such as KPE 324: Advanced Sport Psychology, KPE 330: Advanced Exercise Psychology, and KPE 424: Health Psychology.

**Instructor:** Prof. Linda Trinh  
**Section Code:** S (January – April)  
**Weight:** 0.5 FCE

### **KPE160H1 Fundamentals of Human Movement**

This is an interdisciplinary course introducing biomechanics and neuro-motor behaviour. It describes how humans control the position and movement of their bodies in the gravitational field of earth. This includes systems for description, measurement and development of healthy posture, movements, flexibility and stability. The central role of the nervous system in sensation, perception and the control of motor behaviour, along with introductory principles of motor learning and motor development are also considered. This course will be integrated with KPE182H1.

**Corequisite:** KPE182H1 (these two courses must be taken at the same time)  
**Instructors:** Prof. Doug Richards and Prof. Tim Welsh  
**Section Code:** F (September – December)  
**Weight:** 0.5 FCE



### **KPE161H1 Fitness: Principles and Practice**

An introduction to the components of physical fitness and fitness itself from physiological, behavioural and physical culture points of view. Strength, endurance, flexibility and speed will be examined from their biological basis, their importance to human movement and how each of these components can be altered with appropriate training.

**Instructor:** Prof. Tim Taha  
**Section Code:** S (January – April)  
**Weight:** 0.5 FCE

### **KPE162H1 Personal Health**

Among the determinants of health are many lifestyle factors about which we may exercise personal choice – physical activity, nutrition, hygiene, drug use, vehicular safety, sexual practices, use of health-care services, and so on. This course focuses on patterns and prevention of diseases, and their relationships with these personal choices. The inter-relationships of various lifestyle choices and the social context in which these choices are made are strong themes throughout. Topics covered include: physical activity and health; reproduction and contraception; healthy sexuality and sexual abuse; immunity and infectious disease, including those transmitted sexually; nutrition; substance use and abuse; cardiovascular diseases; cancer; environmental health; and health care / self-care practices.

**Instructor:** Prof. Doug Richards  
**Section Code:** F (September – December)  
**Weight:** 0.5 FCE

### **KPE182H1 Introduction to Movement Observation and Evaluation**

Students will apply the concepts learned in the first-year theory courses to practical settings. Through the investigation of joint range of motion, Newton's Laws of Motion, stability, and various types of feedback, students will develop the skills needed to observe and critically evaluate movement patterns that commonly occur in sport, clinical, workplace and recreational settings. Emphasis will also be placed on developing self-awareness.

**Corequisite:** KPE160H1 (these two courses must be taken at the same time)  
**Coordinator:** Prof. David Frost  
**Section Code:** F (September – December)  
**Weight:** 0.5 FCE

### **KPE190H1 Inquiry in Kinesiology and Physical Education**

Inquiry is the process of trying to come to an understanding about a problem, an issue or a phenomenon. In this course students develop the foundational skills necessary to critically consider and challenge the ways in which questions and problems are formulated, the purpose and use of research, and the manner in which conclusions are reached, and used, across the range of fields of inquiry in kinesiology. Particular attention is given to experiential learning processes to generate robust understandings of the philosophical foundation of research as a way to understand how modes of inquiry are shaped and undertaken.

**Instructor:** Prof. Michael Atkinson  
**Section Code:** F (September – December)  
**Weight:** 0.5 FCE

### **ODP100H1 Introduction to Outdoor Physical Activity and the Environment**

The student will be introduced to many forms of outdoor recreation. Emphasis will be placed on acquiring water safety skills in addition to skill required for use of various watercraft. Activities related to cooperation and leadership will be integrated throughout.

**Coordinator:** Prof. Jack Goodman  
**Section Code:** F (August 29 – September 1)  
**Weight:** No credit value. This is a required non-academic activity

### **Year I Other Division Elective**

A half-credit other division elective is required for the first year of the KPE undergraduate degree program. Choose an elective that suits your interests and goals.

Electives may be taken at the St. George Campus or you may choose electives at the U of T Mississauga campus or U of T Scarborough campus if it is convenient for you.  
**Weight:** 0.5 FCE

Please visit the following webpage for links to the elective timetables:

<http://uoft.me/KPETimetable>



## PLAN YOUR TIMETABLE

Our online timetable planner helps you visualize your schedule for the fall and winter terms. Find it at: <http://uoft.me/KPEFirstYear>

### COURSE LECTURE TIMES

All of your required first-year courses have fixed meeting times. These courses form the core of your timetable. For KPE182H1, you may choose one of two class meeting times.

### TUTORIALS

For KPE100H1 and KPE120H1, you have a choice of the tutorial time. Tutorials are smaller group learning sessions and are listed on the timetable as TUT. You must choose one tutorial section for each of KPE100H1 and KPE120H1 when registering for your course on ACORN.

### PRA188Y1 LAB AND TUTORIAL BLOCK

The PRA188Y1 Lab and Tutorial Block is not an academic course, but a scheduling tool you can use to enrol in labs and tutorials for ANA126Y1, KPE161H1, KPE162H1 and KPE190H1. The Lab and Tutorial Block maximizes your timetable by clustering lab and tutorial times for your courses on Fridays. In some cases, you may have labs and tutorials for two courses during the same time period on an alternating basis.

To enrol in the PRA188Y1 lab and tutorial block, select one of the twenty-four sections (PRA0101-0124) and add it the same way you would add a course on ACORN. Ensure that the section you choose works for both your first and second term timetable.

### KPE182H1

The KPE182H1 course meets in smaller sections of 20-30 students. Choose one of the ten sections listed on the timetable. The content taught in each section will be the same; however, the location and instructor of the class will vary by section.

### OTHER DIVISION ELECTIVE

Search for an appropriate other division elective using the timetables: <http://uoft.me/KPETimetable>

You may also use the Course Finder option on ACORN to search for courses by term, subject or offering time. [www.acorn.utoronto.ca/course\\_finder.php](http://www.acorn.utoronto.ca/course_finder.php)

Choose a course that suits your interests and fits into your timetable. It is advisable to have several back-up options planned for your elective course.

Consider enrolling in a second term course (S section code) to balance your timetable. You may enrol in a first term course (F section code) or a full year course (Y section code) however this will result in an unbalanced timetable. If you enrol in a full credit elective (Y section code) the course will also contribute to your second year elective requirement.

### TRANSFER CREDITS

If you receive transfer credits for previous university studies, IB or AP courses, you may qualify for enrolment in upper year courses or electives. Please make an appointment with the KPE Academic Advisor for assistance with course and timetable planning. <http://uoft.me/KPEStudentServices>



## ENROL IN YOUR COURSES USING ACORN

### KPE COURSE ENROLMENT BEGINS ON JULY 17, 2019

You can start enrolling in your courses at 6 a.m. on July 17, 2019 using the ACORN system. Login to ACORN and add the courses below to your enrolled course list. It is recommended that you enrol in your courses early for the best selection of tutorial and lab block times. Preferred times will fill up quickly.

- **ANA126Y1 Y L0101\***
- **KPE100H1 S L0101** and select one section from TUT0101-0112
- **KPE120H1 S L0101** and select one section from TUT0101-0112
- **KPE160H1 F L0101**
- **KPE161H1 S L0101\***
- **KPE162H1 F L0101\***
- **KPE182H1 F L0101** and select one section from PRA0101-0110
- **KPE190H1 F L0101\***
- **ODP100H1 F P101**
- **PRA188Y1 Y** \*Select one section PRA0101-0124.  
This is your lab and tutorial block for ANA126Y1, KPE161H1, KPE162H1 and KPE190H1

### OTHER DIVISION ELECTIVE ENROLMENT BEGINS ON AUG 7, 2019

Enrolment for St. George Campus other division electives will begin at 6 a.m. on August 7, 2019. It is recommended that you enrol in your courses early for the best selection.

### WAITING LISTS

If you encounter a full course while enrolling, it is recommended that you add yourself to the waiting list for the course. The waiting list will help you preserve your space 'in line' so you do not have to check frequently for an opening in the course.

If you are waitlisted for your preferred other division elective course it is recommended that you also select a back-up option in case you do not get into your preferred course.





**“I love the sense of community at KPE. The unique academic and co-curricular opportunities make it the best place to discover and really pursue your passions.”**

**—Ruqayyah Alibhai,  
fourth-year BKin student**



**“In this program I have the excellent opportunity to learn from world class faculty members who challenge me to grow academically. I am also humbled to be able to give back to KPE through my various leadership roles.”**

**— Brenaven Kugamoorthy, fourth-year BKin student**

# PAY TUITION FEES OR DEFER FEES FOR REGISTRATION

## ESTIMATE OF COSTS FOR THE 2019-20 ACADEMIC YEAR

**\$8,000** (approximately): domestic tuition fees (based on 100% course load enrolment and \$400 Outdoor Project course) or

**\$38,000** (approximately): international tuition fees (based on 100% course load enrolment and \$400 Outdoor Project course)

**\$1,500**: books and supplies

**\$11,000 - \$19,000**: residence estimate, if applicable

Information about full tuition fees charged, fees owing and the **Minimum Required Payment to Register (MPR)** will be posted on ACORN in mid-July. You will be invoiced for the tuition fees owing; however, you may choose to pay the fees on a term basis. The MPR for first term is due on August 28, 2019.

## STEPS TO PAY YOUR FEES

1. Login to ACORN and click on 'Financial Account' to view your invoice.
2. Pay at least the MPR on your invoice by August 28, 2019.
3. Choose from the following payment options:
  - Tuition payments made within Canada may be processed through a Canadian financial institution.
  - Payments from outside of Canada may be made through WU GlobalPay or with a bank draft or money order in Canadian funds.
  - You may pay tuition fees using Visa or Mastercard via ACORN. A **1.75%** Convenience Fee applies.
  - Convert Aeroplan Miles and TD Travel Rewards Program points into \$250 worth of credits towards your fees.Detailed payment options and instructions are available at the following link:  
[www.fees.utoronto.ca/making\\_a\\_fee\\_payment.htm](http://www.fees.utoronto.ca/making_a_fee_payment.htm)
4. It will usually take 2-5 business days for your payment to show on the ACORN system. When your payment is received your registration status on ACORN changes from invited (INVIT) to registered (REG).

## DEFERRING YOUR TUITION FEES

If you applied for and have been assessed for at least \$1 of government student aid, you may request to defer your fees through the ACORN system. A deferral means that you can achieve registered status and delay the MPR deadline until late September. If you are receiving OSAP the first installment of your funding will be deposited in your student account in early September. Any balance remaining from the first term is due by the end of September.

Students with financial aid from other provinces may defer their fees online if information about their loans/grants has been received by the University of Toronto Enrolment Services.

Full instructions for deferring your fees are available at the following link:

<http://uoft.me/KPEFeesAwards>

## SCHOLARSHIP INFORMATION

If you are receiving scholarship funding and the amount is greater than the MPR, you may request a tuition deferral. You must provide the KPE Registrar's Office with a copy of the scholarship letter and a completed 'Request to Register Without Payment' form by the August 28, 2019 deferral deadline. For more information, please visit the following link: <http://uoft.me/KPEFeesAwards>



# GO!

ENGAGE IN CAMPUS ACTIVITIES

## **A COMMUNITY SUPPORTING YOUR SUCCESS**

We are a small, friendly, close-knit community embedded within U of T's St. George Campus. KPE offers a wide range of student support services to help you make the most of your university experience – inside and outside of the classroom.

# KEY DATES

## For Your First Year

AUGUST 29 – SEPTEMBER 1	<b>ODP100H1 Camp</b>
SEPTEMBER 2	<b>Labour Day – no classes</b>
EARLY SEPTEMBER	<b>Move into residence</b>
SEPTEMBER 3 – 6	<b>KPE orientation</b>
SEPTEMBER 5	<b>Fall academic courses begin</b>
SEPTEMBER 18	<b>Deadline to add first term courses on ACORN</b>
OCTOBER 14	<b>Thanksgiving Day – no classes</b>
NOVEMBER 4 – 8	<b>Fall Reading Week – no classes</b>
DECEMBER 5	<b>Last day of fall classes</b>
DECEMBER 6 – 20	<b>Examination period for fall courses</b>
DECEMBER 23 – JANUARY 3	<b>Winter break</b>
JANUARY 6	<b>Winter academic courses begin</b>
JANUARY 19	<b>Deadline to add winter term courses on ACORN</b>
FEBRUARY 17	<b>Family Day – no classes</b>
FEBRUARY 18 – 21	<b>Winter Reading Week – no classes</b>
APRIL 3	<b>Last day of winter classes</b>
APRIL 4 – 25	<b>Examination period for winter courses</b>
APRIL 10	<b>Good Friday – no classes</b>

## The ODP100H1 Camp

### INTRODUCTION TO OUTDOOR PHYSICAL ACTIVITY AND THE ENVIRONMENT

August 29 – September 1, 2019

ODP100H1 is the first activity of your KPE undergraduate studies and is a degree requirement. In ODP100H1 you will be introduced to the many forms of outdoor physical activity. You will also have the opportunity to participate in activities related to cooperation and leadership.

In addition to being introduced to the many forms of outdoor physical activity, this is where you will meet and bond with your classmates through team-building activities. The friends you make in ODP100H1 will last through the undergraduate program and beyond. Don't miss this opportunity!

#### ENROLMENT

Outdoor project enrolment will commence on ACORN starting at 6 a.m. on July 17, 2019. Use the course code ODP100H1 F to add the course to your timetable.

#### FEES

The \$400 fee for ODP100H1 will be added to your tuition invoice when you add the course on ACORN.

#### PREPARATION REMINDERS

1. Login to Quercus in early August using your JOINid/UTORid. Select the ODP100H1 course from the 'Courses' tab. <https://q.utoronto.ca>
2. Complete the **mandatory** online dietary, medical and emergency contact survey. The survey will be available in early August via Quercus.
3. Review the course information and packing list posted in Quercus.
4. Show up at the departure location 30 minutes prior to bus departure. The bus departs at 7:45 a.m. SHARP on Thursday August 29, 2019 from the Faculty of Kinesiology and Physical Education, 55 Harbord St. (buses load on Classic Avenue, one block south of Harbord St.).



**“Outdoor Project 100 is an incredible four-day overnight course. Students participate in a diverse program of outdoor education with instruction provided by senior KPE students under the supervision of Camp Director, Dr. Jack Goodman. This experience helps first-year students gain a greater understanding of kinesiology and life at the University of Toronto in a safe and inclusive environment.”**

**— Brenaven Kugamoorthy, fourth-year BKin student and ODP100 Student Coordinator**



# Orientation

SEPTEMBER 3 – 6, 2019

Orientation consists of a variety of events and activities which take place before the start of classes. These events and activities are organized by the Kinesiology and Physical Education Undergraduate Association (KPEUA), the Faculty of Kinesiology and Physical Education and the University of Toronto Students' Union (UTSU). Explore life on St. George campus, have fun with your classmates and meet the U of T community!

Some of the activities taking place during Orientation are open to all students and other Orientation activities are optional and require you to submit a registration form along with payment.

You are highly encouraged to participate in all Orientation activities.

Orientation details are available at the following link: <http://uoft.me/KPEFirstYear>







# Welcome, Students!

## YOUR FIRST WEEK OF CLASSES

Academic classes begin on September 5, 2019. Check your personal schedule on ACORN for information about your schedule and classrooms. You can also refer to the published timetables for course schedule information. <http://uoft.me/KPETimetable>

## ONLINE CAMPUS MAP

Use the online Campus Map to find the locations of your KPE and elective classes. Classroom locations are listed on ACORN 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 BA 1160 represents room 1160 in the Bahen Centre for Information Technology, 40 St. George Street. [map.utoronto.ca](http://map.utoronto.ca)

## THE 10 MINUTE RULE

All academic classes that are listed as starting on the hour will actually begin at 10 minutes after the hour. This will give you time to get from one class to another if you have back-to-back classes scheduled on your timetable.

## KPE182H1

In this unique course, you will apply the theoretical concepts learned in your first year in an experiential setting. Come prepared to participate in physical activity. Attendance will be taken so it is important for you to show up on time. This course is sectioned into smaller groups and each group meets in a unique location. To find out the location of your class, cross-reference the section you are registered for on ACORN with the class locations in the timetable.

## QUERCUS

Quercus is U of T's online course communication system. Your 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 at the following link: [q.utoronto.ca](http://q.utoronto.ca)

## 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 Quercus 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.

## ACADEMIC ADVISING

New students can meet with the Academic Advisor in the KPE Registrar's Office by appointment or during drop-in hours. This is your opportunity to explore your personal strengths and dreams in a supportive environment to assist you with personal goal setting and decision making. If you experience any challenges during your time at U of T, it is recommended that you make an appointment with the Academic Advisor as soon as possible. For more information about academic advising and booking instructions, please visit

<http://uoft.me/KPEStudentServices>

## ACADEMIC SUCCESS SKILLS

Your first year of studies at U of T will be challenging. To support you with your transition to university studies, KPE has partnered with the Academic Success Centre to offer the services of an onsite Learning Strategist. Build your academic skills by attending an academic skill workshop or by meeting one-on-one with our learning strategist. For information about our fall workshop and appointment schedule, please visit

<http://uoft.me/KPEStudentServices>

## CAREER SUPPORT

Our graduates are well prepared to pursue a variety of careers and post graduate options. KPE has partnered with U of T Career Exploration and Education to offer the services of an onsite Career Educator. Explore your passions, strengths and opportunities by attending a career learning workshop or by meeting one-on-one with our career educator. For information about our fall workshop and appointment schedule, please visit

<http://uoft.me/KPEStudentServices>

## WELLNESS COUNSELLOR

During your studies at U of T you may experience stress related to schedules, exams, relationships, or unexpected challenges. The Faculty, in partnership with the U of T Health and Wellness Centre, offers confidential counselling services to undergraduate students enrolled at KPE. Many students find it helpful to meet with a counsellor who is available to listen and help you identify strategies to enhance your own inner resources. To book an appointment, contact the Health and Wellness Centre at 416-978-8030 and ask to book a time with the KPE counsellor.

## 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:

<https://www.thesvpcentre.utoronto.ca/>

You are encouraged to review the online sexual violence prevention module at [UofT.me/SVEPtraining](http://UofT.me/SVEPtraining) before attending the Outdoor Project 100 camp and Orientation Week.

## CONCUSSION OR ACQUIRED BRAIN INJURY SUPPORT

KPE has partnered with Accessibility Services to provide support to students with concussion or acquired brain injury symptoms. If you hit your head or experience a strong jolt to your body you should seek immediate medical attention and consult with the Academic Advisor about your next steps. You will be referred to register with Accessibility Services so a support system can be put into place to help you manage academic issues while you recover. Academic advising appointment booking instructions are available at: <http://uoft.me/KPEStudentServices>



## YOUR PROFESSORS AND TAs

The professors, course instructors and teaching assistants (TAs) at the University of Toronto are committed to helping you succeed. All course instructors will offer drop-in office hours for students enrolled in their course. This is a great opportunity for you to connect with a professor about their research and course content. You can view professor profiles at the following link: <https://kpe.utoronto.ca/faculty>. Course TAs will lead smaller group learning activities including tutorials and labs and are another great resource for information about research and course content.

## KPE CONNECT PEER-MENTORS

Upper year peer-mentors are available over the summer to assist you with your questions about courses, transition to university studies, and what life is like as a KIN student. Starting in early June, weekly newsletters will be emailed to you by a peer-mentor. You will also receive an invitation to join the KPE Connect Facebook group.

## WRITING SUPPORT

KPE's Health Sciences Writing Centre provides free individualized, confidential writing instruction to help you develop your writing skills and improve your capacity to plan, organize, write and revise academic papers. Writing instructors can also help you manage any ESL/EFL language challenges. Visit the following website for more information and to book an appointment, <http://www.hswriting.ca/>

## KINESIOLOGY AND PHYSICAL EDUCATION UNDERGRADUATE ASSOCIATION (KPEUA)

A recognized student society representing 1,000 undergraduate students in the Faculty of Kinesiology and Physical Education, the KPEUA provides the ultimate student life experience, which includes various resources such as leadership opportunities, outreach and inclusivity, all in an equitable environment. We are committed to creating events and initiatives that encompass the interests of the student body in a transparent manner.

Find out more about the KPEUA and their activities:

Website [www.kpeua.com](http://www.kpeua.com)  
Twitter [@KPEUAuft](https://twitter.com/KPEUAuft)  
Instagram [@KPEUAuft](https://www.instagram.com/KPEUAuft)  
Find KPEUA on Facebook!  
[uoftkpeua@gmail.com](mailto:uoftkpeua@gmail.com)  
Phone: 416-978-4893



## CO-CURRICULAR OPPORTUNITIES

KPE and the University of Toronto offer a wealth of co-curricular opportunities to help you build community, stay healthy and compliment your learning in the classroom. Get involved and build a university experience tailored to your interests.

## CO-CURRICULAR RECORD (CCR)

Many jobs and leadership opportunities are recognized activities on the CCR, which allows you to build your experience and tell your story. An official record of the university, the CCR helps you to discover opportunities outside the classroom that further your learning, experience and skills. These activities connect you to the U of T community and help prepare you for future study, employment and community engagement upon graduation. To learn more, visit: <https://clnx.utoronto.ca/ccr/>



## MOVEU

The MoveU program is focused on engaging students in opportunities that will help them successfully transition to university and contribute to growth, development and success over the course of their student experience.

To find MoveU online, visit [www.moveu.ca](http://www.moveu.ca) or follow @MoveUofT on Twitter.

The Faculty of Kinesiology and Physical Education is one of the lead MoveU partners. The Faculty also supports all U of T students by providing an array of co-curricular physical activities that strive to find a fit for everybody. There are drop-in and instructional programs in fitness, aquatics, dance, sport and martial arts as well as special events throughout the year.

## STUDENT EMPLOYMENT

The Faculty of Kinesiology and Physical Education is the largest employer of students on campus and offers numerous student leadership and volunteer opportunities. You can participate as a member of the Council on Athletics and Recreation, the Intramural Sport Council or a peer team that helps design and deliver programming such as the MoveU Crew or the Equity Movement Team. You can work as a game manager, referee, support program promoter, outreach programmer, event support and more!

<https://kpe.utoronto.ca/about/working-kpe>



Students can participate in activities and events that allow them to learn something completely new, play recreationally, or foster their competitive spirit as participants and spectators.

## INTRAMURALS

The intramural program offers several different levels of competition in many different sports through regular leagues, tournaments and special events. You can participate as a member of a faculty or college team, or can form or join “open” teams that bring participants from smaller programs or student clubs together. Visit [www.uoftintramurals.ca](http://www.uoftintramurals.ca) for more information about the program.

## VARSITY BLUES

A big part of the University of Toronto experience is Varsity Blues athletics. Whether you are a Varsity athlete, a student, staff member, or a fan, U of T is committed to giving everyone enough team spirit to **#BleedBlue!**

The Varsity Blues program provides students with the unique opportunity to pursue athletic excellence and a challenging academic program at one of the world’s leading public research universities. Student-athletes are promoted through our online home at [varsityblues.ca](http://varsityblues.ca), as well as through Facebook ([/VarsityBlues](https://www.facebook.com/VarsityBlues)), Twitter ([@Varsity\\_Blues](https://twitter.com/Varsity_Blues)), Instagram ([@VarsityBlues](https://www.instagram.com/VarsityBlues)) and YouTube ([/UofTVarsityBlues](https://www.youtube.com/UofTVarsityBlues)).

# KEY POLICIES

## Student’s Responsibility

It’s your responsibility to be aware of policies, procedures and deadlines in effect during your time as a U of T student. It’s also your responsibility to attend classes regularly, keep your work up to date, and to complete assignments as required. A complete listing of policies and procedures is available in the current Undergraduate Program Calendar:

<http://uoft.me/KPE> Calendar

Course specific policies can be found in the course outline posted on Quercus. <https://q.utoronto.ca>

## Petitions and Appeals

We want all students in the Faculty to be treated equitably and fairly. However, there can be valid reasons why students should be granted an exception from our policies and procedures. Consideration will be given if you are experiencing problems that are beyond your control. Most of these situations concern illness, personal problems, accidents, family difficulties, etc. Please contact the Academic Advisor in the KPE Registrar’s Office for support and assistance with petitions and appeals.

<http://uoft.me/KPEPetitions>

## Code of Behaviour on Academic Matters and Code of Student Conduct

U of T trusts you not to cheat, plagiarize, discriminate, harass people, disrupt classes/ activities or use technology in an unauthorized or inappropriate way. We know you don’t want to do these things either, so to make sure you understand our codes of conduct, please refer to the following website:

[www.governingcouncil.utoronto.ca/policies.htm](http://www.governingcouncil.utoronto.ca/policies.htm)



## EQUITY STATEMENT

The Faculty of Kinesiology & Physical Education highly values equity and social inclusion and aspires to have diverse representation among students, staff and faculty.

**It is a Faculty-wide expectation that every member of FKPE (students, TAs, staff, instructors) actively works to collectively create an inclusive culture through compassionate and supportive behaviour.**

This requires a continuous commitment to fostering mutual respect across all interactions and written communication among students, TAs, instructors and staff within FKPE spaces. We do not tolerate disrespect, discrimination, harassment, bullying and any other behaviour that threatens an equitable and inclusive environment, directed at students, TAs, staff or instructors.

For any concerns about behaviour that is contrary to respectful and inclusive interactions OR any ideas to enhance a culture of inclusivity, students, TAs, staff and instructors can contact the KPEUA ([uoftkpeua@gmail.com](mailto:uoftkpeua@gmail.com)), KPEGS (<https://kpe.utoronto.ca/academics-research/student-associations>), the Director of Undergraduate Studies ([undergrad.kpe@utoronto.ca](mailto:undergrad.kpe@utoronto.ca)) or the Director of Graduate Studies ([exs.kpe@utoronto.ca](mailto:exs.kpe@utoronto.ca)).

Concerns will be managed in a sensitive and, where appropriate, confidential manner.



## STUDENT LIFE RESOURCES

The Division of Student Life at U of T offers a variety of programs & services to help you build skills, find community and integrate your learning. You can access these student-centred resources at: <https://www.studentlife.utoronto.ca/>.

Academic Success: <https://www.studentlife.utoronto.ca/asc>

Accessibility Services: <https://www.studentlife.utoronto.ca/as>

Career Education and Exploration: <https://www.studentlife.utoronto.ca/cc>

Centre for Community Partnerships: <https://www.studentlife.utoronto.ca/ccp>

Centre for International Experience: <https://www.studentlife.utoronto.ca/cie>

Clubs and Leadership Development: <https://www.studentlife.utoronto.ca/cld>

Family Care Office: <http://familycare.utoronto.ca/>

Hart House: <http://harthouse.ca/>

Health and Wellness Centre: <https://www.studentlife.utoronto.ca/hwc>

Indigenous Student Services: <https://www.studentlife.utoronto.ca/fnh>

Mentorship & Peer Programs: <https://www.studentlife.utoronto.ca/mpp>

Multi-Faith Centre: <https://www.studentlife.utoronto.ca/mf>

Sexual & Gender Diversity Office: <https://sgdo.utoronto.ca/>



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