



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

How we move.

# Under-graduate

Bachelor of Kinesiology (BKin)



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.

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# Bachelor of Kinesiology (BKin)

Through inclusive 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, the costs of physical inactivity to our individual and collective health and the racial disparities in access to related information, services and programming, our equity-centred mission 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.

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. Throughout, we strongly advocate for anti-oppressive, equitable and inclusive research, teaching and practice.

**“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, critical thinking skills and ethical and inclusive practice to help address contemporary issues related to health and the spectrum of physical activity in diverse communities.”**

**DR. ASHLEY STIRLING**  
VICE-DEAN OF ACADEMIC AFFAIRS

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# Learning through Experience

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

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## 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
- Rugby Ontario

## IN-FIELD LEARNING EXPERIENCES

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 unrivaled 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.

## CERTIFICATE IN GLOBAL KINESIOLOGY & PHYSICAL EDUCATION

BKin students have the opportunity to pursue identified courses, within the BKin degree, with a major focus on global, international and/or Indigenous content. Students will gain a global perspective and learn about the increasingly important role of kinesiology & physical education in health, physical activity and their intersections in a global context.

## CERTIFICATE IN PHYSICAL ACTIVITY INSTRUCTION

The Certificate in Physical Activity Instruction (PAI) is designed for students who have interest in studying courses with a major focus on theories and practices of inclusive physical activity instruction. Students will gain hands-on experience in analyzing, designing and leading a variety of physical activity interventions with appreciation of its relevance for a variety of career paths, including: health sciences, fitness and recreation, education, research and coaching.



## **DR. JANELLE JOSEPH**

### **Elected to the Royal Society of Canada's College of New Scholars, Artists and Scientists**

Janelle Joseph, assistant professor at the Faculty of Kinesiology and Physical Education, was elected to the Royal Society of Canada in 2022 for her interdisciplinary research promoting anti-racism and intersectional inclusion through sports, leisure, and physical activity. Dr. Joseph's research explores the intersection of race, education and physical cultures such as sport, dance, martial arts and land-based play - the concept of learning on and from the land built around the Indigenous connection with the land. Recognized for leading the largest-ever study of anti-racism in university sport in Canada, Dr. Joseph is actively changing the notion of who can access, generate and advance knowledge about the moving body in various contexts and power in Canada.

Groundbreaking research that transforms sport, anti-racism policy, education, and practice in numerous national organizations —that's how we move.

## **LEARNING ABROAD**

We encourage students to take advantage of international education opportunities available through the program, including exchange opportunities, the Summer Abroad program, and course, internship and research opportunities abroad (e.g., Tsukuba Summer Institute).

## **LEADING PROFESSORS AND 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.

## **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. Sample courses include 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.

## **EXPERIENCE THE OUTDOOR PROJECTS**

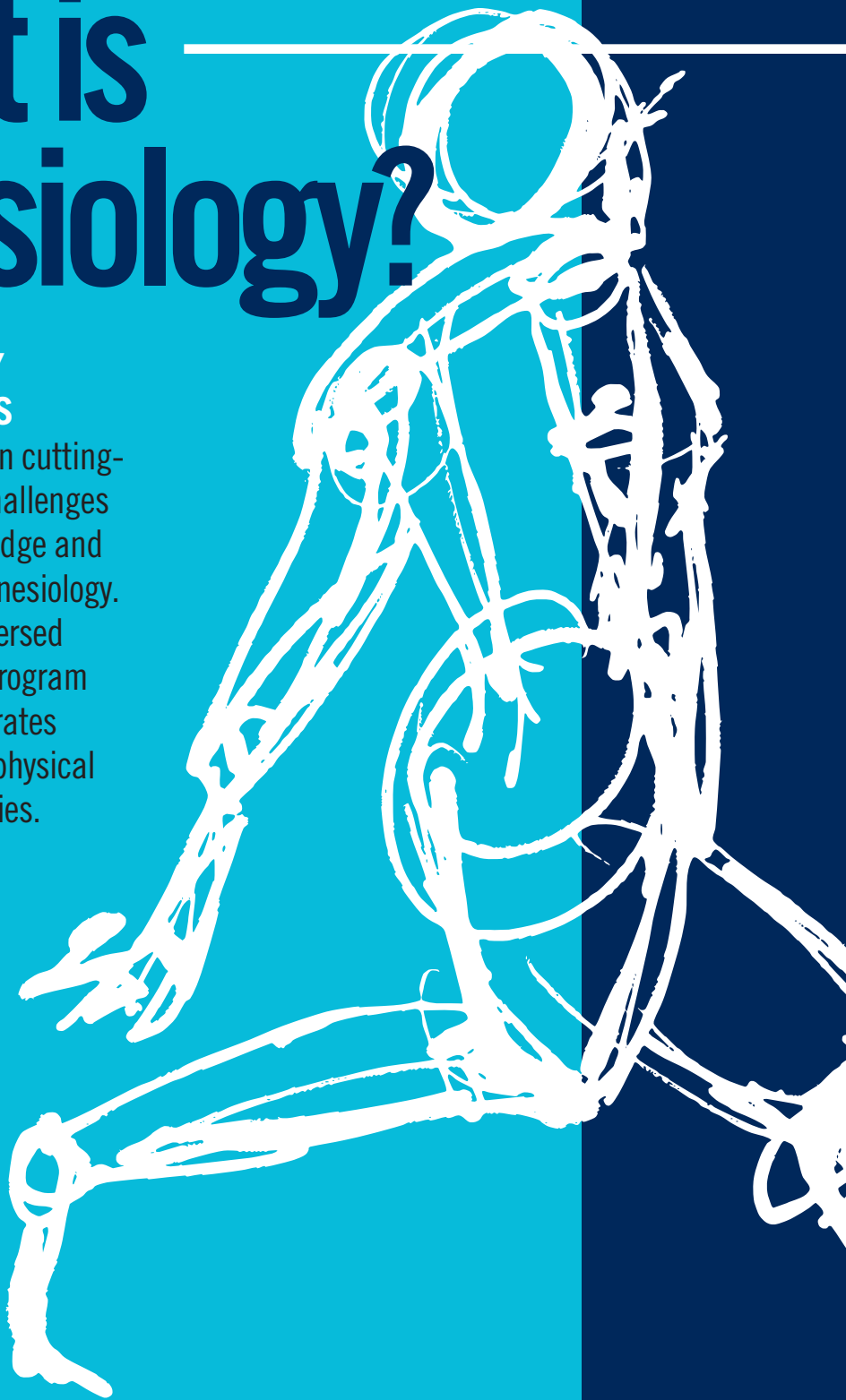
Outdoor projects are an important and unique component of our curriculum. These courses provide students with learning experiences related to outdoor activity, which emphasize skill development, awareness of the environment, and equity, anti-oppression and social inclusion.

Students are directly involved in 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, cooperation, teamwork and problem solving.

# What is Kinesiology?

## HUMAN ANATOMY TO HUMAN RIGHTS

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.



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## ● Cultural

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

## ● Psychology

Mental benefits of exercise and physical activity  
Motivation and behaviours associated with healthy active living and participation in sport  
Inclusive practices in behavioural sciences

## ● Coaching

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

## ● Safety/Rehabilitation

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

## ● Physiology

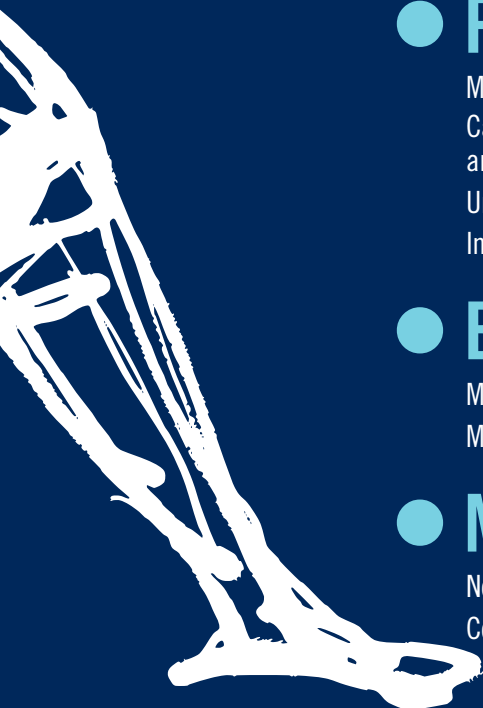
Metabolic effects of exercise and nutrition  
Cardiovascular, respiratory and muscle responses to acute and chronic exercise  
Understanding the mechanisms limiting exercise tolerance  
Inclusive practices in applied exercise physiology

## ● Biomechanics

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

## ● Motor Skills

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



# Where can a BKin degree take you?

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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**

**PHYSICAL ACTIVITY AND HEALTH EQUITY AND ADVOCACY**

**RECREATION**

**SPORTS ADMINISTRATION**

**OUTDOOR LEADERSHIP**

**COACHING**

**PUBLIC POLICY ANALYSIS**

**BUSINESS**

**FITNESS INDUSTRY**

**EVENT MANAGEMENT**

**MARKETING AND PROMOTION**

**CLINICAL KINESIOLOGY**

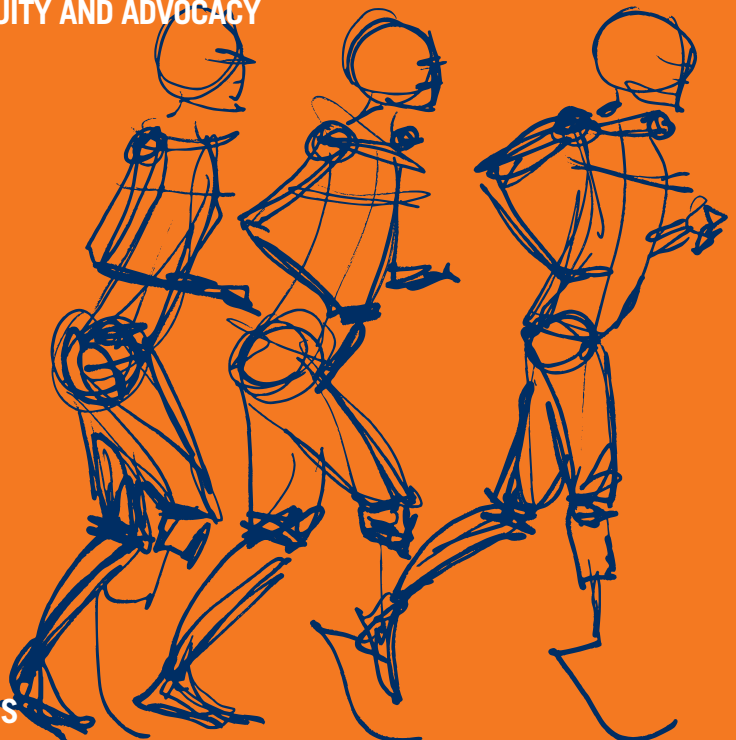
**ERGONOMICS**

**GOVERNMENT SCIENTISTS**

**CLINICAL TRIALS MANAGEMENT**

**ACADEMIA PUBLIC HEALTH**

**NON-GOVERNMENTAL ORGANIZATIONS**





## 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 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.

## Advancing Kinesiology through technology



Kinesiology student **Edina Bijvoet** was sitting in her third year Adapted Physical Activity class when she was struck with an idea for a business project. The course took an integrated bio-psycho-social approach to physical activity participation for persons with varied abilities. "We were examining some findings which showed that in some cases exercise was just as effective as antidepressants," says Bijvoet. "I was so impressed with this. It made me wonder why exercise isn't better utilized to combat mental health problems." Edina teamed up with her sisters—both U of T students themselves—to explore the untapped potential. Together, they created Wellnamic, a digital solution that combines exercise programming, habit tracking and coping protocols with advanced gamification to make movement enjoyable.

Now a student in KPE's Master of Science program, Edina continues to build Wellnamic with guidance and support from start-up incubators at U of T.

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# 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, staff and faculty.

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## 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 through the Office of the Registrar and Student Services within our Faculty
- Academic student advisors
- Learning skills resources, workshops and counselling including support through First Nations House
- KINections program where students have access to curated virtual and on-campus activities that support wellness and connection, at KPE and with the local and global community
- 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 MT 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 U of T 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 multifaith groups to community work. In addition, 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 affiliated hospitals.



# Requirements

The Faculty of Kinesiology values diversity and social inclusion and encourages applications from Indigenous and racially marginalized students.

## 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](https://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:  
[future.utoronto.ca/apply](https://future.utoronto.ca/apply)



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