



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Guide for First-Year Students

2022-23 Bachelor of Kinesiology

KPE
@
UofT



WELCOME FROM THE DEAN

Congratulations on taking the first step in what will be an engaging, challenging and rewarding journey! You're entering a program that has long history of preparing students to address the major challenges of our day, at one of the best universities in the world. Public attention has never been more focused on the importance of physical activity to the health and well-being of each of us individually, and of the communities and society in which we live.

Through our unique programs, you will be given the opportunity to acquire knowledge and skills to play a leadership role in translating that knowledge into practice in an equitable and inclusive way. Outstanding professors, staff, facilities and collaborating organizations are what make our program so great, along with our well-recognized track record of impactful equity, diversity and inclusion initiatives. Our courses are taught by scholars and scientists who bring their expertise and research into the classrooms and teaching labs. 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. As a student, you have access to the excellent academic resources U of T has to offer, as well as our Sport & Recreation programs and facilities for your own personal engagement in physical activity and sports.

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 fulfilling first year of studies in the University of Toronto's Faculty of Kinesiology and Physical Education.

A handwritten signature in white ink that reads "Gretchen Kerr".

Gretchen Kerr,

Dean, Faculty of Kinesiology and Physical Education



WELCOME FROM THE 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

PHONE: 416-978-8255

FAX: 416-971-2118

FACULTY WEBSITE: www.kpe.utoronto.ca

FACULTY INSTAGRAM: @uoftkpe

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.

FIND US ON FACEBOOK: facebook.com/kperegristaroffice



KEY DATES

BEFORE YOU ATTEND STUDIES

June - August	Residence placements sent to qualified applicants
June 15	Recommended deadline to apply for OSAP funding
Early July	Participate in the New Student Welcome Session
July 13	Enrol in your KPE academic courses on ACORN
August 3	Enrol in your other division elective course on ACORN
August 31	Deadline for Minimum Required Payment to Register (MPR) or tuition deferral



READY,

PREPARING FOR YOUR FIRST YEAR

Steps:

1. Enable Your JOINid
2. Accept Your Offer
3. Apply for Transfer Credits (If Applicable)
4. Participate In The New Student Welcome Session
5. Set Up Your TCard & UTORid
6. Set Up Your Email Address
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

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

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. acorn.utoronto.ca/transfer-explorer/

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

Complete and submit the Transfer Credit Assessment Form included with your offer of admission along with payment by June 30, 2022.



PARTICIPATE IN THE NEW STUDENT WELCOME SESSION

You are invited to participate in the New Student Welcome Session taking place in early July. In this session, you will receive instructions for course selection and registration. To register, please **RSVP to the invitation sent to your email address.**

SET UP YOUR TCard & UTOrid

Your TCard is your official University of Toronto photo identification and your UTOrid is your digital student credential. A TCard is needed to access labs, meal plans and other facilities on campus and your UTOrid provides access to online services like email (UTmail+), course content on Quercus, webinars, library resources, Microsoft365 applications, network services for international students, WiFi for those on campus and more.

It is important to set up your TCard and UTOrid before the first day of classes in the fall term. To set up your TCard and UTOrid, you must be prepared to submit a digital photograph and provide current legal status and identity documents. More information about procedures and required documentation is available at: <https://tcard.utoronto.ca/>



SET UP YOUR EMAIL ADDRESS

Once your UTORid is set up you can automatically create your UTmail+ email 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.

This new email address will be automatically updated on your ACORN record. It's your responsibility to check your UTmail+ account daily.

To create your account, go to:
<https://tcard.utoronto.ca/get-your-utorid-tcard/>

FINALIZE YOUR HOUSING: U OF T HOUSING SERVICES

RESIDENCE PLACEMENTS

If you maintained your Residence Guarantee, residence placements will be sent to qualified admitted students from June through to August. You'll receive one formal placement of residence. It's important that you respond to your residence placement by the deadline stated in the residence placement email. Be sure to check the email account you've registered in ACORN, including any junk/spam folders.

To maintain the Residence Guarantee, you must:

1. Submit the First Year Residence Application on StarRez at residence.utoronto.ca by March 31, 2022 at 11:59 pm ET.
2. Receive and accept an admission offer from the University by June 1, 2022.

CHECK YOUR RESIDENCE APPLICATION STATUS

You can follow the status of your residence application in StarRez at residence.utoronto.ca

If you meet the residence guarantee criteria and haven't received placement by mid-August, please contact U of T Housing Services at residence@utoronto.ca

OFF-CAMPUS HOUSING

To explore your off-campus housing options, please visit the U of T Housing Services website at uoft.me/housing-support

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.

For Ontario residents, unmet need is assessed based on OSAP because it provides a uniform method of assessing student need. Unmet need for students from other Canadian provinces is assessed based on the result of their provincial government's student aid programs.

Financial counselling is available for students at:

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

UNIVERSITY OF TORONTO FINANCIAL AID (UTAPS)

UTAPS is for full-time students who receive the maximum government financial aid available but whose funding still doesn't cover all their university costs. UTAPS helps fill the financial gap. Ontario residents must be receiving OSAP to be considered. If you're receiving financial aid from another Canadian province, territory or a First Nations band, you may be eligible for UTAPS too.

future.utoronto.ca/finances/financial-aid

OTHER PROVINCE FINANCIAL ASSISTANCE

Students who are Canadian citizens, permanent residents, or protected persons (recognized convention refugees) 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:

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:

help.acorn.utoronto.ca/how-to

OTHER GRANTS AND AWARDS

A comprehensive list of other grants, recognition awards and scholarships is available at:

awardexplorer.utoronto.ca

FINANCIAL AID FOR STUDENTS WITH DISABILITIES

Students with permanent disabilities may receive funds through the Canada Student Grant for Persons with Permanent Disabilities as part of their **OSAP** funding. In addition, grants are available through the Ontario Bursary for Students with Disabilities (BSWD) and the Canada Student Grant for Services and Equipment for Persons with Permanent Disabilities to help with disability-related supports and services for students with permanent or temporary disabilities. Contact Enrolment Services for more information at:

future.utoronto.ca/finances/financial-aid







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 set up. Login at the following link: 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 **T2202** and **T4A** tax receipts
- 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



YOUR FIRST-YEAR COURSES

The first year of the KPE undergraduate program consists of five full credit equivalents of academic courses and one three-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. A brief overview of histology is the starting component, followed by more detailed review of the bony & muscular framework of the torso, the respiratory, cardiovascular, gastrointestinal, renal, reproductive and neuroanatomical systems. In the second term, the course covers detailed content on the upper and lower limb musculoskeletal system, covering all bones, joints, muscles & neurovascular supply.

Instructor: Prof. Judi Laprade

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

Weight: 0.5 FCE

KPE120H1 Foundations of Sport, Exercise, and Health Psychology

This is an introductory level course that will aid students' familiarisation 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.

Instructor: Prof. Linda Trinh

Weight: 0.5 FCE

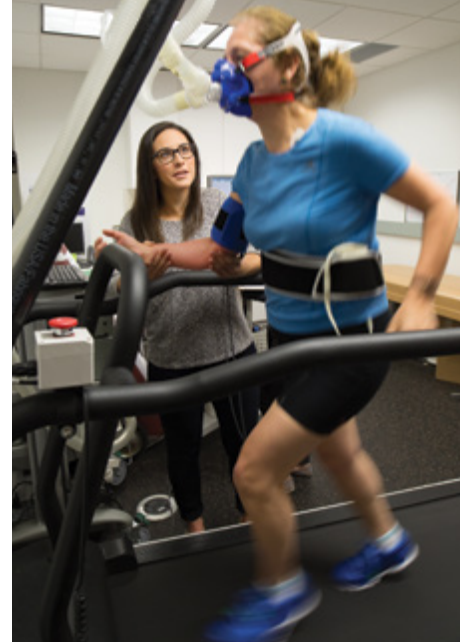
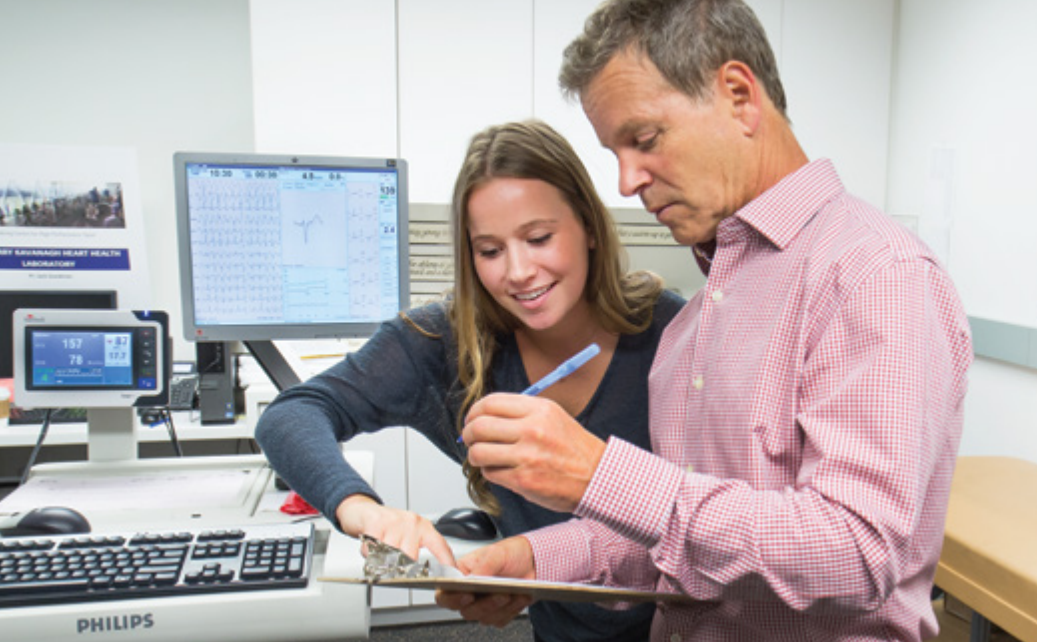
KPE160H1 Fundamentals of Human Movement

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 given the laws of motion and an understanding of how muscles generate force. This includes systems for description, measurement and development of healthy posture, movements, flexibility, and stability; and uses squatting (stance) and walking (gait) as examples of basic movements with which to explore these concepts. 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 TBD

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. This course will be integrated with KPE182H1.

Instructor: TBD
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 sedentarism, reproduction and contraception, healthy sexuality and sexual abuse, sleep and stress management, health care/self-care practices, immunity and infectious disease, including those transmitted sexually, nutrition, substance use and abuse, cardiovascular diseases, cancer, mental health disorders, trauma, and environmental health issues.

Instructor: Prof. Doug Richards
Weight: 0.5 FCE

KPE182H1 Introduction to Movement Observation and Evaluation

Through the investigation of joint range of motion, fitness, 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, and to design and implement relevant exercise sessions. Students will also be encouraged to develop self-awareness of their own fitness and movement patterns.

Corequisite: KPE160H1 (These two courses must be taken at the same time.)
Coordinator: Prof. David Frost
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. Adam Ali
Weight: 0.5 FCE

ODP100H1 Introduction to Outdoor Project I

The student will be introduced to the many forms of outdoor recreation. Emphasis will be placed on acquiring the skills for various watercraft. In addition, activities related to cooperation and leadership will be experienced.

Coordinator: Prof. Jack Goodman
Weight: No credit value. This is a required nonacademic 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:

uoft.me/KPETimetable

PLAN YOUR TIMETABLE

Ontario's response to the COVID-19 pandemic continues to evolve. Changes will likely occur as the province and its municipalities adjust to new data about the virus. In these circumstances, please be advised that the manner of delivery of courses, co-curricular opportunities, programs and services is subject to change, in accordance with university policies. The University thanks its students, faculty, and staff for their flexibility during these challenging times as we work together to maintain the standards of excellence that are the hallmark of the University.

Our online timetable planner helps you visualize your schedule for the fall and winter terms. Find it at: 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.

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.

TUTORIALS

Tutorials are smaller group learning sessions and are listed on the timetable as TUT. In some courses you may be asked to choose a tutorial section when registering for your course on ACORN.

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 instructor of the class will vary by section.

OTHER DIVISION ELECTIVE

Search for an appropriate other division elective using the timetables:

uoft.me/KPETimetable

You may also use the Course Finder option on ACORN to search for courses by term, subject or offering time.

acorn.utoronto.ca/course-finder/

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 an Academic Advisor at KPE for assistance with course and timetable planning.

uoft.me/KPEStudentServices



ENROL IN YOUR COURSES USING ACORN

KPE COURSE ENROLMENT BEGINS ON JULY 13, 2022

You can start enrolling in your courses at 6 a.m. EDT on July 13, 2022 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.

- **ANA126 Y1 Y LEC0101**
and select one section from P0101 - P0109
- **KPE100H1 F LEC0101**
and select one section from TUT0101-TUT0112
- **KPE120H1 S LEC0101**
and select one section from TUT0101-TUT0112
- **KPE160H1 F LEC0101**
- **KPE161H1 S LEC0101**
and select one section from P0101-0112
- **KPE162H1 S LEC0101**
and select one section from TUT0101-TUT0116
- **KPE182H1 F LEC0101-0110**
- **KPE190H1 F LEC0101**
and select one section from TUT0101-0114

OTHER DIVISION ELECTIVE ENROLMENT BEGINS ON AUG 3, 2022

Enrolment for St. George Campus other division electives will begin at 6 a.m. EDT on August 3, 2022. 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.

BKIN

IN-FIELD LEARNING

A photograph of a cyclist's legs on a road bike, viewed from a low angle. The cyclist is wearing yellow and black cycling shoes and black socks. The right leg is overlaid with a detailed anatomical illustration of the muscles in shades of orange and red, highlighting the physical demands of cycling. The background is a blurred asphalt road.

**NOTHING
COMPARES
TO REAL LIFE
EXPERIENCE**

APPLY AT [UOFT.ME/BKININFIELDLARNING](https://uoft.me/bkininfieldlearning)

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DISCOVER NEW KNOWLEDGE BKin

RESEARCH



SHAPE FUTURE DISCOVERIES

APPLY AT [UOFT.ME/BKINRESEARCH](https://uoft.me/bkinresearch)

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PAY TUITION FEES OR DEFER FEES FOR REGISTRATION

ESTIMATE OF COSTS FOR THE 2022-23 ACADEMIC YEAR

Tuition fees based on **100%** course load enrolment and **\$400** Outdoor Project course

- Domestic (Ontario Resident): approximately **\$8,200**
- Domestic (Non-Ontario Resident): approximately **\$8,400**
or
- International: approximately **\$45,000**

Books and supplies: approximately **\$1,500**

Residence estimate, if applicable: approximately **\$12,000 - \$22,000**

Information about full tuition fees charged, fees owing and the **Minimum Payment to Register (MPR) Amount** 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 31, 2022**.

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 31, 2022.
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.
 - You may pay tuition fees using Visa or Mastercard via ACORN. A **2.5%** 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:
studentaccount.utoronto.ca
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:

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 31, 2022 deferral deadline. For more information, please visit the following link: uoft.me/KPEFeesAwards



GO!

ENGAGE IN CAMPUS ACTIVITIES

A Community Supporting Your Success

We are a small, friendly, close-knit community 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

September 3 – 5	ODP100H1 Camp
September 5	Labour Day – no classes
Early September	Move into residence
September 6 – 9	Orientation Week
September 8	Fall academic courses begin
September 21	Deadline to add first term courses on ACORN
October 10	Thanksgiving Day – no classes
November 7 – 11	Fall Reading Week – no classes
December 7	Last day of fall classes
December 10 – 20	Examination period for fall courses
December 21 – January 8	Winter break
January 9	Winter academic courses begin
January 22	Deadline to add winter term courses on ACORN
February 20	Family Day – no classes
February 21 – 24	Winter Reading Week – no classes
April 6	Last day of winter classes
April 7	Good Friday – no classes
April 12 – 28	Examination period for winter courses

The ODP100H1 Camp

INTRODUCTION TO OUTDOOR PHYSICAL ACTIVITY AND THE ENVIRONMENT

September 3 - 5, 2022

ODP100H1 is a degree requirement in the undergraduate program. 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 13, 2022. 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. 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 Saturday, September 3, 2022 from the Faculty of Kinesiology and Physical Education, 55 Harbord Street (buses load on Classic Avenue, one block south of Harbord Street).





Orientation

SEPTEMBER 6 – 9, 2022

Orientation consists of a variety of events and activities which take place at the start of the term. 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: uoft.me/KPEFirstYear



Your First Week of Classes

Academic classes begin on Thursday, September 8, 2022. Check your personal schedule on ACORN for information about your schedule. You can also refer to the published timetables for course schedule information. 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

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

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 an Academic Advisor by appointment. 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 an Academic Advisor as soon as possible. For more information about academic advising and booking instructions, please visit 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 a 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 service schedule, please visit 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 a career educator. For information about our fall service schedule, please visit uoft.me/KPEStudentServices

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: hswriting.ca

Student Mental Health Website

From workshops and programs to in-person counselling and more, U of T has many services and resources to meet you where you are. Whether you're building a strong foundation for the future or looking for ways to get help right now, there's a resource for you. The Student Mental Health website has a robust search and filter function that allows students to match their needs with the many types of supports available through the University and its community partners.

mentalhealth.utoronto.ca

Anti-Racism And Cultural Diversity Office

The Anti-Racism and Cultural Diversity Office (ARCDO) within the Division of Human Resources & Equity, provides services to support University members in their efforts to foster environments that are intentionally racially diverse and inclusive through the advancement of equitable practices, education and training and the provision of complaints resolution supports on matters of race, faith and intersecting identities as guided by the Ontario Human Rights Commission. They provide education programming, complaint resolution supports and community engagement and outreach. For more information, please visit : antiracism.utoronto.ca or you can contact them at antiracism@utoronto.ca for assistance.

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.

Note: Wellness Counsellor services are only available to students who live in Ontario due to provincial regulatory requirements.

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:

svpscentre.utoronto.ca

You are encouraged to review the online sexual violence prevention module at:

svpscentre.utoronto.ca/learn/training 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 an 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: 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 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 on the KPE website at: 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 BKIN student. Starting in mid June, newsletters will be emailed to you by a peer-mentor on a regular basis.

KINections

KINections is all about helping students connect with each other and get involved beyond the classroom. An initiative of the Registrar's Office, KINections presents curated virtual and on-campus activities that support wellness and connection, at KPE and with the local and global community.

www.kinections.utoronto.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.

International Student Experience Ambassadors

Are you an international student? Have questions about student life at U of T and living in Toronto? Connect with an ISE Ambassador before you arrive! They can help answer your questions and guide you to the information and resources that you need.

uoft.me/ISEAmbassadors

Find out more about the KPEUA and their activities:

Website kpeua.com
 Twitter [@KPEUAuoft](https://twitter.com/KPEUAuoft)
 Instagram [@KPEUAuoft](https://www.instagram.com/KPEUAuoft)
 Facebook facebook.com/KPEUA
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: clnx.utoronto.ca/ccr



SPORT & REC

Sport & Rec offers physical activity and sport programs for the entire U of T community. With a dynamic range of programs for different interests and abilities, Sport & Rec will help you get active in whatever way works best for you – no matter your skill level or history of participation. Membership to Sport & Rec facilities is included at no additional cost to incidental fee-paying U of T students.

Visit uoft.me/sportandrec for details or follow [@uoftsportandrec](https://www.instagram.com/uoftsportandrec) on Instagram.

STUDENT EMPLOYMENT

The Faculty of Kinesiology and Physical Education, which includes the division of Sport & Rec, is one of the largest employers on campus, offering numerous part-time casual employment opportunities, as well as 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 Diversity & Equity team. You can work as a game manager, referee, support program promoter, outreach programmer, event support and more!

uoft.me/morethanwork



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 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, 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 Academic Calendar:

uoft.me/KPECalendar

Course specific policies can be found in the course outline posted on Quercus. 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 circumstances that are beyond your control. Most of these situations concern illness, bereavement, personal problems, accidents, family difficulties, etc. Please meet with an Academic Advisor in the KPE Registrar’s Office for support and assistance with petitions and appeals.

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:

governingcouncil.utoronto.ca/policies.htm



KPE EQUITY, DIVERSITY, AND INCLUSION STATEMENT

The Faculty of Kinesiology and Physical Education (KPE) is committed to providing an inclusive and welcoming environment that nurtures a culture of belonging. We strive to address and remove structural barriers in education, sport, and recreation through the co-creation of diverse and meaningful opportunities for equity-deserving communities within the Faculty's teaching, research, programs, and services.

These barriers are rooted in historical and ongoing inequities including but not limited to colonialism, racism, sexism, heterosexism, ageism, classism, ableism, religious-based and gender-based discrimination. As part of an institution complicit in contributing to colonial processes, we are also committed to reconciliation by building relationships with Indigenous communities in order to learn about the diversity of Indigenous Nations, create Indigenous spaces, and enact anti-colonial practices.

Grounded in an inclusive framework, we will work to co-create purposeful change with our diverse KPE communities.



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: studentlife.utoronto.ca.

Academic Success: studentlife.utoronto.ca/department/academic-success

Accessibility Services: studentlife.utoronto.ca/department/accessibility-services

Anti-Racism & Cultural Diversity Office: antiracism.utoronto.ca

Career Exploration and Education: studentlife.utoronto.ca/department/career-exploration-education/

Centre for Community Partnerships: studentlife.utoronto.ca/department/centre-for-community-partnerships

Centre for International Experience: studentlife.utoronto.ca/department/centre-for-international-experience

Clubs and Leadership Development: studentlife.utoronto.ca/department/clubs-leadership-development

Family Care Office: familycare.utoronto.ca

First Nations House: studentlife.utoronto.ca/department/first-nations-house

Hart House: harthouse.ca

Health and Wellness: studentlife.utoronto.ca/department/health-wellness

Mentorship & Peer Programs: studentlife.utoronto.ca/department/mentorship-peer-programs

Multi-Faith Centre: studentlife.utoronto.ca/department/multi-faith-centre-for-spiritual-study-practice

Sexual & Gender Diversity Office: sgdo.utoronto.ca

EXPLORE GLOBAL PERSPECTIVES

BKIN

INTERNATIONAL



TURN THE
WORLD
INTO YOUR
CLASSROOM

APPLY AT [UOFT.ME/BKININTERNATIONAL](https://uoft.me/bkininternational)

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