



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Guide for First-Year Students

2025-26 Bachelor of Kinesiology

KPE
@
UofT



WELCOME FROM THE DEAN

Congratulations on starting what will be an engaging, inspiring and rewarding journey! You're entering a program that has a 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 individuals, communities and the environment.

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 community building 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

FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION



WELCOME FROM THE REGISTRAR'S OFFICE

Welcome! Our team in the Office of the Registrar and Student Services 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 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: 416-978-0123

FACULTY WEBSITE: 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.

FIND US ON INSTAGRAM: [instagram.com/uoftkpe](https://www.instagram.com/uoftkpe)



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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 UTORid and UTmail+ (U of T email)
6. Pick up your TCard
7. Finalize your housing: U of T Housing Services
8. Apply for financial aid

KEY DATES BEFORE YOU ATTEND STUDIES

April–June	Apply for OSAP funding
May 1	Can submit photo and documentation to get your TCard
June–August	Residence placements sent to qualified applicants
July 2	Participate in the New Student Welcome Session
July 15	Enrol in your KPE academic courses on ACORN
July 30	Enrol in your other division elective course on ACORN
August 29	Deadline for Minimum Required Payment to Register (MPR) or tuition deferral

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. Visit join.utoronto.ca for more information.

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. Transfer credits are assessed after you accept your offer of admission.

ADVANCED PLACEMENT COURSES (AP) OR INTERNATIONAL BACCALAUREATE (IB)

You do not need to apply for transfer credits but you must arrange to have your final results sent directly from the College Board or International Baccalaureate Office (IBO) to Enrolment Services by the deadline indicated in your offer of admission. Results issued by your school are not acceptable.

For information about how your IB or AP courses may transfer, visit future.utoronto.ca/transfercredit

ASSESS PREVIOUSLY COMPLETED UNIVERSITY COURSES

Complete and submit the Transfer Credit Assessment Form included with your offer of admission along with payment by June 30, 2025.

Check Transfer Explorer for information about how your courses from another university may transfer.

transferex.utoronto.ca

PARTICIPATE IN THE NEW STUDENT WELCOME SESSION

You are invited to participate in the New Student Welcome Session taking place July 2, 2025. 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 UTORID AND UTMAIL+ (U OF T EMAIL)

It is important to set up your UTORid and UTMail+ before the first day of classes in the fall term.

UTORID

Your UTORid is your digital student credential and 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. Once your UTORid is activated your JOINid becomes your UTORid.



UTMAIL+

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 set up your UTORid and UTmail+, you must be prepared to submit a digital photograph and provide current legal status and identity documents. Visit tcard.utoronto.ca for more information about procedures and required documentation.

PICK UP YOUR TCARD

The TCard is your physical identification/credential for on-campus purposes. Your TCard is used to verify/grant access to relevant services and facilities like athletic facilities, libraries, exams, meal plans, printing services and more.

Drop by the TCard Office to pick up your TCard. Check their office operating hours and confirm what documentation you require, prior to your visit.

If, for disability-related reasons, you'll have difficulty waiting or standing in a line-up, let TCard staff know when you arrive.

Students can submit their photo and documentation starting May 1, 2025.

Find more information on picking up your TCard, visit the [TCard website](https://tcard.utoronto.ca).



FINALIZE YOUR HOUSING: U OF T HOUSING SERVICES

RESIDENCE PLACEMENTS

If you maintained your Residence Guarantee, residence placements will be sent to eligible 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. Messages from the University will only be sent to your new U of T student email address (UTmail+) once it's active. So make sure you activate your UTmail+ (See UTMail+ section on p.5).

To maintain the Residence Guarantee, you must:

1. Submit the First Year Residence Application on **StarRez** at residence.utoronto.ca by March 31, 2025 at 11:59 p.m. ET.
2. Receive and accept an admission offer from the University by 11:59 p.m. on June 2, 2025.

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, including independent student residences, please visit the [U of T Housing Services website](https://utoronto.ca/housing).

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.

Complete financial aid procedures and resource listings are available on the [U of T University Registrar's Office website](#).

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. Apply early! The application period runs from April to June. For more information, visit: osap.gov.on.ca.

UNITED STATES OF AMERICA STUDENT AID

Students who are U.S. citizens or permanent residents in need of financial aid can explore various funding programs and find out tax information.

Visit the University's [financial aid website](#) for more information.

INTERNATIONAL FINANCIAL AID

If you're looking to finance your education, it's worth finding out about your home country's financial aid programs to see if you qualify for assistance. U of T, being a publicly-funded institution, is unfortunately only able to offer financial aid to Canadian students.

Visit the University's [financial aid website](#) for more information.

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. Learn more about UTAPS on the [U of T University Registrar's Office website](#).

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 the [University Registrar's Office website](#).

UNIVERSITY OF TORONTO GRANTS

University of Toronto grants assist students with unmet need with respect to their educational expenses (ex., tuition, books and supplies, living costs). University of Toronto grants are not intended to fund non-educational expenses or to repay your debts.

It is expected that prior to applying for this grant, students will have explored all sources of funding such as family support, savings, study period income, OSAP or other government assistance programs, daycare subsidies, and bank lines of credit as appropriate.

For full instructions, visit the [Undergraduate Grants website](#).

OTHER GRANTS, AWARDS AND SCHOLARSHIPS

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. Find more information on the [Students with Disabilities website](#).

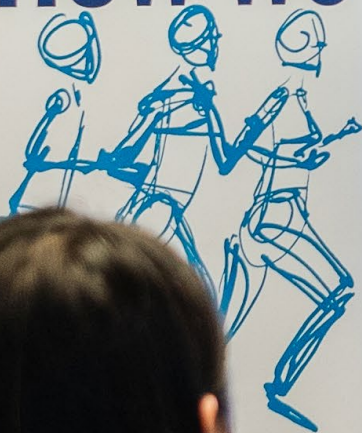




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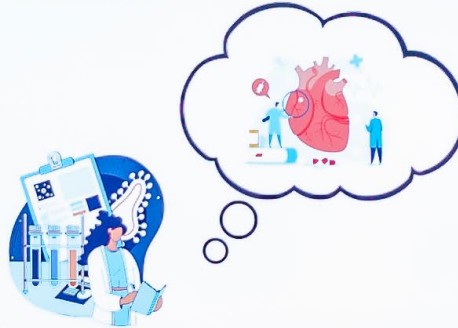
How we



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Heart Disease: 2nd Leading Cause of Death in
Canadian Women²



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION



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 you activate your UTORid. Log in at 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 (FCE) of academic courses. Course requirements are listed below.

FALL 2025

ANA124H1 Kinesiology Human Anatomy I: Organ Systems

This course is the first half of the human cadaveric anatomy experience for students in the KPE program. Students will explore gross anatomy of the thoracic, abdominal, pelvic and nervous systems with focus on the structure, function, innervation and blood supply. Students will be introduced to implications of function and dysfunction or disease within these systems. Students will learn through theory and practice including in-class lectures, asynchronous learning modules and digital resources, active learning tasks and hands-on practice in the anatomy laboratory.

Instructor: Prof. Judi Laprade
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.

Instructors: Prof. Doug Richards & TBD
Weight: 0.5 FCE



KPE162H1 Physical Activity and Healthy Lifestyles

This course focuses on the central role of physical activity in combination with other lifestyle choices including nutrition, substance use, sexual practices, the use of health care services, and so on in determining health. The inter-relationships among lifestyle choices and between them and the most common major health disorders are explored, with consideration of the social context in which these choices are made. In addition to physical activity, sedentarism and fitness, topics covered include: nutrition; immunity and infectious disease; substance use and abuse; cardiovascular diseases; cancer; mental health and disorders; sleep; trauma; environmental health; and health care/self-care practices. The course will use students' lifestyles on and off campus as examples of ways in which physical activity and other determinants of health are affected by personal choices; this includes consideration of the many formal and informal opportunities for physical activity that exist on campus.

Instructor: Prof. Doug Richards
Weight: 0.5 FCE

KPE182H1 Introduction to Movement Observation and Evaluation

Students will apply their knowledge of biomechanics, motor learning, psychology and exercise science to practical settings. 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.

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. Simon Darnell
Weight: 0.5 FCE



WINTER 2026

ANA125H1 Kinesiology Human Anatomy II: Musculoskeletal System

This course is the second half of the human cadaveric anatomy experience for students in the KPE program. Students will explore musculoskeletal anatomy, including in-depth investigation of the upper and lower limb bones, joints, ligaments, muscles, blood and nerve supply. Functional application of musculoskeletal anatomy with respect to movement will be introduced with real-life examples of exercise, injury and disease. Students will learn through theory and practice including in-class lectures, asynchronous learning modules and digital resources, active learning tasks and hands-on practice in the anatomy laboratory.

Instructor: Prof. Judi Laprade
Weight: 0.5 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. Daniel Sailofsky
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

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
Weight: 0.5 FCE

Year 1 Elective

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

We encourage first-year students to enrol in KPE255, which is offered in the winter term. This course would count toward your degree requirements as a Category B. Learn more about this course in the [KPE Undergraduate Academic Calendar](#).

The elective could also be an "other division elective," which may be taken at the St. George Campus. You may choose electives at the U of T Mississauga or Scarborough campuses if it is convenient for you.

Weight: 0.5 FCE

PLAN YOUR TIMETABLE



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.

OTHER DIVISION ELECTIVE

Search for an appropriate other division elective using KPE timetables at uoft.me/KPETimetable.

You may also use the U of T Timetable Builder to search for courses by term, subject or offering time at ttb.utoronto.ca.

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 balancing your timetable by enrolling in an other division elective in the second term (S section code). 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 at uoft.me/KPEStudentServices.



ENROL IN YOUR COURSES USING ACORN

KPE COURSE ENROLMENT BEGINS ON JULY 15, 2025

You can start enrolling in your courses at 6 a.m. ET on July 15, 2025 using the **ACORN** system. You are required to enrol in both the lecture and any applicable labs, practicals or tutorials. Log in to ACORN and add the courses below to your enrolled course list. It is recommended that you enrol in your courses early.

FALL 2025

- ANA124H1 F Lecture & Lab
- KPE160H1 F Lecture
- KPE162H1 F Lecture
- KPE182H1 F Lecture & Practical
- KPE190H1 F Lecture & Tutorial

WINTER 2026

- ANA125H1 S Lecture & Lab
- KPE100H1 S Lecture & Tutorial
- KPE120H1 S Lecture & Tutorial
- KPE161H1 S Lecture & Tutorial
- Elective (KPE255 or Other Division)

OTHER DIVISION ELECTIVE ENROLMENT BEGINS ON JULY 30, 2025

Enrolment for St. George Campus other division electives will begin at 6 a.m. ET on July 30, 2025. 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. The waiting list ends on September 11, 2025.

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. The waitlist ends on September 11, 2025.

BKIN

IN-FIELD LEARNING

A photograph of a cyclist's legs on a road bike, pedaling on a paved surface. The right leg is overlaid with a semi-transparent anatomical diagram of the muscles, showing the quadriceps and hamstrings in shades of orange and red. The cyclist is wearing yellow and black cycling shoes and black socks.

**NOTHING
COMPARES
TO REAL LIFE
EXPERIENCE**

APPLY AT [UOFT.ME/BKININFIELDLEARNING](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 2025–26 ACADEMIC YEAR

Tuition fees based on **100%** course load enrolment

- Domestic (Ontario Resident): **\$6,100** plus applicable incidental, system access & ancillary fees
- Domestic (Non-Ontario Resident): **\$7,250** plus applicable incidental, system access & ancillary fees
- International: **\$49,010** plus applicable incidental, system access & ancillary fees

100% course load enrolment consists of five courses in the fall term and five courses in the winter term.

To help you budget as a university student, visit the University's [Other Costs of University webpage](#).

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 29, 2025**. Learn more about the other costs of university and access U of T's financial planning calculator on the University's [Future Students website](#).

*Fees are determined on an annual basis and are confirmed in the Spring. Please visit the U of T University Registrar's [Fees and Payments website](#) for complete fees information.

STEPS TO PAY YOUR FEES

1. Log in to [ACORN](#) and click on 'Financial Account' to view your invoice.
2. Pay at least the Minimum Payment to Register (MPR) on your invoice by August 29, 2025.
3. To make a fee payment within Canada, payment must be made:
 - from a Canadian bank account
 - with a Canadian dollar denominated Mastercard or Visa credit card
 - with Higher Ed Points

For fee payments from outside of Canada, the University has authorized [Convera](#) and [Flywire](#) to process incoming international student tuition and residence fee payments.

Detailed payment options and instructions are available on the U of T University Registrar's [Fees and Payments website](#).

LET'S TALK MONEY: BUDGETING

As a new university student, this may be your first time living away from home and being responsible for what you spend each month. Budgeting is a critical financial planning tool that can help you achieve your financial goals by managing your income and expenses.

Visit the [University Registrar's website](#) to learn more.

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 by August 29, 2025**. 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 on the U of T University Registrar's [Fees and Payments website](#).

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 29, 2025 deferral deadline. For more information, please visit the U of T University Registrar's [Fees and Payments website](#).

A photograph of two female students in a laboratory or workshop setting. They are both wearing dark blue long-sleeved shirts. The student on the left is looking down at a piece of equipment, while the student on the right is smiling and looking towards the same equipment. The equipment appears to be a piece of scientific or technical machinery with various knobs and wires. The background is slightly blurred, showing other people and blue structural elements.

GO!

ENGAGE IN CAMPUS ACTIVITIES

Steps:

- 14. Key dates
- 15. Orientation
- 16. Get ready for your first week of classes
- 17. Student support and resources

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

Late August–Early September	Move into residence
August 26–30	Orientation events
September 1	Labour Day – no classes
September 2	Fall academic courses begin
September 15	Deadline to add first term courses on ACORN
October 13	Thanksgiving Day – no classes
October 27–31	Fall Reading Week – no classes
December 1	Last day of fall classes
December 5–23	Examination period for fall courses
December 24–January 2	Winter break
January 5	Winter academic courses begin
January 18	Deadline to add winter term courses on ACORN
February 16	Family Day – University closed
February 16–20	Winter Reading Week – no classes
April 3	Good Friday – University closed
April 6	Academic classes end
April 9–30	Examination period for winter courses

For more information about 2025-2026 Sessional Dates: [KPE Academic Calendar](#)

ORIENTATION

August 26–30

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 uoft.me/KPEFirstYear.



Get Ready for your First Week of Classes

YOUR FIRST WEEK OF CLASSES

Academic classes begin on Tuesday, September 2, 2025. Check your personal schedule on ACORN for information about your schedule. You can also refer to KPE's published timetables for course schedule information at 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 MS 2158 represents room 2158 in the Medical Sciences Building, 1 King's College Circle.

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. Log in to Quercus using your UTORid at 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.



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.

EXPLORE KPE INFORMATION

Your primary information sources for policies and procedures, important deadlines and resources include:

- [KPE website](#)
- [KPE Registration Guide](#)
- [KPE Academic Calendar](#)
- Emails from the KPE Office of the Registrar and Student Services

We recommend you explore these resources to become familiar with them.

Find up-to-date information specifically for BKin students on the [Undergraduate Studies page](#).

Student Support and Resources

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.

LEARNING STRATEGY SUPPORT

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 Centre for Learning Strategy Support 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.

You can also refer to the [Learning Strategy Toolkit](#) to get a headstart on finding effective ways to manage your time and study for university-level courses.

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 [Health Sciences Writing Centre website \(hswriting.ca\)](#) for more information and to book an appointment.

KINECTIONS

KINections is all about helping students connect with each other and get involved beyond the classroom. An initiative of KPE's Office of the Registrar and Student Services, KINections presents curated virtual and on-campus activities that support wellness and connection, at KPE and with the local and global community. Learn more at 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. The KPEUA is committed to creating events and initiatives that encompass the interests of the student body in a transparent manner.

Website kpeua.com
Instagram [@KPEUAuoft](https://www.instagram.com/KPEUAuoft)
Facebook [facebook.com/KPEUA](https://www.facebook.com/KPEUA)
uoftkpeua@gmail.com
Phone: **416-978-4893**



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.

INTERNATIONAL STUDENT SUPPORTS

As an international student you likely have questions and uncertainties about moving to a new city and studying in a new program.

PASSPORT TO SUCCESS

KPE's Office of the Registrar and Student Services is developing supports and events specifically for international students. Keep an eye on your email in late June for more details.

Pre-Arrival Help

U of T's [Centre for International Experience](#) (CIE) helps guide international students through the steps that should be taken before arriving in Toronto.

International Student Experience Ambassadors

Connect with a fellow international student before you arrive and get answers to your questions about student life at U of T, living in Toronto and more. These ambassadors can help guide you to the information and resources you'll need as an international student. uoft.me/ISEAmbassadors

STUDENT MENTAL HEALTH RESOURCE

From workshops and programs to in-person counselling and more, U of T has many free 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

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 free 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. If you live outside of Ontario, [U of T Telus Health Student Support](#) is recommended for immediate counselling access.

ANTI-RACISM AND CULTURAL DIVERSITY OFFICE

The Anti-Racism and Cultural Diversity Office (ARCD) 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 contact antiracism@utoronto.ca for assistance.

SEXUAL GENDER DIVERSITY OFFICE

The Sexual & Gender Diversity Office (SGDO) is a part of the Division of People Strategy, Equity & Culture at the University of Toronto. They provide support, resources and connect the University of Toronto with broader 2SLGBTQ+ communities. They develop partnerships to build supportive learning and working communities at the University of Toronto by working towards equity and challenging discrimination. They center principles of equity & intersectionality and provide various programming for students, staff & faculty. sgdo.utoronto.ca

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 at svpscentre.utoronto.ca

You are encouraged to review the online sexual violence prevention module at: svpscentre.utoronto.ca/learn/training before orientation and the first day of classes.

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.

ACCESSIBILITY SERVICES

Accessibility Services provides students with a network of resources to succeed at the University of Toronto, both inside and outside the classroom. Accessibility Services can help students navigate disability-related barriers, facilitate peer support and interactions, and provide various academic and social opportunities. Services may include test and exam arrangements, note-taking services, on-campus transportation, concussion support etc. Visit the [Accessibility Services website](#) to learn more.



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 review the policies on the [U of T Secretariat website](#).

RESPONSIBILITY TO CHECK YOUR U OF T EMAIL

Students are expected to monitor and retrieve their U of T email on a frequent and consistent basis. Students have the responsibility to recognize that certain communications may be time-critical. Failure to do so may result in a student missing important information and will not be considered an acceptable rationale for failing to receive official correspondence from the University. See the [University's Policy on Official Correspondence with Students](#) for more information.



KPE EQUITY, DIVERSITY, INCLUSION AND BELONGING 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.

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.

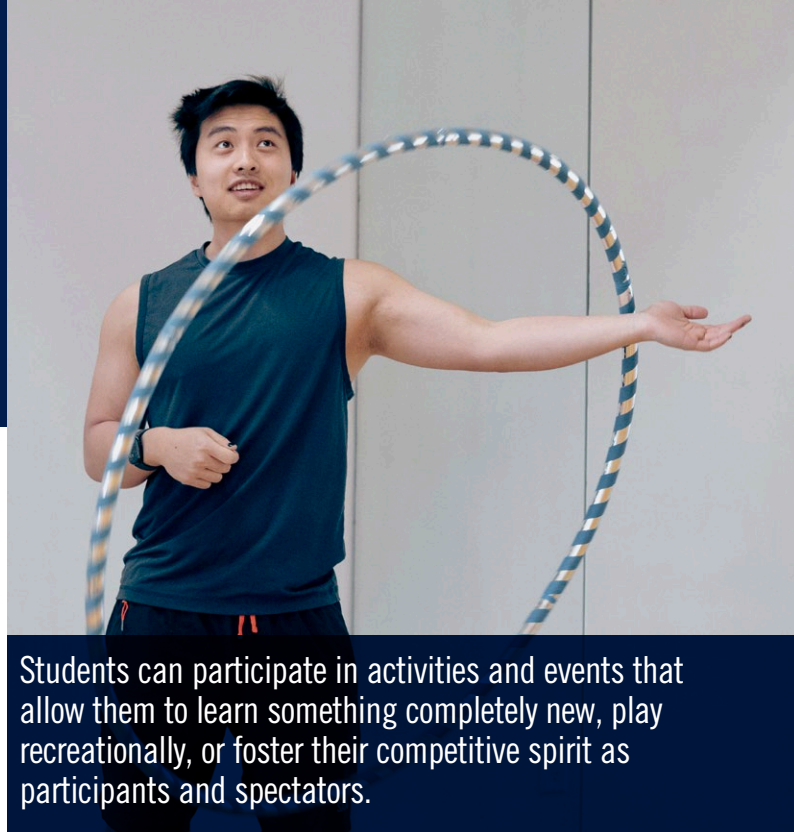
CO-CURRICULAR RECORD (CCR)

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. Visit the [Student Life website](#) to learn more about the 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](#) on Instagram.



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](#)), X ([@Varsity_Blues](#)), Instagram ([@VarsityBlues](#)) and YouTube ([/UofTVarsityBlues](#)).

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



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.

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

Centre for Learning Strategy Support: studentlife.utoronto.ca/department/academic-success

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

Sexual Violence Prevention & Support Centre: svpscentre.utoronto.ca

EXPLORE GLOBAL PERSPECTIVES **BKIN**

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INTO YOUR
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