



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Master of Kinesiology (MKin)

Handbook 2025-2026

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Table of Contents

MKin Sessional Dates 2025-2026.....	iii
Introduction	1
What is Professional Kinesiology?	2
MKin Program Information	3
MKin Program Requirements	5
Course Descriptions.....	6
Placement Information.....	11
Registration Information	14
Financial Assistance - Other Provincial/Territorial Loan Programs.....	15
Support Services and Resources	15
School of Graduate Studies	15
Professional Development Workshops.....	16
KPE Student Resources.....	16
KINections	16
Policies, Guidelines And Student Responsibilities	16
Faculty of Kinesiology and Physical Education Facilities.....	18
ACORN – Student Web Service	18
TCard Information/Library Information	18
Quercus	19
Grading.....	19
Transcripts.....	19
Convocation	19
Confirmation Letters.....	19
Contact Information	19

MKIN Sessional Dates 2025-2026

Fall Session 2025

July	14	Registration for Fall 2025 begins
July	29	Course enrollment for 2025-26 begins. View timetable
August	25	Recommended tuition fee payment deadline for international students registering or starting their program in the Fall session
September	1	Labour Day (University closed)
September	2	First day of most Fall session courses. Refer to course outline for course-specific dates and applicable exam dates.
September	12	Last day for tuition fee deferral (if eligible) or payment of minimum payment to register as per tuition invoice on ACORN for 2025–26 (after this date a late registration fee will be applied)
September	17	Final date to add full-year and Fall session courses
September	30	Payment deadline to avoid service charges on unpaid Fall (September to December) session tuition and non-tuition fee amounts. Details: studentaccount.utoronto.ca
October	13	Thanksgiving Day (University closed)
October	27-31	Reading Week
October	27	Final date to drop Fall session courses without academic penalty
November	27	Students registered in Fall/Winter: Remaining winter session (January to April) fees due by this date to avoid incurring service charges, which begin accruing on December 15
December	1	Last day of most classes. Refer to course outline for course-specific dates and applicable exam dates
December	24	Winter Break: December 25 – January 2, inclusive (University closed)

Winter Session 2026

January	5	First day of most Winter session courses. Refer to course outline for course-specific dates and applicable exam dates.
January	14	Fall session grades available for viewing by students on the Student Web Service (ACORN)
February	27	Final date to drop full-year and Winter session courses without academic penalty
February	16	Family Day (University closed)
February	16 - 20	Reading Week
April	3	Good Friday (University closed)
April	6	Last day of most classes. Refer to course outline for course-specific dates and applicable exam dates
April	30	Payment deadline to avoid service charges on unpaid Fall/Winter session (September to April) tuition and non-tuition fee amounts for students who had registered without payment (deferred). Details: studentaccount.utoronto.ca .

Summer Session 2026

May	11	Final date to enrol in May–June or May–August session courses
May	13	Winter session grades available for viewing by students on the Student Web Service (ACORN)
May	15	Presidential Day (University closed)
May	18	Victoria Day (University closed)
June	1	Final date to drop May–June F section courses without academic penalty
June	22	Final date to drop May–August session Y section courses without academic penalty
July	1	Canada Day (University closed)
July	15	Grades for May–June F section courses available for viewing by students on the Student Web Service (ACORN)
July	27	Final date to drop July–August S section courses without academic penalty



Introduction

Welcome to the Graduate Department of Kinesiology in the University of Toronto's Faculty of Kinesiology and Physical Education. This handbook is designed for students entering the Master of Kinesiology (MKin) program. The MKin program equips students with advanced knowledge and practical skills to become leaders in promoting health through movement and exercise. This program also provides unparalleled learning environments for hands-on practice working alongside leading practitioners. The purpose of this handbook is to provide information about the program's structure, expectations and policies.

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What is Professional Kinesiology?

On April 1, 2013, kinesiology in the province of Ontario became a regulated health-care profession. The College of Kinesiologists of Ontario (CKO) is the regulatory body that governs the profession of kinesiology in Ontario and receives its authority from the Kinesiology Act, 2007 and the Regulated Health Professions Act, 1991. In Ontario, any individual using the titles “Kinesiologist,” “Registered Kinesiologist,” or the designation “R.Kin,” must be registered with the College.

The CKO ensures kinesiologists maintain and enhance their skills and knowledge through established standards of practice and accountability.

According to the Ontario Kinesiology Association (OKA), an advocacy group for the profession in Ontario:

- Kinesiologists are leaders in the PREVENTION of injury, disability and chronic disease.
- Kinesiologists use exercise in the MANAGEMENT of injury, disability and chronic disease.
- Kinesiologists are devoted to improving PERFORMANCE, health, and overall quality of life.

By using a multidisciplinary approach kinesiologists are able to:

- ASSESS the unique physical, psychological and behavioral needs of diverse populations;
- DESIGN exercise-based interventions to address a range of sport, occupational and clinical objectives;
- IMPLEMENT evidence-informed exercise solutions to manage chronic conditions, prevent future problems and improve performance;
- EVALUATE the short- and long-term benefits of various exercise programs;
- Synthesize, TRANSLATE and exchange knowledge with other health care professionals.

Why an MKin?

- Become a leader in making movement inclusive and understood as essential to human health
- Network and advance expertise through 300 hours of professional practice
- Enrich your exercise program implementation and evaluation skills
- Work with top scholars and leading practitioners across diverse areas
- Learn through experience

What are some examples of kinesiology practice that our graduates will be prepared for?

Injury Prevention

- Providing pre-operative exercise training for people with cancer
- Facilitating exercise programming for elderly for the purpose of reducing risk of falls
- Enhancing physical activity levels in youth to reduce the risk of obesity
- Developing a functional training and physical conditioning program for athletes to reduce their risk of sport-related injury

Management of Chronic Conditions

- Designing exercise programs to reduce depression and improve mental health
- Implementing physical activity and exercise initiatives to assist with the management of diabetes, cardiovascular disease and cancer
- Using exercise to management debilitating conditions such as chronic low back pain and arthritis

Improving Health and Performance

- Using sports science testing and tailored training and conditioning to enhance athletic performance (e.g., functional movement screening and exercise interventions)
- Enhancing and maintaining the performance capabilities of firefighters through tactical strength and conditioning
- Promoting physical activity and implementing targeted programs to promote bone health in post-menopausal women

Adapted Physical Activity and Exercise Programming

- Adapting community recreation and sports programs to be inclusive for children with diverse ability levels
- Adapting sports training and conditioning for athletes returning to sport from acute injury (e.g., concussion) or managing a chronic sport injury (e.g., tendonitis)
- Adapting exercise programming for people with cardiovascular disease



MKin Program Information

Program Outcomes

The MKin program will focus on equipping graduates with the knowledge and skills to assess and improve health outcomes through movement, emphasizing the importance of ethical practice, cultural competence and evidence-based decision-making. Graduates will demonstrate expertise in designing and evaluating kinesiology programs for diverse populations, utilizing effective communication and leadership skills across various mediums. They will be prepared to advocate for equitable access to physical activity, critically assess the needs of individuals and communities, and apply program evaluation methods to enhance the quality and efficacy of kinesiology services. Special emphasis will also be placed on knowledge synthesis, collaboration with interprofessional health-care teams and conceptualizing future kinesiology practice.

Competencies

Depth and Breadth of Knowledge

MKin graduates will have the ability to recognize and critically assess the influence of psychological, sociological, environmental, and other factors on physical activity and movement. They will be equipped to articulate and advocate for the value of movement in promoting health, supporting rehabilitation and preventing illness. Additionally, graduates will be able to describe and measure how physical activity is implemented across diverse practice settings, demonstrating a comprehensive understanding of its role in various health and wellness contexts.

Application of Knowledge

MKin graduates will employ the depth and breadth of knowledge and skills to assess population needs, design effective interventions and improve health outcomes through movement. This is reflected in students who are able to:

- Conduct individual and population-level needs assessments to identify health challenges and opportunities for improvement through physical activity
- Critically evaluate research and literature in order to inform kinesiology practice.
- Understand the needs, constraints and contexts of diverse populations to support equitable health promotion
- Design, implement and evaluate evidence-based kinesiology programs that address the health and well-being of various communities
- Apply models of program evaluation to assess and enhance the quality, impact, and efficacy of kinesiology and related program delivery
- Translate assessment findings into actionable strategies that improve program outcomes and client experiences
- Integrate current knowledge of movement science into program development and delivery across diverse practice settingscurrent or new programs

Professional Capacity/Autonomy

MKin graduates will demonstrate ethical practice and integrity, while showing respect for and appreciation of diverse perspectives and forms of knowledge in making informed decisions. They will also exhibit a strong commitment to ensuring access to and the application of physical activity for diverse populations, reflecting their dedication to equity, inclusion and professional responsibility in the field of kinesiology.

Communication Skills

MKin graduates will demonstrate the ability to synthesize, translate and evaluate knowledge effectively, presenting complex information and insights to peers, field instructors and clients through a variety of mediums (e.g., face-to-face, video, online, presentations, etc.). They will also develop advanced skills in persuasive communication, enabling them to advocate for evidence-based practices and enhance their leadership abilities in diverse professional settings.





MKin Program Requirements

The MKin is a course-based graduate program, offering a mix of classroom and experiential education. This full-time, 12-month program is completed over three sessions. The MKin involves successful completion of 5.0 full-course equivalents (FCEs) as follows:

- KIN8101H Evidence Supported Practice in Kinesiology (0.5 FCE)
- KIN8330H Program Evaluation and Applied Research for Professionals (0.5 FCE)
- At least 2.0 FCEs in MKin designated courses
- KIN8530Y Placement (1.0 FCE; 300 hours of professional practice) and/or KIN8540Y Capstone (1.0 FCE)
- The remainder of courses may be drawn from any available graduate courses in the Graduate Department of Kinesiology and/or at the University of Toronto, in consultation with the Office of the Registrar and Student Services

THE MKin DEGREE PROGRAM MAY BE COMPLETED WITH A CONCENTRATION OR WITHOUT CONCENTRATION.

Concentrations:

- Exercise as Medicine
- Inclusive Physical Activity
- Health and Wellness

Concentration Requirements

- Students must follow departmental application procedures and can apply to only one MKin concentration.
- Students must successfully complete a total of 1.5 FCEs in courses designated for the area of concentration. These courses can count toward the 2.0 FCEs in MKin designated courses as listed in the program requirements.

COURSES RELATED TO AREA OF CONCENTRATION

Exercise as Medicine:

- KIN8116H Exercise & Mental Health
- KIN8117H Exercise Program Design
- KIN8124H Exercise and Cardiovascular Health
- KIN8125H Clinical Assessment of Movement Capacity
- KIN8126H Clinical Exercise Programming for Neurorehabilitation
- KIN8127H Exercise Programming for Cardiometabolic Health & Disease
- KIN8128H Exercise Oncology
- KIN8420H Exercise Psychology

Inclusive Physical Activity:

- KIN 8117H Exercise Program Design
- KIN 8133H Indigenous Communities, Health and Physical Activity
- KIN 8136H Physical Activity for Persons with Disabilities
- KIN8231H Sport Policy & Development
- KIN 8410H Social Justice in Health and Physical Activity

Health and Wellness:

- KIN8115H Movement for Health & Wellness
- KIN8116H Exercise & Mental Health
- KIN8117H Exercise Program Design
- KIN8128H Exercise Oncology
- KIN8248: Technologies for Wellness and Performance
- KIN8420H Exercise Psychology



Course Descriptions

KIN8101H Evidence Supported Practice in Kinesiology

Evidence-supported practice refers to the integration of available scientific evidence into decision-making processes to guide the assessment, design, delivery and evaluation of kinesiology services. Critical appraisal of research methodology and interpretation is an essential skill that ensures current best-practice approaches are maintained. In this course, students will enhance their understanding of a range of research design approaches and methodologies, practice guidelines, and knowledge translation strategies to clients and colleagues. Emphasized in this course are the development of advanced skills in primary research retrieval and evaluation, appraisal of different types of evidence, synthesis of research findings across studies towards evidence-based decision making, and strategies for application of research findings in practice. Students will practise discussing research and knowledge considering various audiences (researchers, practitioners, clients and the public) through various media. Concepts and frameworks from implementation science and knowledge translation will be used. A mixture of lectures, problem- and case-based learning sessions, and assignments will be used to aid in the development of knowledge and skills.

KIN8115H Movement for Health & Wellness

It is known that physical activity not only adds years to your life, but also life to your years. In this course, we explore the large body of evidence that relates different types of movement or exercise to longevity, functional capacity, risk of injury and psycho-social wellness. Each class considers a different aspect of that relationship, and identifies open questions or nuances in the evidence that warrant further enquiry. Students are assigned to research these issues and report back to the class with brief in-class presentations of their findings. In the end, students develop a leading-edge understanding of the relationships between movement and different aspects of wellness, and a familiarity with the evidence that supports their existence.

KIN8116H Exercise and Mental Health

Motivating and supporting exercise behaviours toward improved health are central to the role of kinesiologists in delivering client care. This course takes a psychosocial approach to understanding health behaviour and draws from research and practice in exercise psychology, health psychology and behavioural medicine. A variety of topics will be presented and discussed, including but not limited to, physical activity theories, measurement of behaviour, social relationships and support, quality of life, and behavioural interventions. The course content will be applied to understanding the complex interaction of clients' perceptions, goals, experiences, objectives, barriers and facilitators around exercise, and health behaviours and healthy lifestyle planning with a focus on mental health outcomes. Skill development will focus on individualized interviewing and counselling techniques, strategies to accommodate varying degrees of health literacy and dynamic approaches to establishing and monitoring health behaviour change. Students will engage in case-based learning, partner/small-group role-playing and lectures to develop a rich understanding of behaviour change theory and its application.

KIN8117H Exercise Program Design

This course provides students with the knowledge and skills necessary to design comprehensive exercise programs that suit specific health and fitness goals. In this course students are introduced to an integrated approach to exercise program design and implementation within the context of kinesiology. The central tenet of this integrated approach is that every individual, regardless of age, experience, fitness or job status, needs the capacity to meet the demands of their life. This model provides a common foundation to establish exercise recommendations to improve health, prevent injury, manage chronic disease and enhance performance. Students will improve their ability to meet clients' specific needs by developing an appreciation for the process of designing and implementing exercise programs. Using a combination of teaching styles, small and large group activities, case studies, and hands-on experiences, students will be provided with the knowledge and tools to make exercise matter for any client.

KIN8124H Exercise and Cardiovascular Health

This course provides students with an opportunity to explore the physiology of cardiovascular health with respect to exercise performance alongside the pathophysiology of cardiovascular disease and the role of physical activity. Students will deconstruct the oxygen delivery pathway from the lung to the active skeletal muscle in health and disease while applying transferable physiological models to develop the ability to discuss physiological limitations in common cardiovascular disease states including heart failure, pulmonary/systemic hypertension and thrombosis. This course will develop students' capacity to critically assess the literature and present evidence to support their scientific interpretation while contextualizing the role of exercise and physical activity. This integrative physiology course will provide students with the foundational knowledge required to excel in research and professional practice in health-related fields.

KIN8125H Clinical Assessment of Movement Capacity

Kinesiologists typically assess individuals' movement capacity using observations of their ability to execute whole-body, functional movement patterns. When someone is unable to perform such movements, or performs them in undesirable ways, there are multiple possibilities as to why this is the case. In this course, we consider the underlying components of movement capacity, and potential causes of incapacity including neuro-musculo-skeletal health disorders. Students learn about the process of clinical reasoning that links manifestations of movement incapacity to potential underlying causes, and develop skills related to the techniques of assessment that underlie that reasoning. A mixture of lectures and practical laboratories will be used to aid in the development of knowledge and skills related to clinical assessment.

KIN8126H Exercise Programming for Neurorehabilitation

This course explores the application of exercise science principles in designing and implementing safe, effective and evidence-based exercise interventions for individuals with various clinical conditions, including congenital heart disease, stroke, spinal cord injury and multiple sclerosis. Students will examine the physiological effects of exercise on different diseases and conditions, the unique needs of clinical populations, and the role of exercise in rehabilitation and health care settings. Through case-based learning sessions, small and large group discussions, presentations, written assignments, and laboratory work, students will gain both theoretical knowledge and practical skills necessary to develop and apply evidence-based exercise prescriptions in clinical practice. Emphasis will be placed on the integration of critical thinking, peer feedback and evidence-based decision-making in clinical settings. Additionally, students will develop and apply communication and physical skills relevant to exercise programming, ensuring they are prepared to assess, prescribe, and adapt exercise interventions to meet the diverse needs of individuals in health care and rehabilitation environments.

KIN8127H Exercise Programming for Cardiometabolic Health & Disease

This course focuses on the application of exercise for populations at risk for and with cardiometabolic diseases in both research and general non-hospital-based settings. Students will learn the principles of clinical exercise testing and prescription with special considerations for research design and common conditions within the general population including obesity, cardiovascular risk factors, metabolic risk factors, cancers associated with cardiometabolic risk, type 2 diabetes as well as aging-related impairments. Emphasis will be placed on the demonstration of critical thinking, peer feedback, evidence-based decision making, and application of communication and physical skills relevant to exercise. Through case-based learning sessions, small and large group discussions, presentations, written assignments, and laboratories, students will gain the knowledge and skills necessary to design and implement exercise-based research studies and to work with clients as an exercise professional.

KIN8128H Exercise Oncology

This course is designed to provide an overview of the role of physical activity in cancer control. Evidence for the effectiveness of physical activity in coping with treatments, recovery after treatments and survivorship will be examined. The objectives of the course are to (1) obtain a basic understanding of cancer including its epidemiology, treatments and side effects, (2) gain a comprehensive understanding about the role of exercise for cancer survivors during and after treatment, and (3) identify the key outcomes and determinants of physical activity. A multidisciplinary perspective will be taken drawing from kinesiology, oncology, epidemiology, psychology, rehabilitation medicine and health promotion. Course emphasis will be placed on reading, student participation, critiques and presentations.

KIN8133H Indigenous Communities, Health and Physical Activity

This course offers a comprehensive exploration of the intersection between Indigenous communities, health, and physical activity. Students will engage in critical discussions about historical and cultural factors influencing Indigenous health and physical activity, focusing on community-based approaches, settler colonialism and decolonization. The ways settler colonialism continues to impact the health and physical activity of Indigenous peoples in Canada will be examined. As well, Indigenous-led frameworks for promotion of health resurgence will be advanced. This course aims to prepare students to work effectively with Indigenous communities, respecting their cultural values and traditions while promoting health and physical activity initiatives that align with their unique perspectives on wellness toward becoming anti-racist allies in Indigenous health. Graduates will be equipped with the knowledge and skills to contribute meaningfully to Indigenous health promotion efforts and engage in culturally respectful practices in their professional careers.

KIN8136H Physical Activity for Persons with Disabilities

This course is designed to provide students with a comprehensive understanding of the importance of physical activity for individuals with disabilities. This course explores various disabilities and their impact on motor, sensory, and cognitive functioning and overall well-being. Students will learn strategies to support the physical activity of persons with disabilities in a variety of physical activity settings, inclusive teaching and assessment methods, and how to design individualized exercise programs to enhance the well-being of persons with disabilities. Through a combination of lectures and practical activities, emphasis will be placed on promoting inclusivity, accessibility and empowerment through physical activity.

KIN8231H Sport Policy & Development

Sport has long been understood to have significant social and political implications, both positive and negative. The significance of these implications has only been bolstered by the recent institutionalization of sport in the service of international development and peace building. For example, in announcing the new Sustainable Development Goals, the United Nations referred to sport as an “important enabler of sustainable development.” With this context in mind, this course is designed to stimulate and propel scholarly discussion and analysis of the relationship between sport and social development. The course materials and discussion will approach this relationship from a variety of viewpoints, including, but not limited to, history, politics, policy studies, social theory and political economy. Students will draw on the materials, discussions and activities in the course to gain insights into the formulation, implementation and evaluation of sports policies, as well as their role in fostering sustainable sports development and societal well-being.

KIN8248H Technologies for Wellness and Performance

This course delves into the intersection between technologies, wellness and human performance. Students will explore how cutting-edge technologies relevant to kinesiology and sport sciences. This course will first provide a survey of tools and systems, as well as how they relate to human functions. The tools to be considered include wearable devices, mobile applications, and data analytics tools that can gather human motor and physiological functions or use real-time or delayed analytics output to alter human motor and physiological functions. Through lectures, critical discussions and hands-on experiences, this course will help students to critically evaluate, implement, and innovate with regard to technologies in kinesiology and sport sciences.

KIN8330H Program Evaluation and Applied Research for Professionals

The emphasis of this course is on understanding the various paradigms, methods and types of knowledge that may be used to evaluate programs. Topics will include distinguishing research, assessment and evaluation, the evaluation process, developing an evaluation question, paradigms and models of program evaluation, quality criteria, and ethical considerations in program evaluation. Learning outcomes will be achieved through a combination of lectures, critical discussion, group work and applied assignments.

KIN8410H Social Justice in Health and Physical Activity

This course is intended to provide students with a graduate level introduction to physical cultural studies (PCS) of health and physical activity from inter- and trans-disciplinary theoretical perspectives. In the process of examining PCS theoretical paradigms, we will pay attention to a range of key thinkers who have contributed to the study of PCS of health and physical activity. We will also introduce anti-oppression scholars whose theoretical and analytical paradigms continue to offer PCS alternative and radical visions for social justice. The relationships between culture, power, embodiment, the production of knowledge and the conditions under which lives are governed, subjected to practices of normativity, discipline, scientization, (dis)placement, othering, vulnerability, and violence will be examined. We will explore how the future of PCS of health and physical activity might benefit from philosophical, social, and political paradigms of resistance, abolition, livingness, responsibility and reciprocity and from new ways of ordering earthly life.

KIN8420H Exercise Psychology

This course examines research, literature and applied skills related to the psychology of physical activity, exercise and health. The course takes a biopsychosocial approach to understanding health behaviour and draws from research and practice in exercise psychology, health psychology and behavioural medicine. A variety of topics will be presented and discussed, including but not limited to, physical activity theories, measurement of behaviour, self-concept and body image, identity and schema, affect and emotion, social relationships and support, clinical populations and exercise, quality of life, and behavioural interventions.

KIN8455H Movement Analysis for the Sport Sciences

The analysis and interpretation of human motion are fundamental aspects of sport science, playing a key role in maximizing human performance, guiding equipment design, identifying musculoskeletal injury risks, and supporting rehabilitation. To advance knowledge in these areas, sport science professionals often need to manage and analyze large human motion datasets in both research and applied settings. This course will introduce students to the various tools and techniques used to quantify and analyze human motion, emphasizing their biological basis and practical applications in sport science and biomechanics. The course will offer a balanced approach, combining instruction on computational theory and standard conventions with hands-on experience using both open-source and commercially available motion analysis software widely used in industry and research laboratories. Additionally, we will explore the underlying assumptions built into many motion analysis tools and examine how these simplifications can impact the quantities and interpretations of kinematic and kinetic outcome variables. By the end of this course, students will have developed a strong theoretical and practical foundation, preparing them to effectively and independently analyze complex human motion data in both applied and research contexts.

KIN8530Y Placement

The field placement experience is designed to provide students with hands-on, practical experience in a professional setting related to their field of study, and to enhance their skills and develop a deeper understanding of their chosen field of work. Students will be placed in organizations where they are expected to complete 300 placement hours under the supervision of experienced professionals, gaining valuable insights into the day-to-day operations of the industry. Students are expected to actively engage in the placement experience, seek guidance from mentors, and reflect on their personal and professional development throughout the course, culminating in the completion of a final reflection report on the placement and integrating their practical experience with previous theoretical learning in the graduate program. Possible settings include hospitals, clinics, sport and exercise organizations, and community centres. This is a credit/no-credit course.

KIN8540Y Capstone

In this capstone project, students will draw upon a mixture of course and practical experience to develop a comprehensive plan to improve a specific area of practice. This may take the form of a plan for a new or improved program in the field or improved implementation of known best practices. Students will develop and demonstrate their ability to support, foster, and promote equity, diversity, inclusion and belonging in professional practice. Students will be guided to use knowledge and skills acquired throughout the program to develop their ideas. Students will have an opportunity to share their final projects in a conference-style atmosphere. This is a credit/no-credit course.



Selecting the Placement and/or Capstone Option

In the Fall term, students will be invited to complete a survey indicating their interest in enrolling in the placement course (**KIN8530Y**) and/or the capstone course (**KIN8540Y**). Based on the responses, the appropriate course(s) will be added to each student's academic record by the Graduate Programs team.

Students who choose to participate in the placement course will be contacted by the Experiential Learning team to discuss next steps in the placement process.



Dropping the Placement or Capstone Course

Completion of either the placement (**KIN8530Y**) or capstone (**KIN8540Y**) course is required to fulfill program requirements. Students who have enrolled in both courses and wish to drop one must ensure that all remaining Full-Course Equivalent (FCE) requirements are met in order to be eligible for degree completion.

Students intending to drop either the placement or capstone course must submit a request, including a brief rationale, to grad.kpe@utoronto.ca by April 1 of the Winter term.

Selecting a Concentration

In the Summer term, students will be invited to complete a survey indicating their interest in adding a concentration. To be eligible for a concentration, students must successfully complete a minimum of 1.5 Full-Course Equivalents (FCEs) in courses designated for the selected area of concentration.

Requesting a Program Transfer

Students may request a change in their attendance status from full-time to part-time studies or from part-time to full-time studies. To initiate this process, students must complete and submit a **Program Transfer Form** to grad.kpe@utoronto.ca by December 1 of the Fall term.

Students should be aware that a change in attendance status may impact tuition fees, course availability, and time to degree completion. It is strongly recommended that students consult with the Graduate Programs team by contacting grad.kpe@utoronto.ca in advance of submitting your request by the December 1 deadline.



Placement Information

The MKin program provides unparalleled hands-on learning experiences for students to work alongside leading researchers and practitioners on campus and across the GTA.

MKin students will gain hands-on professional experience through placements with external partner organizations secured by the Faculty. The intention of these community placements is for students to integrate the knowledge and skills acquired through the first eight months of the program within an organization, with ties to the practice of kinesiology.

General liability and health and safety insurance are maintained for all students while on placement. Each placement opportunity is unpaid and will emphasize specific learning activities.

MKin Shirts

Students will be given one complimentary MKin T-shirt.

In the case that a T-shirt is misplaced, a replacement T-shirt can be ordered at the student's expense.

Placement Requirements

Students will engage in 300 hours of hands-on professional experience from May - August.

Placements

Full details for placements, including the area of focus, learning activities, locations and prerequisites, will be provided to students in the Winter term.

Students will apply to and rank their preferences. Rankings do not guarantee placements of top choice, however serious considerations are given to ranked interests and preferences.

Matches are announced in February. There will be workshops and resources to support students as they prepare placement applications.

Requirements for Placements

If you decide to complete a professional placement, many placement sites require you to complete prerequisites before you can begin your hours. These can include a Police Check (Vulnerable Sector Check, Criminal Record Check), Standard First Aid & CPR, Canadian Strength and Conditioning Association (CSCP) and/or up-to-date immunization records.

It may take 4-6 weeks to complete the process of attaining these placement prerequisites. Costs associated with completing prerequisites are your responsibility. If you plan on ranking a hospital or clinical setting, we recommend you meet with your health care professional at the start of the MKin program to begin the process of updating your immunization records.

If you have any questions about placement prerequisites, do not hesitate to reach out to the Experiential Learning team at placements.kpe@utoronto.ca

International Student Work Permit for Professional Placement

International students will need to apply for a work permit for their professional placement since they will be working more than 24 hours a week off-campus. The KPE Graduate Programs team will send each international student a letter at the start of the MKin program confirming that the professional placement is work experience that is an integral part of the degree completion, that you are required to complete 300 hours at the placement and that it does not constitute more than 50% of the program.

It is the responsibility of the international student to send this letter to Immigration, Refugees and Citizenship Canada (IRCC) immediately to begin the process of getting your work permit.

Support is available through the U of T Centre for International Experience (CIE) office by talking to a Student Immigration Advisor. Visit the [CIE website](#) for details on booking an appointment.



Formal Accommodations for Professional Placements

KPE is committed to creating and facilitating equitable access to placements. Disability-related barriers may impact student's access to placements. Accommodations can help remove these barriers. All students must meet the minimum program requirements and essential competencies. This can be achieved while accessing accommodations.

Formal accommodations during the MKin professional placement requires collaboration between the student, KPE Experiential Learning team, the placement site and Accessibility Services.

The process to secure formal accommodations involves:

1. Students with disabilities who require accommodations for their professional placement should meet with their Accessibility Advisor before the start of the Winter term.
Visit the [SGS website](#) for more information on accessibility resources and supports.
2. A Student and Accessibility Advisor will assess placement accommodation needs.
3. The Accessibility Advisor will write and send a placement accommodation letter to the KPE Experiential Learning team. This letter will specify if there are any specific accommodations that should be considered before the matching process begins.
4. The student meets with the KPE Experiential Learning team to review accommodations, privacy and preferences in communicating with the placement site.
5. Once the student is matched with a placement, the student or KPE Experiential Learning team (as agreed in step four) shares the placement accommodation letter with the placement site mentor.



Professionalism

Whether in a classroom or placement setting, in your capacity as an MKin student, you are representing the Faculty of Kinesiology and Physical Education and the University of Toronto. As such, we expect high levels of professionalism at all times, in both professional and academic settings.

KPE Mission

As an MKin student you will be expected to conduct yourself in accordance with the mission of the Faculty of Kinesiology and Physical Education to “develop, advance and disseminate knowledge about physical activity, health and their interactions through education, research, leadership and the provision of opportunity.”

Core Values

Students are expected to conduct themselves in a manner consistent with the following core values:

Respect – Uphold the highest respect for fellow peers, colleagues, instructors, clients and the environment in which you practise and train, and always act and communicate in a manner that is equitable, inclusive, fair and appropriate for the clientele you are interacting with and the context in which you are interacting.

Integrity – Hold yourself accountable to the highest moral standards and principles in any task undertaken and in all relationships developed.

Commitment – Commit to providing the highest quality service and pursuing personal and professional development.

Adherence to University and Placement Site Policies

It is the student’s responsibility to adhere to all University policies (including procedures, rules and regulations) that apply to students at the University, including but not limited to academic and research policies, policies relating to off-campus activities and policies relating to student conduct. The applicable policies, procedures, rules and regulations of the University may be found online on [the University’s Planning & Policy website](#).

When on placement, it is the student’s responsibility to also be aware of and adhere to the placement site’s policies that are relevant to your activities. In cases of conflict between the University’s academic and research-related policies and the applicable placement site policies, the University’s policies will prevail. In the case of conflict between the University’s non-academic and non-research related policies and the placement site’s policies that apply specifically to the activities of the student at the placement site, the placement site’s policies will prevail. In the case of conflict not resolved by the foregoing, the parties will decide on a case-by-case basis which policy applies.

Privacy and Confidentiality

You are expected to comply with all applicable legislation with respect to privacy, including the [Freedom of Information and Protection of Privacy Act \(FIPPA\)](#), by which the University of Toronto is bound.

Status of Students When on Placement

You must be in good academic standing to participate in a placement. In the event that you cease to meet the academic requirements, are suspended, are subject to any type of University discipline or cease to be a registered student at the University, the placement will end coincident with the cessation of your status, unless the parties agree otherwise.



Registration Information

Course Enrolment

Courses offered in the Master of Kinesiology program are a combination of mandatory courses, designated courses and elective courses. Students will be pre-enrolled in their mandatory courses by the KPE Office of the Registrar and Student Services. Students considering dropping a course should contact the Graduate Programs team in KPE's Office of the Registrar and Student Services at grad.kpe@utoronto.ca prior to the corresponding course drop deadline indicated in the [MKin 2025-2026 Session Dates listed on p. iii](#). Dropping a course may have significant impact on a student's progress through the program.

Tuition Fees

MKin tuition fees are charged as program fees. The fees for domestic and international students are available on the U of T University Registrar's [Fees and Payments website](#). Your tuition fee invoice (for September 2025 to August 2026) will be available on ACORN in mid-July.

To be fully registered for the Fall/Winter sessions, you must pay the minimum payment to register or, if you are receiving OSAP funding, defer your fees by September 12, 2025.

For international students registering or starting their program in the Fall session the recommended tuition payment deadline is August 23, to ensure coverage by the University Health Insurance Plan (UHIP) at the beginning of September. Once you have paid your minimum payment to register or you have deferred your tuition fees, your status will automatically change from "invite" (INVT) to "registered" (REG) on ACORN within seven business days of payment.

Failure to pay the minimum payment to register or arrange deferral of tuition fees by September 12, 2025 will result in cancellation of enrolment in all courses and you will be subject to late registration fees. International students must make a payment by this date to ensure they are covered by UHIP at the beginning of September.

Tips for Making Tuition Fee Payments

You can pay your fees like a bill — at a bank, via telephone or internet banking, or at a bank machine. To pay at a bank machine or at a teller, take a copy of your account in invoice format printed from ACORN with you. Your account number (on the top right-hand corner of the invoice) and student number printed on the account are needed to ensure the payment is credited to your account.

If you would like to pay online or by phone, add the University of Toronto to your list of bills, using the account number located on the top right-hand corner of your invoice on your account on the Student Web Service. The account number consists of up to the first five characters of your surname (in capital letters) and 10 numbers which will be your student number with leading zeros.

For more information on tuition fees, fee payment and service charges, please review the U of T University Registrar's [Fees and Payments website](#).

Standards and Expectations When on Placement

Professional Standards: When working in a professional environment you are expected to act and speak accordingly.

Attire: Students must dress in a professional manner, with attire that is appropriate for the specific placement or as indicated by the mentor.

Minimum effective dose: Be diligent and efficient with time and training.

Referral: You are expected to work within the scope of practice of a kinesiologist. All other matters must be referred to appropriate support staff/personnel.

Professional placements are secured through the faculty and have been planned in advance with the external organization. Start and end times of placements are non-negotiable.

Students are expected to complete 300 placement hours to meet program requirements.

It is the student's responsibility to secure all placement prerequisites/training requirements well in advance of beginning the placement. The faculty will assist with this process and identify any necessary prerequisites.

Students must fulfill their professional commitment and be available on the dates outlined on the MKin Program Timetable on p. 6. Once matched with a placement, the placement is final.

Requests to change placement requirements due to unavoidable circumstances or medical reasons need to be submitted before the placement begins and requires approval by the KPE Office of the Registrar and Student Services prior to discussion with the placement supervisor.

The MKin program can only be completed full time. While it may be possible for full-time students to maintain part-time work on the side, it is the student's responsibility to ensure that they are able to meet the rigorous program requirements. Students are required to be available during class time and for their placements, which may have diverse schedules.

Tuition Fee Deferral (Based on OSAP)

Online Tuition Fee Deferral Students receiving OSAP funding may request a temporary tuition fee deferral, which allows them to be fully registered in their courses without paying the minimum fee before the fee deadline. Please visit the U of T University Registrar's [Fees and Payments](#) website for details and instructions on how to defer your tuition fees.

Financial Assistance – Ontario Student Assistance Program (OSAP)

As an MKin student you are eligible for financial assistance through Ontario Student Assistance Program (OSAP). OSAP provides need-based financial assistance to Ontario residents who are Canadian citizens, permanent residents or protected persons (recognized convention refugees). Students with course loads of 60 per cent or greater are considered for both federal and provincial interest-free student loans and grants to assist with educational and living expenses. For more information, please visit [the OSAP website](#).

Financial Assistance - Other Provincial/Territorial Loan Programs

For information regarding loan programs at other provinces or territories, please visit the University's [Financial Aid website](#).

Support Services and Resources

Academic success requires support beyond the classroom. The Faculty of Kinesiology and Physical Education and the University of Toronto offer many services to make your campus experience a positive one. For workplace accommodation during placement, please consult the [Accessibility Services Graduate and Professional Program Student Handbook](#). Below are some key resources to get you started:

- **Accessibility Services**
Supports students through academic accommodations to achieve academic and co-curricular success
- **Health Sciences Writing Centre**
Supports students through the various stages and potential challenges of academic writing
- **Housing Services**
Information on campus and non-campus accommodation, vacancies, online registry and FAQs
- **Sexual and Gender Diversity Office**
Promotes the sexual diversity of the students, staff and faculty at U of T
- **Student Life Centre**
Learn about resources to encourage a balanced and dynamic campus life, beyond the classroom

If you do not find the resources you require on these websites, please feel free to contact the Graduate Programs team in KPE's Office of the Registrar and Student Services directly via email at grad.kpe@utoronto.ca or via phone at **416-946-3645**.

David L. MacIntosh Sport Medicine Clinic

The [David L. MacIntosh Sport Medicine Clinic](#) is a comprehensive sport medicine care facility. The clinic's staff includes certified athletic therapists, sport and manual physiotherapists, sport massage therapists, sport physicians, orthopaedic surgeons, a certified podiatrist and a registered psychologist (in clinical neuropsychology). The clinic's services are available to anyone with sport or exercise-related injuries or inquiries.

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.

Anti-Racism and Cultural Diversity Office (ARCDO)

The office is mandated to provide support to students, staff and faculty across the three campuses. The Office engages collaboratively with stakeholders on campus to enable the University's academic mission through the integration of its commitment to equity, diversity and inclusivity. For more information, please visit the [ARCDO website](#).

You are encouraged to review the online sexual violence prevention module at uoft.me/SVEPtraining before attending Orientation day.

School of Graduate Studies

The School of Graduate Studies (SGS) offers an immense array of services that cater to any need a student may have. These include, but are not limited to, conflict resolution, campus life, equity and diversity, family resources and health and safety.

GradHub

[GradHub](#) is designed to help you navigate grad life at U of T and connect you to workshops, social events, campus services and resources. GradHub provides community through programs where you can gain balance, build skills, seek support and connect with other graduate students across disciplines. To view more information on activities and support resources, visit the [GradHub](#) website.

Graduate Centre for Academic Communication

The [Graduate Centre for Academic Communication](#) (GCAC) provides graduate students with advanced training in academic writing and speaking. The GCAC offers five types of support designed to target the needs of both native and non-native speakers of English: non-credit courses, single-session workshops, individual writing consultations, writing intensives, and a list of additional resources for academic writing and speaking.

Centre for Graduate Professional Development

The [Centre for Graduate Professional Development](#) (CGPD) is the central hub that supports graduate student professional development needs at the University of Toronto.

Graduate Counselling Services

The School of Graduate Studies has partnered with the Office of Student Life to expand the outreach provided by Health and Wellness to the graduate student community.

To better meet the diverse needs of the graduate student population, graduate students can access counselling services at the School of Graduate Studies. The Wellness Counsellor will offer brief counselling services tailored to the challenges presented by graduate-level university life. The focus of counselling is on strengths, resiliency and skills-building.

Financial Advising

Financial advising can help relieve your stress, resolve your immediate financial problems and help you plan for the future. Financial advisors are trained to assist currently registered students in all aspects of financial management, including planning a budget and debt load management. For more information or to schedule an appointment, please visit the SGS [Financial Advising](#) website.

Wellness Workshops

Wellness workshops are offered by the Health and Wellness Centre. Topics of these workshops range from balanced living and emotional regulation to healthy behaviours and many others. For more information and to view the schedule of the workshops, please visit the [Wellness Workshop](#) website.

Professional Development Workshops

A series of professional development workshops are presented throughout the program. These workshops are specifically designed for the MKin students to support their placement and professional development.

KPE Student Resources

Academic Learning Strategist

Learning strategist appointments are recommended for students who wish to achieve academic success in their university studies and improve their grades, learning skills and study habits.

Career Educator

Career advising appointments are for those facing challenges in identifying, strategizing and moving forward in their own career journey.

To book an appointment with a learning strategist or career educator please email grad.kpe@utoronto.ca with your request. Ensure that you include the following information with your appointment request:

- Full name
- Student number
- UTORid
- Name of the advisor you would like to meet with
- Appointment dates and times that work for you
- Topic(s) you would like to discuss during the appointment

KPE Wellness Counsellor

The Faculty, in partnership with the U of T Health and Wellness Centre, offers confidential counselling services to graduate students enrolled in KPE degree programs. Many students find it helpful to meet with a counsellor to learn how to manage stress around schedules, exams, relationships, or any unexpected challenge.

To book an appointment, contact the Health and Wellness Centre at **416-978-8030** and ask to book a time with the KPE counsellor.

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. Learn more on the [KINections website](#).

Policies, Guidelines And Student Responsibilities

It is your responsibility to be aware of policies, procedures and deadlines during the course of the degree. You are expected to comply with the School of Graduate Studies (SGS) policies as detailed in the [School of Graduate Studies Calendar](#).

Get to know your rights and responsibilities. Find out about U of T policies, SGS regulations, memos and guidelines on intellectual property by visiting the [SGS Policies and Guidelines](#) website.

Student Code of Conduct

MKin students are expected to act in accordance with the Code of Student Conduct outlined in the current [School of Graduate Studies Calendar](#) as defined by the Office of Governing Council, University of Toronto.



Avoiding Cheating and Plagiarism

U of T prohibits cheating and plagiarism and enforces severe penalties against students who break the rules outlined in the Code of Behaviour on Academic Matters, which include:

- Using unauthorized aids on an exam or test
- Looking at someone else's answers during an exam or test
- Falsifying documents or grades
- Making up sources or facts for an essay or report
- Submitting the same work in more than one course (without permission)
- Submitting someone else's work as your own

Official Correspondence with Students

As per University of Toronto policy, The University and its divisions and the Graduate Department of Kinesiology will communicate with students primarily via email, and all students are required to obtain and maintain a University of Toronto email address. This is the only email address that will be used for official correspondence. Official correspondence may include, but is not limited to, matters related to students' participation in their academic programs, important information concerning University and program scheduling, fees information and other matters concerning the administration and governance of the University. Students are responsible for maintaining and updating their contact information on the student information system (**ACORN**). This information must include current and valid mailing and permanent addresses as well as a University of Toronto email address. Failure to provide and maintain this information may result in missing important information and will not be considered an acceptable rationale for failing to receive official correspondence from the University.

Attendance

Students are expected to attend every class.

Petitions

Policies and procedures are intended to ensure that all students in the Faculty are treated equitably and fairly. However, in some cases there are valid reasons why students should be granted an exception from these policies and procedures. Consideration will be given to the needs of students who are experiencing problems that are beyond their power to foresee or control. Most of these situations concern illness, personal problems, accidents, family difficulties, etc. Appropriate documentation is required for all petitions.

Petitions are not always granted.

Students considering a petition, or who are having problems that are interfering significantly with academic work are advised to seek assistance from the KPE Office of the Registrar and Student Services.

Petitions and other special requests must be accompanied with supporting documentation, e.g. a petitions form along with a Verification of Student Illness or Injury form (if applicable). Students have 24 hours from the date of the missed assessment to submit their written request for a petition. You should seek assistance from the Graduate Programs team in KPE's Office of the Registrar and Student Services as soon as you can to discuss your situation and begin the process of filing your petition. If you are unwell or unable to come to the Office, please contact grad.kpe@utoronto.ca with your information. The paperwork may follow. Students have one week from the missed assessment to submit all the required paperwork to the KPE Office of the Registrar and Student Services and all petitions must be submitted to the KPE Office of the Registrar and Student Services for review by the Graduate Committee.

Course Work Extensions

Occasionally due to unforeseen circumstances (usually documented medical or similar) students may require additional time beyond the grade submission deadline to complete course work. Course work extensions must be signed by the course instructor and submitted to the Registrar's Office for review by the Graduate Committee through the submission of an **Extension to Complete Coursework Form**. Approved extensions will be marked as SDF on the student's transcript until the final course grade is received. Students requiring additional time beyond the initial extension must contact the Graduate Programs team in KPE's Office of the Registrar and Student Services at grad.kpe@utoronto.ca.

Appeals

Any student who would like to submit any appeals will need to contact the Graduate Programs team in KPE's Office of the Registrar and Student Services at grad.kpe@utoronto.ca. All appeals will be handled as per the SGS Appeals Policy.

Leaves of Absence

Students considering a leave of absence from the program must contact the Graduate Programs team in KPE's Office of the Registrar and Student Services at grad.kpe@utoronto.ca to discuss options. Due to the structure of the MKin program a leave of absence can have an impact on a student's progress through the program, therefore it is recommended that leaves are taken for a full academic year (three sessions). Leaves of absence are not permitted within the first term of the start of the program (13 weeks). In general, students on leave may not make demands upon the resources of the university or attend courses. Once on leave, students will neither be registered nor will they be required to pay fees for this period.

Withdrawal

Students considering program withdrawal must contact the Graduate Programs team in KPE's Office of the Registrar and Student Services at grad.kpe@utoronto.ca to discuss options.

Any student who withdraws from the MKin program and is interested in rejoining must re-apply to the program in the following year to continue the program. Re-admission is not guaranteed.

Faculty of Kinesiology and Physical Education Facilities

Athletic Centre (Corner of Harbord St. and Spadina Ave.)

With seven gymnasiums, three pools (including the only Olympic-sized pool in downtown Toronto), a strength and conditioning centre, indoor track, dance studio, cardio machines, tennis and squash courts, there really is something for everybody! Facilities are available for use by U of T students and all other Athletic Centre members.

Goldring Centre for High Performance Sport (100 Devonshire Place)

The Goldring Centre for High Performance Sport is a multi-storey sport and exercise facility housing a 2,000-seat, internationally rated field house for basketball, volleyball and other court sports, a state-of-the-art strength and conditioning centre, fitness studio, sport medicine clinic, and research and teaching laboratories.

Varsity Centre (Corner of Bloor St. and Devonshire Place)

The Varsity Centre — which includes a 5,000-seat stadium, 400m eight-lane track, state-of-the-art artificial turf field with a dome for winter use and 4,000-seat arena — is a sport and recreation facility like no other. Home to international, intercollegiate and intramural competitions throughout the year, Varsity Centre also hosts recreational and instructional classes, children's programs and high performance athlete training. During the winter months, the field continues to be a hive of activity under the dome, where students and members can make use of the driving range and a range of drop-in recreational activities.

ACORN – Student Web Service

The Accessible Campus Online Resource Network (ACORN) is U of T's user-friendly and intuitive student web service. ACORN will be your main online resource for updating contact information, student account information and student life resources. Access ACORN using your UTORid and password. Use ACORN to:

- View your daily schedule and upcoming key dates at a glance
- Defer fees
- View tuition invoices and financial account
- Update contact information
- Order transcripts
- Print tax forms
- Access information on housing, health and support, co-curricular programs and more in one place

For more information, visit acorn.utoronto.ca

TCard Information/Library Information

The TCard is the campus ID card, which provides access to services and facilities such as Quercus, libraries, athletic facilities, exams, meal plans, printing services and more. Once students have their TCard, they are also able to enable their UTORid, U of T email address and access U of T WiFi.

More information is available at [on the TCard website](#).

Set Up Your Email Address and Activate Your UTORid

Once you have your TCard, activate your UTORid account, which will automatically create your UTMail+ account. All U of T students are given a U of T email address through the UTMail+ service. It's your responsibility to activate and maintain this account. Enter this new email address on your ACORN record. U of T uses email to communicate with you. It's your responsibility to update your email on ACORN and to check your UTMail+ account daily.



Quercus

Quercus is U of T's online course communication system that some of your instructors will use to communicate important course information to you. The majority of 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.

Grading

Graduate students must obtain no less than 70 per cent (or a B-) in any graduate courses. In accordance with the University Assessment and Grading Practices Policy, any grade below B- will be recorded as a failure (FZ).

Transcripts

Official transcripts can be ordered through ACORN. Learn more on the [University Registrar's Office website](#).

Convocation

When students complete their degree requirements, the KPE Office of the Registrar and Student Services will confirm their eligibility to graduate.

Students have the option of selecting March graduation where students receive their diploma in absentia with no ceremony or June graduation where students receive their diploma at the ceremony.

Confirmation Letters

Confirmation of Degree Requirements Letters and Confirmation of Registration Letters can be issued by the School of Graduate Studies.

Learn more on the [SGS website](#).

Contact Information

Graduate Programs Team

If you have any questions regarding administrative matters such as registration, enrollment, grades, fees, financial support and awards, please feel free to contact the Graduate Programs team in KPE's Office of the Registrar and Student Services for support.

320 Huron Street, Room BN 132

(Clara Benson Building, enter via 320 Huron Street doors)

Email: grad.kpe@utoronto.ca

Tel: 416-946-3645

Fax: 416-971-2118

Faculty Website: kpe.utoronto.ca

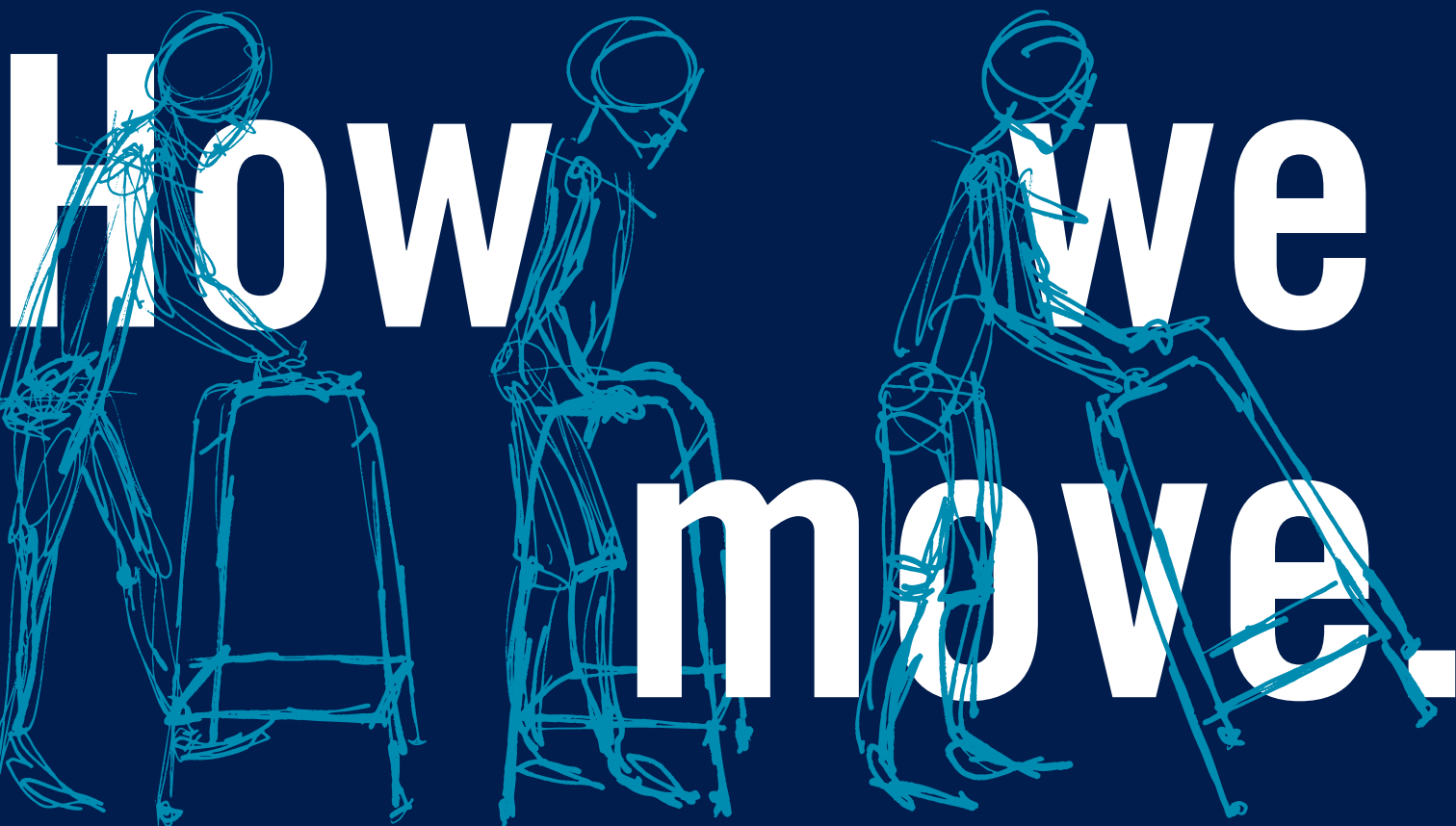
KPE Experiential Learning Team

If you have questions about your placements, please contact the Placement programs team at placement.kpe@utoronto.ca for support.

Office hours

Monday to Friday: 9 a.m.–12 p.m. and 1 p.m.–4:30 p.m.

How we move.



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