



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Master of Sport Sciences (MSS)

Handbook 2026-2027

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MSS SESSIONAL DATES 2026-2027

For a complete list of important graduate sessional dates for the 2026–2027 academic year, please visit the [School of Graduate Studies \(SGS\) website](#). Students are responsible for reviewing these dates regularly and ensuring they meet all applicable deadlines.

Please refer to the '[Program Planning Information and Process for Requests](#)' page of this handbook for other relevant deadlines.

Course enrolment:

Students are responsible for reviewing [sessional dates](#) and [course timetables](#) when adding or dropping courses, as not all courses are offered every session.

To enrol in courses not open for direct student registration, students must submit an [add/drop form](#) to the Graduate Programs Office (grad.kpe@utoronto.ca) at least one week prior to the [sessional add deadline](#).

Last Day of Class:

Please refer to your course outline for specific class schedules.

- **Fall 2026:** The last day of most classes typically falls in the week of December 1.
- **Winter 2027:** The last day of most classes typically falls in the week of April 5.
- **Summer 2027:** Dates may vary depending on your capstone and/or placement selection. Please refer to your course outline for details.

Exam Period:

Final exam schedules will be posted on the [Graduate Handbooks and Timetables webpage](#).

It is the student's responsibility to review both the course outline and posted exam schedule to ensure all requirements and deadlines are met. Students must remain available for the entire exam period. Special arrangements will not be made for travel or employment conflicts.

For questions related to sessional dates or milestone deadlines, please contact grad.kpe@utoronto.ca.



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 Sport Sciences (MSS) program. The MSS program develops graduates who are leaders in advancing safe and inclusive training, recovery and programming in sport performance and expertise. 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 the Master of Sport Sciences Program?

The MSS program develops graduates who are leaders in advancing safe and inclusive training, recovery and programming in sport performance and expertise. Coursework is complemented by hands-on practice through a structured placement or capstone project. And with the University of Toronto's location, size and diversity, you'll find unique opportunities for collaboration and innovation with our placement partners. The MSS program will give you the curriculum, connections, and insights you need to raise the bar in sport coaching and performance, sport integrity and sport analytics — whether you have years of experience or are emerging in the field of sport sciences.

Graduates will acquire research-informed and multidisciplinary expertise in:

- The role of evidence-based practice and program evaluation in the field of sport sciences
- Working with the members of a sport sciences team to support positive sport outcomes
- Identifying opportunities for actualization of human performance potential
- Advocacy for sport and/or people within sport, and themselves in their roles

Where Can the MSS Degree Take You?

Graduates of the MSS program can pursue diverse career paths and roles, such as:

- Safe Sport Officer
- Athletic Director
- Sport Data Scientist
- Exercise Physiologist
- Policy Analyst
- High Performance Lead Coach





MSS Program Information

Program Outcomes

The MSS program will focus on the development of comprehensive knowledge and skills in sport sciences, emphasizing evidence-based practice, collaboration and program evaluation to enhance sport-related outcomes. Graduates will be equipped to promote health, safety and inclusion in diverse sport environments, advocate for individuals and the profession, and apply program evaluation methods to improve practice. The program also emphasizes effective communication across various audiences and fosters ethical decision-making, integrity and respect for diverse perspectives within professional practice.

Competencies

Depth and Breadth of Knowledge

MSS graduates will have an understanding of the profession of sport sciences as a whole, including the critical role of evidence-based practice and program evaluation in advancing the field. They will be able to recognize and critically appraise processes that promote positive sport outcomes and will value the importance of collaboration and partnerships among the various roles within the sport sciences team.

Application of Knowledge

MSS graduates will employ the depth and breadth of knowledge and skills to support healthy, safe and inclusive sport-related development, and to enhance performance outcomes across individuals, teams and environments. This is reflected in students who are able to:

- Identify opportunities for healthy, safe and inclusive development of sport-related achievement and improvement
- Critically evaluate research and literature in order to inform sport sciences practice.
- Work collaboratively with members of a sport sciences team to support positive outcomes in sport settings
- Act as advocates for sport, for individuals within sport and for themselves in their professional roles
- Apply models of program evaluation to assess and improve the quality and effectiveness of sport-related program delivery

Professional Capacity/Autonomy

MSS graduates will exhibit ethical practice and integrity, demonstrating respect and appreciation for diverse perspectives and forms of knowledge when making informed decisions.

Communication Skills

MSS graduates will demonstrate the ability to synthesize, translate and evaluate knowledge effectively, and to articulate the value of their disciplinary expertise to a variety of audiences within and beyond sport contexts.



MSS Program Requirements

The MSS 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 MSS involves successful completion of 5.0 full-course equivalents (FCEs) as follows:

- KIN8201H Evidence Supported Practice in Sport Sciences (0.5 FCE)
- KIN8330H Program Evaluation and Applied Research for Professionals (0.5 FCE)
- At least 2.0 FCEs in MSS designated courses
- KIN8530Y Placement 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 MSS DEGREE PROGRAM MAY BE COMPLETED WITH A CONCENTRATION OR WITHOUT CONCENTRATION.

Concentrations:

- Sport Coaching and Performance
- Sport Integrity
- Sport Analytics

CONCENTRATION REQUIREMENTS

- Students must follow departmental application procedures and can apply to only one MSS 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 MSS designated courses as listed in the program requirements.

COURSES RELATED TO AREA OF CONCENTRATION

Sport Coaching and Performance:

- KIN8210H Athlete Development and Human Performance
- KIN8214H Leadership in Sport Coaching
- KIN8217H High Performance Strength & Conditioning
- KIN8218H Sports Nutrition
- KIN8237H Psychological Issues in Sport-Related Concussion
- KIN8248H Technologies for Wellness and Performance
- KIN8421H Sport Psychology

Sport Integrity:

- KIN8231H Sport Policy & Development
- KIN8233H Sport Ecology (Not offered in 2026-27)
- KIN8235H Safeguarding in Sport
- KIN8236H Sport Injury Research & Prevention (Not offered in 2026-27)

Sport Analytics:

- KIN8240H Emerging Issues in Sport Analytics and Data Modelling
- KIN8245H Analytics in Sport Tactics and Strategy
- KIN8247H Artificial Intelligence in Sport Analytics
- KIN8248H Technologies for Wellness and Performance
- KIN8450H Instrumentation in Sport Sciences
- KIN8455H Movement Analysis for the Sport Sciences



Course Descriptions

KIN8201H Evidence Supported Practice in Sport Sciences

Evidence-supported practice integrates scientific evidence into decision-making for sport sciences teams, relying on the critical appraisal of research methodology and adept interpretation of statistical findings to uphold best practices. This course enhances students' understanding of research designs, statistical methods, practice guidelines and knowledge translation strategies for diverse end users. The course emphasizes the development skills in retrieving and evaluating primary research, interpreting statistical approaches, appraising evidence types (e.g., experimental data, observational studies, and meta-analyses), and synthesizing findings for evidence-based decisions. Students will practise communicating research and statistical insights considering researchers, practitioners, athletes, and the public via reports, presentations, and visualizations of data. Implementation science and knowledge translation frameworks, paired with statistical reasoning, will strengthen practical application. Lectures, problem-based learning, case studies, and assignments will develop both knowledge and skills in evidence-supported practice.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8210H Athlete Development and Human Performance

This course focuses on the design and application of research on athlete development, skill acquisition and expert performance in sport and related domains. Potential topics include long-term athlete development, motivation, practice, self-regulation, attention, athlete identification/selection, player forecasting and performance analytics. In addition, the course will emphasize the application of these skills in applied sport settings and explore the appropriateness of interventions to improve varying elements of skill and performance across development. Importance is placed on developing a multi-disciplinary understanding of the constraints on human performance and development.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8214H Leadership in Sport Coaching

This course explores leadership theory in sports coaching, examining how coach leadership styles impact motivation, team dynamics and decision-making in sport. Through case studies, students will evaluate sport coaching methods and develop a personal leadership philosophy. The course also covers leadership in sports governance and career pathways. By the end of the course, students will gain practical leadership strategies to inspire athletes, build teams and advance coaching.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8217H High Performance Strength & Conditioning

This course is designed to provide students with a comprehensive understanding of the principles, methods, and practices related to improving athletic performance through strength and conditioning. Topics covered in this course include the assessment of athletic populations, principles of periodization and long-term athletic development, and the art and science of coaching. Through practical demonstrations, class discussions and active participation in exercise sessions, students will develop the knowledge and practical skills necessary to design evidence-informed strength and conditioning programs for various sports.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8218H Sports Nutrition

In this course, students will develop an understanding of the role of nutrition in sports, enabling them to apply these principles across various athletic settings. Course topics covered include specific nutritional needs of athletes in enhancing athletic performance and recovery, energy production pathways in the body and the role of carbohydrates, fats, and proteins in energy metabolism during exercise, hydration and electrolyte balance, and supplements and ergogenic aids. This course employs a combination of lectures, case studies, group discussions and practical assignments.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

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.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8233H Sport Ecology (Not offered in 2026-27)

This course provides an in-depth review of the multidirectional relationship between sports and the natural environment, including the shifting seasonality of the sports calendar, the impacts of climate change on sport organizations and participants, and sustainable practices in the sports industry. Students will engage with both Western and Indigenous theories of environmental management and will be invited to consider dominant assumptions which govern many sport practices, from the sporting calendar to training regimens, from nutrition plans to recovery protocols. Students will gain practical skills in sport ecology through climate risk assessments, examinations of the ecological footprint of sports events, facilities, and activities, and sustainable practices in sport. Through case studies, practical examples and hands-on projects, students will develop a comprehensive understanding of sport ecology and the role of sports professionals in promoting environmental sustainability.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8235H Safeguarding in Sport

This course examines the theory, research, policy, and practice of safeguarding in sport, with a focus on preventing and responding to maltreatment across all levels of participation. Drawing on interdisciplinary scholarship from sport psychology, sport sociology, and organizational studies, students will critically analyze the structural, cultural, and relational factors that shape safety and well-being in sport systems. The course situates safeguarding within contemporary national and international frameworks, including initiatives led by organizations such as the Canadian Safe Sport Program and the International Olympic Committee. Students will examine policies and codes of conduct, athlete-centred approaches, reporting mechanisms, trauma-informed practices, and equity-driven strategies. By the end of the course, students will be equipped to contribute to safeguarding initiatives that prioritize athlete welfare and human rights in academic, policy, and applied sport contexts.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8236H Sport Injury Research & Prevention (Not offered in 2026-27)

With the increasing global emphasis on sports for health and performance, ensuring athlete safety has become a critical concern. As participation rates rise across all levels — from recreational to elite sport — so too does the demand for evidence-based injury prevention strategies and treatment protocols. This course provides a comprehensive introduction to the principles, methods, and applications of sports injury research and prevention, emphasizing the sequence of prevention framework, which involves understanding injury mechanisms, implementing preventive measures and evaluating real-world interventions. Students will explore injury epidemiology in sport, injury surveillance systems, biomechanical and physiological risk factors, and evidence-based strategies for injury prevention and rehabilitation. The course also integrates implementation science to bridge the gap between research and practical applications in sport settings. Through critical evaluation of injury research, study design, data analysis, and methodological considerations, students will gain the skills to design and conduct high-quality research and apply injury prevention strategies effectively. Whether pursuing careers in academia, coaching, sports medicine, or policy development, students will be equipped to advance the field of sports injury prevention and athlete health.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8237H: Psychological Issues in Sport-Related Concussion

The course examines current trends and psychological issues in sport-related concussion and highlights historical aspects related to the development of the field of sport neuropsychology. Theory, research, and practice in sport, rehabilitation and neuropsychology are explored and critically examined. The course focuses upon contemporary empirical research and the translation of empirical evidence into clinical practice and sport-related concussion management applications.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8240H Emerging Issues in Sport Analytics and Data Modelling

This course will build on students' knowledge of sport statistics and analytics through discussions of advanced approaches to analysis and data modelling. The course will cover core and emerging topics, as well as challenges and issues in the analysis of both large and small datasets related to sport science, athlete training and athlete development. Emphasis will be placed on practical application of course concepts to sport performance contexts.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8245H Analytics in Sport Tactics and Strategy

Analytics and data analysis can be used to make better decisions in sport. At the strategic level, better choices in player acquisitions and organizational goals can be guided by the informed use of analytics. Through analytics, tactics can be refined and optimized to maximize performance outcomes. Students will learn a variety of techniques using game theory to increase the utility of analytics in sports at multiple levels from grassroots play to professional sport.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8247H Artificial Intelligence in Sport Analytics

This course provides a hands-on exploration of artificial intelligence (AI) and machine learning (ML) through practical case studies. Students will analyze real-world scenarios to understand how AI and ML are applied in a number of ways including, as a few examples, sport performance optimization, athlete services, injury prevention and rehabilitation, fan and community engagement, and business and financial decision making. This course emphasizes the use of cutting-edge AI tools and data-driven techniques applied in sport settings. By engaging with case studies and industry insights, this experience-based approach ensures students gain firsthand knowledge of how AI is transforming sport analytics and prepares them for careers in this rapidly growing field.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8248H Technologies for Wellness and Performance

This course delves into the intersection between technologies, wellness and human performance. Students will explore 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.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

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.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture/weekly 1 hour in-person tutorial

KIN8421H Sport Psychology

This course focuses on the psychological aspects of sport participation, competition and performance. Main outcomes include a) developing an awareness of the foundational areas of sport psychology research, theory and practice; b) critically examining the theory and methods used in sport psychology research; c) understanding the theoretical bases of sport psychology intervention/applications; d) developing skills related to academic writing, presentation and critical thinking; and e) developing competencies in application of psychological skills to enhance performance and well-being in sport. The course will consist of faculty-led and student-led sessions, with an emphasis on student participation and discussion of assigned readings. Students will develop skills through case-based learning, presentations, psychological skill program planning, implementation and evaluation, and reflective learning to develop their understanding of theory-based application of strategies to improve psychological aspects of sport participation, competition and performance.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

KIN8450H Instrumentation in Sport Sciences

This course is designed to expose students to methods and instruments used to collect and process data in sport science practice and research. The number of new instruments and technologies to assess athlete performance and risk of injury has grown exponentially from amateur to professional levels — and will continue to grow. It is more important than ever, therefore, that sports sciences researchers and practitioners understand how these instruments and technologies develop signals and how the data are analysed. This course will balance the theory of data acquisition and signal processing with the practical application of these instruments and technologies in various settings. Emphasis will be placed on motion analysis, force transducers and muscle activation. A large practical focus of this course will be on the implementation, collection and processing of this data. This course will also introduce students to various types of computational modeling. Finally, we will spend time discussing evidenced-based best practices in sport sciences instrumentation with a strong emphasis on instrument and model validation.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

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.

Course duration:

- 12 weeks
- Weekly 3 hour in-person lecture

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.

Course duration:

- 300 professional placement hours from May – August
- 16 weeks, 3 hours per week of asynchronous and synchronous learning activities

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.

Course duration:

- 16 weeks
- 3 hours per week of asynchronous and synchronous learning activities

Program Planning Information and Process for Requests

Program Attendance Status Information

Changes in a student's circumstances may require a switch in attendance status (full-time to part-time, or vice versa). Requests are reviewed and approved on a case-by-case basis. Attendance status affects program **time limits**, eligibility for awards, and maximum course loads per session.

a) Fees

Tuition fees are assessed as an annual flat rate based on a student's program and attendance status. All graduate students, regardless of status, are required to pay a minimum degree fee upon completion of their program.

The minimum degree fee is based on the standard full-time program length. If the total fees paid by the end of the program are less than this amount, the outstanding balance (Balance of Degree fee) must be paid prior to graduation. There is no maximum degree fee. Students who complete their program in less time than the standard full-time duration remain subject to the minimum degree fee. Part-time students must pay at least the equivalent of full-time tuition over the course of their degree.

Please note that part-time Master's students who have paid fees for only one academic session in the previous year (i.e. only Fall or only Winter) are required to also pay Summer session fees.

b) Registration

Full-time and part-time study definitions are outlined in the **SGS Calendar, General Regulations, Section 6: Registration and Enrolment**.

Full-time Master's students are expected to maintain continuous registration, including fee payment and enrolment in academic activities, for the duration of their program unless on an approved leave of absence.

Part-time Master's students register in their initial term of admission and thereafter only in terms in which they are completing course requirements. Students who do not intend to register in a given term must notify the Graduate Programs Office in writing at grad.kpe@utoronto.ca in advance of the term. Students are responsible for monitoring **program length and time limits** to ensure timely completion of all degree requirements.

c) Course Enrolment by Attendance Status

Full-time Master's students may complete up to 4.0 FCEs during the Fall/Winter sessions and up to 2.5 FCEs in the Summer session.

Part-time students may complete up to 1.5 FCEs during Fall/Winter and up to 1.0 FCE in the Summer. All students must be enrolled in at least one academic activity in each session to maintain registration.

Students are responsible for reviewing sessional dates and course timetables when adding or dropping courses, as not all courses are offered every session.

I. KIN8201H and KIN8330H:

These courses are required and provide foundational knowledge for the program. Full-time students are automatically enrolled in KIN8201H (Fall) and KIN8330H (Winter). Part-time students are automatically enrolled in KIN8201H (Fall) and must request enrolment in KIN8330H (Winter).

II. KIN8530Y Placement and KIN8540Y Capstone courses:

At least one of these courses are required to complete program requirements. Please refer to the 'Selecting the Placement and/or Capstone Option' section below for more information.

To enrol in courses not open for direct student registration, students must submit an **add/drop form** to the Graduate Programs Office (grad.kpe@utoronto.ca) at least one week prior to the **sessional add deadline**.

Students are strongly encouraged to consult the Graduate Programs Office with any questions regarding course enrolment prior to making changes.

Requesting a Program Transfer (change of program status)

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 (year 1) Fall term. Changes to full-time/part-time status cannot be made retroactively.

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.

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.

Please note that the placement and capstone courses are only offered in the Summer session.

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 (year 1) Winter term. Please note that due to the matching process, you cannot add the placement course at this point but you are permitted to request to drop the placement course and add the capstone course instead.

Selecting a Concentration

At the beginning of the final 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 have successfully completed a minimum of 1.5 Full-Course Equivalents (FCEs) in courses designated for the selected area of concentration. Please refer to the 'Program Requirements' section of the handbook for more information. You are not required to select a concentration to meet the program requirements.

Placement Information

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

MSS 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.

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 March. 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 MSS 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 Requirements for Professional Placement

International students with a study permit that confirms they are authorized to work (on- or off-campus) do not need to apply for a co-op work permit. The KPE Graduate Programs team will send each international student a letter at the start of the MSS 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).

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.

Professionalism

Whether in a classroom or placement setting, in your capacity as an MSS 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 MSS 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.

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.

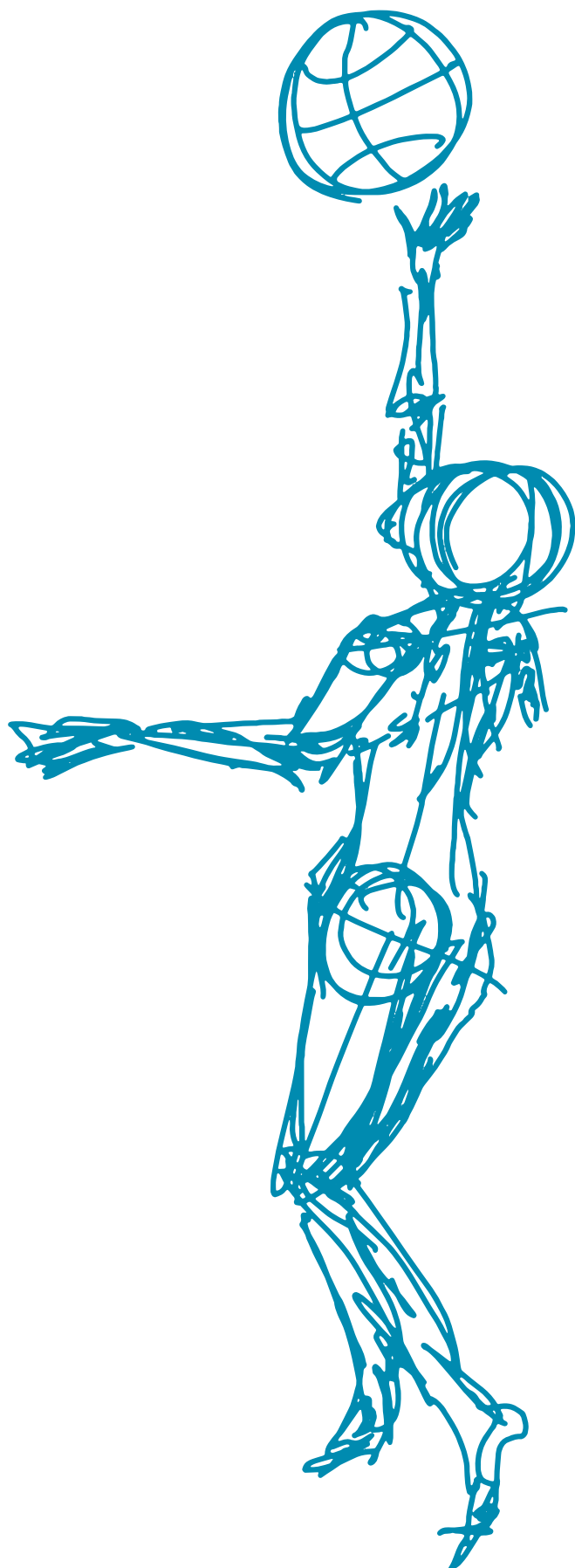
Students are expected to complete 300 placement hours to meet program requirements.

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 MSS 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 MSS 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.



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 MSS 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.



Registration Information

Course Enrolment

Courses offered in the Master of Sport Sciences 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 on the [School of Graduate Studies website](#). Dropping a course may have significant impact on a student's progress through the program.

Tuition Fees

MSS 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 2026 to August 2027) 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 [the Fall sessional deadline](#).

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" (INVIT) 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 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.

Balance of Degree Fee

All graduate students, whether full-time or part-time, are required to pay a minimum degree fee upon completion of their program. Minimum degree fees are calculated based on the standard full-time program length. If, by the end of the program, the total academic fees paid during registration are less than this minimum, the student must pay the outstanding amount, referred to as the Balance of Degree fee. There is no maximum degree fee.

Students who complete program requirements in less than the standard full-time program length, regardless of registration status, remain subject to the minimum degree fee. Part-time students must pay at least the equivalent tuition of a full-time student over the course of their degree.

The Balance of Degree fee is assessed prior to graduation and is calculated as the difference between the minimum degree fee and the tuition fees already paid.

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 on the U of T University Registrar's [Fees and Payments](#) website.

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.



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.

Financial Assistance – Ontario Student Assistance Program (OSAP)

As an MSS 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

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 MSS 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

MSS 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. Personal convenience (e.g. travel plans) and work commitments are not normally acceptable as petitionable grounds.

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](mailto: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 MSS 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 MSS 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 gymnasias, 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

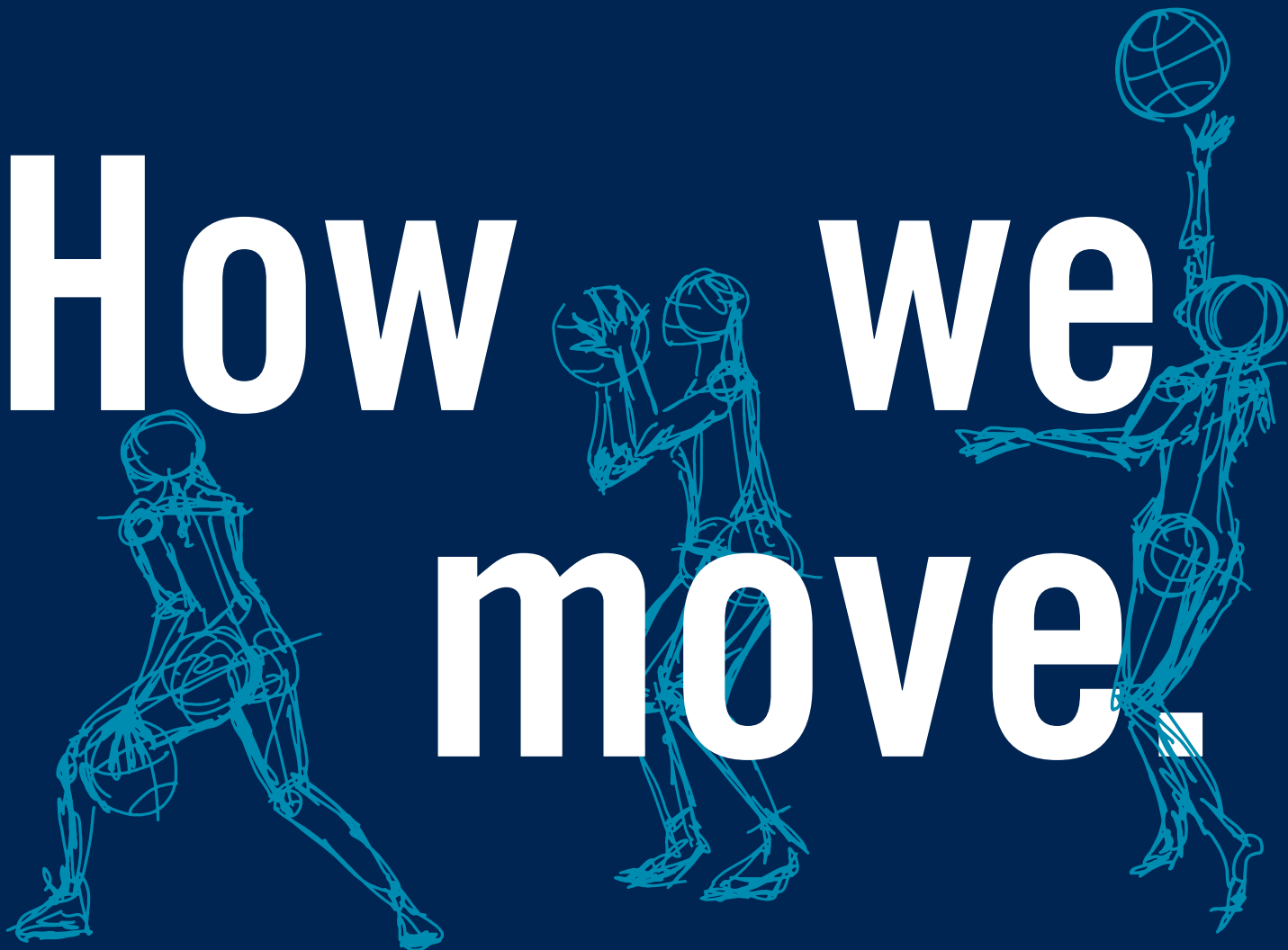
KPE Experiential Learning Team

If you have questions about your placement, 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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