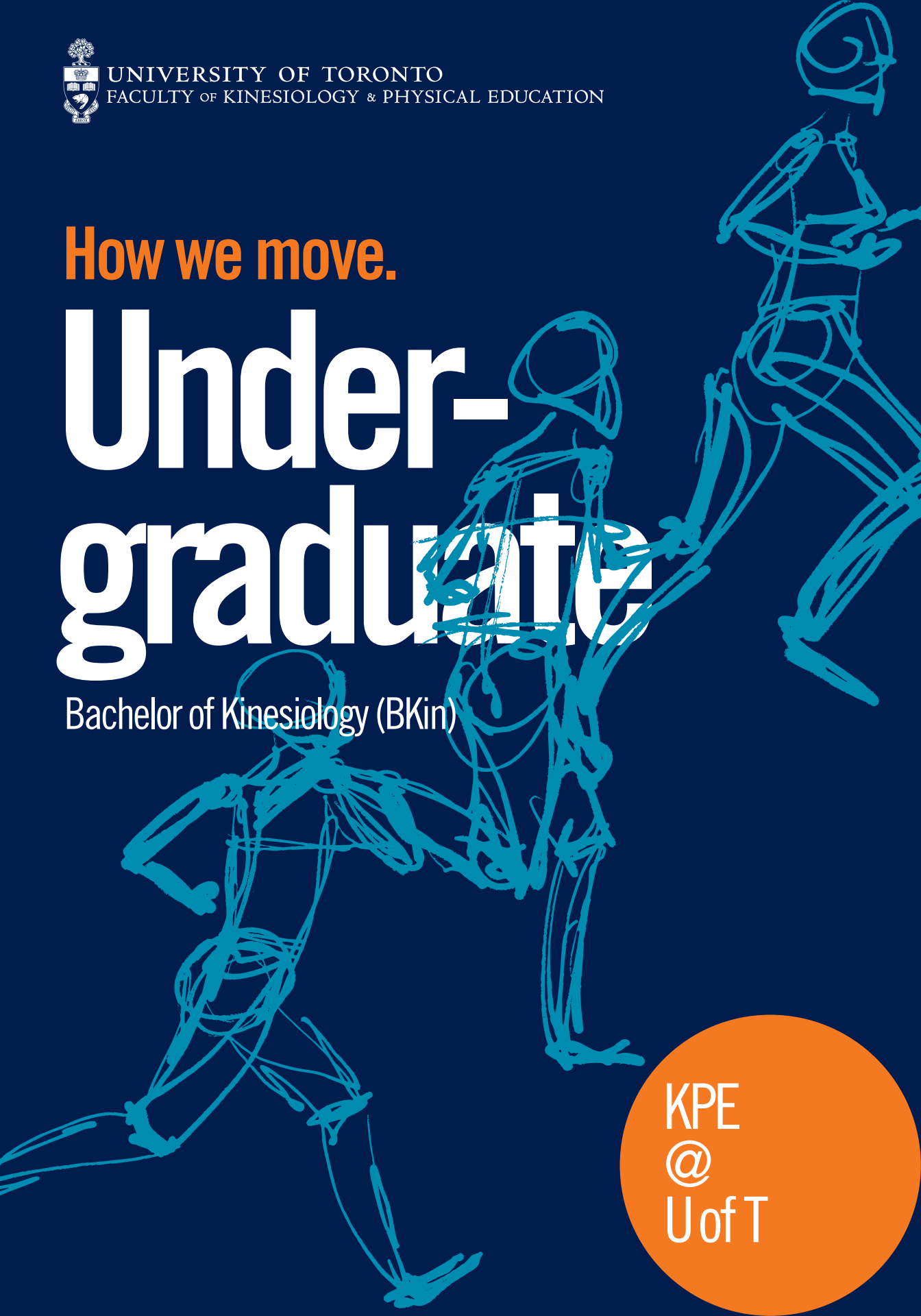
UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

How we move.

Under-graduate

Bachelor of Kinesiology (BKin)



KPE @ U of T

Movement

Imagine a place that applies a physical cultural, biophysical and behavioural lens to all aspects of movement, from overcoming injury and managing disease to health promotion, high performance athletics and so much more.

is

everything.

Bachelor of Kinesiology (BKin)

Through inclusive excellence in research, teaching and practice, the Faculty of Kinesiology and Physical Education at U of T educates and graduates a diverse student body who become productive contributors and leaders in their fields.

GIVEN WHAT WE KNOW about the benefits of healthy active living, the costs of physical inactivity to our individual and collective health and the racial disparities in access to related information, services and programming, our equity-centred mission is more important today than ever: to develop, advance and disseminate knowledge about physical activity, health and their interactions through education, research, leadership and the provision of opportunity.

The BKin degree program gives students the opportunity to acquire the knowledge and skills they need to be leaders in this growing field. Our unique multidisciplinary program combines theory and practice across the curriculum, providing a plethora of hands-on learning experiences in practice based courses, labs, tutorials, and through engagement with the greater community. Throughout, we strongly advocate for anti-oppressive, equitable and inclusive research, teaching and practice.

"Drawing upon sources of knowledge from the physical and life sciences, the social sciences and the humanities, our BKin degree program is designed to provide students with the foundation of knowledge, critical thinking skills and ethical and inclusive practice to help address contemporary issues related to health and the spectrum of physical activity in diverse communities."

DR. CATHERINE AMARA
ASSOCIATE DEAN, UNDERGRADUATE EDUCATION

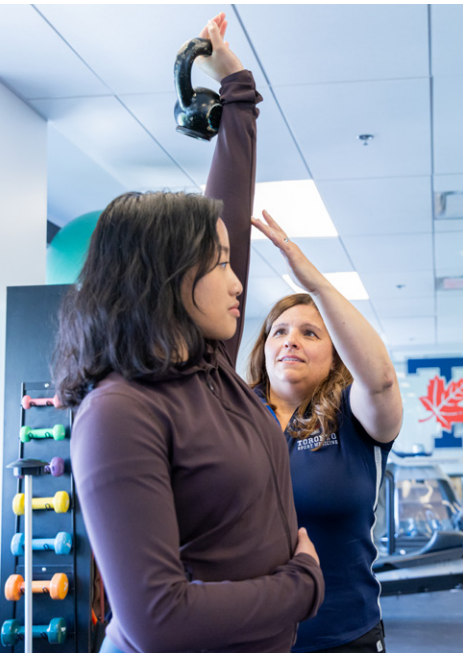
Learning through Experience

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

Opportunities

The Faculty maintains over 100 unique placement partners across the broad field of kinesiology and physical education practice.

- The Hospital for Sick Children – Respiratory Medicine
- University of Toronto – David L. MacIntosh Sport Medicine Clinic
- Speed Training Lab + High Performance Centre
- St. George Physiotherapy Clinic
- University of Toronto – Hart House – Community Development Programs



In-Field Learning Experiences

Professional placements offered as a part of upper year BKin courses are available for third- and fourth-year students, providing an opportunity to learn alongside a mentor in a professional practice setting.

Studying in downtown Toronto gives you unrivaled access to top-tier health-care, sport and physical activity institutions, research opportunities and some of the largest and most diverse school boards and community and recreation centres in the country. The result is unparalleled learning opportunities, professional networking and exposure in Canada's largest city.

Tailor your Degree with a Certificate

The Faculty offers seven for-credit certificates in conjunction with the Bachelor of Kinesiology program, giving students the opportunity to tailor their degree to meet their areas of interest.

- Certificate in Clinical Movement Science
- Certificate in Fundamental Sciences and Research
- Certificate in Global Kinesiology and Education
- Certificate in Mental Health and Physical Activity
- Certificate in Physical Activity Instruction
- Certificate in Social and Environmental Justice
- Certificate in Sport Sciences

Learn more about each certificate at **kpe.calendar.utoronto.ca**

Learning Abroad

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

Leading Professors and Research

All of our courses are taught by accomplished scholars and scientists who bring their research and experience into the classrooms and teaching labs.

Our students have opportunities to engage in independent research projects, working alongside professors. We also encourage students to attend national conferences to present their research.

Integrating Theory and Practice

We offer a wide array of courses that help to produce movement specialists. Our students develop knowledge and competencies related to the design and delivery of exercise and physical activity to a variety of populations within a broad range of settings.

Sample courses include:

- Introduction to Movement Observation and Evaluation
- Indigenous & Black Histories: Health, Healing and Physical Activity
- Science and Practice of Training for Sport Performance
- Sport and Climate Change
- Psychosocial Development

Prof. Madeleine Orr

Accelerating climate action in sport

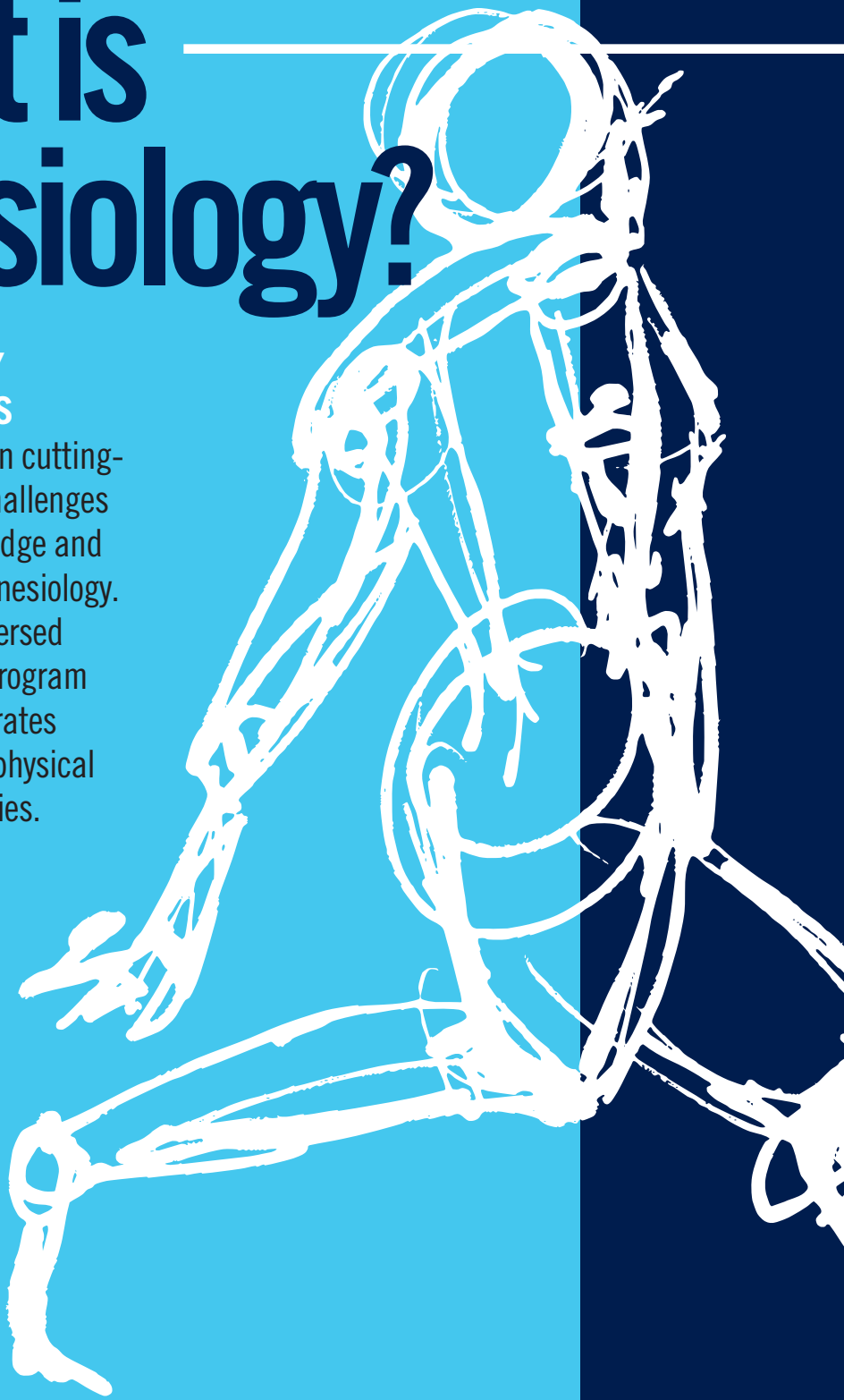
Madeleine Orr, assistant professor at KPE, is a researcher and advocate for climate action. Her research focuses on how sport can impact the environment, the ways climate change is affecting sport and the solutions that can mitigate those issues.

"Climate change is impacting lives all over the world," she says. "I get to stare down big, complicated challenges like air pollution and extreme heat, and figure out how to keep athletes safe in those conditions and how to keep sport fun despite the environmental challenges."

Orr is the founder and co-director of The Sport Ecology Group, who consult on international climate issues for sports organizations such as World Athletics, Adidas, Formula 1 teams and the NCAA.

Taking a transdisciplinary approach to keep sport and play safe and accessible in the future — that's how we move.

What is Kinesiology?



HUMAN ANATOMY TO HUMAN RIGHTS

At U of T, we engage in cutting-edge research that challenges and advances knowledge and informs practice in kinesiology. Students will be immersed in a comprehensive program that spans and integrates physical cultural, biophysical and behavioural studies.

Cultural

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

Psychology

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

Coaching

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

Safety/Rehabilitation

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

Physiology

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

Biomechanics

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

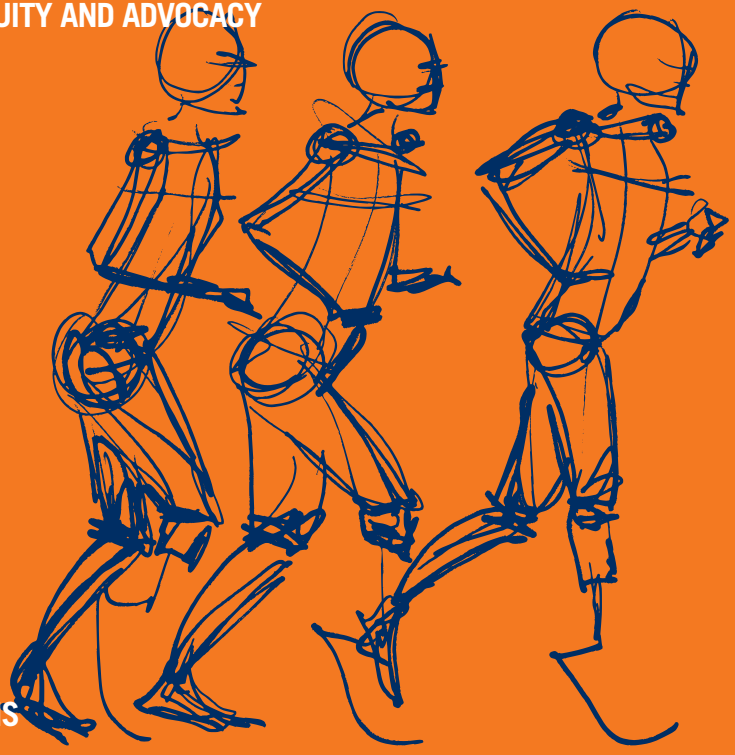
Motor Skills

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

Where can a BKin degree take you?

University of Toronto BKin graduates are well prepared to pursue a wide array of careers or to continue their studies in many professional and graduate schools.

HEALTH SCIENCES
REGULATED HEALTH PROFESSIONS
EDUCATION
PHYSICAL ACTIVITY AND HEALTH EQUITY AND ADVOCACY
RECREATION
SPORTS ADMINISTRATION
OUTDOOR LEADERSHIP
COACHING
PUBLIC POLICY ANALYSIS
BUSINESS
FITNESS INDUSTRY
EVENT MANAGEMENT
MARKETING AND PROMOTION
CLINICAL KINESIOLOGY
ERGONOMICS
GOVERNMENT SCIENTISTS
CLINICAL TRIALS MANAGEMENT
ACADEMIA PUBLIC HEALTH
NON-GOVERNMENTAL ORGANIZATIONS



From the Soccer Field to Medicine via Kinesiology

Tate Newmarch was not planning on ever going to university. He was on his way to fulfilling his dream of becoming a soccer star in France, but a serious injury put him out of the game and at a crossroads. He decided to apply to study kinesiology, attracted by its multidisciplinary nature and the aspect of sport.

He was interested in following up his kinesiology degree with studies in medicine, an idea that solidified once he was in the program and conducting research with Professor Doug Richards, a clinical sport physician and biomechanist.

Newmarch went on to study at U of T's Temerty Faculty of Medicine, while continuing to work with Professor Richards on research. He now practices family medicine in Toronto.

Twin Identities Shaped by Sport

Lauren and Taylor Wilcox developed an early appreciation for how sport builds resilience and supports mental and physical health. After growing up in a home where physical activity was part of daily life, they enrolled in the BKin program and merged their interests in athletics, social sciences and health equity.

At KPE, Taylor became a student physical therapist for two Varsity Blues teams and conducted research in the Exercise Physiology Lab, while Lauren was a clinical research assistant at the University Health Network and presented concussion research at national conferences.

Competing as Blues themselves on the women's lacrosse team, both twins suffered the same ACL injury. Their simultaneous recovery and return to the field cemented their commitment to careers in physiotherapy, and they are pursuing their graduate studies at U of T.

"If you're considering U of T, know this: you'll get an outstanding education, but you'll also find a community that supports your growth," says Taylor. "My sister and I lived that experience together, and we couldn't be more grateful."

Close-Knit Community, Big Opportunities

Located at the heart of U of T's St. George Campus, the Faculty of Kinesiology and Physical Education gives you the advantage of being immersed in one of the world's leading research universities while also enjoying the support and camaraderie of a close-knit community of students, staff and faculty.

FRIENDLY, SUPPORTIVE COMMUNITY

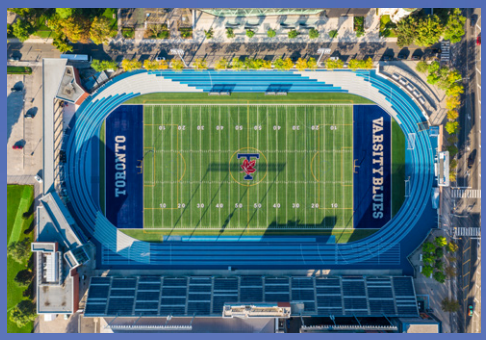
We are a welcoming close-knit community embedded within our prestigious University. As a student, you will enjoy an inclusive, welcoming and safe environment, with access to a wide range of student support services to help you make the most of your university experience — inside and outside of the classroom.

- Front line support through the Office of the Registrar and Student Services within our Faculty
- Academic student advisors
- Learning skills resources, workshops and counselling including support through First Nations House
- KINections program where students have access to curated virtual and on-campus activities that support wellness and connection, at KPE and with the local and global community
- Health Sciences Writing Centre
- Career skills development
- Kinesiology and Physical Education Undergraduate Association (KPEUA)

COMBINED MASTER OF TEACHING DEGREE PROGRAM

BKin students have the opportunity to gain early (conditional) graduate admission (in Year 3 of their undergraduate program), on a competitive basis, to the Master of Teaching (MT) program from the Ontario Institute for Studies in Education (OISE), which is internationally recognized as a leading institution in the field of education. If their application is successful, they are permitted to take 1.0 full-course equivalent from OISE's MT curriculum in their 4th year to count both towards their BKin degree and MT degree. Students who successfully complete their Combined Degree Program, will have earned two University of Toronto degrees (i.e. BKin and MT), and be recommended to the Ontario College of Teachers for a Certificate of Qualification, which certifies them to teach in Ontario schools.

Great Facilities and Programs



The Faculty of Kinesiology and Physical Education supports all U of T students by providing a wide range of co-curricular physical activities that strive to meet everyone's needs. Students may access physical activity, sport and leadership opportunities in all our facilities: the Athletic Centre, Varsity Centre, and state-of-the-art Goldring Centre for High Performance Sport.

Students can also participate in a multitude of pursuits and activities, including over 800 clubs ranging from drama productions to multifaith groups to community work. In addition, being part of a large and prestigious university provides advantages such as access to one of North America's largest libraries, as well as proximity to learning and networking opportunities through affiliated hospitals.

Requirements

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

ONTARIO HIGH SCHOOL APPLICANTS

Program Requirements/ Prerequisites:

Six Grade 12 4U/M courses or their equivalent; must include:

- English
- Advanced Functions OR Calculus and Vectors
- One of Biology, Physics, Chemistry

Strongly Recommended

- Introduction to Kinesiology/Exercise Science

Recommended

- Biology and/or Physics (Note: Chemistry is strongly recommended for candidates wanting to pursue multiple courses in university level biology).

ADDITIONAL REQUIREMENTS

All applicants must submit an online Statement of Interest
kinesiology.utoronto.ca

APPLICANTS NOT FROM AN ONTARIO HIGH SCHOOL

All applicants must present the high school requirements or equivalent in English, Science and Mathematics. Full details on academic requirements for applicants not currently enrolled in an Ontario high school available at:
future.utoronto.ca/apply

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E futurestudents.kpe@utoronto.ca

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