



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Bachelor of Kinesiology

BKin



**HUMAN
ANATOMY
TO HUMAN
RIGHTS**

AND

EVERYTHING

IN

BETWEEN

It's understanding how physical activity moves you, improves you, how it challenges us as individuals and impacts us as a society.

At the University of Toronto, kinesiology is all of this and so much more.

Bachelor of Kinesiology BKin

Through 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 now know about the benefits of healthy active living, and the costs of physical inactivity to our collective health and our health-care system, the mission of our Faculty 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. Areas of study include the spectrum of physical activity, including exercise, play, sport and dance.

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 academic courses in human movement and its relationship to health, with a practicum component offering hands-on learning in real-world settings.

“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 and critical thinking skills to help address contemporary issues related to health and the spectrum of physical activity.”

Gretchen Kerr, Ph.D.,
Professor and Vice-Dean

Experience is Everything

Hands-on learning, practical experience, classes taught by accomplished professors, and a program designed to foster an evidence-based approach to continued learning.



Professional Placements

Professional placement courses are available for third- and fourth- year students, providing you with exposure to professional mentors within the broad fields of kinesiology and physical education.

Studying in downtown Toronto gives you unrivalled 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. The result is unparalleled professional networking and future career paths in Canada's largest city.



Current Placement Opportunities

There are over 100 unique placement partners accommodating all student demand.

- **Toronto Western Hospital**
- **Variety Village**
- **Toronto District School Board**
- **Kensington Gardens Long Term Care**
- **Toronto Football Club**
- **Dancer Transition Resource Centre**
- **Hart House, Recreation and Wellness**
- **Hospital for Sick Children**
- **Holland Bloorview Kids Rehabilitation**
- **Centre for Addiction and Mental Health**
- **The Runners Academy**
- **Toronto Rehabilitation Institute**
- **Access Alliance Multicultural Health and Community Services**
- **CultureLink Settlement Services**
- **Abilities Centre**



Leading Professors & 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. For example, we have courses in Introduction to Movement Observation and Evaluation, Fundamental Principles of Fitness and Exercise, Teaching the Child, Aging and also Adapted Physical Activity, which includes applied sessions in a field setting working with diverse populations.

Experience the Outdoor Projects

Outdoor projects are an important and unique component of our curriculum. These courses provide students with learning experiences related to outdoor activity, which emphasize skill-development, awareness of the environment, and equity, diversity and social inclusion.

Students are directly involved in practical activities led by experienced instructors. The programs will help you acquire the fundamental skills to engage in outdoor-related activities, while also providing highly-applicable life skills in the areas of leadership, co-operation, team work and problem solving.



Dr. Catherine Sabiston Recognized for Outstanding Cancer Research

Catherine Sabiston, professor at the Faculty of Kinesiology and Physical Education, is a recipient of the 2016 William E. Rawls Prize Award for Excellence by the Canadian Cancer Society. The prestigious cancer research award is given to a young investigator whose outstanding contributions have led to important advances in cancer control. The award recognizes Dr. Sabiston's innovative strategies to encourage cancer patients to exercise, helping them to reduce feelings of depression and anxiety and improving their overall health. Dr. Sabiston holds the Canada Research Chair in Physical Activity and Mental Health and is a leading researcher in sport, exercise and health psychology. Her work focuses on promoting physical activity in people living with and beyond cancer.

WHAT IS KINESIOLOGY ANYWAY?

CULTURAL

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

COACHING

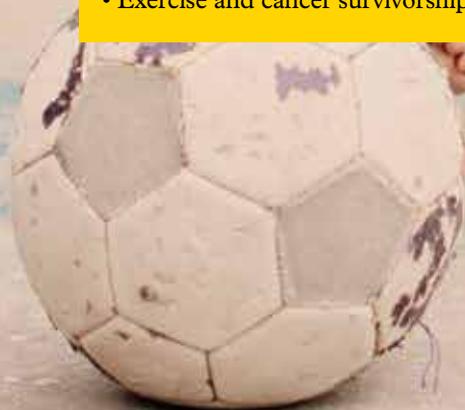
- Achieving optimal performance in a safe, inclusive way
- Athlete centred coaching practices

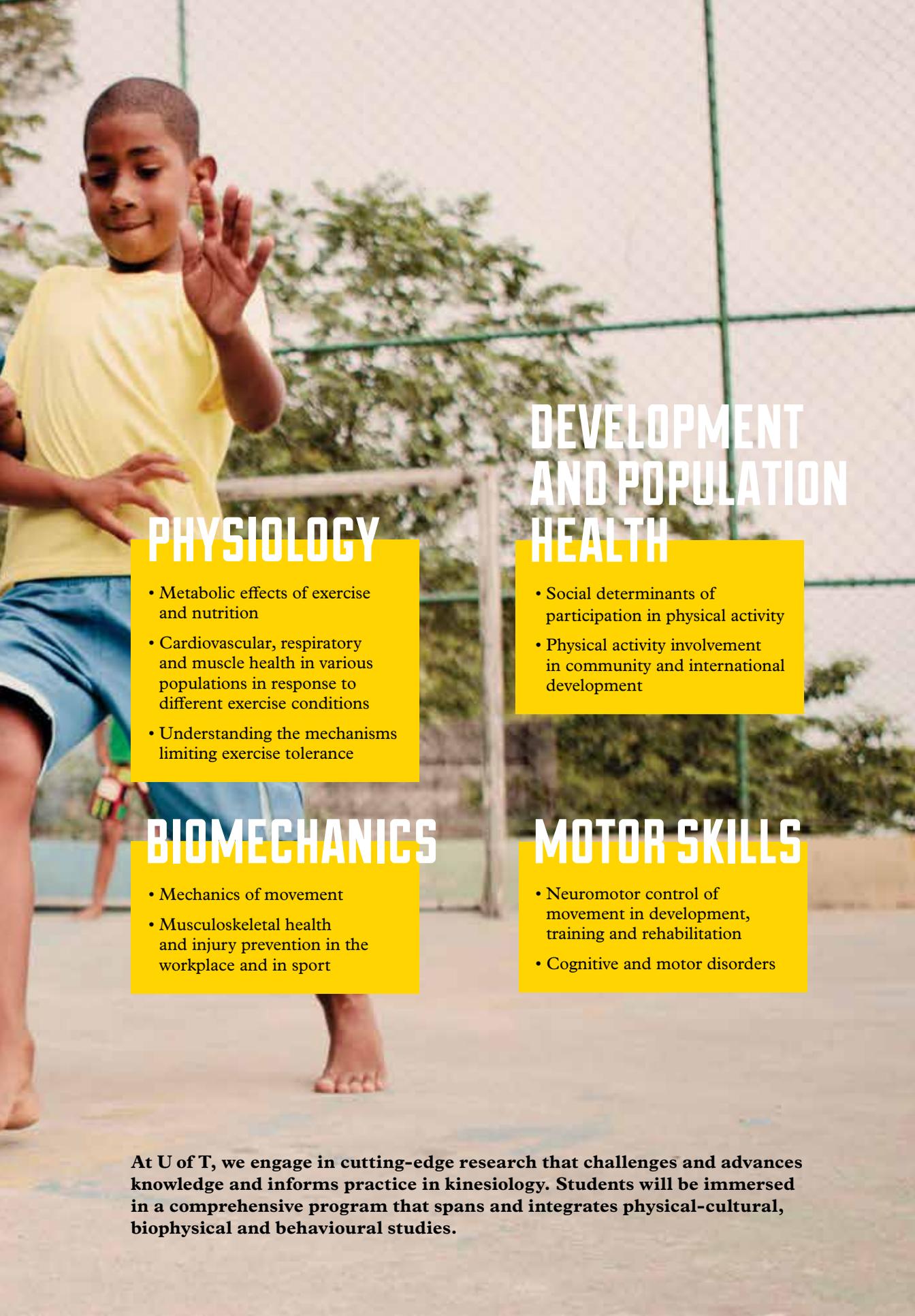
PSYCHOLOGY

- Mental benefits of exercise and physical activity
- Motivation and behaviours associated with healthy active living and participation in sport

SAFETY/ REHABILITATION

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



A young boy with short hair, wearing a bright yellow t-shirt and blue shorts, is captured in a martial arts stance on a tennis court. He is barefoot and has his hands raised in a defensive or preparatory position. The background shows a green tennis court fence and some trees. The overall scene is bright and outdoors.

PHYSIOLOGY

- Metabolic effects of exercise and nutrition
- Cardiovascular, respiratory and muscle health in various populations in response to different exercise conditions
- Understanding the mechanisms limiting exercise tolerance

BIOMECHANICS

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

DEVELOPMENT AND POPULATION HEALTH

- Social determinants of participation in physical activity
- Physical activity involvement in community and international development

MOTOR SKILLS

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

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.

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

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

KPE Students’ IDeA Ranked Among the Best



While most people associate innovation with high-tech gadgets and apps, sometimes all it takes is a simple idea to effect drastic change. That’s how one group of students from the Faculty of Kinesiology and Physical Education recently addressed barriers to physical activity for those with physical disabilities. As part of this year’s Innovative Designs for Accessibility Student Competition (IDeA), group members Christman Hsu, Devante Estick and Arvin Santos proposed that high school students spend 10 of their 40 mandatory volunteer hours at adapted physical activity facilities and organizations. The team presented their idea, called the High School Move-ABLE project, at the Ontario Centres of Excellence’s Discovery 2016 Conference, placing in the top 8 out of 32 groups from across Ontario.



Rosie MacLennan Carries the Flag

Trampoline gymnast and UofT grad student Rosie MacLennan was named Canada’s flag-bearer for the 2016 Rio Olympic Games. MacLennan competed in her third Olympics after making her debut at the 2008 Beijing Games, winning Canada’s only gold medal at the London Games in 2012, and winning a gold medal again in Rio. MacLennan graduated from UofT with a Bachelor degree in physical education and health in 2011 and is currently pursuing her Master’s in exercise science from UofT’s Faculty of Kinesiology and Physical Education.

Small 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 small close-knit community of students and faculty.



Friendly, Supportive Community

We are a small 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 right within our Faculty**
- **Academic student advisors**
- **Learning skills resources, workshops and counselling**
- **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 FCE 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 UofT 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 multi-faith groups to community work. 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 the University Health Network hospitals.



FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

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Toronto, ON M5S 2W6

Contact the Recruitment,
Events and Communications
Coordinator at:

T 416-978-0278
F 416-971-2118
E recruitment.kpe@utoronto.ca

kinesiology.utoronto.ca

  @futurekpe

Requirements



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:
adm.utoronto.ca

