



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Graduate Programs in Exercise Science

A photograph of a person in a wheelchair racing on a track. The person is wearing a red long-sleeved shirt, a white helmet, and yellow-tinted goggles. They are leaning forward in a racing posture. The track is reddish-brown, and the background is blurred, suggesting motion.

**MOVEMENT
SCIENCES
TO MOVING
KNOWLEDGE**

GO DEEPER AT U OF T



Take your learning and research to exciting new depths. Work with renowned scholars who are leaders in their fields. Join a vibrant community committed to creating, shaping, and sharing new knowledge of physical activity, exercise, sport and health. Discover your future in Exercise Sciences.

The **Faculty of Kinesiology and Physical Education** at the University of Toronto offers a unique learning environment where cutting-edge research takes place. Located in Canada's most vibrant and culturally diverse city, the University of Toronto is consistently ranked among the world's best research universities. Our location, size and diversity provide unique opportunities for collaboration and innovation.

The **Department of Exercise Sciences** offers guaranteed funding and supports a dynamic learning environment, led by accomplished faculty. Our researchers are internationally recognized for important contributions to knowledge about physical activity, health and their interactions.

Areas of Research

We offer MSc and PhD programs immersed within a flourishing research culture encompassing the major disciplines of knowledge: life and physical sciences, social sciences and humanities. Areas of research cover the spectrum of physical activity, including exercise, play, sport, dance and physical inactivity.



Behavioural Studies

Areas include:

- **Exercise and sport psychology**
- **Motor behaviour/ motor learning**
- **Physical Activity and Mental Health**

Explore the psychosocial determinants and consequences of physical activity, sport performance, injury and disability. Researchers in this field also study sedentary behavior and the implications for mental health and well-being.



Biophysical Studies

Areas include:

- **Exercise physiology/ biochemistry**
- **Exercise and sport nutrition**
- **Exercise and sport biomechanics**

Investigate the impact of physical activity and exercise on physical health, performance, injury and adaptation in healthy and clinical populations, across a spectrum of ages.



Physical Cultural Studies

Areas include:

- **Social sciences in health and sport (community and international development)**
- **Cultural studies in physical activity (gender, media, violence)**
- **Ethics in health and physical activity**

Investigate the social construction, institutional structuring, and mass mediation of sport, leisure, health, physical activity and exercise. Researchers in this area also propose concrete policy amendments and cultural adaptations to foster more equitable, enjoyable and ethical physical activity environments for all.



Collaborative Opportunities

In addition to courses in Exercise Sciences, students can also get involved with collaborative programs in the following areas:

- **Addiction Studies**
- **Aging**
- **Palliative and Supportive Care**
- **Cardiovascular Sciences**
- **Health Services and Policy Research**
- **Musculoskeletal Sciences**
- **Public Health Policy**
- **Sexual Diversity Studies**
- **Women and Gender Studies**
- **Women's Health**



Student Support and Professional Development Opportunities

With just over 100 graduate students in our program, we offer an inclusive and supportive environment. As a graduate student, in addition to one-on-one mentorship from your supervisor, you will have access to a range of support services within and outside the Faculty as well as academic and professional training opportunities including:

- **Front-line support from dedicated registrarial staff**
- **Health Sciences Writing Centre**
- **Health and Wellness Counsellors**
- **Teaching Assistant Opportunities**
- **Research Assistant Opportunities**
- **Teaching Assistants' TATP Certificate Program**
- **National and International Research Conference presentation opportunities**
- **Kinesiology and Physical Education Graduate Society**

State-of-the-Art Labs and Facilities

Being part of a large and prestigious university provides advantages such as access to one of the largest library holdings in North America. Our graduate students conduct novel and impactful research in a range of settings including field work within diverse communities in the Greater Toronto Area, Canada and abroad, state-of-the-art laboratories within our Faculty and University Health Network Hospitals.

TALENTED STUDENTS

+

STRONG MENTORS

+

OUTSTANDING RESOURCES AND FACILITIES

=

INNOVATIVE AND INSPIRING RESEARCH



How to Apply

To be considered for admission, applicants must meet the minimum admission requirements and submit a complete application with all supporting documents.

The online admissions application and admission information are available at:
exs.utoronto.ca

GRADUATE DEPARTMENT
OF EXERCISE SCIENCES

**Faculty of Kinesiology
& Physical Education**

University of Toronto
55 Harbord Street
Toronto, ON M5S 2W6

T 416-978-6087

F 416-971-2118

E grad.kpe@utoronto.ca

exs.utoronto.ca

twitter.com/UofTKPE