



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

# Master of Professional Kinesiology

MPK



# GO FURTHER AT UOFT



**Gain the advanced knowledge and skills that will put you ahead. Work with renowned scholars and practitioners who are leaders in their fields. Make the move to strengthen your future by pursuing your MPK.**

The **Faculty of Kinesiology and Physical Education** at the University of Toronto offers a unique learning environment where cutting-edge research takes place alongside high performance sport training, fitness and recreation services, children and youth programming and clinical practice in the David L. MacIntosh Sport Medicine Clinic – a comprehensive sport medicine care facility. Located in Canada’s most vibrant and culturally diverse city, the University of Toronto is consistently ranked among the world’s top universities. Our location, size and diversity provide unique opportunities for collaboration and innovation.

The **Master of Professional Kinesiology Program** is the first master’s-level program of its kind in Ontario. Kinesiology is a newly regulated and evolving profession. This program offers students an opportunity to gain advanced knowledge and skills in this professional practice. Whether you are just beginning your career or are a Registered Kinesiologist, the MPK will provide you with the advanced knowledge and practice to take your career further.

# What is the Master of Professional Kinesiology Program?



The MPK program is a course-based graduate program in the professional practice of kinesiology. This full-time, 16-month program offers a mix of classroom, case-based, laboratory and experiential education. Graduates will acquire research-informed and multidisciplinary expertise in:

- **Movement assessment and intervention in diverse practice areas**
- **Knowledge synthesis, translation and application**
- **Evaluation of clinical and program effectiveness**
- **Collaboration with interprofessional health care teams**
- **Conceptualizing future kinesiology practice**

The MPK provides unparalleled learning environments for hands-on practice, working alongside leading practitioners in downtown Toronto and across the GTA. You will have the opportunity to network and advance your expertise through 600 hours of professional, structured experience across three placements. The program offers practice opportunities with hospitals, clinics, sport institutes and community organizations.



## Areas of Practice

### High Performance Sport

Promote healthy high performance through assessment and movement adaptation with athletes.

### Children & Youth

Advocate for and adapt physical activity programming to children and youth with diverse abilities.

### Chronic Disease & Mental Health

Use physical activity and exercise to enhance health and wellness across the lifespan in people with chronic disease, high stress, anxiety or depression.

### Musculoskeletal Health & Concussion

Explore injury prevention and maintenance in and through movement to enable health and wellness across a range of populations from athletes to the elderly, to various occupations.

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## State-of-the-Art Labs and Facilities

As part of Canada's pre-eminent research university, the Department of Exercise Sciences offers access to state-of-the-art laboratories and equipment, including the Goldring Centre for High Performance Sport.



## Reasons to Pursue an MPK

1. Learn through experience
2. Network and advance expertise through 600 hours of professional practice
3. Develop research implementation and program evaluation skills
4. Work with top scholars across diverse areas
5. Engage in interprofessional education

## 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](http://exs.utoronto.ca)**

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