



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

# Master of Professional Kinesiology

MPK



# GO FURTHER AT U OF T



**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 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** provides students an opportunity to gain advanced knowledge and practical skills that will distinguish them as leaders in the field. Whether you are a recent graduate or have years of experience, the MPK will provide you with an unparalleled learning experience to advance your career and professional practice.

# What is the Master of Professional Kinesiology Program?



The MPK program is a course-based graduate program in the field 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 to:

- **Assess the unique physical, psychological or behavioral needs of diverse populations**
- **Design exercise-based interventions to address a range of sport, youth and clinical objectives**
- **Implement evidence-informed exercise solutions to manage chronic conditions, prevent future problems, and improve performance.**
- **Evaluate the short- and long-term effectiveness of various exercise programs**
- **Synthesize, translate and exchange knowledge with other health-care professionals**

The MPK provides unparalleled learning opportunities to build evidence-informed practice by working alongside leading scholars and practitioners in downtown Toronto and across the GTA. You will have the opportunity to integrate and advance your expertise through 600 hours of professional, structured experience across placements. The program offers practice opportunities with hospitals, clinics, sport institutes and community organizations.



## Areas of Practice

### High Performance Sport

Promote healthy high performance sport by assessing the unique demands and physical capabilities of varsity athletes.

### Children & Youth

Design and implement exercise programs for children and youth with diverse abilities.

### Chronic Disease & Mental Health

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

### Musculoskeletal Health & Concussion

Use exercise to prevent and manage the treatment of lower limb injuries and concussions.

### Occupational Wellness & Fitness

Use exercise to promote the long-term health and safety of local fire fighters.

Practice areas are confirmed on an annual basis, and are subject to change.

## 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. Develop exercise expertise
2. Learn through experience
3. Network and advance expertise through 600 hours of professional practice
4. Develop exercise program implementation and evaluation skills
5. Work with top scholars across diverse areas
6. 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](https://exs.utoronto.ca)

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GRADUATE DEPARTMENT  
OF EXERCISE SCIENCES

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