



**MASTER OF
PROFESSIONAL
KINESIOLOGY**

Master of Professional Kinesiology New Student Guide 2016-2017



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

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MPK SESSIONAL DATES 2016-2017

Fall Session 2016		
August	1	Civic Holiday (University closed)
August	8	MPK New Student Orientation
August	8	First day of MPK Fall classes
August	26	Last day for tuition fee deferral (if eligible) or payment of minimum payment to register for 2016-2017 (after this date a late registration fee will be applied).
September	5	Labour Day (University closed)
September	30	Remaining fall session (September to December) fees due by this date to avoid incurring service charges
October	10	Thanksgiving Day (University closed)
November	30	Students registered in Fall-Winter: Remaining winter session (January to April) fees due by this date to avoid incurring service charges, which begin accruing on December 15
December	21	University closed for winter break from Wednesday, December 21 to Friday, December 30 inclusive

Winter Session 2017		
January	9	First day of MPK Winter session courses
January	18	Fall session grades available for viewing by students on the Student Web Service (ROSI/ACORN)
April	14	Good Friday (University closed)

Summer Session 2017		
May	17	Winter session grades available for viewing by students on the Student Web Service (ROSI/ACORN)
May	22	Victoria Day (University closed)

PREPARATION

ADMISSION CONDITIONS

Admission conditions as stated on your Offer of Admission letter must be satisfied. All non-UofT students must submit an original, sealed and signed, final transcript to the Graduate Programs Office before you start classes. If this is not possible, please contact the Graduate Programs Office immediately.

Note: University of Toronto graduates do not need to submit a final transcript.

Final transcripts (with date of conferral) must be sent to the following address:

Zarine Ahmed
 Department of Exercise Sciences
 Faculty of Kinesiology and Physical Education
 55, Harbord Street
 Toronto, ON M5S 2W6

UNIVERSITY OF TORONTO STUDENT CARD – TCARD

Get your U of T student ID card before August—or as soon as you can when you get to campus! Your TCard is your official University of Toronto photo identification. It will be your library card, access pass to athletic facilities and general ID card for when you write exams and pick up official documents. Your UTORid will be issued when you obtain a TCard.

New students are issued a TCard, which is the official student card as well as ID for services on campus. Your TCard can be obtained at the TCard Office in Room 2054A, Robarts Research Library, 130 St. George Street during office hours. You should try to obtain your TCard early (June or July). For detailed information, please visit: <http://sites.utoronto.ca/tcard/>.

To obtain your TCard you will need:

- Your offer of admission which includes your University of Toronto student/applicant number
- Proof of Citizenship (please check the website for available options)
 - Note: please ensure your full name on your offer of admission matches your citizenship documentation

Note: UofT students continuing in another UofT degree, do not need a new TCard, your current TCard can still be used.

ACTIVATE YOUR UTORID & UPDATE YOUR EMAIL ADDRESS

Once you have your TCard, activate your UTORid account which will automatically create your UTmail+ account. All U of T students are given a U of T email address through the UTmail+ service. It's your responsibility to activate and maintain this account. Enter this new email address on your ACORN record. U of T uses email to communicate with you. It's your responsibility to update your email on ACORN and to check your UTmail+ account daily.

The University's official method of corresponding with students regarding registration, enrolment status, student accounts and other important areas of business, is through your University of Toronto (or utoronto) e-mail account. It is your responsibility to read your utoronto e-mail on a regular basis. This will ensure that you receive important information from your instructors and the university.

ACORN – STUDENT WEB SERVICE

The Accessible Campus Online Resource Network (ACORN) is UofT's student web service. Sign into ACORN to check fees and finances, update your address and emergency contact information, and more.

ACORN will allow you to:

- Update contact information
- View tuition invoices and financial account
- Order Transcripts
- Defer Fees
- Print Tax Forms
- Access information on housing, health and support, co-curricular programs and more in one place.

Access ACORN using your UTORid and password. www.acorn.utoronto.ca.

For more information about ACORN visit www.introducing.acorn.utoronto.ca

LEARNING PORTAL

The Learning Portal is an online course communication system that your instructors will use to communicate important course information to you. The majority of instructors will post their course outline and various course notices and policies via Portal. Some instructors will also post your course assignment, midterm test and essay grades on Portal. The majority of your courses will become active on Portal during the first week of classes. Login to Portal using your UTORid at the following link: <https://portal.utoronto.ca/>

TEXTBOOKS

Your course instructors will provide you with information related to the required and optional textbooks for your course during the first class or on the Portal course site. It is best to wait until you have received specific information from your instructor about the textbook edition and purchase location so you do not buy the wrong textbook.

LIBRARY INFORMATION

The University of Toronto is comprised of 44 libraries at three campuses. We are proud to support learning, teaching and research at the University of Toronto with collections that are unparalleled in Canada in their richness and diversity. For more information on library locations, catalogue and other information, please visit <https://onesearch.library.utoronto.ca/>

PROGRAM INFORMATION

MPK PROGRAM REQUIREMENTS

The MPK program is a full-time, 16-month program (August to December, inclusive) and offers a mix of classroom, case-based, laboratory and experiential education. The MPK involves successful completion of 12.0 full-course equivalents (FCEs) as follows:

- 13 courses (equal to 10.5 FCE academic courses)
- 600 hours of professional practice (1.5 FCE)

COURSE TIMETABLE, COURSE DESCRIPTIONS

MPK TIMETABLE (OVERVIEW)

A detailed course timetable including time and room location will be sent to you in July.

August 2016	September 2016	October 2016	November 2016	December 2016	January 2017	February 2017	March 2017	
MPK4000Y Intro to Professional Kinesiology Aug 8 – Sept 2	MPK4001Y Clinical Assessment & Interventions Sept 5 – Dec 20			WINTER BREAK	MPK4006H Interprofessional Practice Jan 9 – Mar 3		MPK4009H Business of Kinesiology & Entrepreneurship Mar 6 – Mar 31	
	MPK4002Y Biophysical Assessment and Interventions Sept 5 – Dec 20				MPK4007Y Practice Setting Considerations Jan 9 – Mar 3			
	MPK4003Y Behavioural Assessment and Interventions Sept 5 – Dec 20				MPK4008Y Evidence Supported Practice Jan 9 – Mar 31			
	MPK4004Y Physical, Culture, Health and Social Environments Sept 5 – Dec 20							
	MPK8001H Placement 1 Sept 12 – Dec 16				MPK8001H Placement 1 Jan 16 – Mar 31			
	MPK4005H Development & Delivery of Kinesiology: Professional Practice 1 Sept 5 – Dec 16				MPK4005H Development & Delivery of Kinesiology: Professional Practice 1 Jan 9 – Mar 31			

April 2017	May 2017	June 2017	July 2017	August 2017	September 2017	October 2017	November 2017	December 2017
MPK4010H Professional Practice 2 Apr 3 – May 26		MPK4011H Professional Practice 3 June 12 – Aug 4		MPK4012Y Capstone Project: Improving Kinesiology Practice Aug 7 – Dec 1				
MPK8002H Placement 2 Apr 3 – May 28		MPK8003H Placement 3 June 12 – Aug 4						

COURSE DESCRIPTIONS

MPK4000Y Introduction to Professional Kinesiology (1.0 FCE)

This course will assist students in developing an advanced understanding of how Kinesiology can be applied in a professional context to enhance the health, wellness, and functional capacity of clients. Students will learn how fundamentals of movement science, current research, business and ethics are integrated to provide the highest level of practice. Students will draw on their previous knowledge of anatomy, biomechanics, motor learning and control, exercise physiology, behavioral sciences and ethics in developing a client centred approach to movement adaptation, with integrated assessments, interventions, and ongoing management and advocacy for of health and performance. They will be able to apply safety techniques and procedures (universal precautions, emergency procedures, work place

standards. A mixture of lecture, laboratory and practical sessions will be used to aid in development of knowledge and skills related to movement science practice. This compressed course will include 10 hours classroom activity and 10 hours of afternoon laboratories, tutorials and service learning and/or fieldtrips per week.

Course duration:

- August 8 – September 2
- Monday – Friday – 9am-5pm
- 4 weeks.
- Total course time 80 hours

MPK4001Y Clinical Assessment and Interventions (1.0 FCE)

Clinical practice refers to the delivery of health services based upon the interaction between practitioners and clients, rather than theory or basic science alone. Quality of clinical practice is achieved through patient interaction, involving various processes within the clinical paradigm of the practitioner, client and services. These interactions allow for thoughtful clinical reasoning and decision-making to guide patient care across the health continuum, including assessment, intervention, and the long-term management of health. In this course, students will explore the nature of the clinical paradigm and develop clinical reasoning skills related to the delivery of kinesiology assessment and intervention.

This course will assist in developing the critical thinking skills required for effective decision making, while considering the needs of the client in the broad paradigm of clinical management. A mixture of lecture, problem and case-based learning sessions, laboratories, and assignments will be used to aid in development of knowledge and skills related to clinical assessments and intervention.

Course duration:

- September 5 – December 20
- 16 weeks. 2 hours of lecture/2 hour lab/tutorial per week
- Total course time 64 hours.

MPK4002Y Biophysical Assessment and Interventions (1.0 FCE)

Kinesiology assessment and intervention techniques should be selected and adapted to accommodate environmental, individual, and task factors. In this course, students will learn how to appropriately design, select and administer a range of general and population-specific kinesiology assessments and interventions that relate to biological and physical performance for clients across the health-to-performance continuum. Lectures will stress the consideration of how anatomy, physiology, injury and pathology affect decisions regarding client screening, assessment, and intervention approaches. Emphasis will be placed on the demonstration of critical thinking, evidence-based decision-making, and applied skills within case-based learning sessions and laboratories. 2 hours of lecture/2 hour lab/tutorial per week

Course duration:

- September 5 – December 20
- 16 weeks.
- Total course time 64 hours.

MPK4003Y Behavioral Assessment and Interventions (1.0 FCE)

Supporting and adapting behaviours towards improved health are central to the role of kinesiologists in delivering client care. The complex interaction of clients' perceptions, goals, experiences, objectives, barriers and facilitators around health behaviours, must be considered for the appropriate development healthy lifestyle planning. In this course, students will enhance their understanding of the principles and application of theory-driven health behaviour assessment and intervention techniques for the prevention, treatment, or management of health and performance. Skill development will focus on critical appraisal of assessment instruments, individualized interviewing and counseling techniques, strategies to accommodate varying degrees of health literacy, and dynamic approaches to establishing and monitoring chronic health behaviour change. Students will engage in case-based learning, partner/small-group role-playing, and lectures to develop a rich understanding of behaviour change theory and its application.

Course duration:

- September 5 – December 20
- 16 weeks. 2 hours of lecture/2 hour lab/tutorial per week
- Total course time 64 hours.

MPK4004Y Physical, Culture, Health and Social Environments (1.0 FCE)

A comprehensive examination of the cultural, social and ecological effects environments that help shape health environments and behaviours provides important information and direction for health promoting strategies. Accordingly, understanding and respecting the beliefs, backgrounds, and broader social influences on health (and cultural understandings of health practices) and how they impact the client are essential to creation of optimal kinesiology services. . In this course, students will learn about the interactions between society, environments, culture, social justice and physical health and how to apply these understandings in the development of health promoting programming. Furthermore, students will develop their ability to conceptualize and critically analyze the complicated institutional relationships between personal health, health care service and practice, and broader-scale structural determinants for effective, responsible, interdisciplinary client care. A mixture of lecture, problem and case based learning sessions, and assignments will be used to aid in development of knowledge and skills.

Course duration:

- September 5 – December 20
- 16 weeks. 2 hours of lecture/2 hour tutorial alternate weeks
- Total course time 64 hours

MPK4005H Development and Delivery of Kinesiology: Professional Practice 1 (0.5 FCE)

The purpose of this course is to develop theoretic knowledge and understanding in models of service program delivery and development. Special attention will be paid to kinesiology service delivery strategies across populations at the client and programmatic level, the influence of varying program and practitioner approaches on client outcomes, learning and training opportunities for professional development, and leadership across practice settings. This will support students in examining and sharing their experiences in delivering kinesiology services to clients. Students will reflect and examine professional issues and experiences across kinesiology service models and will integrate knowledge from

their experiences in MPK 8001 and knowledge and theory from the set of concurrent courses (MPK4001, 4002, 4003, 4004).

Course Duration:

- September 5 – December 20 and January 9 – March 31
- 22 Weeks (Sept to March)
- Total course time 44 hours

MPK4006H Interprofessional Practice (0.5 FCE)

Kinesiologists practice among an extensive team of practitioners to provide comprehensive and coordinated services for clients. Students in this course will develop an understanding of the principles and concepts of interdisciplinary teamwork in a healthcare and health promotion context. A focus of the course will be placed on strategies that facilitate appropriate coordination of service delivery, appropriate referral pathways, collaborative interprofessional communication, and practicing within the limits of professional scope of practice. Guest lecturers from across the healthcare disciplines and related groups will contribute to the learning experience. Students will participate in IPE sessions throughout the year with health care students from other programs.

Course duration:

- January 9 – March 3
- 8 weeks- core course. Additional events will be coordinated with the Centre for IPE.
- Total course time 20 hours.

MPK4007Y Practice Setting Considerations (1.0 FCE)

Kinesiologists have the expertise to work with a range of populations in a variety of settings, including, but not limited to hospitals, rehabilitation centres, workplace environments, and sport. Models of service delivery in kinesiology are guided with consideration for the professional, physical, social and economic environments in which they operate. Through the course, student will learn to critically appraise the facilitators and barriers to programmatic development and delivery. Professional environments that align with Faculty practice and research strength will serve as cases for students to apply creativity, critical thinking and problem solving skills. A mixture of lecture, case-based learning, and field trips will be integrated to facilitate the learning experience.

Course duration:

- January 9 – March 3
- 8 weeks. 3 hours of lecture/2 hour lab/tutorial per week
- Total course time 40 hours

MPK4008Y Evidence Supported Practice (1.0 FCE)

Evidence supported practice refers to the integration of available scientific evidence into decision-making processes that guide the delivery of health services. Critical appraisal of research methodology and interpretation is an essential skill that ensures current best-practice approaches are maintained. In this course, students will enhance their understanding of research design and methodology, practice guidelines, and knowledge translation strategies to clients and colleagues. An emphasis of this course is

to develop advanced skills in primary research retrieval and evaluation, synthesis of research findings across studies towards evidence-based decision-making, strategies for rigorous programmatic evaluation, and application of research findings in professional practice.

Students will have opportunities to practice discussing research and knowledge with various audiences (researchers, practitioners, clients and the public) through various media. Concepts and frameworks from implementation science and knowledge translation will be used. A mixture of lecture, problem and case-based learning sessions, and assignments will be used to aid in development of knowledge and skills.

Course duration:

- January 9 – March 31
- Course duration 12 weeks. 2 hours of lecture/2 hour lab/tutorial per week.
- Total course time 48 hours.

MPK4009H Business of Kinesiology and Entrepreneurship (0.5 FCE)

There is a growing demand for health promotion and support services creating opportunities for innovation in professional kinesiology services and/or products. Successful kinesiology-related ventures in a competitive climate require a foundation of business and management skills that are framed within the health industry and professional standards. In this course, students will learn about kinesiology as a business, project management, and entrepreneurial strategy. Business models and strategies will be discussed within the context of kinesiology professional standards with an emphasis on relevant codes and regulations. This course will be delivered in lectures, facilitated by partner and group activities using problem and case-based learning approaches.

Course duration:

- March 6 – March 31
- Course duration 4 weeks. 3 hours of lecture/4 hour lab/tutorial per week.
- Total course time 28 hours.

MPK4010H Professional Practice 2 (0.5 FCE)

This is a credit/no credit course. This course supports the learning environment throughout Placement 2 (MPK 8002) with routine meetings and peer-facilitated discussions about professional experiences to encourage the development of reflective practitioners. Issues related to the intersection of theory and practice will be explored. Electronic video conferencing will be used for weekly discussions to reduce travel by students from dispersed clinical sites.

Course duration:

- April 3 – May 26
- 1 hour/ week on-line with class/self- reflective journal/blog.
- Two 2-hour class meetings in person every 4 weeks.
- Total course time 12 hours.

MPK4011H Professional Practice 3 (0.5 FCE)

This is a credit/no credit course. This course supports the learning environment throughout Placement 3 (MPK 8003) with routine meetings and peer-facilitated discussions about professional experiences to

encourage the development of reflective practitioners. Issues related to the intersection of theory and practice will be explored. Electronic video conferencing will be used for weekly discussions to reduce travel by students from dispersed clinical sites.

Course duration:

- June 12 – August 4
- 1 hour/ week on-line with class/self- reflective journal/blog.
- Two 2-hour class meetings in person every 4 weeks.
- Total course time 12 hours.

MPK4012Y Capstone Project: Improving Kinesiology Practice (1.0 FCE)

In this capstone project, students will draw upon a mixture of research, assessment, intervention, analysis and communication skills acquired throughout the program to develop a plan to improve kinesiology practice. This may take the form of a plan for a new area of practice, a new approach for an established area or improved implementation of known best practices. Students will present their findings in a conference-style atmosphere.

Course Duration:

- August 7 – December 1
- Workshop/tutorials 2 hrs/month plus final conference day. 12 hours total.

MPK8001H Placement 1

Over 120 practice hours, students are exposed to the practice of kinesiology and gain hands-on kinesiology experience working directly with clients in one of the areas of sport, chronic disease and mental health, children and youth, and musculoskeletal and concussion. This course will be evaluated as pass/fail.

Duration: September 12 – December 16 and January 16 – March 31

MPK8002H Placement 2

Over 240 practice hours, this placement provides the opportunity for students to gain practical kinesiology experience in a real-world work environment. Possible settings include, hospitals, clinics, sport institutes, and community organizations. This course will be evaluated as pass/fail.

Duration: April 3 – May 28

MPK8003H Placement 3

Over 240 practice hours, this placement provides the opportunity for students to gain practical kinesiology experience in a real-world work environment. Possible settings include, hospitals, clinics, sport institutes, and community organizations. This course will be evaluated as pass/fail.

Duration: June 12 – August 4

PLACEMENT INFORMATION

The MPK provides unparalleled opportunities for hands-on practice, working alongside leading experts and practitioners on campus and across the GTA. Practice is deliberately structured and grounded in experiential learning theory. All placements are unpaid. General liability and health and safety insurance are maintained for all students while on placement.

Placement Plan:

Students will engage in 600 hours of professional, structured experience across three placements:

- Placement 1: Part-time within KPE (120 hours Sept-Mar)
- Placement 2: Full-time (240 hours Apr-May)
- Placement 3: Full-time (240 hours Jun-Jul)

PLACEMENT 1:

In the first placement (Sept – Mar), you will spend 120 hours in one of four placement areas, including Elite Sport, Children & Youth, Chronic Disease, or Musculoskeletal & Concussion. We ask that you rank your placement choices, and we will do our best to place you in your top choice placement. If we are unable to place you in your top choice, we will prioritize this selection to ensure you complete a placement in your area of greatest interest as part of your MPK.

FOUR AREAS OF PRACTICE:

ELITE SPORT

MPK students will have the opportunity to assist in the development, monitoring, evaluation and delivery of programming for intercollegiate and high performance sport with the Varsity Blues Strength and Conditioning (S&C) Centre. The University of Toronto Strength and Conditioning Centre is one of the most diverse sporting environments in Canada, supporting 22 intercollegiate teams in 14 different sports, in addition to Olympic and professional athletes. The Varsity Blues Athletic Department and S&C Centre is fully integrated within the Faculty of Kinesiology and Physical Education, and as such, this placement provides students with an unparalleled opportunity for accelerated career development through guided professional development, networking opportunities, and exposure to the latest evidence based training methods and practices.

All S&C responsibilities will be completed under the guidance of the assigned MPK practice coordinator, the Head Strength and Conditioning Coach and the rest of the Varsity Blues S&C staff, while also interacting with the sports medicine clinic, sport scientists, sport coaches and all other members of the integrated support team assigned to individual sports.

Prerequisites

CPR/First Aid

BackCheck: Criminal Record Check

CHILDREN & YOUTH

MPK students will have the opportunity to assist in the delivery of the UofT S.M.I.L.E. program – an innovative program designed to enhance the physical literacy and fundamental movement skill development of children and youth with disabilities.

S.M.I.L.E. History: The Sensory Motor Instructional Leadership Experience (S.M.I.L.E.) program was founded in 1982 by Dr. Jack Scholtz from Acadia University. S.M.I.L.E. (smile.acadiau.ca) is a novel program which offers children and youth with varying disabilities a unique physical activity experience to improve their total development. Each participant is provided with an individualized physical activity plan and orientation to a variety of activities (e.g., physical fitness (strength, aerobics, and flexibility), and perceptual motor and sport skills). Throughout the academic year, S.M.I.L.E. (through Acadia University) is offered to approximately 280 children, youth, and young adults with varying ability levels who are given one-on-one instruction. The program participants have specific disabilities that include autism spectrum disorder, intellectual disability, multiple disability, spina bifida, cerebral palsy, traumatic brain injury, Down syndrome, and specific chromosomal disorders.

U of T's S.M.I.L.E. Program: With S.M.I.L.E.'s success at Acadia University, such a program is being run starting in September 2016 within the University of Toronto community. The U of T S.M.I.L.E. program will be offered within the Faculty of Kinesiology and Physical Education in partnership with Surrey Place Centre, Clinton Street Public School, and Acadia University. This will be a 12-week program (offered between September to December and January to April 1). Consistent with the Acadia S.M.I.L.E. program, S.M.I.L.E. at U of T will focus on the development of fundamental movement skills and overall physical literacy. The one-on-one nature of this program allows for individual adaptation of the planned activities, where necessary, to meet the needs and interest of each child. Fundamental movement skills that the program focuses on will include: locomotion (e.g., walking, rolling, skipping), object control (e.g., push, pull, dribble, pass), and rhythm and movement (e.g., dancing, balancing, clapping). During the first (week 1) and final (week 12) sessions, the MPK student instructor will conduct a fundamental movement skill assessment using a previously validated tool for children and youth with cerebral palsy (the Challenge Module). This assessment tool will provide the MPK student instructors with information on the child's ability levels at the beginning and the end of the program, and will be used to develop individualized, meaningful physical activity goals (co-developed with the child and parent) for the program.

MPK students will be working one-on-one with a child (aged 6 to 12 years) with a disability. With two program times being offered each session, MPK students will each be matched with two children/term. All responsibilities will be completed under the guidance of the assigned S.M.I.L.E. program coordinator.

Prerequisites

CPR/First Aid

Vulnerable Sector Police Check

CHRONIC DISEASE & MENTAL HEALTH

MPK students will have the opportunity to contribute to the delivery of the UofT S.P.A.R.K. and MoveUHappyU programs with the aim of promoting long-term health through exercise prescription and physical activity participation.

U of T's S.P.A.R.K. Program: The U of T Secondary Prevention And Rehabilitation Kinesiology (S.P.A.R.K.) program is offered within the Faculty of Kinesiology and Physical Education. This will be a 13-week program (offered between September to December and January to March) in which MPK students are paired one-to-one with an adult from the community for the purpose of assessing exercise needs and developing and delivering an exercise plan. The focus of this program is on chronic disease prevention and rehabilitation through kinesiology practice. Clients participating in the S.P.A.R.K. program will have a previous history or risk of cancer or cardiovascular disease.

U of T's MoveUHappyU Program: The U of T MoveUHappyU program is offered within the Faculty of Kinesiology and Physical Education in partnership with the University of Toronto Health and Wellness Centre. This will be a 13-week program (offered between September to December and January to March) in which MPK students are paired one-to-one with a UofT student to develop and deliver a physical activity plan with the focus of educating students on how physical activity can improve the way they perform in the classroom, lowering stress levels, improving sleep patterns and boosting concentration.

Students will be assigned to two (2) clients for the duration of each semester (four (4) clients total). Each of the clients will be enrolled in the S.P.A.R.K. (2 clients/student) or MoveUHappyU programs (2 clients/student). Although all participants will engage in similar assessment and training protocols, appropriate programmatic adaptations will be implemented by the MPK student to address the clients' individual goals and needs. Each client will present with his/her own unique health status and, given the clientele targeted by S.P.A.R.K./MoveUHappyU, are likely to require accommodations to conventional exercise programs. Accordingly, clients will undergo routine monitoring for health status. At the start and end of each 13-week program, MPK students will assess the various fitness, cardiorespiratory, body composition and musculoskeletal needs of the client using a variety of measures (e.g., health screening interview, mood states questionnaire, resting heart rate and blood pressure, biodex, cycle ergometer, treadmill test). Based on these assessments, students are expected to work directly with the client to develop program goals, design an exercise plan to achieve these goals, and support the client on a weekly basis in executing the plan developed. Students will have approximately 100 hours of direct client contact plus an additional 20 hours of group debriefing meetings to review client activity and share professional strategies. All responsibilities will be completed under the guidance of the assigned S.P.A.R.K./MoveUHappyU program coordinator.

Prerequisites

CPR/First Aid

BackCheck: Criminal Record Check

MUSCULOSKELETAL AND CONCUSSION

MPK students will have the opportunity to assist in the development, monitoring, evaluation and delivery of programming for the David L. MacIntosh Sport Medicine Clinic. The David L. MacIntosh Sport Medicine Clinic has been treating sport-related injuries in the University of Toronto community for over 60 years. The services are available to anyone with sport- or exercise-related injuries or inquiries. As a comprehensive sport medicine care facility, the MacIntosh Clinic's staff includes certified athletic therapists, sport physiotherapists, sport massage therapists, sport physicians, orthopaedic surgeons, a certified pedorthist and a registered psychologist (in clinical neuropsychology). Each professional is committed to offering an exceptional quality of care to help you get back in action faster.

MPK students will provide regular weekly clinical coverage and work directly with staff of the David L. MacIntosh Clinic and with clients with diverse ages and health conditions. Under the direction of a clinical therapist, MPK students will be responsible for the design and implementation of individualized structured exercise/rehabilitation programs for clients, and will be accountable for ensuring the safe/appropriate administration of exercise programs prescribed. Students will also learn and support the collection and maintenance of medical documentation concerning a client's assessment, progress, treatment, attendance and discharge.

MPK students will also have the opportunity to work alongside other therapists in the clinic to prevent, recognize, manage and rehabilitate injuries that result from physical activity or sport, including the prevention and management of mild traumatic brain injuries (concussions). For patients with concussions, the MPK student will work with other staff in the clinic to perform a thorough functional assessment and design a rehabilitation program to monitor symptoms and progression of recovery. This may include the delivery of educational / workshop sessions, baseline testing, implementation of "return-to-activity" guidelines, and medical management such as neck therapy, balance and eye-tracking therapy.

Prerequisites

CPR/First Aid

BackCheck: Criminal Record Check

PLACEMENT 2 AND 3:

Full placement descriptions for Placement 2 and 3 will be provided through the KPE database placement matching system. Students will be asked to make selections for Placements 2 & 3 in the winter term.

COURSE ENROLMENT

COURSE ENROLMENT

All of the graduate courses offered in the Master of Professional Kinesiology program are mandatory. Students will be pre-enrolled in courses by the Graduate Department at the end of July. Your first day of classes is August 8, 2016.

TUITION FEES, FEE PAYMENTS, OSAP, FEE DEFERRAL

TUITION FEES

MPK tuition fees are approximately \$16,000 plus incidental fees (for the 16-month program) for domestic students. The tuition fee for 2016-2017 is \$12,161.69 (including the incidental fees and placement fee); see the table below for fees breakdown.

Year 1 (August 2016-August 2017)	
Tuition Fee	\$10,650.00
Incidental Fees	\$1,461.69
Placement Fee (charged only in first year of program)	\$50.00
Total	\$12,161.69

MPK tuition fees invoice will be available on ACORN in mid-July. Your invoice will include the *Minimum Payment to Register* (MPR) and the full amount for 2016-2017 academic year. You may choose to pay the fees on a term basis or all of your fees for the year. More details will be on your tuition fee invoice on ACORN. The Minimum Payment to Register amount should be paid by **August 26th** in order to be registered on time.

The MPK Program starts on August 8 with the intensive course, Introduction to Professional Kinesiology (MPK4000). Although the program starts with this course in the summer session, your tuition fees for this course is included in the fall session.

TUITION FEE PAYMENTS

You can pay your fees like a bill – at a bank, bank machine or via telephone or internet banking.

To pay at a bank machine or at a teller, take a copy of your account in invoice format printed from ACORN with you. Your account number (on the top right hand corner of the invoice) & student number printed on the account are needed to ensure the payment is credited to your student account.

To pay online or by phone, add the University of Toronto to your list of bills, using the account number located on the top right-hand corner of your invoice (on ACORN). The account number consists of up to the first five characters of your surname (in capital letters) and 10 numbers which will be your student number with leading zeros.

For more information about tuition fees, fee payment and service charges, please review the Student Accounts website at <http://www.fees.utoronto.ca>.

ONTARIO STUDENT ASSISTANCE PROGRAM (OSAP)

The 2016-2017 online OSAP application is now available for students to apply for assistance for Fall 2016. Visit their website at <http://osap.gov.on.ca/> for detailed information, application process and deadlines.

For questions related to OSAP, please contact Financial Aid at Enrolment Services, 172 St. George Street, 416 978-2190.

TUITION FEE DEFERRAL

If you have applied for OSAP and have been deemed eligible to receive OSAP, you may request a temporary tuition fee deferral through ACORN. The tuition fee deferral allows you to be fully registered in courses without paying the minimum fee before the fee deadline. You must defer your tuition fee by August 26, 2016; after this date, you must go to the SGS Student Services office (63 St. George Street) in person and request to register without payment (i.e., make a fee deferral). Late registration fees will be assessed. For detailed instructions on deferring your tuition fees, please visit:

http://www.fees.utoronto.ca/sessions/2015_2016/reg_instructions/fee_deferral.htm.

REGISTRATION CONFIRMATION

Starting mid-July, ACORN will allow you to view your invoices and financial account; please log onto ACORN to view your invoice. To be fully registered for the fall-winter sessions you must pay the minimum required payment or defer your tuition fees (if you are receiving OSAP funding). Once you have paid your minimum required payment or deferred tuition fees your registration status on ACORN

will automatically change from 'invite' (INVIT) to 'registered' (REG) on ACORN within seven business days of payment or deferral.

Failure to pay the minimum required payment or arrange deferral of tuition fees by August 26, 2016 will result in cancellation of enrolment in all courses.

STUDENT RESOURCES

MPK students have access to a wide variety of resources, including Faculty of Kinesiology and Physical Education resources, SGS resources and general resources at the University of Toronto. Some of the key resources are listed below.

FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION RESOURCES

PROGRAM ADVISING

MPK students with questions regarding program requirements, registration, courses, student expectations or any other program-related questions, are encouraged to contact Zarine Ahmed, Graduate Program Coordinator:

Email: exs.kpe@utoronto.ca

Phone: 416 978 6087

PLACEMENT ADVISING

MPK students with questions regarding the placement, student expectations at placement, preparing for placement or any other placement-related questions, are encouraged to contact Ainsley Goldman, Placement Program Coordinator:

Email: placements.kpe@utoronto.ca

Phone: 416 978 0474

HEALTH SCIENCES WRITING CENTRE

KPE's Health Sciences Writing Centre provides free individualized, confidential writing instruction to develop your writing skills, improve your capacity to plan, organize, write and revise academic papers and manage ESL/EFL language challenges. The centre works with *all* students, for *all* assignments, at *all* stages of the writing process. Visit the website to book an appointment or for more information.

www.hswriting.ca

SGS RESOURCES

FIRST STEPS FOR NEW STUDENTS

<https://www.sgs.utoronto.ca/currentstudents/Pages/First-Steps-for-New-Students.aspx>

SCHOOL OF GRADUATE STUDIES (SGS)

<https://www.sgs.utoronto.ca>

GRAD LIFE

A hub to help you navigate graduate student life at UofT and connect you to workshops, social events, campus services and resources.

<https://www.sgs.utoronto.ca/gradlife/Pages/default.aspx>

GRAD WELLNESS

There are extensive services on campus to support student wellness. These include, but are not limited to Dental Service, Health and Counselling Centre, Health and Wellness Centre and Multi-Faith Centre. For more information on these support services and many others visit

<https://www.sgs.utoronto.ca/gradlife/Pages/Grad-Wellness.aspx>

GRAD ACADEMIC SUPPORT

Meet with a learning strategist or attend a writer's group session.

<https://www.sgs.utoronto.ca/gradlife/Pages/Grad-Academic-Support.aspx>

GRADUATE COUNSELLING SERVICES

To better meet the diverse needs of the graduate student population, graduate students can access counselling services at the School of Graduate Studies. The Wellness Counsellor will offer brief counselling services tailored to the challenges presented by graduate-level university life. The focus of counselling is on strengths, resiliency, and skills-building.

<https://www.sgs.utoronto.ca/currentstudents/Pages/Graduate-Counselling-Services.aspx>

GRADUATE PROFESSIONAL SKILLS (GPS) PROGRAM

The GPS program is designed to help all graduate students become fully prepared for their future. GPS focuses on skills beyond those conventionally learned within a disciplinary program—skills that may be critical to success in the wide range of careers that graduates enter.

<https://www.sgs.utoronto.ca/currentstudents/Pages/Professional-Development.aspx>

ENGLISH LANGUAGE & WRITING SUPPORT

The Office of English Language and Writing Support (ELWS) provides graduate students with advanced training in academic writing and speaking. By emphasizing professional development rather than remediation, ELWS can help you cultivate the ability to diagnose and address the weaknesses in your oral and written work.

ELWS offers five types of support designed to target the needs of both native and non-native speakers of English: non-credit courses, single-session workshops, individual writing consultations, writing intensives, and a list of additional resources for academic writing and speaking.

<https://www.sgs.utoronto.ca/currentstudents/Pages/English-Language-and-Writing-Support.aspx>

FINANCIAL COUNSELLING

It's best to seek help early so your problems don't get out of control. Most financial problems only get worse unless you seek help. Financial counselling can help relieve your stress, resolve your immediate financial problems and help you plan for the future. Our financial counsellor is trained to assist currently registered students in all aspects of financial management including planning a budget and debt load management.

<https://www.sgs.utoronto.ca/currentstudents/Pages/Financial-Aid-and-Counselling.aspx>

GRADUATE CONFLICT RESOLUTION CENTRE

Graduate students are welcome to connect confidentially with one of our trained G2G Peer Advisors (grad-to-grad) to talk about options for addressing a concern, how to start a difficult conversation and/or university supports and resources. The G2G will not intervene or advocate – they will listen and help you to navigate your own way forward.

<http://gradcrc.utoronto.ca/>

UNIVERSITY OF TORONTO RESOURCES

ACCESSIBILITY SERVICES

Accessibility Services provides services and programs for students with a documented disability, whether *physical, sensory, learning disabilities* or *mental disorders*. Students with a temporary disability (e.g. concussion, broken arm or leg,) also qualify. Services include test and exam arrangements, note-taking services, on-campus transportation, concussion support etc. Visit the website to find out about registering, accommodations, peer mentoring, financial supports etc.

www.accessibility.utoronto.ca

CAREER CENTRE

The Career Centre provides offers a full range of career education and exploration programming. They also deliver extensive customized career programming for graduate students.

<https://www.studentlife.utoronto.ca/cc/grad-students>

FACILITIES

ATHLETIC CENTRE (CORNER OF HARBORD ST. AND SPADINA AVE.)

With seven gymnasias, three pools (including the only Olympic-sized pool in downtown Toronto), a strength and conditioning centre, indoor track, dance studio, cardio machines, tennis and squash courts and steam rooms, there really is something for everybody! Facilities are available for use by U of T students and all other Athletic Centre members.

GOLDRING CENTRE FOR HIGH PERFORMANCE SPORT (100 DEVONSHIRE PLACE)

The Goldring Centre for High Performance Sport is a multi-storey sport and exercise facility housing a 2,000-seat, internationally-rated field house for basketball, volleyball and other court sports, a state-of-the-art strength and conditioning centre, fitness studio, sport medicine clinic and research and teaching laboratories.

VARSITY CENTRE (CORNER FOR BLOOR ST. AND DEVONSHIRE PLACE)

Varsity Centre – which includes a 5,000-seat stadium, 400m eight-lane track, state-of-the-art artificial turf field with a dome for winter use, and 4,000-seat arena – is a sport and recreation facility like no other. Home to international, intercollegiate and intramural competitions throughout the year, Varsity Centre also hosts recreational and instructional classes, children's programs and high performance athlete training. During the winter months, the field continues to be a hive of activity under the dome, where students and members can make use of the driving range and a range of drop-in recreational activities.

ONLINE CAMPUS MAP

Use the online Campus Map to find the locations of your MPK and elective classes. Classroom locations are listed on ACORN and are also published on the timetables. Location information consists of a two letter building code followed by the room number in that building. For example the location BN 302 represents room 302 in the Clara Benson Building, 320 Huron Street. www.utoronto.ca/maps

MPK CLASSROOM SPACE

The MPK Space is being renovated in preparation of MPK classes to begin. This new space will include classroom space, lab and breakout rooms located in the UofT Athletic Centre.

MORE INFORMATION

U of T has hundreds of great student clubs, tons of fun events and dozens of gorgeous buildings and spaces to explore. Here are some ideas /suggestions of things to do around campus

- Hart House www.harthouse.ca/fitness/
- University of Toronto Graduate Student Union www.gsu.utoronto.ca/
- University of Toronto Grad Life: <https://www.sgs.utoronto.ca/gradlife/>
- University of Toronto Student Life <https://www.studentlife.utoronto.ca/>
- University of Toronto Magazine: www.magazine.utoronto.ca/

MPK PROGRAM CONTACTS

Zarine Ahmed, Graduate Program Coordinator

Email: exs.kpe@utoronto.ca

Phone: 416 978 6087

Ainsley, Goldman, Placement Coordinator

Email: placements.kpe@utoronto.ca

Phone: 416 978 0474

Professor Scott Thomas, Director, MPK program

Email: scott.thomas@utoronto.ca

GRADUATE PROGRAMS OFFICE

LOCATION: 320 Huron Street, Room BN 102 (Clara Benson Building, enter via 320 Huron Street Doors)

E-MAIL: exs.grad@utoronto.ca

PHONE: 416-978-6087

FAX: 416-971-2118

FACULTY WEBSITE: www.exs.utoronto.ca

Office Hours

Monday - Thursday: 8:30-11:30 a.m. & 1:30-4:30 p.m.

Friday: 8:30 a.m. - 12 p.m.

WHAT'S NEXT?

MPK PROGRAM STUDENT HANDBOOK

detailed information about the MPK Program will be available in the MPK Program Student Handbook. The handbook will be available on the website in July and a copy will be provided to you at the New Student Orientation.

ORIENTATION EVENTS

MPK NEW STUDENT ORIENTATION

August 8, 2016

At the mandatory New Student Orientation you will be introduced to fellow graduate students, learn more about program requirements and meet the faculty and staff. Detailed information to follow.

SGS NEW STUDENT ORIENTATION

September 6, 2016

The School of Graduate Studies (SGS) invites incoming graduate students to SGS Orientation 2016. SGS will send you an invitation to the SGS Orientation Session closer to the date.