



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Master of Professional Kinesiology Handbook 2018-19



**STRONGER
PRACTICE
TO STRONGER
FUTURES**

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MPK SESSIONAL DATES 2018-2019

Fall Session 2018

August	6	Civic Holiday (University closed)
August	7	MPK New Student Orientation. First day of MPK fall classes.
August	16	Last day to drop MPK3999H and MPK4000H without academic penalty
August	24	Last day for tuition fee deferral (if eligible) or payment of minimum payment to register for 2018–2019 (after this date a late registration fee will be applied)
September	3	Labour Day (University closed)
September	30	Remaining fall session (September to December) fees due by this date to avoid incurring service charges. Details: fees.utoronto.ca .
October	5	Last day to drop MPK4008H without academic penalty
October	8	Thanksgiving Day (University closed)
October	26	Last day to drop MPK4001Y, MPK4002Y, MPK4005H without academic penalty
November	28	Last day to drop MPK4006H without academic penalty
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	7	Last day to drop MPK8001H without academic penalty
December	24	University closed for winter break from Monday, December 24 to Friday, January 4 inclusive

Winter Session 2019

January	7	University re-opens. First day of MPK winter session courses
January	16	Fall session grades available for viewing by students on the Student Web Service (ACORN)
January	25	Last day to drop MPK4009H without academic penalty
February	15	Last day to drop MPK4003Y, MPK4004Y and MPK4015H without academic penalty
February	18	Family Day (University Closed)
February	25	Last day to drop MPK4007Y
March	TBA	March Graduation In absentia (for 2017-2018 Cohort)
April	19	Good Friday (University closed)
April	26	Last day to drop MPK8002H without academic penalty
April	30	Payment deadline to avoid service charges on unpaid Fall/Winter session (September-April) tuition and non-tuition fee amounts for students who had registered without payment (deferred). Details: fees.utoronto.ca .

Summer Session 2019

May	15	Winter session grades available for viewing by students on the Student Web Service (ACORN)
May	20	Victoria Day (University closed)
May	24	Last day to drop MPK4010H without academic penalty
July	1	Canada Day (University closed)
July	5	Last day to drop MPK8003H without academic penalty

INTRODUCTION

Welcome to the Graduate Department of Exercise Sciences in the University of Toronto's Faculty of Kinesiology and Physical Education. This handbook is designed for students entering the Master of Professional Kinesiology (MPK) program. The MPK program offers students access to a diverse group of faculty, who provide educational experiences and offer students opportunities to gain advanced knowledge and skills in the professional practice of kinesiology. This program also provides unparalleled learning environments for hands-on practice working alongside leading practitioners. The purpose of this handbook is to provide information about the program's structure, expectations, policies, courses and schedule.

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WHAT IS PROFESSIONAL KINESIOLOGY?

As of April 1, 2013, kinesiology in the province of Ontario became a regulated health-care profession. The College of Kinesiologists of Ontario (CKO) is the regulatory body that governs the profession of kinesiology in Ontario and receives its authority from the Kinesiology Act, 2007 and the Regulated Health Professions Act, 1991. In Ontario, any individual using the titles “Kinesiologist,” “Registered Kinesiologist,” or the designation “R.Kin,” must be registered with the College.

The CKO ensures kinesiologists maintain and enhance their skills and knowledge through established standards of practice and accountability.

According to the Province of Ontario’s Kinesiology Act 2007, the Scope of Practice of kinesiology is: the assessment of human movement and performance and its rehabilitation and management to maintain, rehabilitate or enhance movement and performance (2007, c. 10, Sched. O, s. 3.).

By implementing a multidisciplinary approach to movement and human performance, registered kinesiologists consider the factors which limit and enhance the capacity to move, and strive to promote health, wellness, and performance in and through exercise and physical activity.

Why an MPK?

- Develop exercise expertise
- Learn through practical experiences
- Network and advance expertise through 600 hours of professional practice
- Gain research implementation and program evaluation skills
- Work with top scholars across diverse areas
- Engage in interprofessional education

What are some examples of kinesiology practice that our graduates will be prepared for?

Health and wellness promotion

- Creating physical activity programming to enhance young adolescents’ mental health
- Assessing the community environment and reducing barriers to physical activity for people with a disability
- Promoting physical activity and implementing targeted programs to promote bone health in post-menopausal women

Performance enhancement

- Using sports science testing and tailored training and conditioning to enhance athletic performance (e.g., functional movement screening and exercise interventions)
- Enhancing and maintaining the performance capabilities of firefighters through tactical strength and conditioning

Injury prevention

- Providing pre-operative exercise training for people with cancer
- Facilitating exercise programming for elderly for the purpose of reducing risk of falls
- Enhancing physical activity levels in youth to reduce the risk of obesity
- Developing a functional training and physical conditioning program to enhance the quality of an athlete’s movement and avoid injury in sport

Adapted physical activity and exercise programming

- Adapting community recreation and sports programs to be inclusive for children with diverse ability levels
- Adapting sports training and conditioning for an athlete returning to sport from an acute injury (e.g., concussion) or managing a chronic sport injury (e.g., tendonitis)
- Adapting exercise programming for people with cardiovascular disease



MPK PROGRAM INFORMATION

Program Outcomes and Competencies

The MPK will focus on the development of students' competencies in devising, implementing and evaluating exercise strategies to improve health and physical performance. Students will develop the ability to translate leading-edge kinesiology research findings into professional practice through a mixture of classroom, case-based, laboratory and experiential (i.e., professional placements) educational approaches. Graduates of this program 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, and conceptualizing future kinesiology practice.

Competencies

Depth and Breadth of Knowledge

MPK graduates should understand at an advanced level the kinesiology-related aspects of anatomy, exercise physiology, biomechanics, motor learning and control, behavioural aspects of health, social and cultural influences on health and physical activity participation, clinical reasoning and health-care professional relations. Graduates should appreciate that real and perceived barriers to achieving sufficient movement quality and quantity are many, varied (i.e., physical, psychological, cognitive, emotional, social and cultural) and interactive/complex in nature.

Evidence Assessment

MPK graduates will employ their depth and breadth of knowledge of movement and human performance to:

- Promote health, wellness and performance in a variety of populations
- Critically evaluate current research in movement science
- Locate, critically evaluate and employ professional and clinical practice guidelines
- Use program evaluation methods to evaluate the effectiveness of kinesiology practice and identify areas for improvement

Application of Knowledge

MPK graduates will employ the depth and breadth of knowledge to prevent and manage health limitations and to enhance the client's ability to physically perform in valued life roles. This is reflected in students who are able to:

- Synthesize and present (oral and written formats) a summary of current knowledge of movement science as applied to provision of professional kinesiology services
- Create management and intervention plans that are based on current knowledge and creatively address the needs of the client
- Evaluate clinical programs and propose methods of improving current or new programs

Professional Capacity/Autonomy

MPK graduates will serve the needs of clients by providing evidence-supported management, rehabilitation and performance enhancement services, and by contributing to their own and the profession of kinesiology's development. Graduates will be able to:

- Make appropriate decisions for management, rehabilitation or enhancement of the health and physical capacity of clients
- Advance the profession of kinesiology through developing, advancing, disseminating and exchanging knowledge about physical activity, health and their interactions through provision of care, education, research and leadership

Communication Skills

MPK graduates will demonstrate the ability to receive information and feedback and to present information and feedback to peers, field instructors and clients/patients. They will also develop skills in persuasive communication and leadership.



MPK TIMETABLE (OVERVIEW)

AUGUST 2018	September 2018	October 2018	November 2018	December 2018	WINTER BREAK
MPK3999H (Aug 8 - Aug 30) Introduction to Professional Kinesiology	MPK4001Y (Sep 4 - Dec 20) Clinical Assessment and Interventions				
	MPK4002Y (Sep 4 - Dec 20) Biophysical Assessment and Interventions				
	MPK4007Y (Sep 4 - Dec 20) Practice Setting Considerations				
MPK4000H (Aug 8 - Aug 30) Introduction to Human Movement in Professional Kinesiology	MPK4008Y (Sep 4 - Oct 19) Evidence-Supported Practice	MPK4006H (Oct 29 - Dec 14) Interprofessional Practice			
	MPK4005H (Sep 4 - Dec 20) Strength-Based Professional Practice				
	MPK8001H (Sep 4 - Dec 14) Placement 1				

January 2019	February 2019	March 2019	April 2019	May 2019	SPRING BREAK
MPK4003Y (Jan 7 - Mar 29) Behavioural Assessment and Interventions			MPK4010H (Apr 1 - May 24) Professional Practice		
MPK4004Y (Jan 7 - Mar 29) Physical Culture, Health and Social Environments					
MPK4007Y (Jan 7 - Mar 29) Practice Setting Considerations					
MPK4009H (Jan 7 - Mar 9) Business of Kinesiology and Entrepreneurship					
MPK8001H (Jan 7 - Mar 29) Placement 1			MPK8002H (Apr 1 - May 24) Placement 2		
MPK4015H (Jan 7 - Mar 29) Practice and Program Evaluation					

June 2019	July 2019	August 2019	September 2019	October 2019	November 2019
MPK4010H (June 10 - Aug 2) Professional Practice		MPK4012Y (Aug - Dec) Capstone Project: Improving Kinesiology Practice			
MPK8003H (June 10 - Aug 2) Placement 3					

2017/2018 MPK Cohort

August 2018	September 2018	October 2018	November 2018
MPK4012Y (Aug 7 - Nov 30) - (2017/2018 Cohort) Capstone Project: Improving Kinesiology Practice			



MPK PROGRAM REQUIREMENTS

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

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

COURSE DESCRIPTIONS

MPK3999H INTRODUCTION TO PROFESSIONAL KINESIOLOGY (0.5 FCE)

MPK3999H serves as an introduction to professional kinesiology, including starting the process of forming a professional identity, and becoming familiar with the responsibilities, laws and ethics of a registered health profession. The course will also introduce a series of learning tools and topics, which will be developed in more detail in subsequent courses. Tools include use of library resources, use of case studies for learning and electronic tools for clinicians. Topics include the elements of the MPK program, models of kinesiology practice, evidence supported practice, and the use of multiple lenses in kinesiology including biophysical, clinical, behavioural and physical cultural viewpoints. 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. A mixture of lecture, laboratory and practical sessions will be used to aid in the development of knowledge and skills related to the practice of movement science.

Course duration:

- 4 weeks
- 10 hours of classroom activity/10 hours of laboratories and tutorials per week

MPK4000H INTRODUCTION TO HUMAN MOVEMENT IN PROFESSIONAL KINESIOLOGY (0.5 FCE)

The MPK4000H course introduces an integrated approach to human movement in the context of professional kinesiology. The central tenet of this integrated approach is that every individual, regardless of age, experience, fitness or job status, needs the capacity to meet the demands of their life. This model provides a common foundation to establish recommendations for interventions to aid clients in reducing impairment and increasing performance. Students will enhance their ability to meet clients' specific needs by developing an appreciation for screening, assessment and exercise program design – having the knowledge and skills to assess, design, implement and evaluate will distinguish exceptional professionals who change lives from those who design “hard” workouts. Using a combination of teaching styles (e.g. lecture, reflection, discussion, observation and demonstration), small and large group activities, case studies, and hands-on experiences, students will be provided with the knowledge and tools to make exercise matter for any client.

Course duration:

- 4 weeks
- 40 hours of lecture and practical learning activities



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 the development of knowledge and skills related to clinical assessments and interventions.

Course duration:

- 15 weeks
- 2 hours of lecture/2-hour lab/tutorial per week

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 way 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.

Course duration:

- 15 weeks
- 2 hours of lecture/2 hour lab/tutorial per week

MPK4003Y BEHAVIOURAL 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 of 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 counselling 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:

- 12 weeks
- 2 hours of lecture/2-hour lab/tutorial per week

MPK4004Y PHYSICAL CULTURE, HEALTH AND SOCIAL ENVIRONMENTS (1.0 FCE)

A comprehensive examination of the cultural, social and ecological effects 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 the 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 the 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 the development of knowledge and skills.

Course duration:

- 12 weeks
- 2 hours of lecture/2-hour tutorial alternate weeks

MPK4005H STRENGTH-BASED PROFESSIONAL PRACTICE (0.5 FCE)

The ability to think critically, problem solve, and link theory to practice is paramount to the success of any exercise professional, particularly since “it depends” is often the most appropriate response. Using exercise to rehabilitate, manage and prevent injury or disease, improve performance, physical literacy and workplace safety, or enhance quality of life requires the knowledge and skills to assess, design, implement and evaluate exercise-based interventions. Students will be given an opportunity integrate their experiences from MPK8001 with fundamental exercise-related principles such that they are able to work in a variety of settings with a range of populations. This course places an emphasis on linking theory with practice and the development of practical skills. Learning outcomes will be achieved through a combination of hands-on activities, lectures, critical reflection, and group work.

Course Duration:

- 15 weeks
- 2 hours of lecture/tutorial per week

MPK4006H INTERPROFESSIONAL PRACTICE (0.5 FCE)

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

Course duration:

- 7 weeks
- Additional events will be co-ordinated with the Centre for Interprofessional Education

MPK4007Y PRACTICE SETTING CONSIDERATIONS (1.0 FCE)

This course will provide an opportunity to critically appraise the utility of several types of exercise and exercise programs that are used in professional Kinesiology settings. Students will evaluate traditional and non-traditional approaches in order to gain an understanding of each method's strengths and weaknesses in achieving specific health, fitness and performance related objectives. Upon completion of the course, students will be able to critically appraise, design and implement exercise sessions for a range of applications. A mixture of lecture, case-based learning and practical activities will be integrated to facilitate the learning experience.

Course duration:

- 27 weeks
- 2 hours of lecture/practice session bi-weekly

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. Emphasized in this course are development of 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 practise 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 lectures, problem- and case-based learning sessions and assignments will be used to aid in development of knowledge and skills.

Course duration:

- 7 weeks
- 2 hours of lecture/2-hour lab/tutorial per week

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:

- 9 weeks
- 2 hours of lecture/1-hours tutorial per week

MPK4010H PROFESSIONAL PRACTICE (0.5 FCE)

This required course supports and provides an opportunity to document the learning process throughout Placement 2 (MPK8002) and Placement 3 (MPK8003). The intersection of theory and practice will be explored. This is a credit/no credit course.

Course duration:

- 16 weeks
- 1 hour per week online

MPK4015H PRACTICE AND PROGRAM EVALUATION (0.5 FCE)

The emphasis of this course is on understanding the various paradigms and methods that may be used to evaluate programs. Topics will include distinguishing research, assessment and evaluation, the evaluation process, developing an evaluation question, paradigms and models of program evaluation, quality criteria, and ethical considerations in program evaluation. Learning outcomes will be achieved through a combination of lectures, critical discussion, group work and applied assignments.

COURSE DURATION:

- 12 weeks
- 2 hours of lecture/ tutorials per week

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:

- 17 weeks

MPK8001H PLACEMENT 1

Students are expected to complete a minimum of 120 practice hours and are exposed to the practice of kinesiology. Students will gain hands-on kinesiology experience working directly with clients in one of the areas of high performance sport, chronic disease and mental health, children and youth, musculoskeletal health and concussion, or occupational wellness and fitness. This is a credit/no credit course.

MPK8002H PLACEMENT 2

Students are expected to complete a minimum of 240 hours and up to 320 hours depending on the placement site and needs of the clients. This placement provides the opportunity for students to gain practical kinesiology experience in a real-world work environment. Possible settings include hospitals, clinics, innovative enterprises and sport and community organizations. This is a credit/no credit course.

MPK8003H PLACEMENT 3

Students are expected to complete a minimum of 240 hours and may be up to 320 hours depending on the placement site and client needs. This placement provides the opportunity for students to gain practical kinesiology experience in a different real-world work environment. Possible settings include hospitals, clinics, innovative enterprises and sport and community organizations. This is a credit/no credit course.



PLACEMENT INFORMATION

The MPK program provides unparalleled learning environments for hands-on practice, working alongside leading experts and practitioners on campus and across the GTA. Students rank professional placement opportunities based on their learning goals. Rankings do not guarantee placements of top choice, however serious considerations are taken based on ranked interests and preferences. General liability and health and safety insurance are maintained for all students while on placement. Each placement opportunity will emphasize specific learning activities and all placements are unpaid.

PLACEMENT REQUIREMENTS

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

- Placement 1: Part-time within KPE (a minimum of 120 hours from September to March)
- Placement 2: Full-time (a minimum of 240 hours over 8 weeks from April to May)
- Placement 3: Full-time (a minimum of 240 hours over 8 weeks from June to beginning of August)

PLACEMENT 1

What Areas of Practice Are Offered?

In the first placement (September to March), students will spend a minimum of 120 hours in one of five practice areas: High Performance Sport, Children and Youth, Chronic Disease and Mental Health, Musculoskeletal Health and Concussion, and Occupational Wellness and Fitness. Students will rank their placement preferences. Placement matches consider both student's ranked preferences and placement availability.

HIGH PERFORMANCE SPORT

U of T's 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. This placement provides students with an opportunity for guided professional development, participation in daily activities and training sessions, experience in different sport settings and exposure to athlete focused training methods and practices.

CHILDREN AND YOUTH

The U of T Sensory Motor Instructional Leadership Experience (**S.M.I.L.E.**) program is offered by the Faculty of Kinesiology and Physical Education in partnership with Surrey Place Centre, Clinton Street Public School and Acadia University. MPK students will contribute to the delivery of this innovative program designed to enhance the physical literacy and fundamental movement skill development of children and youth with disabilities. MPK students will be working one-on-one with a child (aged 6 to 12 years) with a disability to assess and develop individualized, meaningful kinesiology-based physical activity goals.

CHRONIC DISEASE AND MENTAL HEALTH

MPK students will contribute to the delivery of the U of T Secondary Prevention and Rehabilitation Kinesiology (**S.P.A.R.K.**) program with the aim of promoting long-term health through exercise prescription and physical activity participation. In the S.P.A.R.K. program, MPK students are paired one-on-one with an adult with a previous history of cancer or cardiovascular disease for the purpose of assessing exercise needs and developing and delivering an exercise plan. Students are also paired with a U of T student experiencing high stress and/or symptoms of depression and anxiety to develop and deliver a physical activity plan to enhance mental health.

MUSCULOSKELETAL AND CONCUSSION

The David L. MacIntosh Sport Medicine Clinic has been treating sport-related injuries in the U of T community for over 60 years. The services are available to anyone with sport- or exercise-related injuries or inquiries. MPK students will work alongside other therapists in the clinic to prevent, recognize, manage and rehabilitate injuries that result from physical activity or sport, contributing to the development, monitoring, evaluation and delivery of programming for the MacIntosh Clinic, including assisting with the Preventive and Rehabilitative Instruction on Movement and Exercise (**P.R.I.M.E.**) program for students recovering from concussion or lower limb injuries.

OCCUPATIONAL WELLNESS AND FITNESS

An occupational wellness and fitness program is run in partnership with Toronto Fire Services, with the aim of promoting long-term health and safety of local fire fighters through education and exercise-based interventions. MPK students will assist with the design and implementation of fitness assessments and exercise programs for recruit and incumbent firefighters. Students will also support the promotion of personalized strategies that each individual can use to improve members quality of life both on and off the job.



PLACEMENTS 2 AND 3

MPK students will gain hands-on will gain professional hands-on learning experiences through their placements with external partner organizations secured by the Faculty. The intention of these community placements is for students to apply principles of movement assessment, design, implementation, and evaluation, and to gain additional experience with various clients and health care teams working within the scope of the practice of kinesiology. In order for students to fulfill the depth and breadth of knowledge competencies of the program, Placements 2 and Placement 3 must be completed at different organizations.

Sample placement learning activities include:

HOSPITAL PLACEMENT

- Exercise prescription and progression of exercise training for patients with chronic conditions
- Collaborate in the care of a patient with an injury alongside other health professionals
- Collect, process and report research data

CLINICAL PLACEMENT

- Under direction, carry out musculoskeletal assessment and develop exercise treatment plans
- Collaborate in the care of a client with an injury alongside other health professionals
- Employ a variety of exercise therapies (aerobic, resistive, flexibility, range of motion) with clients

INNOVATIVE ENTERPRISE PLACEMENT

- Contribute to research and product development through the lens of a kinesiologist
- Develop a new communication strategy with clients, health care professionals and funders
- Develop, deliver and evaluate in-house corporate wellness programming

SPORT ORGANIZATION PLACEMENT

- Collaborate with other professionals to facilitate optimal training and performance of athletes
- Select, administer, and interpret appropriate sport specific tests and assessments
- Plan, modify and teach sport-specific exercise strategies to promote performance transfer

COMMUNITY ORGANIZATION PLACEMENT

- Conduct community outreach activities to promote kinesiology programs
- Review fundamental movement skills and physical literacy to develop individualized exercise plans
- Develop and deliver exercise plans and programs for community members of diverse ages and ability levels

Full details for Placements 2 and 3, including learning activities, locations and prerequisites will be provided to students in the winter term. Students will apply and rank their preferences. Matches are announced in February. There will be workshops and resources to support students as they prepare placement applications.

PROFESSIONALISM

Whether in a classroom or placement setting, in your capacity as an MPK student, you are representing the Faculty of Kinesiology and Physical Education and the University of Toronto to the public. As such, we expect high levels of professionalism and conduct from you at all times and in all aspects of this program, both professional and academic.

KPE MISSION

As an MPK student it is your responsibility to work in line with the mission of the Faculty of Kinesiology and Physical Education to “develop, advance and disseminate knowledge about physical activity, health and their interactions through education, research, leadership and the provision of opportunity.”

CORE VALUES

It is expected that students conduct themselves in a manner consistent with the following core values:

RESPECT – Uphold the highest respect for fellow peers, colleagues, instructors, clients and the environment in which you practice and train, and always act and communicate in a manner that is equitable, inclusive, fair and appropriate to the clientele you are interacting with and the context in which you are interacting.

INTEGRITY – Hold yourself accountable to the highest moral standards and principles in any task undertaken and in all relationships developed.

COMMITMENT – Commit to providing the highest quality of programming and care and furthering your own self-development and expertise.

ADHERENCE TO UNIVERSITY AND PLACEMENT SITE POLICIES

It is the student’s responsibility to adhere to all University policies (including procedures, rules and regulations) that apply to students at the University, including but not limited to academic and research policies, policies relating to off-campus activities and policies relating to student conduct. The applicable policies, procedures, rules and regulations of the University may be found online at www.provost.utoronto.ca/policy.htm

When on placement, it is the student’s responsibility to also be aware of and adhere to the placement site’s policies that are relevant to your activities during the placement. In cases of conflict between the University’s academic and research-related policies and the applicable placement site policies, the University’s policies will prevail. In the case of conflict between the University’s non-academic and non-research related policies and the placement site’s policies that apply specifically to the activities of the student at the placement site, the placement site’s policies will prevail. In the case of conflict not resolved by the foregoing, the parties will decide on a case-by-case basis which policy applies.

PRIVACY AND CONFIDENTIALITY

You are expected to comply with all applicable legislation with respect to privacy, including the Freedom of Information and Protection of Privacy Act (FIPPA), by which the University of Toronto is bound ontario.ca/laws/docs/90f31_e.doc.

STATUS OF STUDENTS WHEN ON PLACEMENT

You must be in good academic standing to conduct a placement. In the event that you cease to meet the academic requirements, are suspended, or being subject to any type of University discipline, or cease to be a registered student at the University or in the MPK Program, unless the parties agree otherwise, the placement will end coincident with the cessation of your status.

STANDARDS AND EXPECTATIONS WHEN ON PLACEMENT

Professional Standards: When working in a professional environment you are expected to act and speak accordingly.

Attire: Students must dress in a professional manner, with attire that is fit for being active, but also differentiates you from the clients.

Minimum Effective Dose: Be diligent and efficient with time and training, only program the necessary volume to achieve the purpose.

Referral: You are expected to work within the scope of practice of a kinesiologist. All other matters must be referred to appropriate support staff/personnel.

Professional Placements are secured through the faculty and have been planned in advanced with the external organization. Start and End times of placements are non-negotiable.

Students are expected to complete a minimum of 240 hours at the placement site. Total hours will vary depending on the placement site, based on the learning activities and client needs and may be up to 320 hours.

It is the student’s responsibility to secure all placement prerequisites/training requirements well in advance of beginning the placement.

Students must fulfill their professional commitment and be available with the schedule of the placement as outlined in the placement descriptions during ranking and MPK Program Timetable on p. 6. Once matched with a placement, the placement is final.

Requests to change placement requirements due to unavoidable circumstances or medical reasons need to be submitted before the placement begins and requires approval by the Placement Program Coordinator prior to discussion with the placement supervisor.

The MPK program can only be completed full-time and it is a demanding program. While it may be possible for full-time students to work minimally on the side, it is the student’s responsibility to ensure that they are able to still meet the rigorous program requirements. Students are required to be available during class time and for their placement component which varies in times based on placement and client needs.

REGISTRATION INFORMATION

COURSE ENROLMENT

All of the courses offered in the Master of Professional Kinesiology program are mandatory. Students will be pre-enrolled in courses by the Graduate Programs Office. The first day of classes is August 7, 2018.

TUITION FEES

MPK tuition fees are charged as program fees. The fees for domestic and international students are available at: www.fees.utoronto.ca. Your tuition fee invoice (for August 2018-August 2019) will be available on ACORN in mid-July. Tuition fee invoices for the final term of the program in your 2nd year (August 2019 - December 2019) will be available in July 2019 on ACORN. Tuition fees for the MPK Program are charged as program fees. Fees are charged on an annual basis.

To be fully registered for the fall-winter sessions, you must pay the minimum payment to register or, if you are receiving OSAP funding, defer your fees by August 24, 2018. Once you have paid your minimum payment to register or you have deferred your tuition fees, your status will automatically change from “invite” (INVIT) to “registered” (REG) on ACORN within seven business days of payment.

Failure to pay the minimum payment to register or arrange deferral of tuition fees by August 24, 2018 will result in cancellation of enrolment in all courses and subject to late registration fees.

TIPS FOR MAKING TUITION FEE PAYMENTS

You can pay your fees like a bill – at a bank, via telephone or internet banking, or at a bank machine. 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) and student number printed on the account are needed to ensure the payment is credited to your account.

If you would like 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 your account on the Student Web Service. 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 on tuition fees, fee payment and service charges, please review the [Student Accounts](#) website.

TUITION FEE DEFERRAL (BASED ON OSAP)

Online Tuition Fee Deferral Students receiving OSAP funding may request a temporary tuition fee deferral, which allows them to be fully registered in their courses without paying the minimum fee before the fee deadline. Please visit the [Student Accounts](#) website for details and instructions on how to defer your tuition fees.

FINANCIAL ASSISTANCE – ONTARIO STUDENT ASSISTANCE PROGRAM (OSAP)

As an MPK student you are eligible for financial assistance through Ontario Student Assistance Program (OSAP). OSAP provides need-based financial assistance to Ontario residents who are Canadian citizens, permanent residents or protected persons (recognized convention refugees). Students with course loads of 60 per cent or greater are considered for both federal and provincial interest-free student loans and grants to assist with educational and living expenses. For more information, please visit: <https://osap.gov.on.ca/OSAPPortal>

FINANCIAL ASSISTANCE - OTHER PROVINCIAL/TERRITORIAL LOAN PROGRAMS

For information regarding loan programs at other provinces or territories, please visit: future.utoronto.ca/finances/financial-aid/osap-and-other-government-aid

SUPPORT SERVICES AND RESOURCES

Academic success requires support beyond the classroom. The Faculty of Kinesiology and Physical Education and the University of Toronto offer many services to make your campus experience a positive one.

Below are some key resources to get you started:

- **Accessibility Services**
Supports students through academic accommodations to achieve academic and co-curricular success
- **Health Sciences Writing Centre**
Supports students through the various stages and potential challenges of academic writing
- **Housing Services**
Information on campus and non-campus accommodation, vacancies, online registry and FAQs
- **Sexual and Gender Diversity Office**
Promotes the sexual diversity of the students, staff and faculty at U of T
- **Student Life Centre**
Learn about resources to encourage a balanced and dynamic campus life, beyond the classroom

If you do not find the resources you require on these websites, please feel free to contact the Graduate Programs Office directly via email at exs.kpe@utoronto.ca or via phone at 416-978-6087.

DAVID L. MACINTOSH SPORT MEDICINE CLINIC

A comprehensive sport medicine care facility, the clinic's staff includes certified athletic therapists, sport and manual physiotherapists, sport massage therapists, sport physicians, orthopaedic surgeons, a certified pedorthist and a registered psychologist (in clinical neuropsychology). The clinic's services are available to anyone with sport or exercise-related injuries or inquiries. <https://kpe.utoronto.ca/david-l-macintosh-sport-medicine-clinic>



SEXUAL VIOLENCE PREVENTION & SUPPORT CENTRE

The Centre has a mandate to conduct intake, accept disclosure and reporting of sexual violence, and provide support to individual members of the university community who have experienced or been affected by sexual violence. Please visit The Centre's website for more information: thesvpcentre.utoronto.ca You are encouraged to review the online sexual violence prevention module at uoft.me/SVEPrtraining before attending Orientation day.

SCHOOL OF GRADUATE STUDIES

The School of Graduate Studies offers an immense array of services that cater to any need a student may have. These include, but are not limited to:

- Conflict resolution
- Campus life
- Equity and diversity
- Family resources
- Health and safety

For more information, please visit the [SGS Services for Students](#).

GRAD LIFE

Grad Life is a hub to help you navigate grad life at U of T and connect you to workshops, social events, campus services and resources. They provide community through programs where you can gain balance, build skills, seek support and connect with other graduate students across disciplines. To view more information on activities and support resources, visit the [GradLife](#) website.

GRADUATE COUNSELLING SERVICES

Health and Wellness Partnership – The School of Graduate Studies and the Office of Student Life are pleased to announce a new partnership to expand the outreach provided by Health and Wellness to our graduate student community.

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.

FINANCIAL ADVISING

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 advising can help relieve your stress, resolve your immediate financial problems and help you plan for the future. The financial advisor is trained to assist currently registered students in all aspects of financial management, including planning a budget and debt load management. For more information or to schedule an appointment, please visit the [SGS Financial Advising](#) website.

WELLNESS WORKSHOPS

Wellness workshops are offered by the Health and Wellness Centre. Topics of these workshops range from balanced living and emotional regulation to healthy behaviours and many others. For more information and to view the schedule of the workshops, please visit the [Wellness Workshop](#) website.



POLICIES, GUIDELINES AND STUDENT RESPONSIBILITIES

It is your responsibility to be aware of policies, procedures and deadlines during the course of the degree. You are expected to comply with the School of Graduate Studies (SGS) policies as detailed in the [School of Graduate Studies Calendar](#).

Get to know your rights and responsibilities. Find out about U of T policies, SGS regulations, memos and guidelines on intellectual property by visiting the [SGS Policies, Guidelines, Student Responsibilities](#) website.

Student Code of Conduct

MPK students are expected to act in accordance with the Code of Student Conduct outlined in the current [School of Graduate Studies Calendar](#) as defined by the Office of Governing Council, University of Toronto.

Avoiding Cheating and Plagiarism

U of T prohibits cheating and plagiarism and enforces severe penalties against students who break the rules outlined in the Code of Behaviour on Academic Matters, which include:

- Using unauthorized aids on an exam or test
- Looking at someone else's answers during an exam or test
- Falsifying documents or grades
- Making up sources or facts for an essay or report
- Submitting the same work in more than one course (without permission)
- Submitting someone else's work as your own

Official Correspondence with Students

University of Toronto Policy – The University and its divisions and the Department of Exercise Sciences will communicate with students primarily via email, and all students are required to obtain and maintain a University of Toronto email address. This is the only email address that will be used for official correspondence. Official correspondence may include, but is not limited to, matters related to students' participation in their academic programs, important information concerning University and program scheduling, fees information and other matters concerning the administration and governance of the University. Students are responsible for maintaining and updating their contact information on the student information system (**ACORN**). This information must include current and valid mailing and permanent addresses as well as a University of Toronto email address. Failure to provide and maintain this information may result in missing important information and will not be considered an acceptable rationale for failing to receive official correspondence from the University.

Appeals

Any student that would like to submit any appeals will need to contact the Graduate Programs Office at exs.kpe@utoronto.ca. All appeals will be handled as per the SGS Appeals Policy.

Leaves of Absence

Students considering a leave of absence from the program, must contact the Graduate Programs Office at exs.kpe@utoronto.ca to discuss options.

Withdrawal

Students considering program withdrawal, must contact the Graduate Programs Office at exs.kpe@utoronto.ca to discuss options.

Any student that withdraws from the MPK program and is interested in rejoining, must re-apply to the program in the following year to continue the program. Re-admission is not guaranteed.



FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION 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 of Bloor St. and Devonshire Place)

The 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.

ACORN – STUDENT WEB SERVICE

The Accessible Campus Online Resource Network (ACORN) is U of T's user-friendly and intuitive student web service. ACORN will be your main online resource for updating contact information, student account information and student life resources. Access ACORN using your UTORid and password.

Use ACORN to:

- View your daily schedule and upcoming key dates at a glance
- Defer fees
- View tuition invoices and financial account
- Update contact information
- Order transcripts
- Print tax forms
- Access information on housing, health and support, co-curricular programs and more in one place

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

TCard INFORMATION/LIBRARY INFORMATION

The TCard is the campus ID card, which provides access to services and facilities such as Blackboard, libraries, athletic facilities, exams, meal plans, printing services, and more. Once students have their TCard, they are also able to enable their UTORid, U of T email address, and access U of T WiFi.

Starting June 1, TCards will be issued for new students at the Koffler Student Services Centre (214 College Street, first floor).

More information available at: <http://tcard.utoronto.ca/>.

Set Up Your Email Address and Activate Your UTORid

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.



QUERCUS

Quercus is U of T's online course communication system that some of your instructors will use to communicate important course information to you. The majority of instructors will post their course outline, lab and tutorial schedules, and various course notices and policies via Quercus. Some instructors will also post your course assignment, midterm test and essay grades on Quercus. The majority of your courses will become active on Quercus during the first week of classes.

Login to **Quercus** using your UTORid.

GRADING

Graduate students must obtain no less than 70 per cent (or a B-) in any graduate courses. In accordance with the University Assessment and Grading Practices Policy, any grade below B- will be recorded as a failure (FZ).

CONTACT INFORMATION

Graduate Programs Office

If you have any questions regarding administrative matters such as registration, enrollment, grades, fees, financial support and awards, please feel free to contact Zarine Ahmed, Graduate Program Coordinator.

320 Huron Street, Room BN 110

(Clara Benson Building, enter via 320 Huron Street doors)

Email: exs.kpe@utoronto.ca

Tel: 416-978-6087

Fax: 416-971-2118

Faculty Website: www.exs.utoronto.ca

OFFICE HOURS

Monday to Thursday: 8:30 a.m. – 12 p.m. and 1 p.m. – 4:30 p.m.

Friday: 8:30 a.m. – 12 p.m.



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

GRADUATE DEPARTMENT
OF EXERCISE SCIENCES

**Faculty of Kinesiology
& Physical Education**

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