

# KINESIOLOGY AND PHYSICAL EDUCATION

## About Kinesiology and Physical Education

The Department of Kinesiology and Physical Education provides a large variety of research opportunities in a number of areas related to human health and physical activity.

### Master of Science Program

Examples of research pursued as part of the M.Sc. program include the following areas:

#### Exercise Physiology:

- obesity treatment, public health surveillance, and health;
- adaptive response of skeletal muscle in health, nutrition, disease, and aging;
- exercise and nutritional interventions designed to manage and treat chronic diseases;
- the impact of sex and sex hormones on neurovascular physiology;
- clinical and integrative exercise in cardio-respiratory physiology;
- muscle physiology and biophysics.

#### Biomechanics and Neuroscience:

- ergonomics evaluation of fatigue and musculoskeletal disorders;
- walking and running locomotion gait research;
- sport equipment design and evaluation (e.g., helmets, footwear);
- mobility in healthy and aging people, and in people with disabilities;
- epigenetic modifications associated with brain and spinal cord postnatal development.

### Master of Arts Program

Examples of research pursued as part of the M.A. program include the following areas:

#### Exercise and Health Psychology:

- psychosocial determinants of health behaviour, body-related emotions, and physical self;
- motivation in youth sport and physical activity;
- school and community-based physical activity promotion;
- promoting emotional well-being and quality of life through physical activity and sport.

#### Sports Psychology:

- coaching expertise;
- team building;
- psychology of athletic injuries (concussions);
- hockey violence.

#### Adapted Physical Activity:

- physical activity participation in the community for people with one or multiple disabilities, including developmental, emotional, intellectual, and or physical disabilities;

- self-regulation of physical activity and physical health for individuals with one or multiple disabilities;
- physical activity for people with attention-deficit hyperactivity disorder (ADHD) and movement difficulties;
- motivation, self-determination, coaching, participation, and/or social inclusion of children, youth, or adults with disabilities.

#### Sport, Physical, and Health Education Research in Society:

- physical and health education pedagogy, curriculum, and instruction;
- narrative conceptions of knowledge and physical education teacher education;
- sociology and cultural studies of sport, recreation, and leisure;
- historical perspectives of sport and Canadian society;
- indigenous sport and settler-colonialism.

### Doctor of Philosophy Program

The Ph.D. in kinesiology sciences provides opportunities for in-depth research in areas such as:

- Biomechanics and Neuroscience, which aims to understand human structure and function interactions between biology (muscles, bones, joints), mechanics (forces, acceleration, motion) and/or the nervous system (brain, nerves, genetics).
- Exercise Physiology, which tests the effects of exercise and physical activity on functional, health, and performance outcomes in healthy, clinical, and athletic populations.
- Physical and Health Education, which studies physical and health education programming, physical education teacher experiences, curriculum studies, and teacher education.
- Sport Sociology & Cultural Studies, which corresponds to the sociocultural study of sport, recreation, and leisure across a variety of contexts.
- Adapted Physical Activity, which investigates, in real world settings, the physical activity and sport participation of people living with one or multiple disabilities, including developmental, emotional, intellectual, and/or physical disabilities.
- Sport, Exercise, and Health Psychology, which aims to understand how psychological and social factors influence behavioural outcomes (e.g., sport performance, exercise motivation), and psychosocial development, health, and well-being.

## Kinesiology and Physical Education Admission Requirements and Application Procedures

### Admission Requirements

#### Master's level

1. An undergraduate degree in Physical and Health Education, Exercise Science, Kinesiology, or its equivalent is required.
2. A minimum academic standing equivalent to a CGPA of 3.0 out of 4.0 or a GPA of 3.2 out of 4.0 in the last two years of full-time studies.

#### Doctoral level

1. A master's degree in Kinesiology or a related discipline, or an equivalent background is required.

2. A minimum academic standing equivalent to a CGPA of 3.0 out of 4.0 or a GPA of 3.2 out of 4.0 in the last two years of full-time studies.

#### Application Procedures

McGill's online application form for graduate program candidates is available at [mcgill.ca/gradapplicants/how-apply](http://mcgill.ca/gradapplicants/how-apply).

See University Regulations & Resources > Graduate > Graduate Admissions and Application Procedures > Application Procedures for detailed application procedures.

Admissions and application information for Master's and Doctoral programs is also available on the Department of Kinesiology and Physical Education's website ([mcgill.ca/edu-kpe/programs](http://mcgill.ca/edu-kpe/programs))

### Application Dates and Deadlines

Application opening dates are set by Enrolment Services in consultation with Graduate and Postdoctoral Studies (GPS), while application deadlines are set by the Department of Kinesiology and Physical Education and may be revised at any time. Applicants must verify all deadlines and documentation requirements well in advance on the appropriate McGill departmental website; please consult the list at [mcgill.ca/gps/contact/graduate-program](http://mcgill.ca/gps/contact/graduate-program).

Information on application deadlines is available at [mcgill.ca/gradapplicants/how-apply/application-steps/application-deadlines](http://mcgill.ca/gradapplicants/how-apply/application-steps/application-deadlines).

Admission to graduate studies is competitive; accordingly, a late and/or incomplete application is considered only as time and space permit.

### Available Programs

- Kinesiology and Physical Education (Thesis) (M.A.) (45 credits)
- Kinesiology and Physical Education (Thesis) (M.Sc.) (45 credits)
- Kinesiology Sciences (Ph.D.) (18 credits)

### Location

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