

# Academic Assessment Form and Requirements for Educational Equivalency

Updated June 2019

## Requirements for educational equivalency

The information below explains how the College awards points for the educational equivalency process.

Scoring is done on a points system and points are assigned based on the information provided in course outlines. Points range from 0-2 for one full university course and 0.5 for one full course from a public community college.

- 2 points – the evidence submitted shows that the applicant’s education addressed all content in the course descriptions
- 1 point – the evidence submitted shows that the applicant’s education addressed some of the content in the course descriptions
- 0.5 points – the maximum points awarded per college course
- No points – the evidence submitted shows that the applicant’s education did not address any of the content in the course descriptions

\*These are the minimum requirements

REQUIRED	DESCRIPTION	POINTS
<b>You must have all five of the following core courses:</b>		
Human anatomy	Provides a systems approach to human anatomy that includes the musculoskeletal system, and may also include consideration of the cardiovascular, respiratory, nervous, endocrine, and/or reproductive systems.	<b>10 points</b> (5 courses x 2 points per course for a total of 10 points)
Human physiology	Provides a systems approach to human physiology that includes consideration of cardiovascular, respiratory, musculoskeletal, renal, endocrine, and metabolic systems.	
Human biomechanics	Addresses the fundamentals of mechanics as applied to the execution and control of human movement, including consideration of anthropometry, kinematics and kinetics.	
Human psychomotor learning/ neuroscience	Addresses the principles of the nervous system’s control of human movement, cognition, learning and behaviour.	
Exercise physiology	Provides a systems approach to acute and chronic responses to exercise, including consideration of the neuromuscular, cardiovascular, respiratory and metabolic systems.	
<b>You must have at least two courses in:</b>		
Assessment and exercise prescription  *Courses must include a practical component	Addresses techniques to assess physical activity, cardiorespiratory fitness and functional capacity; and the fundamentals of exercise prescription for (1) enhancement of health in healthy individuals and (2) treatment of individuals with disease and/or injury. The courses should provide opportunities for the student to obtain practical skills in assessment and exercise prescription.	<b>Total of 3 points</b>

**You must have at least two of the following courses:**

Health or sports psychology	Addresses the psychological and behavioural aspects or factors that influence health behaviours, including participation in physical activity and/or sport at the individual, group, or societal level.	<b>4 points</b> (2 courses x 2 points per course for a total of 4 points)
Pathology	Addresses the fundamentals of disease and/or injury to a body system or body systems, such as musculoskeletal, neurological, cardiopulmonary, and/or metabolic.	
Ergonomics	Provides a systems approach to the analysis and quantification of injury risks through the evaluation of external factors as they relate to human capabilities and limitations.	
Principles of nutrition	Addresses the fundamentals of nutrition as it relates to human performance and/or health in both healthy and chronic disease states.	
Research design, methodology, and/or statistics	Addresses the fundamentals of statistics, interpretation of data, and/or methods and techniques employed in research design.	

ELECTIVE	DESCRIPTION	POINTS
<b>At least five courses in any of the following areas*:</b>		
Introduction to kinesiology	Addresses basic information on the core sciences related to the discipline of kinesiology.	<b>10 points</b> (5 courses x 2 points per course for a total of 10 points)  No more than 4 points per area
Health and physical activity	The interrelationships among physical activity, cardiorespiratory fitness, and health across a wide range of health outcomes.	
Human growth and development	The study of human growth and development, related to movement, through the life span.	
Gerontology/physical activity/aging	The psychological, physiological and/or sociological changes that occur in response to physical activity in older adults.	
Sociology of movement/exercise/sport	The social significance of physical activity, and/or sport at the individual, group, and/or societal level.	
Sports medicine and rehabilitative techniques	The prevention, assessment, treatment, and rehabilitation of musculoskeletal/athletic injuries.	
Individual/independent study in kinesiology	Development of and/or participation in an independent study/research project that is typically applied and/or includes field investigation.	
Practicum/internship in kinesiology	Field placement within the scope of practise of kinesiology.	
Thesis/independent research project in kinesiology	Completion of a thesis or an independent research project in kinesiology that will include evaluation of original findings.	
Other kinesiology-related elective	Other course content clearly related to the academic discipline or scope of practice of kinesiology.	

\*If you have taken more than one course in any of the required areas, you may be awarded a maximum of 2 points for those additional courses that may be counted towards the elective area. For example, if you took three anatomy courses, 2 points are awarded in the required area and only 2 points will be awarded in the elective area.

Candidate Name: \_\_\_\_\_

Date: \_\_\_\_\_

## ACADEMIC ASSESSMENT FORM

**THIS IS A FILLABLE FORM. Type your information in the boxes below.**

**Complete one (1) copy of the Academic Assessment Form. You must provide the following information for each course:**

1. **Course name and number:** List the courses you have completed that you believe meet each requirement.
2. **University/college name:** Write the name of the institution where the course was completed.
3. **Evidence:** Indicate the type of documentation you are submitting that describes the course content. This information will be reviewed to determine whether the course meets the requirements for equivalency.

**The following additional documentation is required to evaluate your application:**

1. Documents that describe the content of each course you listed on the Academic Assessment Form. This documentation might take the form of a course description from an institution's calendar or a course outline. If any documents are in a language other than English or French, you must arrange to have these documents translated before you submit them to the College. Send these documents along with your completed Academic Assessment Form. The College requires official translation of all documents that are not in English or French.
2. Official university/college transcripts that list the courses taken. These must be sent directly to the College from the academic institution.

**Submit one (1) copy of the Academic Assessment Form and the supporting documentation which describes the content of each course.**

**The College will review the information you provide and make a determination regarding whether your academic record demonstrates substantial equivalence to a Bachelor's degree in Kinesiology issued by an Ontario university.**

**Make sure to provide all of the required information. Incomplete documentation may delay the evaluation of your submission.**

Candidate Name: \_\_\_\_\_

Date: \_\_\_\_\_

### **Completing the form**

Transfer information from your university and/or college transcript(s) into the form. You can list up to four courses per area (for Assessment and Exercise Prescription, list a maximum of eight). List each course under the most appropriate heading. Credit hours counted in one area cannot be counted toward another; however, if the content of a course addressed more than one area, you can allocate *partial* credit to the different areas. One additional course in a required area can count as an elective.

\*One course consists of 3 credits or 36 hours of study.

### **Submitting the form**

The academic assessment form and course outlines can be uploaded to your online application.

Alternatively, if you are unable to upload the form to your online application, you can mail it to the College at the below address.

College of Kinesiologists of Ontario  
160 Bloor Street East, Suite 1402  
Toronto, ON M4W 1B9

Candidate Name: \_\_\_\_\_ Date: \_\_\_\_\_

**EXAMPLE #1:** This student took a two semester course in anatomy and two semester course in physiology (both are required areas). For each course, 3 credits can be counted as *required* and 3 can be counted as *elective*.

<b>COURSE</b> List the name and number of the course as it appears on your transcript	<b>UNIVERSITY or COLLEGE</b> List the university or college where the course was taken	<b>DOCUMENTATION</b> List the document that describes the course (e.g., course outline)	<b># of courses/ hours/credits</b>
<b>REQUIRED AREAS</b>			
Within any given required area, a maximum of 1 course/3 credits/36 hours of study will be counted. Beyond this, up to one additional course (3 credits/36 hours) can be counted toward meeting the elective requirement.			
<b>Human anatomy</b>	Provides a systems approach to human anatomy that includes the musculoskeletal system, and may also include consideration of the cardiovascular, respiratory, nervous, endocrine, and/or reproductive systems.		
<i>PHED 1506 - Anatomy and Kinesiology I</i>	<i>Laurentian Univ.</i>	<i>Course outline</i>	<i>3 credits</i>
<i>PHRD 1507 - Anatomy and Kinesiology II</i>	<i>Laurentian Univ.</i>	<i>Course outline</i>	<i>3 credits</i>
<b>Human physiology</b>	Provides a systems approach to human physiology that includes consideration of cardiovascular, respiratory, musculoskeletal, renal, endocrine, and metabolic systems.		
<i>PHED 2506 - Physiological basis of human performance I</i>	<i>Laurentian Univ.</i>	<i>Course outline</i>	<i>3 credits</i>
<i>PHED 2506 - Physiological basis of human performance II</i>	<i>Laurentian Univ.</i>	<i>Course outline</i>	<i>3 credits</i>

**EXAMPLE #2:** This student took a two semester course that covered both anatomy and physiology, for a total of 6 credits. Because each semester covered two different required areas, half of each semester's credit should be counted under anatomy and the other half should be counted under physiology. This student also took a course in musculoskeletal anatomy which can be counted toward the elective total.

<b>COURSE</b> List the name and number of the course as it appears on your transcript	<b>UNIVERSITY or COLLEGE</b> List the university or college where the course was taken	<b>DOCUMENTATION</b> List the document that describes the course (e.g., course outline)	<b># of courses/ hours/credits</b>
<b>REQUIRED AREAS</b>			
Within any given required area, a maximum of 1 course/3 credits/36 hours of study will be counted. Beyond this, up to one additional course (3 credits/36 hours) can be counted toward meeting the elective requirement.			
<b>Human anatomy</b>	Provides a systems approach to human anatomy that includes the musculoskeletal system, and may also include consideration of the cardiovascular, respiratory, nervous, endocrine, and/or reproductive systems.		
<i>K1A03 - Human Anatomy and Physiology I</i>	<i>McMaster Univ.</i>	<i>Course outline</i>	<i>1.5</i>
<i>K1A3 - Human Anatomy and Physiology II</i>	<i>McMaster Univ.</i>	<i>Course outline</i>	<i>1.5</i>
<i>Kin 2E03 - Musculoskeletal Anatomy</i>	<i>McMaster Univ.</i>	<i>Course outline</i>	<i>3</i>
<b>Human physiology</b>	Provides a systems approach to human physiology that includes consideration of cardiovascular, respiratory, musculoskeletal, renal, endocrine, and metabolic systems.		
<i>K1A03 - Human Anatomy and Physiology I</i>	<i>McMaster Univ.</i>	<i>Course outline</i>	<i>1.5</i>
<i>K1A3 - Human Anatomy and Physiology II</i>	<i>McMaster Univ.</i>	<i>Course outline</i>	<i>1.5</i>

Candidate Name: \_\_\_\_\_

Date: \_\_\_\_\_

COURSE List the name and number of the course as it appears on your transcript	UNIVERSITY or COLLEGE List the university or college where the course was taken	DOCUMENTATION List the document that describes the course (e.g., course outline)	# of courses/ hours/credits	College use only	
				Score	Comments (for scores 0 or 1)
<b>REQUIRED AREAS</b>					
Within any given required area, a maximum of 1 course/3 credits/36 hours of study will be counted. Beyond this, up to one additional course (3 credits/36 hours) can be counted toward meeting the elective requirement.					
<b>Human anatomy</b>					
Provides a systems approach to human anatomy that includes the musculoskeletal system, and may also include consideration of the cardiovascular, respiratory, nervous, endocrine, and/or reproductive systems.					
<b>Human physiology</b>					
Provides a systems approach to human physiology that includes consideration of cardiovascular, respiratory, musculoskeletal, renal, endocrine, and metabolic systems.					
<b>Human biomechanics</b>					
Addresses the fundamentals of mechanics as applied to the execution and control of human movement, including consideration of anthropometry, kinematics, and kinetics					
<b>Human psychomotor learning/ neuroscience</b>					
Addresses the principles of the nervous system's control of human movement, cognition, learning, and behaviour.					

Candidate Name: \_\_\_\_\_

Date: \_\_\_\_\_

COURSE List the name and number of the course as it appears on your transcript	UNIVERSITY or COLLEGE List the university or college where the course was taken	DOCUMENTATION List the document that describes the course (e.g., course outline)	# of courses/ hours/credits	College use only	
				Score	Comments (for scores 0 or 1)
<b>Exercise physiology</b>	Provides a systems approach to acute and chronic responses to exercise, including consideration of the neuromuscular, cardiovascular, respiratory, and metabolic systems.				
<b>Assessment and Exercise Prescription<sup>1</sup></b>	The courses address techniques to assess physical activity, cardiorespiratory fitness and functional capacity; and the fundamentals of exercise prescription for (1) enhancement of health in healthy individuals and (2) treatment of individuals with disease and/or injury. The courses should provide opportunities for the student to obtain practical skills in assessment and exercise prescription.				
<b>Health or sports psychology</b>	Addresses the psychological and behavioural aspects or factors that influence health behaviours, including participation in physical activity and/or sport at the individual, group, or societal level.				

<sup>1</sup> For *Assessment and Exercise Prescription*, a total of 2 courses/6 credits/72 hours are required.

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Date: \_\_\_\_\_

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				Score	Comments (for scores 0 or 1)
<b>Pathology</b>	<b>Addresses the fundamentals of disease and/or injury to a body system or body systems, such as musculoskeletal, neurological, cardiopulmonary, and/or metabolic.</b>				
<b>Ergonomics</b>	<b>Provides a systems approach to the analysis and quantification of injury risks through the evaluation of external factors as they relate to human capabilities and limitations.</b>				
<b>Principles of nutrition</b>	<b>Addresses the fundamentals of nutrition as it relates to human performance and/or health in both healthy and chronic disease states.</b>				
<b>Research design, methodology, and/or statistics</b>	<b>Addresses the fundamentals of statistics, interpretation of data, and/or methods and techniques employed in research design.</b>				

Candidate Name: \_\_\_\_\_

Date: \_\_\_\_\_

COURSE List the name and number of the course as it appears on your transcript	UNIVERSITY or COLLEGE List the university or college where the course was taken	DOCUMENTATION List the document that describes the course (e.g., course outline)	# of courses/ hours/credits	College use only	
				Score	Comments (for scores 0 or 1)
<b>ELECTIVE AREAS</b>		Within any single elective area listed below, a maximum of 2 courses/6 credits/72 hours will be counted. In addition, up to one additional course (3 credits/36 hours) in any one of the Required areas listed above (e.g., Human Anatomy, Human Physiology) can be counted.			
<b>Introduction to kinesiology</b>		Addresses basic information on the core sciences related to the discipline of kinesiology.			
<b>Health and physical activity</b>		The interrelationships among physical activity, cardiorespiratory fitness, and health across a wide range of health outcomes.			
<b>Human growth and development</b>		The study of human growth and development, related to movement, through the life span.			
<b>Gerontology/physical activity/aging</b>		The psychological, physiological and/or sociological changes that occur in response to physical activity in older adults.			

Candidate Name: \_\_\_\_\_

Date: \_\_\_\_\_

COURSE List the name and number of the course as it appears on your transcript	UNIVERSITY or COLLEGE List the university or college where the course was taken	DOCUMENTATION List the document that describes the course (e.g., course outline)	# of courses/ hours/credits	College use only	
				Score	Comments (for scores 0 or 1)
<b>Sociology of movement/exercise/sport</b>	<b>The social significance of physical activity and/or sport at the individual, group, and/or societal level.</b>				
<b>Sports medicine and rehabilitative techniques</b>	<b>The prevention, assessment, treatment, and rehabilitation of musculoskeletal/athletic injuries.</b>				
<b>Individual/independent study in kinesiology</b>	<b>Development of and/or participation in an independent study/research project that is typically applied and/or includes field investigation.</b>				
<b>Practicum/internship in kinesiology</b>	<b>Field placement within the scope of practise of kinesiology.</b>				

Candidate Name: \_\_\_\_\_

Date: \_\_\_\_\_

COURSE List the name and number of the course as it appears on your transcript	UNIVERSITY or COLLEGE List the university or college where the course was taken	DOCUMENTATION List the document that describes the course (e.g., course outline)	# of courses/ hours/credits	College use only	
				Score	Comments (for scores 0 or 1)
<b>Thesis/independent research project in kinesiology</b>	<b>Completion of a thesis or an independent research project in kinesiology that will include evaluation of original findings</b>				
<b>Other kinesiology-related elective</b>	<b>Other course content clearly related to the academic discipline or scope of practice of kinesiology.</b>				

**Total scoring /College use only**

Required courses:

/10	/3	/4	Total: /17
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Elective courses:

/10
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