

# Kinesiology & Health Studies MA & MSc

## Applying to and Navigating Graduate Studies

GRAD MAP FOR MA & MSc 

### Why GRADUATE STUDIES in KINESIOLOGY & HEALTH STUDIES?

The Kinesiology and Health Studies programs offer you the opportunity to study health, physiology, physical activity, movement, and socio-cultural phenomena of the body. Students may study the mechanics of movement; the body's physiological responses to exercise; physical activity at a population or global level; the promotion of health, wellbeing, and social justice among communities; psychology of sport and physical activity; effects of biological factors on individual health; and effects of socio-cultural factors on individual, community, and population health.

*"The SKHS graduate program draws students from diverse disciplines and provides them with a space where they can develop holistically through the personalized mentorship of dedicated, internationally-recognized faculty."*  
-Colin Baillie, PhD. Candidate



### Why QUEEN'S?

Our students collaborate with internationally-recognized researchers on exciting, multi-disciplinary research projects in state-of-the-art facilities located in our own building.

Cross-disciplinary opportunities with other Queen's departments enhance the graduate experience. Collaborations are available with Biomedical and Molecular Sciences, Commerce, Cultural Studies, Faculty of Education, Gender Studies, Global Development Studies, Mechanical and Materials Engineering, Psychology, Public Health Sciences, Geography and Planning, and Sociology. Students may pursue research activities with a number of our community-based partners, including the Boys and Girls Club of Kingston; HIV/AIDS Regional Services; Kingston, Frontenac and Lennox & Addington Public Health; and the Limestone District School Board.

### Available PROGRAMS

#### MSc

- Biomechanics and Ergonomics
- Exercise Physiology
- Health Promotion
- Physical Activity Epidemiology
- Psychology of Sport and Physical Activity

#### MA

- Socio-Cultural Studies of Sport, Health and the Body

We encourage you to identify an area of research interest and contact a potential supervisor before applying.

Visit the [School of Kinesiology & Health Studies website](#) to read [faculty profiles](#) and learn more about faculty members' research areas. When you find a faculty member with similar research interests to yours, contact them and tell them about your interest in graduate work and related experience.



Queen's  
UNIVERSITY

GRADUATE STUDIES AND  
POSTDOCTORAL AFFAIRS

# Kinesiology & Health Studies MA & MSc Map

MASTER OF ARTS (MA) & MASTER OF SCIENCE (MSc)

## GETTING STARTED

## INTERMEDIATE STAGE

## WRAPPING UP

### ACHIEVE YOUR ACADEMIC GOALS

- Start with key priorities like developing your relationship with your supervisor, doing your coursework, and forming your thesis committee.
- Consider how your course papers can contribute to your Master's thesis.
- Find your way through the academic process with help from departmental and professional development workshops.

### MAXIMIZE RESEARCH IMPACT

- Start to think about the audiences for your research.
- Apply for OGS funding.
- Apply for tricouncil (CIHR, SSHRC, or NSERC) funding.

### BUILD SKILLS AND EXPERIENCE

- Consider positions in student services, the SGPS, or media outlets like the Queen's Journal, CFRC, and the SGSPA Blog. Look in the [AMS Clubs Directory](#) for more ideas.
- Serve on departmental, faculty, or university committees. Talk to the [SKHS Graduate Student Council](#) for tips on getting involved.
- Check out [School of Graduate Studies and Postdoctoral Affairs professional development](#) workshops.

### ENGAGE WITH YOUR COMMUNITY

- Explore how you can connect with your community through experiential opportunities on- and off-campus.
- Consider volunteering with different community organizations such as the Boys and Girls Club of Kingston, HIV/AIDS Regional Services, or the [Queen's Exercise is Medicine Club](#).

### LAUNCH YOUR CAREER

- Finding a career that fits starts with knowing yourself. Get help by taking a [Career Services workshop](#) or meeting with a career educator and coach.
- Start reading publications like [University Affairs](#) and the [Chronicle of Higher Education](#). Browse non-academic labour market websites. Stay on the lookout for special events like Graduate Studies Career Week to explore your career pathways.
- Check admission test deadlines if needed for further studies.

- Complete your coursework; begin to research and write your thesis.
- Attend the [SKHS Research Colloquium](#).

- Attend or present at a graduate conference such as the [Macintosh Conference](#) or the [Horwood Conference](#).
- Attend at least 80% of the [SKHS Graduate Seminar Series](#).
- Consider participating in the [3 Minute Thesis \(3MT\)](#) competition.
- Expand your research audience through social media such as Twitter or a blog.

- Start keeping an ePortfolio of your skills, experiences, and competencies.
- Use a Research Assistant or Teaching Assistant position to develop your research or teaching skills.
- For help with teaching, get support from the [Centre for Teaching and Learning](#). Enrol in SGS902 or the PUTL Certificate for more professional development in teaching and learning.

- Participate in your graduate and professional community through activities such as graduate student outreach programs, organizing conferences, and research groups.
- Prepare for work or studies in a multi-cultural environment by taking the Intercultural Awareness Training Certificate hosted by QUIC and Four Directions Indigenous Student Centre.
- If you are an international student interested in staying in Canada, consider speaking with an [International Student Advisor](#).

- Explore different careers of interest by using [Queens Connects](#) on LinkedIn to connect with Queen's alumni. Check out [Career Cruising](#) for more information.
- If you are considering a PhD, explore programs of interest reach out to faculty, and apply to PhD programs and external scholarships.

- Complete your thesis.
- Present at the SKHS Research Colloquium.

- Consider publication options for your research.
- Attend a major conference in your field, such as the [American College of Sports Medicine Annual Meeting](#), a [North American Society for the Psychology of Sport and Physical Activity conference](#), or a [North American Society for the Sociology of Sport conference](#).
- Consider putting an article in [The Conversation](#).

- Practice articulating the skills you have been developing in settings outside the university, such as casual conversation, networking, and interviews. Get help from a Career Services workshop or showcase your research in a [Grad Chat](#).
- Investigate internships from [MITACS](#) and other sources.
- Check out opportunities for extra training through CTL, [School of Graduate Studies and Postdoctoral Affairs professional development](#), Mitacs, or other sources to boost your skills.

- Do some targeted networking with people working in careers of interest, through [Queens Connects](#) on LinkedIn, the [Queen's Alumni Association](#), professional associations, and at conferences. Get help from a Career Services workshop.
- Consider joining professional associations like the [American College of Sports Medicine](#), the [Canadian Public Health Association](#), Experimental Biology, the [North American Society for the Psychology of Sport and Physical Activity](#), or the [North American Society for the Sociology of Sport](#).

- Participate in hiring committees and attend job talks. Start focusing on areas of interest. Research organizations of interest and start putting together your CV or resume for potential positions of interest. Get help from Career Services with job searching, resumes, and interviews.

## WHAT WILL I LEARN?

A graduate degree in Kinesiology and Health Studies can equip you with valuable and versatile skills, such as:

- **Knowledge and technical skills**
- **Effective communication skills** in multiple forms for diverse audiences
- **Information management:** prioritize, organize, and synthesize large amounts of information
- **Time management:** meet deadlines and manage responsibilities despite competing demands
- **Project management:** develop ideas, gather information, analyze, critically appraise findings, draw and act on conclusions
- **Creativity and innovation**
- **Perseverance**
- **Independence** and experience as a **collaborative worker**
- **Awareness**, an understanding of sound **ethical practices**, **social responsibility**, responsible research, and **cultural sensitivity**
- **Professionalism** in all aspects of work, research, and interactions
- **Leadership:** initiative and vision leading people and discussion

## WHERE CAN I GO?

Master's degree in Kinesiology and Health Studies can take your career in many directions. Many of our students choose to continue their academic inquiry with a PhD. Our Master's students are equipped with a strong foundation for careers in:

- Community health agencies
- Educational institutions/faculty positions
- Government agencies working on public health policy
- Health industry consultants
- Health related fields
- Research assistant
- Sports media and public relations
- Workplace ergonomics

Taking time to explore career options, build experience, and network can help you have a smooth transition to the world of work after graduation.

### How to use this map

Use the 5 rows of the map to explore possibilities and plan for success in the five overlapping areas of career and academics. The map just offers suggestions – you don't have to do it all! To make your own custom map, use the [My Grad Map](#) tool.

# Graduate Studies FAQs

## How do I make the most of my time at Queen's?

Use the Grad Map to plan for success in five overlapping areas of your career and academic life. Everyone's journey is different - the ideas on the maps are just suggestions to help you explore possibilities. For more support with your professional development, take advantage of the SGSPA professional development framework and the new [Individual Development Plan \(IDP\)](#) process to set customized goals to help you get career ready when you graduate.

## Where can I get help?

Queen's provides you with a broad range of support services from your first point of contact with the university through to graduation. Ranging from help with academics and careers, to physical, emotional, or spiritual resources – our welcoming environment offers the programs and services you need to be successful, both academically and personally. Check out the [SGSPA website](#) for available resources.

## What is the community like?

In the multi-disciplinary environment of the SKHS graduate programs, students have a unique opportunity to learn across disciplines and with peers who come from varied academic, geographic, and personal backgrounds. Students and staff have opportunities to share roles in program governance. To cover tuition and offset the cost of living in Kingston, graduate students receive a competitive funding package comprised of teaching and/or research assistant placements and awards and/or fellowships. In SKHS, graduate students also have opportunities to engage in the broader Kingston community, of which Queen's University is an integral part. For more information about Kingston's history and culture, see Queen's [Discover Kingston](#) resource.



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# Application FAQs

## What do I need to know to APPLY?

### ACADEMIC REQUIREMENTS

- Bachelor's degree
- **Grade requirements:** minimum B+ overall average in the last 20 completed 3.0 GPA courses of study.
- Prospective students who do not have English as a first language must meet the [English language proficiency requirements](#) in writing, speaking, reading, and listening. Details are available on the [SKHS website](#).

### KEY DATES & DEADLINES

- **Application due:** March 1st to qualify for internal funding. Applications will be considered until the program is full.
- **Notification of acceptance:** Successful candidates will initially be notified by letter of offer via email followed by confirmation from the School of Graduate Studies and Postdoctoral Affairs.
- **OGS Application due:** March 1st. All eligible students are required to apply for OGS (Ontario Graduate Scholarship) funding. Details are available on the [SKHS website](#).

Before you start your application, please review the [SKHS graduate studies application process](#).

## What about FUNDING?

Master's students in Kinesiology and Health Studies are guaranteed a funding package for up to two years of study. Funding packages may include an external funding award i.e. TriCouncil (CIHR/NSERC/SSRHC); an OGS (Ontario Graduate Scholarship); other internal fellowship award, scholarship, teaching assistantship(s), and research assistantship(s).

For more information, see the School of Graduate Studies and Postdoctoral Affairs' information on [awards and scholarships](#).

