

Kinesiology & Health Studies MA & MSc Map

Applying to and Navigating Graduate Studies



GRAD MAP FOR MA & MSc STUDENTS →

Why GRADUATE STUDIES in KINESIOLOGY & HEALTH STUDIES?

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



Why QUEEN'S?

"It's a very rich learning environment. As a student, I've really appreciated the chance to be surrounded by people who are studying different, but related, things. It really broadens my horizons."

-Caitlin Mason, PhD

Our students have the opportunity to collaborate with internationally-recognized researchers on exciting, multi-disciplinary research projects in state-of-the-art facilities in our own, stand-alone building completed in 2009.

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 at Kingston General or Hotel Dieu Hospitals, and 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.

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 him/her and tell them about your interest in graduate work and related experience.



Available PROGRAMS

MSc

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

MA

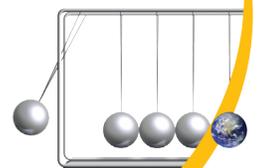
- Socio-Cultural Studies of Sport, Health and the Body

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



School of Graduate Studies
Create an impact

www.queensu.ca/sgs



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 [Expanding Horizons](#) professional development workshops, the department Grad Chair, and the [SGS Habitat](#).

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 [SGS 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 [Expanding Horizons](#) 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 career planning workshop](#) or meeting with a career counsellor. Check out books like *So What Are You Going to do With That?* for advice on various career options.
- 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 Student [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](#). Enroll in [SGS901](#) 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 like [Material Matters](#).
- Prepare for work or studies in a multi-cultural environment by taking QUIC's [International Competency Certificate](#).
- If you are an international student interested in staying in Canada, consider speaking with an [International Student Advisor](#).

- Explore different careers of interest by reading [alumni profiles](#) on the SGS website, and using [QueensConnects](#) on LinkedIn to connect with Queen's alumni, or find alumni in various careers through "[Ask an Alum](#)".
- Check out the free online modules at [MyGradSkills](#) to help you plan your career.
- 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](#), the [Public Health 2018](#), [Experimental Biology 2018](#), a [North American Society for the Psychology of Sport and Physical Activity conference](#), or a [North American Society for the Sociology of Sport conference](#).

- 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](#).
- Check out opportunities for extra training through CTL, Expanding Horizons, Mitacs, or other sources to boost your skills.
- Investigate internships from [Mitacs](#) and [other sources](#).

- Do some targeted networking with people working in careers of interest, through [QueensConnects](#) 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](#), or [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:

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

Graduate Studies FAQs

How do I use this map?

Whether you are considering or have embarked on graduate studies at Queen's, use this map to plan for success in five overlapping areas of your career and academic life. The map helps you explore possibilities, set goals and track your individual accomplishments. Everyone's journey is different – the guide offers options for finding your way at Queen's and setting the foundation for your future. To make your own customized map, use the online [My Grad Map](#) tool.

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 [SGS HABITAT](#) for available resources.

What is the community like?

At Queen's, graduate students from all disciplines learn and discover in a close-knit intellectual community. You will find friends, peers and support among the graduate students enrolled in Queen's more than 130 graduate programs within 50+ departments & research centres. With the world's best scholars, prize-winning professional development opportunities, excellent funding packages and life in the affordable, historic waterfront city of Kingston, Queen's offers a wonderful environment for graduate studies. Queen's is an integral part of the Kingston community, with the campus nestled in the core of the city, only a 10-minute walk to downtown with its shopping, dining and waterfront. For more about Kingston's history and culture, see Queen's University's [Discover Kingston](#) page.

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 courses of study.

ADDITIONAL REQUIREMENTS

- If English is not a native language, prospective students must meet the [English language proficiency requirements](#) in writing, speaking, reading, and listening. The School of Graduate Studies requires the following minimum scores: TOEFL (paper-based): 550, (2) TOEFL iBT: Writing (24/30); Speaking (22/30); Reading (22/30); Listening (20/30), for a total of 88/120 (applicants must have the minimum score in each test as well as the minimum overall score), or (3) IELTS: 7.0 (academic module overall band score), or (4) PTE Academics: 65.

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 be notified by letter of offer from their potential supervisor via email.

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

What about FUNDING?

Master's students in Kinesiology and Health Studies are not guaranteed a minimum funding, though in recent years all of our students have received at least \$12,000 per year in funding. Internal funding sources consist of fellowship awards, graduate scholarships, teaching assistantships, and research assistantships.

Apply for external funding from OGS, Tri-Council funding, and other sources. Queen's will automatically issue a \$5,000 top-up to Masters winners of federal government tri-council awards. For more information, see the School of Graduate Studies' information on [awards and scholarships](#).



SCHOOL OF
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HEALTH STUDIES

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