

Kinesiology & Health Studies

M.A. & M.Sc. Map

Navigating Graduate Studies and Beyond

GRAD MAP FOR M.A. & M.Sc. STUDENTS 

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.

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, standalone 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.

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.

Why **KINGSTON?**

Described by students as both "quaint" and "eclectic," Kingston is big enough to provide all the conveniences of modern life, and small enough for students, staff, and faculty to feel instantly comfortable and at home.

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.

Program **STRUCTURE**

The 2-year Master's of Kinesiology and Health Studies is available as an MSc or an MA. Both degrees require coursework and a successful defense of a thesis.

Available **PROGRAMS**

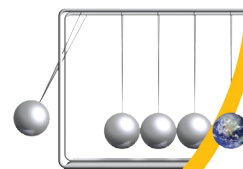
M.Sc.

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

M.A.

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

School of
Graduate
Studies
Create an impact
www.queensu.ca/sgs



Kinesiology & Health Studies M.A. & M.Sc. MAP

MASTER OF ARTS (M.A.) & MASTER OF SCIENCE (M.SC.)

Queen's
175
YEARS

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 QTV](#) 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 the [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, 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.

- Practice articulating the skills you have been developing in settings outside the university, such as casual conversation, networking, and interviews. Get help with the [Skills and Experience 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. Check out Career Services' [networking workshops](#).
- 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](#).

EMPLOYABILITY SKILLS

Knowledge and technical skills in area of specialization

Communication: effective and clear in written, oral and multimedia forms, for diverse audiences

Information management: prioritize, organize and synthesize large amounts of information

Time management: meet deadlines and responsibilities despite competing demands

Project management: develop ideas, gather information, analyze, critically appraise findings, draw and act on conclusions

Creativity and innovation to address complex, multifaceted challenges

Perseverance to work through challenges to achieve desired outcome

Independence and experience as a **collaborative** worker

Awareness and 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 discussions

M.A. & M.Sc. Map 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 [TOEFL requirements](#) in writing, speaking, reading, and listening.

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](#).

How do I find a supervisor?

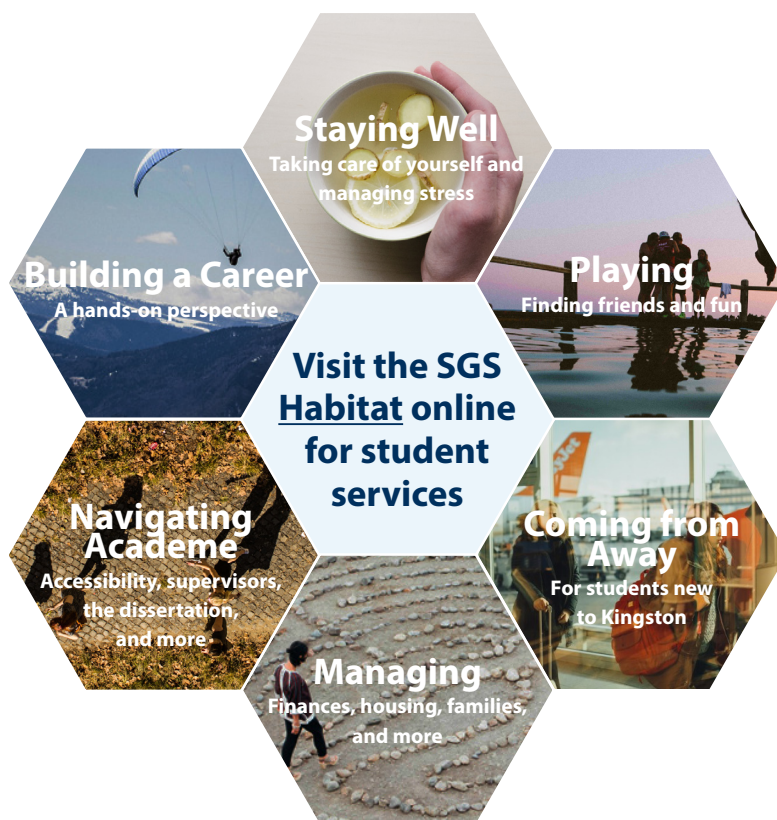
We encourage you to identify an area of research interest and contact a potential supervisor before applying.

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

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](#).

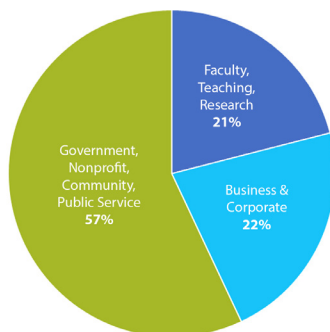


Where Can a Graduate Degree Take Me?

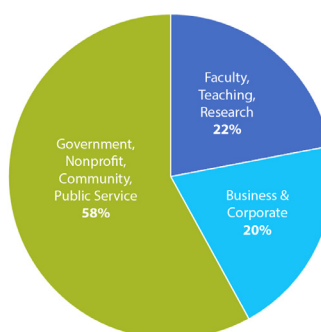
Master's degree in Kinesiology and Health Studies can take your career in many directions. Many of our students choose to continue their academic inquiry with a PhD. Our Master's students are equipped with a strong foundation for careers in:

- Educational institutions/faculty positions
- Government agencies working on public health policy
- Sports media 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.



M.Sc. in Health Sciences Outcomes



M.A. in Social Sciences Outcomes

Council of Graduate Schools and Educational Testing Service. (2012). Pathways Through Graduate School and Into Careers. Princeton, NJ: Educational Testing Service.



SCHOOL OF
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