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.

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.
**Kinesiology & Health Studies M.A. & M.Sc. Map**

**GETTING STARTED**

- **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 Graduate Chair, and the SGS Habitat.

- **Maximize Research Impact**
  - Start to think about the audiences for your research.
  - Apply for OGS funding.
  - Apply for travel (CHIR, SSHRC, or NSERC) funding.

- **Build Skills and Experience**
  - Consider positions in student services, the SOPS, or media outlets like the Queen’s Journal, CFRC, QTV, 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 counselor. 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 Students’ Career Week to explore your career pathways.
  - Check admission test deadlines if needed for further studies.

**INTERMEDIATE STAGE**

- **Complete your coursework; begin to research and write your thesis.**
- **Attend the SKHS Research Colloquium**
- **Complete your coursework; begin to research and write your thesis.**
- **Attend 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.**

**WRAPPING UP**

- **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.**

**EMPOYABILITY 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, research and cultural sensitivity**
- **Professionalism** in all aspects of work, research, and interactions
- **Leadership** initiative and vision leading people and discussions

Visit careers.queensu.ca/gradmaps for the online version with links!
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.

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.