Application FAQs

What do I need to know to APPLY?

ACADEMIC REQUIREMENTS

- Completion of a Master’s degree in Kinesiology and Health Studies or relevant subject.
- Grade requirements: B+ average.

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?

The minimum funding guarantee for Kinesiology and Health Studies PhD students is $18,000 per year. Internal funding sources consist of fellowship awards, graduate scholarships, teaching assistantships, and research assistantships.

We encourage all students to apply for external funding from OGS, Tri-Council Funding, and other sources. Queen’s will automatically issue a $10,000 award to winners of federal government tri-council awards for PhD studies. For more information, see the School of Graduate Studies’ information on awards and scholarships or see what awards are offered through the School of Kinesiology and Health Studies.

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?

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.

RESEARCH Areas

- Biomechanics and Ergonomics
- Exercise Physiology
- Health Promotion
- Physical Activity and Epidemology
- Psychology of Sport and Physical Activity
- 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 meet 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.

“My career has been very closely aligned with the Queen’s experience... Queen’s was my introduction into and my first experience in health research... Queen’s was the perfect environment for me, it was just a great place to be and to be surrounded by great people.”

- Dr. Cynthia MacRae, PhD

Program STRUCTURE

PhD (4 years): 4 years to complete coursework, pass a comprehensive exam, and defend your dissertation.
# Kinesiology & Health Studies PhD MAP *

**DOCTOR OF PHILOSOPHY (PHD)**

## ACHIEVE YOUR ACADEMIC GOALS

### YEAR I
- Key priorities include forming your committee, coursework, field exams, and language exam.
- Meet early with your supervisor to set expectations and discuss roles, responsibilities, program requirements, resources, research/occupational goals, timelines, and any required accommodation plans.
- Look at the [SKHS Research Colloquium](#) for a variety of options.
- Attend the [SKHS Research Colloquium](#).
- Successfully complete your comprehensive exam.
- Embark on your substantive research.
- Find your way through the academic process with the help of **Expanding Horizons**, and the **SGS Seminar**.
- Attend at least 80% of the **SKHS Seminar Series**.
- Set up regular meetings with your supervisor to discuss progress and obstacles to timely completion.
- Think about audiences for your research.
- Seek experimental/professional development opportunities.

### YEAR II
- **Complete** and discuss your findings.
- Investigate requirements for professional positions or internships.
- Attend at least 80% of the **SKHS Seminar Series**.
- Make regular meetings with your supervisor to discuss progress and obstacles to timely completion.
- Think about audiences for your research.
- Find your way through the academic process with the help of **Expanding Horizons**, and the **SGS Seminar**.
- Attend the [SKHS Research Colloquium](#).
- Begin discussion of potential thesis defence examiner.

### YEAR III
- Continue to meet regularly with your supervisor, review research progress and write your dissertation.
- Complete the **SKHS Dissertation Boot Camp** or **Dissertation on the Lake**.
- Use conference presentations to create, discuss, and explore ways to disseminate research findings.
- Learn from the **Expanding Horizons** and the **Publishing workshop**.
- Present at the [SKHS Research Colloquium](#).
- Plan date of thesis submission for examination.
- Present your research at conferences and work with your supervisor to prepare for defence.
- Review submission and examination guidelines.
- Secure necessary oral defence accommodations.
- Discuss career pathways, reference letters, and publication options with your supervisor.
- Attend the [SKHS Research Colloquium](#).
- Continue to attend conferences and connect with scholars in your field and with community partners.
- Continue public outreach through social media and the Queen’s Media Centre.

### YEAR IV & TRANSITIONING
- **Complete** and discuss your findings.
- Investigate requirements for professional positions or internships.
- Attend at least 80% of the **SKHS Seminar Series**.
- Set up regular meetings with your supervisor to discuss progress and obstacles to timely completion.
- Think about audiences for your research.
- Find your way through the academic process with the help of **Expanding Horizons**, and the **SGS Seminar**.
- Attend the [SKHS Research Colloquium](#).
- Begin discussion of potential thesis defence examiner.

## MAXIMIZE RESEARCH IMPACT

### BUILD SKILLS AND EXPERIENCE
- **Serve** on departmental, faculty or university committees.
- **Talk** to the [SKHS Graduate Student Council](#) about getting involved.
- **Consider** positions in student services, the [SGS](#), or media outlets like the [Queen’s Journal](#), [CFRG](#), and the [SGS Blog](#).
- **Use** a Teaching Assistant or Research Assistant position to develop your skills and experience.
- **Hone** your skills for non-academic employment by continuing involvement on committees and in community.
- **Start** keeping an eportfolio of your skills, experiences and competencies.
- **Earn** your PhD in Kinesiology and Health Studies.
- **Prepare** for work or studies in a multi-cultural environment by taking [QUE’s Intercultural Competency Certificate](#).

### ENGAGE WITH YOUR COMMUNITY
- **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](#).
- **Participate** in your graduate and professional community through activities such as graduate student outreach programs, organizing conferences, and research groups like [Material Matters](#).
- **Participate** in some targeted networking with people working in careers of interest, through [QueensConnects](#), the [Queens Alumni Association](#), professional associations, and at conferences. Get help from a [Career Services workshop](#).
- **Join** groups on LinkedIn reflecting specific careers or topics of interest.
- **Participate** in [myGradSkills](#) to help you plan your career.
- **Build connections** with faculty outside of your department. Pursue interviews for faculty positions and apply for post-doc fellowships and positions.
- **Apply** to jobs or make plans for other adventures. Get help from Career Services with [job searching](#), resumes, or interviews.
- **Check out** the free online modules at [myGradSkills](#).

### LAUNCH YOUR CAREER
- **Find** career fit starts with knowing yourself. Take a [Career Services career planning workshop](#) or meet with a career counsellor for help. Check out books like [So What Are You Going to Do With That?](#).
- **Start** reading publications like [University Affairs](#) and the [Chronicle of Higher Education](#). Browse non-academic labour market websites.
- **Start** looking for special events like [Graduate Student Career Week](#) to explore your career pathways.
- **Start** building your teaching portfolio including student evaluations, and seeking membership.
- **Explore** different areas 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](#). For more information check our [Career Planning](#).
- **Investigate** requirements for professional positions or other opportunities related to careers of interest.
- **Participate** in [myGradSkills](#) to help you plan your career.
- **Build connections** with faculty outside of your department. Pursue interviews for faculty positions and apply for post-doc fellowships and positions.
- **Apply** to jobs or make plans for other adventures. Get help from Career Services with [job searching](#), resumes, or interviews.
- **Check out** the free online modules at [myGradSkills](#).

## 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, develop, finally appraise findings, draft and act on conclusions
  - Creativity and innovation
  - Perseverance
  - Independence and experience as a collaborative worker

- **Awareness**, 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?
A PhD in Kinesiology and Health Studies can take your career in many directions. In Canada, less than 40% of PhDs will work in post-secondary education – the majority will work in industry, government, or non-profits:

- **Educational institutions/faculty positions**
- **Government agencies working on public health policy**
- **Sports media and public relations**
- **Health related fields**
- **Research assistance**
- **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.

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*This map is intended to provide suggestions for activities and experiences, but everyone’s abilities, experiences, and constraints are different. Build your own Grad Map using our online My Grad Map tool.*

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