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): 55; (2) TOEFL iBT: Writing (20/30); Speaking (20/30); Reading (20/30); Listening (20/30), for a total of 80/120 (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 incoming PhD students. Students are expected to pursue additional funding opportunities, such as external scholarships and grants.

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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 Hospital, Hotel Dieu Hospital, 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 Epidemiology
- 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 read faculty profiles and learn more about faculty members and 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.

"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

Program STRUCTURE
PhD (4 years): 4 years to complete coursework, pass a comprehensive exam, and defend your dissertation.

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GRAD MAP FOR PhD STUDENTS

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 academic and personal growth.
**Kinesiology & Health Studies PhD MAP**

**DOCTOR OF PHILOSOPHY (PD)**

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**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 to your Student Academic Success Services for a variety of support services.
- Attend the SKHS Research Colloquium.

**YEAR II**
- Successfully complete your comprehensive exam.
- Embark on your substantive research.
- Find your way through the academic process with the help of Exploring Horizons, and the SES Habitat.
- Attend at least 80% of the SKHS Series Seminar Series.
- Set up regular meetings with your supervisor to discuss progress and obstacles to timely completion.
- Think about audiences for your research.
- 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.

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**MAXIMIZE RESEARCH IMPACT**

**YEAR III**
- Attend or present at a graduate conference such as the Macintosh Conference or the Horwood Conference.
- Expand your research audience through social media such as Twitter or a blog.
- Apply for the Graduate Dean’s Travel Grant for Doctoral Field Research.
- Successful completion of your comprehensive exam.

**YEAR IV & TRANSITIONING**
- 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 Exploring Horizons Publishing workshop.
- Present at the SKHS Research Colloquium.
- Begin discussion of potential thesis defence examiner.
- Seek experiential/professional development opportunities.

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**BUILD SKILLS AND EXPERIENCE**

**YEAR IV**
- Serve on departmental, faculty or university committees. Talk to the SKHS Graduate Student Council about getting involved.
- Consider positions in student services, the SGPS or media outlets like the Queen’s Journal, CFRC and the SGSS Blog. Look in the AMS Clubs Directory.
- Use a Teaching Assistant or Research Assistant position.
- Apply for Tri-Council Funding (SSHRC, NSERC, CIHR).
- Attend conferences in your field.

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**ENGAGE WITH YOUR COMMUNITY**

**YEAR I**
- 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.

**YEAR II**
- Attend or present at a graduate conference such as the Macintosh Conference or the Horwood Conference.
- Expand your research audience through social media such as Twitter or a blog.
- Apply for the Graduate Dean’s Travel Grant for Doctoral Field Research.

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**LAUNCH YOUR EXPERIENCE**

**YEAR III**
- Hone the skills for non-academic employment by continuing involvement on committees and in community.
- Start keeping an eportfolio of your skills, experiences and competencies.
- Attend Career Cruising, or meet Career Services workshop.
- Investigate internships from Queen’s Alumni Association.

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**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, orally appraise findings, draw and act on conclusions
- Creativity and innovation
- Perserverance
- 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: initiate and vision leading people and discussion

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**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 assistant
- Community health agencies
- Health industry consultants
- Workplace ergonomics
- Take time exploring 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 additional activities, and career services, but every student’s 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!