

# Kinesiology & Health Studies Ph.D. Map

*Navigating Graduate Studies and Beyond*



GRAD MAP FOR PH.D. 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.

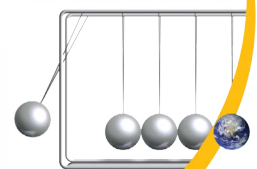
## Program **STRUCTURE**

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

## **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

School of Graduate Studies  
Create an impact  
[www.queensu.ca/sgs](http://www.queensu.ca/sgs)



# Kinesiology & Health Studies PH.D.

DOCTOR OF PHILOSOPHY (PH.D.)

Queen's  
175  
YEARS

## YEAR I

### ACHIEVE YOUR ACADEMIC GOALS

- Key priorities include your relationship with your supervisor, forming your committee, coursework, field exams, and language exam.
- Look to [Student Academic Success Services](#) for a variety of supports.
- Attend the [SKHS Research Colloquium](#).

### MAXIMIZE RESEARCH IMPACT

- Think about audiences for your research.
- Complete [ROMEO online module](#) on research ethics if doing research with living people or sensitive topics.
- Apply for Tri-Council Funding (SSHRC, NSERC, CIHR).
- Attend conferences in your field.

### 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 [SGPS](#), or media outlets like the [Queen's Journal](#), [CFRC](#), [QTV](#) and the [SGS Blog](#). Look in the [AMS Clubs Directory](#).
- Use a Teaching Assistant or Research Assistant position to develop your skills and experience.

### 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](#).

### LAUNCH YOUR CAREER

- Finding career fit starts with knowing yourself. Take the [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?* 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.

## YEAR II

- Successfully complete your comprehensive exam.
- Write and defend your thesis proposal.
- Embark on your substantive research.
- Find your way through the academic process with the help of [Expanding Horizons](#).
- Attend at least 80% of the [SKHS Seminar Series](#).

- 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](#).

- Hone skills for non-academic employment by continuing involvement on committees and in community.
- Start keeping an eportfolio of your skills, experiences and competencies.
- 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](#).

- Start building your teaching portfolio including student evaluations, and seeking mentorship.
- 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"](#). For more information check out [Career Cruising](#).
- Investigate requirements for professional positions or other opportunities related to careers of interest.

## YEAR III

- Continue to research and write your dissertation. Check out the SGS [Dissertation Boot Camp](#) or [Dissertation on the Lake](#).
- Consider publishing elements of your research. Learn from the Expanding Horizons [Publishing workshop](#).
- Present at the SKHS Research Colloquium.

- Continue to present at conferences.
- Consider participating in the [3 Minute Thesis \(3MT\)](#) competition.
- Contact the [Queen's Media Centre](#) for guidance on speaking to news outlets about your work.
- List yourself on the [Arts and Science University Research website](#).

- Begin teaching as a departmental Teaching Fellow.
- Find opportunities for extra training through CTL, Expanding Horizons, Mitacs, or other sources to boost your skills. Investigate internships from [Mitacs](#) and [other sources](#).
- Prepare for work or studies in a multi-cultural environment by taking [QUIC's Intercultural Competency Certificate](#).

- Do some targeted networking with people working in careers of interest, through [QueensConnects](#), the [Queen's Alumni Association](#), professional associations, and at conferences. Check out Career Services' [networking workshops](#).

- Participate in hiring committees and attend job talks. Research academic careers of interest. Craft your CV and job application materials.
- Start focusing on non-academic areas of interest. Research organizations of interest and start putting together your industry resume and begin your job search plan.
- Check out the free online modules at [MyGradSkills](#) to help you plan your career.

## YEAR IV & TRANSITIONING

- Complete and defend your dissertation.
- Continue to pursue publication options for your research.
- 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.

- 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](#).

- Consider joining professional associations like the [American College of Sports Medicine](#), the [Canadian Public Health Association](#), the [North American Society for the Psychology of Sport and Physical Activity](#), or the [North American Society for the Sociology of Sport](#).
- Join groups on LinkedIn reflecting specific careers or topics of interest.

- 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](#).
- If considering jobs abroad, research possible immigration regulations. If you are an international student interested in staying in Canada, consider speaking with an [International Student Advisor](#).

### 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

# Ph.D. Map 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 [TOEFL requirements](#) in writing, speaking, reading, and listening.

### KEY DATES & DEADLINES

- **Application deadline:** 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?

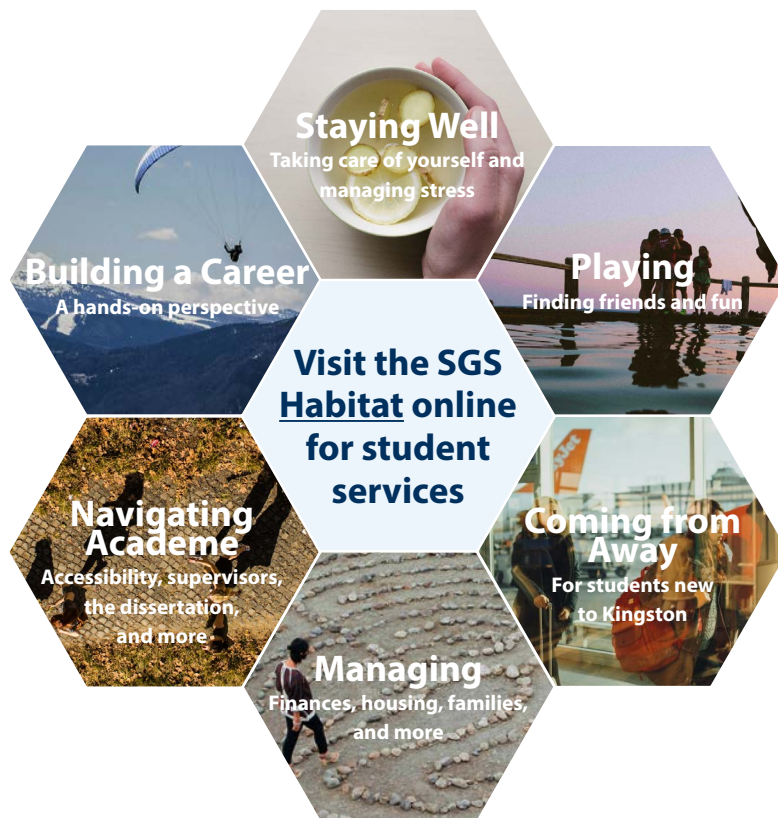
We encourage you to identify an area of research interest and contact a potential supervisor before applying.

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?

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.

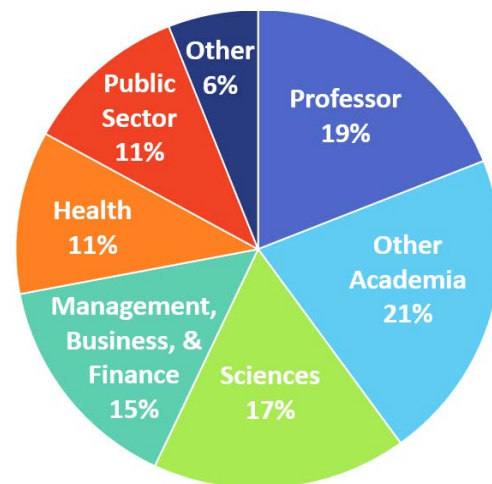


# Where Can a Graduate Degree Take Me?

A PhD in Kinesiology and Health Studies can take your career in many directions. In Canada, less than 40% of all 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 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.



## Ph.D. Career Outcomes in Canada

*Edge, Jessica, and Daniel Munra. Inside and Outside the Academy: Valuing and Preparing PhDs for Careers. Ottawa: The Conference Board of Canada, 2015.*



SCHOOL OF  
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