

Kinesiology & Health Studies PhD Map

Applying to and Navigating Graduate Studies



GRAD MAP FOR PhD STUDENTS

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.

"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

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.

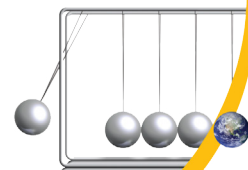
Visit the [School of Kinesiology & Health Studies website](#) to read [faculty profiles](#) and learn more about faculty members' research areas. When you find a faculty member with similar research interests to yours, contact him/her and tell them about your interest in graduate work and related experience.

Program STRUCTURE

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



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



Kinesiology & Health Studies PhD MAP*

DOCTOR OF PHILOSOPHY (PhD)



YEAR I

ACHIEVE YOUR ACADEMIC GOALS

- 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 [Student Academic Success Services](#) for a variety of supports.
- Attend the [SKHS Research Colloquium](#).

MAXIMIZE RESEARCH IMPACT

- Think about audiences for your research.
- Complete [ROMEEO 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](#), 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 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?* 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.
- Embark on your substantive research.
- Find your way through the academic process with the help of [Expanding Horizons](#) and the [SGS Habitat](#).
- Attend at least 80% of the [SKHS Seminar Series](#).
- Set up regular meetings with your supervisor to discuss progress and obstacles to timely completion.
- Seek experiential/professional development opportunities.

- 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 meet regularly with your supervisor, review research progress and write your dissertation. Check out the SGS [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 [Publishing workshop](#).
- Present at the SKHS Research Colloquium.
- Begin discussion of potential thesis defence examiners.

- 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](#) on LinkedIn, the [Queen's Alumni Association](#), professional associations, and at conferences. Get help from a [Career Services workshop](#).

- 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

- 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.

- Practice articulating the skills you have been developing in settings outside the university, such as casual conversation, networking, and interviews. Get help from a [Career Services 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](#).

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, critically appraise findings, draw and act on conclusions
- **Creativity and innovation**
- **Perseverance**
- **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:** 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 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 and 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.

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 graduate studies. 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.

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 incoming PhD students who have won federal government tri-council awards. 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.



SCHOOL OF
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HEALTH STUDIES

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