Get to know
KINESIOLOGY

Study the science of the human body in motion and learn about the physiological, biomechanical, psychological and sociological factors that influence human movement, exercise and sport performance, and health. Participate in lab courses in exercise physiology, biomechanics and ergonomics, physical activity counselling, and clinical fitness assessment.

From the structure of the cell to the structure of society, your studies in Kinesiology will expose you to the complex factors that influence health and wellness. You can take advantage of three mini-streams that provide students with an opportunity for hands-on internships in Athletic Therapy; Strength and Conditioning; Exercise, Disability and Aging.

“Critical thinking about health, the body and human movement, emphasizing equity and community involvement.”

Course HIGHLIGHTS

In addition to innovative, engaging, lecture-based learning the School of Kinesiology and Health Studies offer unique course opportunities. The Community-Based Physical Activity Promotion course allows students to take health theory out of the classroom and work with community partners on real-life projects. Professional courses such as Exercise Physiology Laboratory give students truly hands-on expertise in measuring/assessing human performance and function. Professors encourage inquiry-based learning with a series of research courses that build from Research Methods, to a Research Internship in a research lab or program, to a fourth-year Honours Thesis or Project.

Degree OPTIONS

Bachelor of Science (Honours)
Major / Specialization in Kinesiology

Queen’s ADMISSIONS

Students apply to Queen’s Science through the OUAC (Ontario University Application Centre) website. Requires: 4U English, 4U Biology, 4U Advanced Functions plus two of 4U Chemistry, Physics, and Calculus and Vectors.
Kinesiology

BACHELOR OF SCIENCE HONOURS (SPECIALIZATION) | BACHELOR OF SCIENCE (GENERAL)

GET THE COURSES YOU NEED

1ST YEAR

- Take HLTH 101, KNPE 125, KNPE 153, KNPE 167 and PSYC 100, as well as 12.0 units of Natural & Physical Sciences.
- Consider applying at the end of Winter Term to the Athletic Therapy or Strength and Conditioning mini-streams to get course credit working with varsity athletes.

2ND YEAR

- Take ANAT 315, ANAT 316, KNPE 225, KNPE 227, KNPE 251, KNPE 254, KNPE 255 and KNPE 265.
- Consider applying at the end of Winter Term to Exercise, Disability and Aging mini-streams, or a Research-Based Internship course, KNPE 352, for third year.

3RD YEAR

- Take KNPE 261 and HLTH 252.
- Consider applying at the end of Winter Term to Independent course opportunities include KNPE 456 (Survey of Research & Literature), KNPE 491 (Special Project) and KNPE 595 (Thesis).

4TH OR FINAL YEAR

- Take KNPE 400.
- Complete your program requirements.
- Apply to graduate on SOLUS.

GET RELEVANT EXPERIENCE

- Join teams or clubs on campus such as Queen's First Aid (QFA) and Providence Care Volunteer Club. Take Queen's Mental Health First Aid (MHFA) training.
- Volunteer for the Winter Adapted Games (annually held at end of January). Apply to be an Orientation Coach for Frosh Week of your second year.

GET CONNECTED WITH THE COMMUNITY

- Think about applying to positions in student services, PHEKSA or the Alma Mater Society.
- Volunteer on or off-campus with different community organizations, such as Let's Talk Science (LTS), by checking out Co-Curricular Opportunities.

GET THINKING GLOBALLY

- The Queen's University International Centre is your first stop to learn how to internationalize your degree or to leverage your existing cross-cultural experience.
- Speak to a QUIC advisor or get involved in their programs, events and training opportunities.

GET READY FOR LIFE AFTER GRADUATION

- Attend Career Fairs sponsored by Career Services throughout the year.
- Check out what previous graduates were planning at the time of convocation found on the Career Information for RO website.

MAJOR MAP

© Career Services, Queen's University, 2015-2016

Caution: This map is meant as a guide to provide suggestions throughout your university career. The activities, resources, and careers mentioned are possibilities — you are not restricted to them and you don't have to follow this exact timeline. Every person (including you!) will find their own unique path through their degree at Queen's and beyond.

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

Where could I go after graduation?

- Athletic therapy
- Athletics
- Audiology
- Biomechanics
- Chiropractor
- Coaching
- Complementary medicine
- Eco-tourism
- Ergonomics
- Exercise physiologist
- Facilities management
- Health administration
- Health and wellness consultant
- Health education
- Health promotion
- Kinesiologist
- Medicine
- Municipal recreation
- Neurosciences
- Nursing
- Nutrition and dietetics
- Occupational health and safety
- Occupational therapy
- Personal training
- Pharmaceuticals
- Physiotherapy
- Public health and administration
- Speech and language therapy
- Sports administration
- Strength and conditioning
- Stroke or cardiac rehabilitation
- Work capacity evaluator

*some careers may require additional training
How to use this map

• Got questions about careers and classes?
• Feeling a little lost or overwhelmed by choices?
• Wondering what you are “supposed” to be doing?

Use this map to plan for success in five overlapping areas of career and academic life. Each map helps you explore possibilities, set goals and track your accomplishments. To make your own custom map, use the My Major Map tool.

Don’t stress if you haven’t done all of the suggested activities. The map is not a prescription—it’s a tool for finding your own way at Queen’s.

Getting what you need to succeed in the workplace

WHAT DO EMPLOYERS WANT?

In a recent survey from the Canadian Council of Chief Executives, the top 6 skills sought by employers were:

1. People skills
2. Communication skills
3. Problem-solving skills
4. Analytical abilities
5. Leadership skills
6. Industry-specific knowledge

HOW DO I GET THE SKILLS I NEED?

It is important to develop a balanced skill set—many of which you will develop during your studies. To stand out, take advantage of experiential learning through the multitude of clubs and activities in and around Queen’s. Check out the Get Relevant Experience section of this map.

WHAT CAN I LEARN STUDYING KINESIOLOGY AT QUEEN’S?

• Understanding of the human body and human movement
• Knowledge of the physical, social, psychological and cultural factors influencing health
• Ability to collect and interpret data related to human movement, exercise performance and health
• Ability to develop education, prevention and treatment plans
• Ability to collaborate with peers, practitioners, and community members
• Critical thinking, evaluation and problem solving skills
• Oral and written communication
• Planning, time management and strategy

WHAT MAKES ME SPECIAL?

No one will get exactly the same experience as you. Take the time to think about what skills you have developed to be able to best explain them with compelling examples in future applications to employers and further education. For help with this, check out the Career Services Skills workshop.

Kinesiology MAJOR MAP

Support for Student Success

Personal and Physical Health
Athletics and Recreation
Student Wellness Services

Emotional and Mental Health
Student Wellness Services
Peer Support Centre

Social and Interpersonal Health
AMS
Rector
Residence Life
Student Experience Office
Queen’s Legal Aid

Academic and Intellectual Health
Student Academic Success Services: Learning Strategies and the Writing Centre
Academic Advising
Adaptive Technologies
Learning Commons

Career and Professional Health
Career Services
AMS
International Centre

Student Wellness Services
Aboriginal Student Centre
International Centre
Chaplain
Outreach Counsellor
Cross-Cultural Counsellor
Student Community Relations

Socio-Cultural and Spiritual Health
AMS
Rector
Residence Life
Student Experience Office
Queen’s Legal Aid

Getting what you need to succeed in the workplace

WHAT DO EMPLOYERS WANT?

In a recent survey from the Canadian Council of Chief Executives, the top 6 skills sought by employers were:

1. People skills
2. Communication skills
3. Problem-solving skills
4. Analytical abilities
5. Leadership skills
6. Industry-specific knowledge

HOW DO I GET THE SKILLS I NEED?

It is important to develop a balanced skill set—many of which you will develop during your studies. To stand out, take advantage of experiential learning through the multitude of clubs and activities in and around Queen’s. Check out the Get Relevant Experience section of this map.

WHAT CAN I LEARN STUDYING KINESIOLOGY AT QUEEN’S?

• Understanding of the human body and human movement
• Knowledge of the physical, social, psychological and cultural factors influencing health
• Ability to collect and interpret data related to human movement, exercise performance and health
• Ability to develop education, prevention and treatment plans
• Ability to collaborate with peers, practitioners, and community members
• Critical thinking, evaluation and problem solving skills
• Oral and written communication
• Planning, time management and strategy

WHAT MAKES ME SPECIAL?

No one will get exactly the same experience as you. Take the time to think about what skills you have developed to be able to best explain them with compelling examples in future applications to employers and further education. For help with this, check out the Career Services Skills workshop.

1. People skills
2. Communication skills
3. Problem-solving skills
4. Analytical abilities
5. Leadership skills
6. Industry-specific knowledge

It is important to develop a balanced skill set—many of which you will develop during your studies. To stand out, take advantage of experiential learning through the multitude of clubs and activities in and around Queen’s. Check out the Get Relevant Experience section of this map.

WHAT CAN I LEARN STUDYING KINESIOLOGY AT QUEEN’S?

• Understanding of the human body and human movement
• Knowledge of the physical, social, psychological and cultural factors influencing health
• Ability to collect and interpret data related to human movement, exercise performance and health
• Ability to develop education, prevention and treatment plans
• Ability to collaborate with peers, practitioners, and community members
• Critical thinking, evaluation and problem solving skills
• Oral and written communication
• Planning, time management and strategy

WHAT MAKES ME SPECIAL?

No one will get exactly the same experience as you. Take the time to think about what skills you have developed to be able to best explain them with compelling examples in future applications to employers and further education. For help with this, check out the Career Services Skills workshop.