**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, along with 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; or participate in the Community-Based Internship in a workplace setting of your choice.

**Degree OPTIONS**

- Bachelor of Science (Honours) Specialization in Kinesiology
- Bachelor of Science (General)

**Queen’s ADMISSION**

Students apply to Queen’s Science (QS) through the OUAC (Ontario Universities Application Centre) website (ouac.on.ca). Secondary School prerequisites include English 4U, Biology 4U, Advanced Functions 4U plus two of Chemistry 4U, Physics 4U, or Calculus and Vectors 4U.

**Acquire Skills. Gain Experience. Go Global.**

That is a degree from Queen’s.
### 1ST YEAR

In first year take HLTH 101, KNPE 125, KNPE 153, KNPE 167 and PSYC 100, as well as 12.0 units of Natural & Physical Science. 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.

Want to enhance your degree? Consider a certificate in Sexual and Gender Diversity or explore other certificates available.

### 2ND YEAR

In second year take ANAT 315, ANAT 316, HLTH 252, KNPE 225, KNPE 227, KNPE 251, KNPE 254, and KNPE 265. Consider applying at the end of Winter Term to the Exercise, Disability and Aging mini-stream, or the Community-Based Internship (KNPE 300), and/or the Research-Based Internship course (KNPE 352), for third year.

Need help mapping out all of your core, option, supporting and elective courses (including those not listed above) to make sure you will have what you need to complete your degree? Use the Course Mapping Tool on the Arts and Science website.

### 3RD YEAR

In third year take KNPE 255 and KNPE 261 and option courses. Consider applying at the end of Winter Term to independent course opportunities including KNPE 456 (Survey of Research & Literature), KNPE 491 (Special Project) and KNPE 595 (Thesis). Students who complete the Research-Based Internship and an honours thesis will graduate from the Research mini-stream.

### 4TH OR FINAL YEAR

In fourth year take KNPE 400 and option courses to complete your program requirements.

By fourth year you should be working on your remaining core, option, and elective courses. Apply to graduate in SOLUS.

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### GET THE COURSES YOU NEED

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### GET RELEVANT EXPERIENCE

**GET CONNECTED WITH THE COMMUNITY**
- 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 Volunteer.
- Join teams or clubs on campus such as Let's Talk Science and Monitor their newsletters for upcoming events.
- Consider attending the Queen's Innovation Connector Summer Initiative (QICS) and the Summer Company Program.

**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.
- Is an exchange in your future? Start thinking about where you would like to study abroad. Apply in January for a 3rd year exchange through your Faculty's International Office. If exchange isn't for you, come talk to QUIC about other options.

**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 KN website.

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### MAJOR MAP

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### 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**
- **Neuroscience**
- **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.