**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](http://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.

“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 offers unique course opportunities. In the Fitness, the Body and Culture course students participate in a ‘gym class,’ a series of practical and experiential sessions designed to provide an embodied experience of sociological concepts explored in lectures. 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 through completion of the ‘Research mini-stream,’ a series of research courses that builds from Research Methods in second year, to a third year Research Internship in a research lab or program, to a fourth-year Honours Thesis.
**GET THE COURSES YOU NEED**

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 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.

**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 Fresh 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).

- See the AMS Clubs Directory or the Queen’s Get Involved page for more ideas.

**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 QUC advisor or get involved in their programs, events and training opportunities.

- Is there a chance you might want 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 QUC 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 conviction found on the Career Information for KN website.

- Explore careers of interest by reading books in the Career Services Career Advising and Resource Area, such as Opportunities in Sports Medicine Careers. Find more information by connecting with alumni on LinkedIn. Attend the annual SHKS Career Strategies Workshop (UG News) and go to the annual Mini-Career Fair.

- Start focusing on areas of interest. Research education requirements for careers of interest. If needed, prepare to take any required tests (like the GRE or MCAT) and get help thinking about grad school from Career Services.

- Apply to jobs or future education, or make plans for other adventures. Get help from Career Services with job searching, resumes, interviews, grad school applications, or other decisions.

**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.

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

MAJOR MAP

How to use this map

Use the 5 rows of the map to explore possibilities and plan for success in the five overlapping areas of career and academics. The map just offers suggestions – you don’t have to do it all! To make your own custom map, use the My Major Map tool.

A balanced approach leads to long-term success. While you will learn a lot from your studies, taking time to get relevant experience outside of the classroom, build your network, and gain international experience, will position you to be more competitive in your job search or grad school applications.

Get started thinking about the future now – where do you want to go after your degree? Having tentative goals (like careers or grad school) while working through your degree can help with short-term decisions about courses and experiences, but also help you keep motivated for success.

Get the help you need

Queen’s provides you with a broad range of support services from your first point of contact with the university through to graduation. At Queen’s, you are never alone. We have many offices dedicated to helping you learn, think and do.

Ranging from help with academics and careers, to physical, emotional, or spiritual resources – our welcoming living and learning environment offers the programs and services you need to be successful, both academically and personally, and Queen’s wants you to succeed! Check out the Student Affairs website for available resources.

Succeed in the workplace

What employers want

The Canadian Council of Chief Executives list the top 6 skills sought by employers as:

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

Take the time to think about the unique skills you have developed at Queen’s, starting with the skills list here for ideas. Explaining your strengths with compelling examples will be important for applications to employers and further education. For help, check out the Career Services skills workshop.

What can I learn studying KINESIOLOGY?

- 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