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 PHYSICAL AND HEALTH EDUCATION?

- Understanding of the human body and human movement, and the physical, social, psychological and cultural factors influencing health
- Ability to create inclusive environments and opportunities in physical education, physical activity, and sport
- 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

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.

Get to know PHYSICAL AND HEALTH EDUCATION

Develop a broad understanding of the human body in motion and apply your knowledge at the level of the individual (strength and conditioning), group (team sports, sport clubs) and community (schools, private enterprise). Participate in hands-on practicum courses in coaching and developing physical activity programs for children, persons with disabilities, and older adults.

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.

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 the Physical Activity for Children practicum course give students truly hands-on experience developing and leading a daily physical activity (DPA) program in local elementary schools. Professors encourage inquiry-based learning through completion of the ‘Research mini-stream;’ a series of research courses that build from Research Methods in second year, to a third year Research Internship in a research lab or program, to a fourth-year Honours Thesis.


That is a degree from Queen’s.
Physical and Health Education

MAJOR MAP

BACHELOR OF PHYSICAL AND HEALTH EDUCATION HONOURS (SPECIALIZATION) | BACHELOR OF PHYSICAL AND HEALTH EDUCATION GENERAL

1ST YEAR

GET THE COURSES YOU NEED

In first year take HLTH 101, KNPE 125, 153, 167, PACT 100 and PSYC 100.
Take PACT P01 if you want to take Fall Camp School in third year. Consider applying 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.

GET CONNECTED WITH THE COMMUNITY

Join teams or clubs on campus such as Queen's First Aid (QFA). Take Queen's Mental Health First Aid (MHFA) training or 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 THINKING GLOBALY

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.

2ND YEAR

GET THE COURSES YOU NEED

In second year take ANAT 315, 316, KNPE 225, 227, 237, 254, 265 and PACT 237. Consider applying at the end of Winter Term to Exercise, Disability and Aging mini-streams, or a Community-Based Internship (KNPE 300), and/or a Research-Based Internship course (KNPE 312) 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.

GET CONNECTED WITH THE COMMUNITY

Take more responsibility within different clubs or extra-curricular groups. Athletics and Recreation hires students in many roles throughout the entire year.
Look into summer jobs by talking to the dept. or Career Services about work through SWEEP or summer USRA NSERC program (advertised in UG News before Reading Week).

GET THINKING GLOBALY

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 to talk to QUIC about other options. For course advice, make an appointment with the SHRS Undergraduate Chair Coordinator.

3RD YEAR

GET THE COURSES YOU NEED

In third year take KNPE 203, 255, 261, 331, HLTH 332 and PACT 333. Consider Independent course opportunities such as KNPE 456 (Survey of Research & Literature), KNPE 491 (Special Project) and KNPE 595 (Thesis).

GET CONNECTED WITH THE COMMUNITY

Stay during the summer as an assistant to a faculty member.
Volunteer in the Revved Up lab. Consider becoming a Peer Health Educator with Student Wellness Services. Consider entrepreneurial opportunities via programs like the Queen's Innovation Connector Summer Initiative (QICSI).

GET READY FOR LIFE AFTER GRADUATION

Prepare to become a member of PHE Canada or another association such as Active Living Alliance for Canadians with a Disability or Canadian Athletic Therapy Association.
Join groups on LinkedIn reflecting specific careers or topics of interest in Physical and Health Education.

4TH OR FINAL YEAR

GET THE COURSES YOU NEED

In fourth year take final 300-level or above PACT course if not already completed (PACT 338, 355, or 403).
Apply to graduate in SOLUS.

GET CONNECTED WITH THE COMMUNITY

Consider for third year. Consider applying to USRA NSERC program (advertised in UG News before Reading Week).

GET THINKING GLOBALY

Prepare for work or studies in a multi-cultural environment by taking QUIC's Intercultural Competency Certificate, and research possible immigration regulations.
International students interested in staying in Canada can speak with an International Student Advisor.

GET READY FOR LIFE AFTER GRADUATION

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

Chiropractic

Coaching

Complementary medicine

Education

Ergonomics

Exercise physiologist

Facilities management

Fitness and image consulting

Gerontology

Health administration

Health and wellness consultant

Health education

Health promotion

Kinesiologist

Medicine

Municipal recreation

Nursing

Nutrition and dietetics

Occupational health and safety

Occupational therapy

Outdoor education

Personal training

Physiotherapy

Prosthetics and orthotics

Public health and administration

Speech and language therapy

Sports administration

Strength and conditioning

Some careers may require additional training.

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