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.

**Queen’s ADMISSIONS**

Admission into the Bachelor of Physical and Health Education has been temporarily suspended. The program suspension will not impact students currently enrolled in the BPHEH program, as they will continue to be able to fulfill all of the degree requirements of the program.

**Degree OPTIONS**

Bachelor of Physical Health Education (Honours) Specialization

“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 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.
### Bachelor of Physical and Health Education Honours (Specialization)

#### Major Map

<table>
<thead>
<tr>
<th>Year</th>
<th>Courses</th>
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<tbody>
<tr>
<td>1st Year</td>
<td>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.</td>
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<tr>
<td>2nd Year</td>
<td>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 the Community-Based Internship (KNPE 300), and/or a 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.</td>
</tr>
<tr>
<td>3rd Year</td>
<td>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 &amp; Literature), KNPE 491 (Special Project) and KNPE 595 (Thesis).</td>
</tr>
<tr>
<td>4th Year</td>
<td>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.</td>
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### Get Relevant Experience

- **Join** teams or clubs on campus such as Queen’s First Aid (QFA). Take Queen’s Mental Health First Aid (MHFA) training. Volunteer for the Winter Invited Games (annually held at end of January). Apply to be an Orientation Coach for Frosh Week of your second year.
- **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 SWEPE or summer USRA NSERC program (advertised in UG News before Reading Week).
- **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 (QICS).
- **Investigate** requirements for full-time jobs or other opportunities related to careers of interest. Assess what experience you’re lacking and fill in gaps with volunteering, clubs, or internships – check out the Career Services skills workshop for help.

### Get Connected With the Community

- **Think about** applying to positions in student services, Physical & Health Education and Kinesiology Student Association or the Alma Mater Society. Volunteer on or off-campus with different community organizations, such as Let’s Talk Science, by checking out Co-Curricular Opportunities.
- **Take more** responsibility within PHEKSA. Start or continue volunteering with groups such as QICSI (member UG News). Become a student member of PHE Canada, apply to attend their Student Leadership Conference.
- **Do** targeted networking with alumni working in careers of interest by joining the LinkedIn group Queen’s Connects. Check out Career Services networking workshops. Connect with professors at events or workshops hosted by the PHEKSA. Consider attending the Canadian Undergraduate Conference on Healthcare (CUCH).
- **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.

### 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. For course advice, make an appointment with the SKHS Undergraduate Chair Coordinator.
- **Build** your intercultural competency by getting involved with other cultures or by practicing or improving your language skills. Check QUIC’s resources for ideas to go abroad, and volunteer or attend one of their events. Consider taking 400-level HLTH courses at the BISC in England in the spring.
- **Prepare for** work or studies in a multi-cultural environment by taking QUIC’s Intercultural Competency Certificate, and research possible immigration regulations. 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.

### 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 PHE website.
- **Explore** careers of interest by reading books in the Career Services Career Advising and Resource Area, such as Top 100 Health Care Careers. For more information check out Career Cruising or by finding and connecting with alumni on LinkedIn. Attend the annual SKHS Career Strategies Workshop (UG News) and 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 LSAT or GMAT) and get help thinking about grad school from Career Service.
- **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.

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Visit careers.queensu.ca/majormaps.html for the online version with links!
Physical and Health Education
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 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