

Kinesiology & Health Studies PhD Map

Applying to and Navigating Graduate Studies

Why GRADUATE STUDIES in KINESIOLOGY & HEALTH STUDIES?

The Kinesiology and Health Studies programs offer you the opportunity to study health, exercise physiology, physical activity, movement, and socio-cultural phenomena of the body. Students may study the mechanics of movement; the body's physiological responses to exercise; physical activity at a population or global level; the promotion of health, wellbeing, and social justice among communities; the psychology of sport and physical activity; the effects of biological factors on individual health; and the effects of socio-cultural factors on individual, community, and population health.

"The SKHS graduate program draws students from diverse disciplines and provides them with a space where they can develop holistically through the personalized mentorship of dedicated, internationally-recognized faculty."

- Colin Baillie, PhD Candidate



GRAD MAP FOR PhD STUDENTS 



Why QUEEN'S?

Our students have the opportunity to collaborate with internationally-recognized researchers on exciting, multi-disciplinary research projects in state-of-the-art facilities in our own, standalone building completed in 2009.

Cross-disciplinary opportunities with other Queen's departments enhance the graduate experience. Collaborations are available with Biomedical and Molecular Sciences, Commerce, Cultural Studies, Faculty of Education, Gender Studies, Global Development Studies, Mechanical and Materials Engineering, Psychology, Public Health Sciences, Geography and Planning, and Sociology. Students may pursue research activities with a number of our community-based partners, including the Boys and Girls Club of Kingston; HIV/AIDS Regional Services; Kingston, Frontenac and Lennox & Addington Public Health; and the Limestone District School Board.

AVAILABLE Programs

- Biomechanics and Ergonomics
- Exercise Physiology
- Health Promotion
- Physical Activity Epidemiology
- Psychology of Sport and Physical Activity
- Socio-Cultural Studies of Sport, Health and the Body

Visit the School of Kinesiology & Health Studies website to read faculty profiles and learn more about faculty members' research areas. When you find a faculty member with similar research interests to your own, contact them to discuss how your background and related experience could form the basis of your doctoral studies.

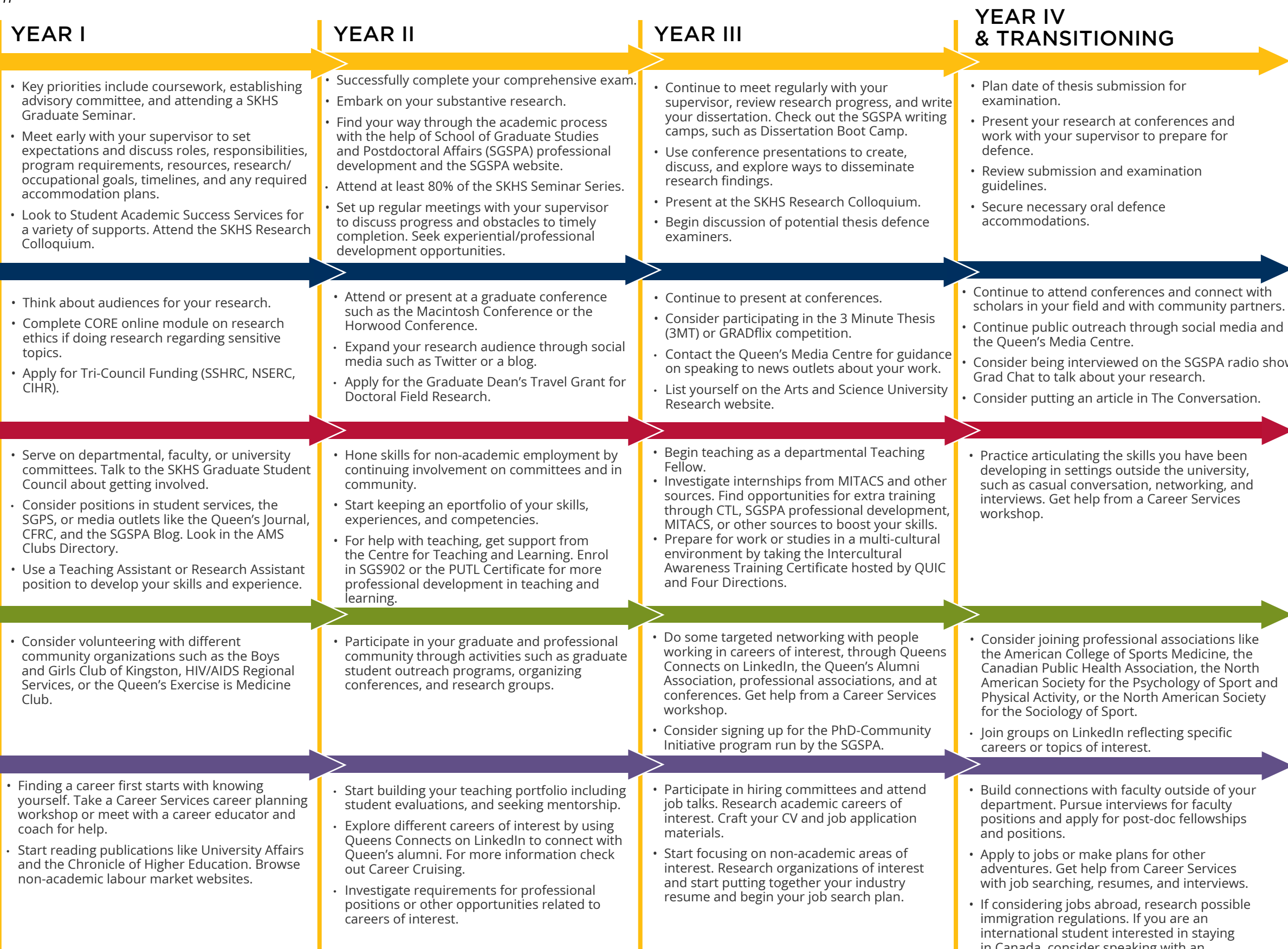


GRADUATE STUDIES AND POSTDOCTORAL AFFAIRS

queensu.ca/grad-postdoc

Kinesiology & Health Studies PhD Map

DOCTOR OF PHILOSOPHY



Knowledge & Workplace Skills

A doctoral degree in Kinesiology and Health Studies will equip you with:

- Knowledge and technical skills**
- Effective communication skills** in multiple forms for diverse audiences
- Information management:** prioritize, organize, and synthesize large amounts of information
- Time management:** meet deadlines and manage responsibilities despite competing demands
- Project management:** Develop ideas, gather information, analyze, critically appraise findings, draw and act on conclusions
- Creativity and innovation**
- Perseverance**
- Independence** and experience as a **collaborative** worker
- Awareness**, an understanding of sound **ethical** practices, **social responsibility**, responsible research, and **cultural sensitivity**
- Professionalism** in all aspects of work, research, and interactions
- Leadership:** initiative and vision leading people and discussion

Career Possibilities

A PhD in Kinesiology and Health Studies can take your career in many directions. Some PhDs will work in post-secondary education while many will work in industry, government, or non-profits.

- Community health agencies
- Educational institutions/faculty positions
- Government agencies working on public health policy
- Health industry consultants
- Health related fields
- Research assistant
- Sports media and public relations
- Workplace ergonomics

Taking time to explore career options, build experience, and network can help you have a smooth transition to the world of work after graduation.

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. To make your own custom map, use the My Grad Map tool: careers.queensu.ca/gradmaps.

Graduate Studies FAQs

How do I make the most of my time at Queen's?

Use the Grad Map to plan for success in five overlapping areas of your career and academic life. Everyone's journey is different - the ideas on the maps are just suggestions to help you explore possibilities. For more support with your professional development, take advantage of the SGSPA professional development framework and the new Professional Development Plan (PDP) process to set customized goals to help you get career ready when you graduate.

Where can I get help?

Queen's provides you with a broad range of support services from your first point of contact with the university through to graduation. Ranging from help with academics and careers, to physical, emotional, or spiritual resources - our welcoming environment offers the programs and services you need to be successful, both academically and personally. Check out the SGSPA website for available resources.

What is the community like?

In the multi-disciplinary environment of the SKHS graduate programs, students have a unique opportunity to learn across disciplines and with peers who come from varied academic, geographic, and personal backgrounds. Students and staff have opportunities to share roles in program governance. To cover tuition and offset the cost of living in Kingston, graduate students receive a competitive funding package comprised of teaching and/or research assistant placements and awards and/or fellowships. In SKHS, graduate students also have opportunities to engage in the broader Kingston community, of which Queen's University is an integral part. For more information about Kingston's history and culture, see Queen's University's Discover Kingston resource.

Application FAQs

What do I need to know to APPLY?

ACADEMIC REQUIREMENTS

- Master's degree
- **Grade requirements:** B+ average in each of the last 2 years of study.

ADDITIONAL REQUIREMENTS

- Prospective students who do not have English as a first language must meet the English language proficiency requirements in writing, speaking, reading, and listening.

KEY DATES & DEADLINES

- **Application due:** March 1st to qualify for internal funding. Applications will be considered until the program is full.
- **Notification of acceptance:** Successful candidate will be notified by letter of offer via email followed by confirmation from the School of Graduate Studies and Postdoctoral Affairs.
- **OGS Application due:** March 1st. All eligible students are required to apply for OGS (Ontario Graduate Scholarship) funding. Details are available on the SKHS website.

Before you start your application, please review the SKHS Graduate studies application process.

What about FUNDING?

As of the 2025-26 academic year, doctoral students are guaranteed minimum funding of \$21,000 per year for years 1-4. Funding packages may include an external funding award i.e. TriCouncil (CIHR/NSERC/SSHRC); an OGS (Ontario Graduate Scholarship); other internal fellowship award, SKHS scholarship, teaching assistantship(s), teaching fellowship(s), and research assistantship(s).

For the 2025-26 academic year, Queen's will automatically issue a one time \$5,000 award to Doctoral students who have won federal government tri-council awards. For more information, see the School of Graduate Studies and Postdoctoral Affairs' information on awards and scholarships.

