

# 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

# Kinesiology & Health Studies PhD Map

DOCTOR OF PHILOSOPHY



## YEAR I

## YEAR II

## YEAR III

## YEAR IV & TRANSITIONING

### ACHIEVE YOUR ACADEMIC GOALS

- Key priorities include coursework, establishing advisory committee, and attending a SKHS Graduate Seminar.
- Meet early with your supervisor to set expectations and discuss roles, responsibilities, program requirements, resources, research/occupational goals, timelines, and any required accommodation plans.
- Look to [Student Academic Success Services](#) for a variety of supports. Attend the [SKHS Research Colloquium](#).

- Successfully complete your comprehensive exam.
- Embark on your substantive research.
- Find your way through the academic process with the help of [School of Graduate Studies and Postdoctoral Affairs professional development](#) and the [SGSPA website](#).
- Attend at least 80% of the [SKHS Seminar Series](#).
- Set up regular meetings with your supervisor to discuss progress and obstacles to timely completion. Seek experiential/professional development opportunities.

- Continue to meet regularly with your supervisor, review research progress, and write your dissertation. Check out the [SGSPA writing camps](#), such as Dissertation Boot Camp.
- Use conference presentations to create, discuss, and explore ways to disseminate research findings.
- Present at the SKHS Research Colloquium.
- Begin discussion of potential thesis defence examiners.

- Plan date of thesis submission for examination.
- Present your research at conferences and work with your supervisor to prepare for defence.
- Review submission and examination guidelines.
- Secure necessary oral defence accommodations.

### WHAT WILL I LEARN?

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

### MAXIMIZE RESEARCH IMPACT

- Think about audiences for your research.
- Complete CORE online module on research ethics if doing research regarding sensitive topics.
- Apply for Tri-Council Funding (SSHRC, NSERC, CIHR).

- Attend or present at a graduate conference such as the [Macintosh Conference](#) or the [Horwood Conference](#).
- Expand your research audience through social media such as Twitter or a blog.
- Apply for the Graduate [Dean's Travel Grant for Doctoral Field Research](#).

- Continue to present at conferences.
- Consider participating in the [3 Minute Thesis \(3MT\)](#) competition.
- Contact the [Queen's Media Centre](#) for guidance on speaking to news outlets about your work.
- List yourself on the [Arts and Science University Research website](#).

- Continue to attend conferences and connect with scholars in your field and with community partners.
- Continue public outreach through social media and the Queen's Media Centre.
- Set up a meeting with the School of Graduate Studies and Postdoctoral Affairs for a [Grad Chat](#) to discuss your research interests.
- Consider putting an article in [The Conversation](#).

### BUILD SKILLS AND EXPERIENCE

- Serve on departmental, faculty, or university committees. Talk to the [SKHS Graduate Student Council](#) about getting involved.
- Consider positions in student services, the SGPS, or media outlets like the Queen's Journal, CFRC, and the SGSPA Blog. Look in the [AMS Clubs Directory](#).
- Use a Teaching Assistant or Research Assistant position to develop your skills and experience.

- Hone skills for non-academic employment by continuing involvement on committees and in community.
- Start keeping an eportfolio of your skills, experiences, and competencies.
- For help with teaching, get support from the [Centre for Teaching and Learning](#). Enrol in SGS902 or the PUTL Certificate for more professional development in teaching and learning.

- Begin teaching as a departmental Teaching Fellow.
- Investigate internships from [MITACS](#) and other sources. Find opportunities for extra training through CTL, [School of Graduate Studies and Postdoctoral Affairs professional development](#), MITACS, or other sources to boost your skills.
- Prepare for work or studies in a multi-cultural environment by taking the Intercultural Awareness Training Certificate hosted by QUIC and FDISC.

- Practice articulating the skills you have been developing in settings outside the university, such as casual conversation, networking, and interviews. Get help from a Career Services workshop.

### ENGAGE WITH YOUR COMMUNITY

- Consider volunteering with different community organizations such as the Boys and Girls Club of Kingston, HIV/AIDS Regional Services, or the [Queen's Exercise is Medicine Club](#).

- Participate in your graduate and professional community through activities such as graduate student outreach programs, organizing conferences, and research groups.

- Do some targeted networking with people working in careers of interest, through [Queens Connects](#) on LinkedIn, the [Queen's Alumni Association](#), professional associations, and at conferences. Get help from a Career Services workshop.
- Consider signing up for the PhD-Community Initiative program run by the SGSPA.

- Consider joining professional associations like the [American College of Sports Medicine](#), the [Canadian Public Health Association](#), the [North American Society for the Psychology of Sport and Physical Activity](#), or the [North American Society for the Sociology of Sport](#).
- Join groups on LinkedIn reflecting specific careers or topics of interest.

### LAUNCH YOUR CAREER

- Finding a career first starts with knowing yourself. Take a [Career Services career planning workshop](#) or meet with a career educator and coach for help.
- Start reading publications like [University Affairs](#) and the [Chronicle of Higher Education](#). Browse non-academic labour market websites.
- Stay on the lookout for special events like School of Graduate Studies and Postdoctoral Affairs Career Week to explore your career pathways.

- Start building your teaching portfolio including student evaluations, and seeking mentorship.
- Explore different careers of interest by using [Queens Connects](#) on LinkedIn to connect with Queen's alumni. For more information check out [Career Cruising](#).
- Investigate requirements for professional positions or other opportunities related to careers of interest.

- Participate in hiring committees and attend job talks. Research academic careers of interest. Craft your CV and job application materials.
- Start focusing on non-academic areas of interest. Research organizations of interest and start putting together your industry resume and begin your job search plan.

- Build connections with faculty outside of your department. Pursue interviews for faculty positions and apply for post-doc fellowships and positions.
- Apply to jobs or make plans for other adventures. Get help from Career Services with job searching, resumes, and interviews.
- If considering jobs abroad, research possible immigration regulations. If you are an international student interested in staying in Canada, consider speaking with an [International Student Advisor](#).

### WHERE CAN I GO?

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. The map just offers suggestions – you don't have to do it all! To make your own custom map, use the [My Grad Map](#) tool.

# 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 [Individual Development Plan \(IDP\)](#) 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?

Doctoral studies in the School of Kinesiology and Health Studies are guaranteed a minimum combined annual funding package of \$20,000 for each of their first four years of full-time study. 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).

Queen's will automatically issue a one time \$10,000 award to Doctoral students who have won federal government tri-council awards.

