

# Kinesiology

Kinesiology is the science of the human body in motion. You will learn about the physiological, biomechanical, psychological, and sociological factors that influence human movement, exercise and sport performance, along with health. 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.

## TOP 5 REASONS to study KINESIOLOGY

- 1 Our direct-entry program is highly multidisciplinary, drawing from the social, behavioural, and physical sciences.
- 2 Our lab offers state-of-the art equipment and small class sizes to advance understanding of the exercise sciences.
- 3 We provide tailored research opportunities, including a placement in a research lab and an Honours thesis option.
- 4 We emphasize experiential learning in our program, including 'mini-stream' options in Athletic Therapy and Strength & Conditioning.
- 5 We offer a capstone course in Professional Issues in Allied Health to best prepare our students for a range of post-graduate paths.

## Alumni Story

"My undergraduate experience in the Kinesiology program was life-changing to say the least. The highly multidisciplinary nature of the program allowed me to diversify my interests and pursue passions that I didn't even know I had through an enormous variety of research and certificate program opportunities. The program supports students in achieving their post-graduate goals and the inclusive culture created by faculty and students alike is what truly allowed me to thrive."

-Willow Leahy, KIN '21

## ALUMNI PATHS

Accelerated Nursing Track  
Athletic Therapy  
Biomechanics  
Chiropractics  
Dentistry  
Education  
Exercise Physiology  
Health Psychology  
Medical School  
Occupational Therapy  
Physiotherapy  
Urban and Regional Planning

add a  
**CERTIFICATE**

Data Analytics

Disability and  
Physical Activity

Employment  
Relations

Geographic  
Information Science

Indigenous  
Languages and  
Cultures

Sexual and Gender  
Diversity

Urban Planning  
Studies

[QUartsci.com/certs](https://quartsci.com/certs)

## Mini STREAMS

1. Athletic Therapy
2. Strength and Conditioning
3. Research

Students are allowed to do either the Athletic Therapy or Strength and Conditioning mini-stream, however, you can combine the Research mini-stream with either of these two.

Interested in finding out how to augment your degree with Experiential Learning? Check in with your department to learn more about what opportunities and resources are available for you!

## Acquire Skills. Gain Experience. Go Global.

That is a degree from Queen's.

[skhs.queensu.ca](https://skhs.queensu.ca)

# Kinesiology SPECIALIZATION MAP

BACHELOR OF SCIENCE: HONOURS DEGREE (SPECIALIZATION) OR GENERAL DEGREE

## 1ST YEAR

### GET THE COURSES YOU NEED

In first year you will have the chance to explore the foundations of Human Physiology, Biomechanics, Sport Sociology, Psychology, and Health Studies, along with 12.0 units of electives, most commonly in the natural and physical sciences.

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.

Interested in getting a head start in learning and working in a digital world? Take [ASCX 150](#) and develop future-ready skills!

## 2ND YEAR

### 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 \(WAG\)](#), held annually at end of January. Apply to be an Orientation Coach for Orientation Week of your second year.

### GET ENGAGED WITH THE COMMUNITY

Think about applying to positions in student services, [PHEKSA \(Physical Health Education Kinesiology Association\)](#) 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 ENGAGED GLOBALLY

Prepare for work or studies in a multi-cultural environment by taking [QUIC's Intercultural Awareness Certificate](#) and research possible immigration regulations.

Speak to a QUIC advisor to get involved in their programs, events, and training opportunities.

### GET CAREER READY

Attend Career Fairs sponsored by Career Services throughout the year.

Find impactful work that aligns with your values using the [Queen's Career Guide to the UN Sustainable Development Goals](#).

Start going deeper into the discipline of Kinesiology, while considering a certificate such as [Disability and Physical Activity](#). Learn more about [Certificates and Internship](#) options.

Consider applying at the end of winter term to the Community Based Practicum (KNPE 300) and/or the Research Skills Development Practicum (KNPE 352).

Visit the [Student Academic Success Services \(SASS\)](#) to discover ways to write essays, reports, study effectively, and to develop your academic skills overall.

[Athletics and Recreation](#) hire students in many roles throughout the entire year.

Look into summer jobs by talking to the School or Career Services about work through [SWEP](#) or summer [USRA NSERC program](#) (advertised in UG News before Reading Week).

Take more responsibility within [PHEKSA](#). Start or continue volunteering with groups such as [WAG](#) (monitor the SKHS Undergrad onQ page).

Sign up for a KIN Mentor and connect with SKHS alumni.

Become a student member of [Ontario Kinesiology Association](#) and monitor their newsletters for 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 [the International Programs Office](#).

Explore careers of interest in the Career Services Career Advising and Resource Area. Connect with alumni on LinkedIn

## 3RD YEAR

A chance to start grouping courses in areas of interest, or to keep it more general and explore many areas of Kinesiology. Meet with an [Academic Advisor](#) to make sure you are on track and have planned out your courses for next year.

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 Founders and Innovators Initiative \(QFII\)](#) and the [Summer Company Program](#).

Do targeted networking with alumni working in careers of interest through LinkedIn. Check out Career Services [networking workshops](#). Connect with professors at events or workshops hosted by the PHEKSA. Participate in the PHEKSA alumni pen pal initiative (KINnections2Alumni).

Consider attending the [Canadian Undergraduate Conference on Healthcare \(CUCOH\)](#).

Participate in the Queen's University International Centre (QUIC) [World Link Program](#). Go abroad through either an international exchange and study a cluster of global health related courses.

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.

## 4TH OR FINAL YEAR

In fourth year you will have the chance to participate in [research-based courses](#) that can lead to [Graduate School](#) or to your future career path. Make sure to finish up all your courses for your major and your optional certificate(s).

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.

Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending local events.

Consider applying to the [College of Kinesiologists of Ontario](#) after your Undergraduate degree to become a Registered Kinesiologist.

International students interested in staying in Canada can speak with an [International Student Advisor](#).

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.

### Knowledge & Workplace Skills

A degree in Kinesiology can equip you with:

- 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

### Career Possibilities

A degree in Kinesiology can take your career in many directions. Many students choose to continue their academic inquiry with a Master's. Our students are equipped with a strong foundation for careers in:

- Athletic therapy
- Biomechanics
- Chiropractor
- Education
- Ergonomics
- Exercise physiologist
- Health and wellness consultant
- Kinesiologist
- Medicine
- Occupational therapy
- Physiotherapy
- Sports administration
- Strength and conditioning

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

CONSIDER A 12-16 MONTH QUIP INTERNSHIP

### 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.

# Kinesiology



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. Queen's wants you to succeed! Check out the [Student Affairs website](#) for available resources.



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[skhs.queensu.ca](http://skhs.queensu.ca)

# QUIP

## QUEEN'S UNDERGRADUATE INTERNSHIP PROGRAM

**START DATES**  
in May, September,  
or January

**POSITIONS**  
are paid and  
full-time

**WORK TERMS**  
are 12-16 months  
long

### PROGRAM OVERVIEW

- Graduate with "Professional Internship" on your degree
- Learn about current advances, practices and technologies in business and industry
- Explore a career path, earn a salary, and build workplace skills

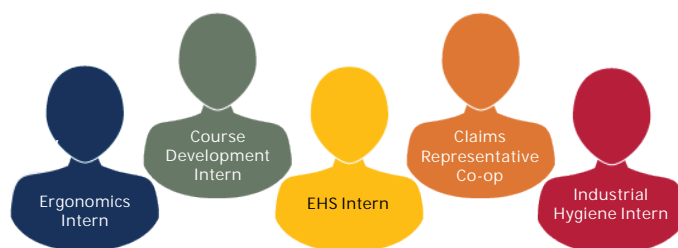
### ELIGIBILITY

- Complete 1st year before you register
- Complete 2nd or 3rd year before your internship
- Minimum GPA of 1.9
- Return to Queen's after your internship to finish your degree

### WHY QUIP?

- Gain a year of career-related work experience
- Build network connections
- Receive support from Queen's staff in job search and during internship

### SAMPLE PAST INTERNSHIPS



For more information, contact [quip@queensu.ca](mailto:quip@queensu.ca) or visit the [Program Website](#).

## Why study in Kingston?

Since 1841, our community has been more than a collection of bright minds – Queen's has attracted students with an ambitious spirit. Queen's has the highest retention rates, the highest graduation rates, and one of the highest employment rates among recent graduates. We are a research intensive university focused on the undergraduate experience. The BBC has identified Kingston as one of the GREATEST UNIVERSITY TOWNS in the world – and it is often awarded the safest city in Canada. It is a university city at the core; just a quick drive to Toronto, Montreal, Ottawa and even New York. A university with more clubs per capita than any other university in Canada, and a city with more restaurants per capita than any other city in North America – you will have the experience of a lifetime at Queen's – and graduate with a degree that is globally recognized among the best.

*We're closer than you think.*

