# 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





#### 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.



**ACHIEVE YOUR** 

**ACADEMIC** 

**GOALS** 

# Kinesiology & Health Studies PhD Map

DOCTOR OF PHILOSOPHY (PhD)

YEAR II YEAR I

#### YEAR III

#### YEAR IV & TRANSITIONING

## **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
- positions
- 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.

#### 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 (SGSPA) 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,
- · Present at the SKHS Research Colloquium.
- Begin discussion of potential thesis defence
- discuss, and explore ways to disseminate research findings.
- · Plan date of thesis submission for examination.
- Present your research at conferences and work with your supervisor to prepare for
- Review submission and examination quidelines.
- · Secure necessary oral defence accommodations.

#### MAXIMIZE RESEARCH IMPACT

- · Think about audiences for your research.
- Complete CORE online module on research ethics if doing research regarding sensitive
- · Apply for Tri-Council Funding (SSHRC, NSERC,
- · 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) or GRADflix 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.
- Consider being interviewed on the SGSPA radio show Grad Chat to talk about your research.
- Consider putting an article in The Conversation.

#### **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
- Investigate internships from MITACS and other sources. Find opportunities for extra training through CTL, SGSPA 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 Four Directions.
- 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
- Do some targeted networking with people working in careers of interest, through 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.

  - Participate in hiring committees and attend job talks. Research academic careers of interest. Craft your CV and job application
  - 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.
  - Find impactful work that aligns with your values using the Queen's Career Guide to the UN Sustainable Development Goals.
- Build connections with faculty outside of your department. Pursue interviews for faculty positions and apply for post-doc fellowships and positions.

Join groups on LinkedIn reflecting specific

careers or topics of interest.

- 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

#### **ENGAGE WITH YOUR** COMMUNITY

LAUNCH YOUR

CAREER

 Consider volunteering with different community organizations such as the Boys Services, or the Queen's Exercise is Medicine Club

Finding a career first starts with knowing

non-academic labour market websites.

coach for help.

yourself. Take a Career Services career planning

workshop or meet with a career educator and

Start reading publications like University Affairs

and the Chronicle of Higher Education. Browse

- and Girls Club of Kingston, HIV/AIDS Regional
- Participate in your graduate and professional community through activities such as graduate student outreach programs, organizing conferences, and research groups.
  - Start building your teaching portfolio including student evaluations, and seeking mentorship.
  - Explore different careers of interest by using 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.

#### 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.

- Educational institutions/faculty
- Government agencies working on public health policy
- Health industry consultants
- Health related fields
- Research assistant

# 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.

# Graduate 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?

Currently, 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 more information, see the School of Graduate Studies and Postdoctoral Affairs' information on awards and scholarships.





KINESIOLOGY AND HEALTH STUDIES