

Kinesiology & Health Studies

MA & MSc 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, 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; psychology of sport and physical activity; effects of biological factors on individual health; and effects of socio-cultural factors on individual, community, and population health.

Why Queen's?

Our students collaborate with internationally-recognized researchers on exciting, multi-disciplinary research projects in state-of-the-art facilities located in our own building.

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



"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

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

MSc

- Biomechanics and Ergonomics
- Exercise Physiology
- Health Promotion
- Physical Activity Epidemiology
- Psychology of Sport and Physical Activity

MA

- Socio-Cultural Studies of Sport, Health and the Body

We encourage you to identify an area of research interest and contact a potential supervisor before applying.

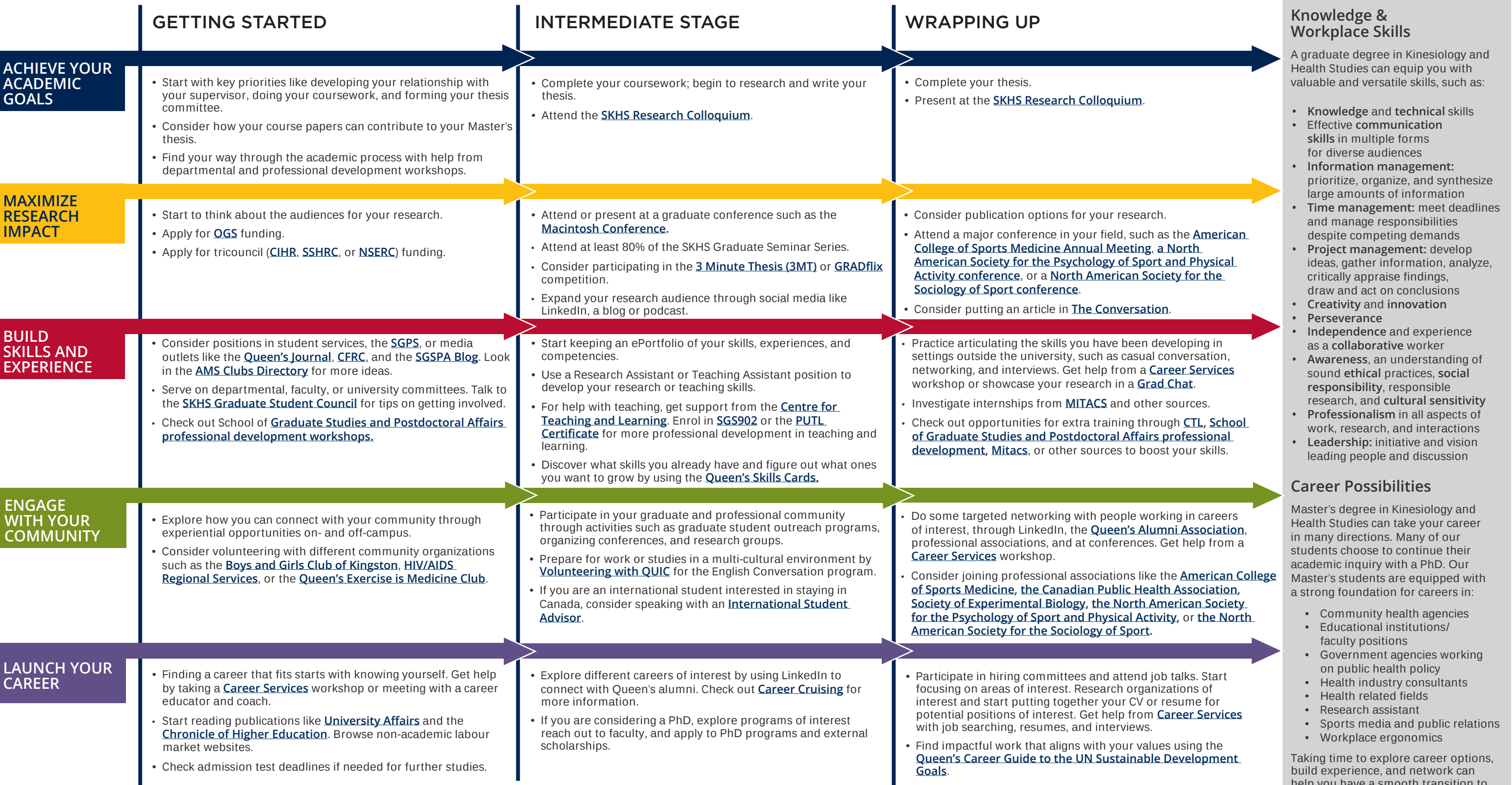
Visit the [School of Kinesiology & Health Studies website](#) to read faculty profiles and learn more about faculty members' research areas. When you find a faculty member with similar research interests to yours, contact them and tell them about your interest in graduate work and related experience.



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MA & MSc Map

MASTER OF ARTS (MA) & MASTER OF SCIENCE (MSc)



Knowledge & Workplace Skills

A graduate degree in Kinesiology and Health Studies can equip you with valuable and versatile skills, such as:

- 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

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

- 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 Discover Kingston resource.

Application FAQs

What do I need to know to Apply?

ACADEMIC REQUIREMENTS

- Bachelor's degree
- **Grade requirements:** minimum B+ overall average in the last 20 completed 3.0 GPA courses of study.
- If English is not a first language, nor was the language of instruction in undergraduate studies, prospective students must meet English language proficiency requirements in writing, speaking, reading, and listening as part of the application process, and before final acceptance is granted, as per School of Graduate Studies and Postdoctoral Affairs' regulations.

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 candidates will initially 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?

Master's students in Kinesiology and Health Studies are guaranteed a funding package for up to two years of study. Funding packages may include an external funding award i.e. TriCouncil (CIHR/NSERC/SSRHC); an OGS (Ontario Graduate Scholarship); other internal fellowship award, scholarship, teaching assistantship(s), and research assistantship(s). For more information on awards and scholarships, consult the School of Graduate Studies and Postdoctoral Affairs' website.

