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.

“...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 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 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 him/her and tell them about your interest in graduate work and related experience.
WHAT WILL I LEARN?

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, and responsibility research and cultural sensitivity
- Professionalism: in all aspects of work, research, and interactions
- Leadership: initiative and vision leading people and discussion

WHERE CAN I GO?

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:

- Educational institutions/faculty positions
- Government agencies working on public health policy
- Sports, mental, and physical health
- Social justice and public relations
- Exercise science
- Research assistants
- Community health agencies
- Health industry consultants
- 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.

**MA & MSc Map**

**GETTING STARTED**
- Start with key priorities like developing your relationship with your supervisor, doing your coursework, and forming your thesis committee.
- Consider how your course papers can contribute to your Master's thesis.
- Find your way through the academic process with help from departmental and Expanding Horizons professional development workshops, the department Grad Chair, and the SGS website.

**MAXIMIZE RESEARCH IMPACT**
- Start to think about the audiences for your research.
- Apply for OGS funding.
- Apply for tricouncil (ICHR, SSHRC, or NSERC) funding.
- Participate in Graduate student outreach programs, organizing conferences, and research groups.
- Prepare for work or studies in a multi-cultural environment by taking the Intercultural Awareness Training Certificate hosted by QUIC and Four Directions Indigenous Student Centre.

**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.
- Consider joining professional associations like the American College of Sports Medicine, the Canadian Public Health Association, the American College of Sports Medicine, the North American Society for the Psychology of Sport and Physical Activity, or the North American Society for the Sociology of Sport.

**LAUNCH YOUR CAREER**
- Finding a career that fits starts with knowing yourself. Get help by taking a Career Services workshop or meeting with a career counselor. Check out books like *What Are You Going to Do With That?* for advice on various career options.
- 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 Graduate Studies Career Week to explore your career pathways.
- Check admission test deadlines if needed for further studies.

**INTERMEDIATE STAGE**
- Complete your coursework; begin to research and write your thesis.
- Attend the SKHS Research Colloquium.
- Attend or present at a graduate conference such as the Macintosh Conference or the Horwood Conference.
- Attend at least 80% of the SKHS Graduate Seminar Series.
- Participate in the 2 Minute Thesis (2MT) competition.
- Expand your research audience through social media such as Twitter or a Blog.
- 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 or showcase your research in a Grad Chat.
- Investigate internships from MITACS and other sources.
- Check out opportunities for extra training through CTL, Expanding Horizons, Mitacs, or other sources to boost your skills.
- 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 joining professional associations like the *American College of Sports Medicine*, the *Canadian Public Health Association*, the *Experimental Biology*, the *North American Society for the Psychology of Sport and Physical Activity*, or the *North American Society for the Sociology of Sport*.

**WRAPPING UP**
- Complete your thesis.
- Present at the SKHS Research Colloquium.
- Complete an ePortfolio of your skills, experiences and competencies.
- Use a Research Assistant or Teaching Assistant position to develop your research or teaching skills.
- For help with teaching, get support from the Centre for Teaching and Learning. Enroll in SGS902 or the PUTL Certificate for more professional development in teaching and learning.
- Visit careers.queensu.ca/gradmaps for the online version with links!

* This map is intended to provide suggestions for activities and careers, but everyone’s abilities, experiences, and constraints are different. Build your own Grad Map using our online My Grad Map tool.
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.
- Prospective students who do not have English as a first language must meet the English language proficiency requirements in writing, speaking, reading, and listening. Details are available on the SKHS website.

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.
- 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, see the School of Graduate Studies’ information on awards and scholarships.

What is the community like?

At SKHS, graduate students in our multi-disciplinary environment learn and discover in a close-knit intellectual community. You will find friends, peers and support among the graduate students enrolled in Queen’s more than 130 graduate programs within 50+ departments & research centres. With the world’s best scholars, prize-winning professional development opportunities, excellent funding packages and life in the affordable, historic waterfront city of Kingston, Queen’s offers a wonderful environment for graduate studies. Queen’s is an integral part of the Kingston community, with the campus nestled in the core of the city, only a 10-minute walk to downtown with its shopping, dining and waterfront. For more about Kingston’s history and culture, see Queen’s University’s Discover Kingston page.