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.
**2021-2022**

**Kinesiology & Health Studies**

**PhD Map**

**DOCTOR OF PHILOSOPHY (PHD)**

**YEAR I**

**ACHIEVE YOUR ACADEMIC GOALS**

- Key priorities include coursework, establishing advisory committees, 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.

**YEAR II**

**ACHIEVE YOUR ACADEMIC GOALS**

- Successfully complete your comprehensive exam.
- Embark on your substantive research.
- Find your way through the academic process with the help of Expanding Horizons and the SGS 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.

**YEAR III**

- Continue to meet regularly with your supervisor, review research progress and write your dissertation. Check out the SGS writing camps, such as Dissertation Boot Camp.
- Use conference presentations to create, discuss, and explore ways to disseminate research findings. Learn from the Expanding Horizons publishing workshop.
- Present at the SKHS Research Colloquium.
- Begin discussion of potential thesis defence examiners.

**YEAR IV & TRANSITIONING**

- 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.
- Discuss career pathways, reference letters, and publication options with your supervisor.
- Attend the SKHS Research Colloquium.

**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, NERSC, CIHR).
- Apply for an Ontario Graduate Scholarship (OGS).
- Attend conferences in your field.

**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 SGS, or media outlets like the Queen’s Journal, CTFC, and the SGS Blog. Look in the AMS Clubs Directory.
- Use a Teaching Assistant or Research Assistant position to develop your skills and experience.

**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.

**LAUNCH YOUR CAREER**

- Finding a career fit starts with knowing yourself. Take a Career Services career planning workshop or meet with a career counselor for help. Check out books like So 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 the School of Graduate Studies Career Week to explore your career pathways.
- Start building your teaching portfolio including student evaluations, and seeking mentorship.
- Explore prospective careers of interest by using Queen’s Connects on LinkedIn to connect with Queen’s alumni. For more information check out Career Coaching.
- 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.

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

**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.

- Educational institutions/faculty positions
- Government agencies working on public health policy
- Sports media and public relations
- Health-related fields
- Research assistant
- 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.

*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.*

Visit careers.queensu.ca/gradmaps for the online version with links!
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 SGS 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 SGS website for available resources.

What is the community like?

At Queen’s, graduate students from all disciplines 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.

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.
• 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 $18,000 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. Visit Scholarships, Awards, and Funding on the SKHS website for more funding award details.

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