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.
# Kinesiology & Health Studies PhD Map

**2023-2024**

**Kinesiology & Health Studies PhD Map**

<table>
<thead>
<tr>
<th>YEAR I</th>
<th>YEAR II</th>
<th>YEAR III</th>
<th>YEAR IV &amp; TRANSITIONING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ACHIEVE YOUR ACADEMIC GOALS</strong></td>
<td><strong>MAXIMIZE RESEARCH IMPACT</strong></td>
<td><strong>BUILD SKILLS AND EXPERIENCE</strong></td>
<td><strong>ENGAGE WITH YOUR COMMUNITY</strong></td>
</tr>
<tr>
<td>• Key priorities include coursework, establishing advisory committee, and attending a SKHS Graduate Seminar.</td>
<td>• Attend or present at a graduate conference such as the Macintosh Conference or the Hollywood Conference.</td>
<td>• Serve on departmental, faculty, or university committees. Talk to the SGS Graduate Student Council about getting involved.</td>
<td>• Consider volunteering with different community organizations such as the Boys and Girls Club of Kingston, HIWADS Regional Services, or the Queen's Exercise Is Medicine Club.</td>
</tr>
<tr>
<td>• Meet early with your supervisor to set expectations and discuss roles, responsibilities, program requirements, research/occupational goals, timelines, and any required accommodation plans.</td>
<td>• Expand your research audience through social media such as Twitter or a blog.</td>
<td>• Consider positions in student services, the SGS, or media outlets like the Queen's Journal, CFRC, and the SGSPA Blog. Look in the AMS Clubs Directory.</td>
<td>• Participate in your graduate and professional community through activities such as graduate student outreach programs, organizing conferences, and research groups.</td>
</tr>
<tr>
<td>• Look to Student Academic Success Services for a variety of supports. Attend the SKHS Research Colloquium.</td>
<td>• For help with teaching, get support from the Centre for Teaching and Learning. Enrol in SGS902 or the PUTF Certificate for more professional development in teaching and learning.</td>
<td>• Use a Teaching Assistant or Research Assistant position to develop your skills and experience.</td>
<td>• Do some targeted networking with people in your field of interest. Research organizations of interest and build connections with faculty outside of your department. Consider options for post-doctoral fellowships and positions.</td>
</tr>
<tr>
<td>• Successfully complete your comprehensive exam.</td>
<td>• Continue teaching as a departmental Teaching Fellow.</td>
<td>• Begin teaching as a teaching assistant.</td>
<td>• Build connections with colleagues and attend job interviews. Research academic careers of interest. Consider going into research and development.</td>
</tr>
<tr>
<td>• Embark on your substantive research.</td>
<td>• Investigate internships from MITACS and other sources. Find opportunities for extra training through CTL, School of Graduate Studies and Postdoctoral Affairs professional development, MITACS, or other sources to boost your skills.</td>
<td>• Participate in hiring committees and attend job interviews.</td>
<td>• Participate in hiring committees and attend job interviews. Research academic careers of interest. Consider going into research and development.</td>
</tr>
<tr>
<td>• Find your way through the academic process with the help of School of Graduate Studies and Postdoctoral Affairs professional development and the SGSPA website.</td>
<td>• Prepare for work or studies in a multicultural environment by taking the Intercultural Awareness Training Certificate hosted by QUIC and FDISC.</td>
<td>• Attend at least 80% of the SKHS Seminar Series.</td>
<td>• 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.</td>
</tr>
<tr>
<td>• 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.</td>
<td>• Contact the Queen's Media Centre for guidance on speaking to media outlets about your research.</td>
<td>• Start building your teaching portfolio including job applications and job application materials.</td>
<td>• 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.</td>
</tr>
<tr>
<td><strong>WHAT WILL I LEARN?</strong></td>
<td><strong>WHERE CAN I GO?</strong></td>
<td><strong>BUILD YOUR CAREER</strong></td>
<td><strong>ENGAGE WITH YOUR COMMUNITY</strong></td>
</tr>
<tr>
<td>A doctoral degree in Kinesiology and Health Studies will equip you with:</td>
<td>• Knowledge and technical skills</td>
<td>• Finding a career first starts with knowing yourself. Take a Career Services career planning workshop or meet with a career education coach for help.</td>
<td>• Consider volunteering with different community organizations such as the Boys and Girls Club of Kingston, HIWADS Regional Services, or the Queen's Exercise Is Medicine Club.</td>
</tr>
<tr>
<td>• Effective communication skills in multiple forms for diverse audiences</td>
<td>• Information management: prioritize, organize, and synthesize large amounts of information</td>
<td>• Start reading publications like University Affairs and the Chronicle of Higher Education. Browse non-academic labour market websites.</td>
<td>• Participate in hiring committees and attend job interviews. Research academic careers of interest. Consider going into research and development.</td>
</tr>
<tr>
<td>• Time management: meet deadlines and manage responsibilities despite competing demands</td>
<td>• Project management: develop skills, gather information, analyze, critically appraise findings, draw and act on conclusions</td>
<td>• Stay on the lookout for special events like School of Graduate Studies and Postdoctoral Affairs Career Week to explore your career pathways.</td>
<td>• Build connections with colleagues and attend job interviews. Research academic careers of interest. Consider going into research and development.</td>
</tr>
<tr>
<td>• Professionalism in all aspects of work, research, and interactions</td>
<td>• Awareness, an understanding of sound ethical practices, social responsibility, responsible research, and cultural sensitivity</td>
<td>• Participate in the 3 Minute Thesis competition.</td>
<td>• Consider signing up for the PhD-Community Initiative program run by the SGSPA.</td>
</tr>
<tr>
<td>• Leadership: initiating vision, leading people and discussion</td>
<td>• Communication skills</td>
<td>• Consider putting an article in The Conversation.</td>
<td>• 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.</td>
</tr>
</tbody>
</table>

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 Grad Map](https://gradservices.queensu.ca/mygradmap) tool.
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 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 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.

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?

Doctoral studies in the School of Kinesiology and Health Studies are guaranteed a minimum combined annual funding package of $20,000 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.