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.

“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 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.
The map just offers suggestions – you don't have to do it all! To make your own custom map, use the My Major Map tool.

To explore possibilities and plan for success in the five overlapping areas of career and academics, use the 5 rows of the 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 professional development workshops.

**MAXIMIZE RESEARCH IMPACT**
- Start to think about the audiences for your research.
- Apply for OGS funding.
- Apply for tricouncil (CIHR, SSHRC, or NSERC) funding.

**BUILD SKILLS AND EXPERIENCE**
- Consider positions in student services, the SGPS, or media outlets like the Queen's Journal, CFRC, and the SGS Blog. Look in the AMS Clubs Directory for more ideas.
- Serve on departmental, faculty or university committees. Talk to the SGUS Graduate Student Council for tips on getting involved.
- Check out the School of Graduate Studies and Postdoctoral Affairs professional development professional development workshops.

**ENGAGE WITH YOUR COMMUNITY**
- Explore how you can connect with your community through experiential opportunities on- and off-campus.
- 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.

**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 counsellor. 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 Graduate Studies Career Week to explore your career pathways.
- Explore different careers of interest by using Queen's Connects on LinkedIn to connect with Queen's alumni. Check out Career Cruising for more information.
- If you are considering a PhD, explore programs of interest reach out to faculty, and apply to PhD programs and external scholarships.

**INTERMEDIATE STAGE**
- Complete your coursework; begin to research and write your thesis.
- Attend the SKHS Research Colloquium.
- Attend or present at a conference such as the Macintosh Conference or the Horwood Conference.
- Attend at least 80% of the SKHS Graduate Seminar Series.
- Consider participating in the 3 Minute Thesis (3MT) competition.
- Expand your research audience through social media such as Twitter or a blog.

**WRAPPING UP**
- Complete your thesis. Present at the SKHS Research Colloquium.
- Consider publication options for your research.
- Attend a major conference in your field, such as the American College of Sports Medicine Annual Meeting, the North American Society for the Psychology of Sport and Physical Activity conference, or the North American Society for the Sociology of Sport conference.
- 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, School of Graduate Studies and Postdoctoral Affairs professional development, Mitacs, or other sources to build your skills.
- Do some targeted networking with people working in careers of interest, through Queen's 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, Experimental Biology, the North American Society for the Psychology of Sport and Physical Activity, or the Society for the Psychology of Sport and Physical Activity conference, or a North American Society for the Sociology of Sport conference.

**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, responsible research and community 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 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.
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?

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.