Kinesiology

Kinesiology is the science of the human body in motion. You will learn about the physiological, biomechanical, psychological and sociological factors that influence human movement, exercise and sport performance, along with health. From the structure of the cell to the structure of society, your studies in Kinesiology will expose you to the complex factors that influence health and wellness.

Alumni Story

“My undergraduate experience in the Kinesiology program was life-changing to say the least. The highly multidisciplinary nature of the program allowed me to diversify my interests and pursue passions that I didn’t even know I had through an enormous variety of research and certificate program opportunities. The program supports students in achieving their post-graduate goals and the inclusive culture created by faculty and students alike is what truly allowed me to thrive.”

Willow Leahy, KIN ’21

TOP 5 Reasons to study Kinesiology

1. Our direct-entry program is highly multidisciplinary, drawing from the social, behavioural and physical sciences.

2. Our lab offers state-of-the-art equipment and small class sizes to advance understanding of the exercise sciences.

3. We provide tailored research opportunities, including a placement in a research lab and an Honours thesis option.

4. We emphasize experiential learning in our program, including ‘mini-stream’ options in Athletic Therapy and Strength & Conditioning.

5. We offer a capstone course in Professional Issues in Allied Health to best prepare our students for a range of post-graduate paths.

ALUMNI PATHS

Accelerated Nursing Track
Athletic Therapy
Biomechanics
Chiropractics
Dentistry
Education
Exercise Physiology
Health Psychology
Medical School
Occupational Therapy
Physiotherapy
Urban and Regional Planning

Mini STREAMS

1. Athletic Therapy

2. Strength and Conditioning

3. Research

Students are allowed to do either the Athletic Therapy or Strength and Conditioning mini-stream, however, you can combine the Research mini-stream with either of these two.


That is a degree from Queen’s.
2022-2023

**Kinesiology**

**BACHELOR OF SCIENCE (HONOURS): SPECIALIZATION MAP**

### 1ST YEAR

- **GET THE COURSES YOU NEED**
  - In first year you will have the chance to explore the foundations of Human Physiology, Biomechanics, Sport Sociology, Psychology and Health Studies, along with 12.0 units of electives, most commonly in the natural and physical sciences.
  - Consider applying at the end of winter term to the Athletic Therapy or Strength and Conditioning mini-streams to get course credit working with varsity athletes.

- **GET RELEVANT EXPERIENCE**
  - Join teams or clubs on campus such as Queen's First Aid (QFA) and Providence Care Volunteer Club. Take Queen’s Mental Health First Aid (MHFA) training.
  - Volunteer for the Winter Adapted Games (WAG), held annually and at end of January. Apply to be an Orientation Coach for Orientation Week of your second year.

- **GET CONNECTED WITH THE COMMUNITY**
  - Think about applying to positions in student services, PHEKSA (Physical Health Education Kinesiology, Association) or the Alma Mater Society. Volunteer on or off campus with different community organizations, such as Let’s Talk Science (LTS).
  - See the AMS Clubs Directory or the Queen’s Get Involved page for more ideas.

- **GET THINKING GLOBALLY**
  - Prepare for work or studies in a multi-cultural environment by taking QUC’s Intercultural Competency Certificate and research possible immigration regulations.
  - Speak to a QUC advisor to get involved in their programs, events, and training opportunities.

- **GET READY FOR LIFE AFTER GRADUATION**
  - Attend Career Fairs sponsored by Career Services throughout the year.
  - Check out what previous graduates were planning at the time of convocation found on the SDS Career Paths website.

### 2ND YEAR

- **GET THE COURSES YOU NEED**
  - Start going deeper into the discipline of Kinesiology, while considering a certificate such as Disability and Physical Activity. Attend Degree+ in the Fall term to learn more about Certificate and Internship options.
  - Want to make sure your academics are where you want them to be? Visit PASS (Student Academic Support Services) and the Writing Centre for some help.
  - Consider applying at the end of winter term to the Community Based Practicum (KNPE 300) and/or the Research Skills Development Practicum (KNPE 352).

- **GET RELEVANT EXPERIENCE**
  - Athletics and Recreation hire students in many roles throughout the entire year.
  - Look into summer jobs by talking to the School or Career Services about work through UW360 or summer USRA NTSN program (advertised in UG News before Reading Week).

- **GET CONNECTED WITH THE COMMUNITY**
  - Take more responsibility within PHEKSA. Start or continue volunteering with groups such as WAG (monitor UG News).
  - Become a student member of Ontario Kinesiology Association and monitor their newsletters for opportunities.

- **GET THINKING GLOBALLY**
  - Is an exchange in your future? Start thinking about where you would like to study abroad. Apply in January for a 3rd year exchange through the International Programs Office.

- **GET READY FOR LIFE AFTER GRADUATION**
  - Explore careers of interest by reading books in the Career Services Career Advising and Resource Area, such as Opportunities in Sports Medicine Careers. Find more information by connecting with alumni on LinkedIn. Attend the annual School of Kinesiology and Health Studies Mini Career Fair.

### 3RD YEAR

- **GET THE COURSES YOU NEED**
  - A chance to start grouping courses in areas of interest, or to keep it more general and explore many areas of Kinesiology. Meet with an Academic Advisor to make sure you are on track and have planned out your courses for next year.

- **GET RELEVANT EXPERIENCE**
  - Volunteer in the Reved Up lab. Consider becoming a Peer Health Educator with Student Wellness Services.
  - Consider entrepreneurial opportunities via programs like the Queen’s Innovation Connector Summer Initiative (QICI) and the Summer Company Program.

- **GET CONNECTED WITH THE COMMUNITY**
  - Do targeted networking with alumni working in careers of interest by joining the LinkedIn group Queen’s Connects. Check out Career Services networking workshops. Connect with professors at events or workshops hosted by the PHEKSA.
  - Consider attending the Canadian Undergraduate Conference on Healthcare (CUCOH).

- **GET THINKING GLOBALLY**
  - Build your intercultural competence by getting involved with other cultures or by practicing or improving your language skills. Consider spending the Winter term of your 3rd year at the castle in England (BISC) studying a cluster of courses related to global health (9.0 units at the 300 level). Stay at the BISC for an intensive Spring term for the Interdisciplinary Studies in Disability and Global Health (9.0 units at the 400 level).

- **GET READY FOR LIFE AFTER GRADUATION**
  - Start focusing on areas of interest. Research education requirements for careers of interest. If needed, prepare to take any required tests like the GRE or MCAT and get into Thinking about Grad School from Career Services. Attend the annual School of Kinesiology and Health Studies Mini Career Fair.

### 4TH OR FINAL YEAR

- **GET THE COURSES YOU NEED**
  - In fourth year you will have the chance to participate in research-based courses that can lead to Graduate School or to your future career path. Make sure to finish up all your courses for your major and your optional certificate(s).

- **GET RELEVANT EXPERIENCE**
  - Investigate requirements for full-time jobs or other opportunities related to careers of interest.
  - Assess what experience you’re lacking and fill in gaps with volunteering, clubs, or internships – check out the Career Services workshop for help.

- **GET CONNECTED WITH THE COMMUNITY**
  - Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending local events.
  - Consider applying to the College of Kinesiologists of Ontario after your Undergraduate degree to become a Registered Kinesiologist.

- **GET THINKING GLOBALLY**
  - International students interested in staying in Canada can speak with an International Student Advisor.

- **GET READY FOR LIFE AFTER GRADUATION**
  - Apply to jobs or future education, or make plans for other adventures. Get help from Career Services with job search strategies, resumes, interviews, Grad School applications, or other decisions.

### What will I learn?

- A degree in Kinesiology can equip you with:
  - Understanding of the human body and human movement
  - Knowledge of the physical, social, psychological and cultural factors influencing health
  - Ability to collect and interpret data related to human movement, exercise performance and health
  - Ability to develop education, prevention and treatment plans
  - Ability to collaborate with peers, practitioners and community members
  - Critical thinking, evaluation and problem solving skills

### Where can I go?

- A degree in Kinesiology can take your career in many directions. Many students choose to continue their academic inquiry with a Master’s. Our students are equipped with a strong foundation for careers in:
  - Athletic therapy
  - Biomechanics
  - Chiropractic
  - Education
  - Ergonomics
  - Exercise physiologist
  - Health and wellness consultant
  - Kinesiologist
  - Medicine
  - Occupational therapy
  - Physiotherapy
  - Sports administration
  - Strength and conditioning

### Taking time to explore career options, build experience and network can help you have a smooth transition to the world of work after graduation.
Kinesiology

Get started thinking about the future now – where do you want to go after your degree? Having tentative goals (like careers or grad school) while working through your degree can help with short-term decisions about courses and experiences, but also help you keep motivated for success.

Get the help you need

Queen’s provides you with a broad range of support services from your first point of contact with the university through to graduation. At Queen’s, you are never alone. We have many offices dedicated to helping you learn, think and do.

Ranging from help with academics and careers, to physical, emotional, or spiritual resources – our welcoming living and learning environment offers the programs and services you need to be successful, both academically and personally. Queen’s wants you to succeed! Check out the Student Affairs website for available resources.

Why study in Kingston?

For 175 years, our community has been more than a collection of bright minds – Queen’s has attracted students with an ambitious spirit. Queen’s has the highest retention rates, the highest graduation rates, and one of the highest employment rates among recent graduates. We are a research intensive university focused on the undergraduate experience. The BBC has identified Kingston as one of the GREATEST UNIVERSITY TOWNS in the world – and it is often awarded the safest city in Canada. It is a university city at the core; just a quick drive to Toronto, Montreal, Ottawa and even New York. A university with more clubs per capita than any other university in Canada, and a city with more restaurants per capita than any other city in North America – you will have the experience of a lifetime at Queen’s – and graduate with a degree that is globally recognized among the best.