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

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.

Interested in finding out how to augment your degree with Experiential Learning? Learn what opportunities and resources are available for you on the Experiential Learning website. You can also reach out to the team directly at asc.el@queensu.ca.


That is a degree from Queen’s.
**Kinesiology SPECIALIZATION MAP**

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

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### 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 and Strength and Conditioning minor to get course credit working with various athletes.
- Interested in getting a head start in learning and working in a digital world? Take ASCX 150 and develop future-ready skills!

### 2ND YEAR

**GET RELEVANT EXPERIENCE**

- Join teams or clubs on campus such as Queen's First Aid (QFA) and Providence Care Volunteers Club. Take Queen's Mental Health First Aid (MHFA) training.
- Volunteer for the Winter Adapted Games (WAG), held annually at the end of January. Apply to be an Orientation Coach for Orientation Week of your second year.
- 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 SWEP or summer UTRA NSERC program (advertised in UG News before Reading Week).

**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.
- Take more responsibility within PHEKSA. Start or continue volunteering with groups such as WAG (monitor UG News).
- Sign up for a KIN Mentor and connect with SSKHS alumni.
- Become a student member of Ontario Kinesiology Association and monitor their newsletters for opportunities.

**GET THINKING GLOBALLY**

- Prepare for work or studies in a multi-cultural environment by taking QUIK’s Intercultural Competency Certificate and research possible immigration regulations.
- Speak to a QUIK advisor to get involved in their programs, events, and training opportunities.
- Is there 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.
- Participate in the Queen’s University International Centre (QUIK) World Link Program. Go abroad through either an international exchange or spend Winter term at Bader College studying a cluster of global health related courses. Stay at Bader College for an intensive Spring term for the Interdisciplinary Studies in Disability and Global Health (0.0 units at the 400-level).
- 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 Help thinking about Grad School from Career Services. Attend the annual School of Kinesiology and Health Studies Mini-Career Fair.

### 3RD YEAR

**GET THINKING GLOBALLY**

- Explore careers of interest in the Career Services Career Advising and Resource Area. Find more information by connecting on LinkedIn. Attend the annual School of Kinesiology and Health Studies Mini-Career Fair.
- Is there 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.
- Participate in the Queen’s University International Centre (QUIK) World Link Program. Go abroad through either an international exchange or spend Winter term at Bader College studying a cluster of global health related courses. Stay at Bader College for an intensive Spring term for the Interdisciplinary Studies in Disability and Global Health (0.0 units at the 400-level).
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**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 conversation found on the Skills Career Paths website.
- Explore careers of interest in the Career Services Career Advising and Resource Area. Find more information by connecting on LinkedIn. Attend the annual School of Kinesiology and Health Studies Mini-Career Fair.
- Is there 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.
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### 4TH OR FINAL YEAR

**GET THINKING GLOBALLY**

- Explore careers of interest in the Career Services Career Advising and Resource Area. Find more information by connecting on LinkedIn. Attend the annual School of Kinesiology and Health Studies Mini-Career Fair.
- Is there 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.
- Participate in the Queen’s University International Centre (QUIK) World Link Program. Go abroad through either an international exchange or spend Winter term at Bader College studying a cluster of global health related courses. Stay at Bader College for an intensive Spring term for the Interdisciplinary Studies in Disability and Global Health (0.0 units at the 400-level).
- 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 Help thinking about Grad School from Career Services. Attend the annual School of Kinesiology and Health Studies Mini-Career Fair.

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### 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 in 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.