

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.

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 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
Excercise 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.

add a **CERTIFICATE** to your degree

Data Analytics

Disability and **Physical Activity**

Employment Relations

Entrepreneurship, Innovation and Creativity

French for Professionals

Geographic Information Science

Global Action and Engagement

Indigenous Languages and Cultures

International Studies

Media Studies

Sexual and **Gender** Diversity

Urban Planning Studies

Quartsci.com/certs

Acquire Skills. Gain Experience. Go Global.

That is a degree from Queen's.

queensu.ca/skhs

Kinesiology SPECIALIZATION MAP *

BACHELOR OF SCIENCE (HONOURS): SPECIALIZATION

The coronavirus pandemic may impact how some activities are delivered in 2021-2022. Please check directly with the host of any activity on the map for the latest information.



CONSIDER A 12-16 MONTH QUIP INTERNSHIP

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
- Chiropractor
- 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

MAJOR MAP



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 **Major Map** tool.

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.

QUIP

QUEEN'S UNDERGRADUATE INTERNSHIP PROGRAM

START DATES
in May, September,
or January

POSITIONS
are paid and
full-time

WORK TERMS
are 12-16 months
long

PROGRAM OVERVIEW

- Graduate with "Professional Internship" on your degree.
- Learn about current advances, practices and technologies in business and industry.
- Test drive a career, earn a competitive salary, and get real world experience.

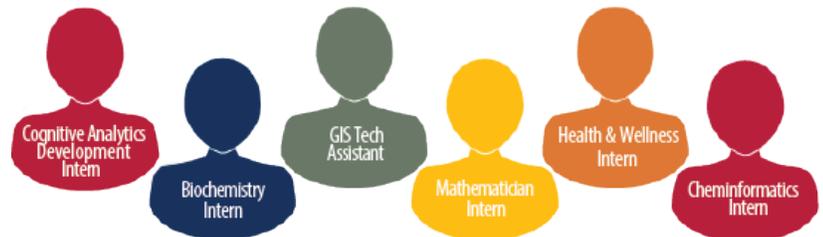
ELIGIBILITY

- 2nd or 3rd Year Students
- Minimum GPA of 1.9

WHY QUIP?

- Gain a year of career-related work experience.
- Build network connections.
- Receive support from Queen's staff in job search and during internship.

SAMPLE PAST INTERNSHIPS



For more information, contact quip@queensu.ca or visit the [Program Website](#).

Why study in Kingston?

For over 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.

We're closer than you think.



Queen's
UNIVERSITY

SCHOOL OF
KINESIOLOGY AND
HEALTH STUDIES

Faculty of Arts and Science
SKHS Building
28 Division Street
613-533-2666
queensu.ca/skhs