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 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.

**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

**Acquire Skills. Gain Experience. Go Global.**

That is a degree from Queen’s.
Kinesiology SPECIALIZATION MAP
BACHELOR OF SCIENCE (HONOURS): SPECIALIZATION

GET THE COURSES YOU NEED

1ST YEAR
In your first year you will have the chance to explore the foundations of Human Physiology, Biomechanics, Sport Sociology, Psychology and Ergonomics, 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.

2ND YEAR
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 Certificates and internship opportunities.
Want to make sure your academics are where you want them to be? Visit SASS (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).

3RD YEAR
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.

4TH OR FINAL YEAR
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

Join teams or clubs on campus such as Queen’s First Aid (OPAS) and Providence Care Volunteer 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 of Career Services about work through JUMP or summer USRA 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.

DO TARGETED NETWORKING WITH ALUMNI IN YOUR FIELD

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 THINKING GLOBALY

Prepare for work or studies in a multi-cultural environment by taking Queen’s Intercultural Competency Certificate and research possible immigration regulations.
Speak to a QICSI 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 UWSA Career Paths website.

Explore careers of interest by reading books in the Career Services Career Advising and Resources 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.

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.

C O N S I D E R A 1 2 - 1 6 M O N T H S Q U I P I N T E R N S H I P

Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending local events.
Consider applying to the College of Kinesiology, sports or other graduate programs to become a Registered Kinesiologist.

International students interested in staying in Canada can speak with an International Student Advisor.

Apply to jobs or future education, or make plans for other adventures. Get help from Career Services with job searching, 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, 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.

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.
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.

For more information, contact quip@queensu.ca or visit the Program Website.