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.

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.
**MA & MSc 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 **Expanding Horizons** professional development workshops, the department Grad Chair, and the **SGS Habitat**.

**INTERMEDIATE STAGE**
- Complete your coursework, begin to research and write your thesis.
- Attend the SKHS Research Colloquium.

**WRAPPING UP**
- Complete your thesis.
- Present at the SKHS Research Colloquium.

**ACCanIEsH YOUR ACADEMIC GOALS**
- Start to think about the audiences for your research.
- Apply for OGS funding.
- Apply for ticrucial (CIHR, SSHRC, or NSERC) funding.

**MAXIMIZE RESEARCH IMPACT**
- Attend or present at a graduate 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.

**BUILD SKILLS AND EXPERIENCE**
- Consider positions in student services, the **SGS** or media outlets like the *Queen's Journal*, *CPFB*, and the *SGS Blogs*, look in the *AMS Clubs Directory* for more ideas.
- Serve on departmental, faculty or university committees. Talk to the SKHS Graduate Student Council for tips on getting involved.
- Check out *Expanding Horizons* 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*.
- Explore publications like *University Affairs* and the *Chronicle of Higher Education*. Browse non-academic market websites. Stay on the lookout for special events like Graduate Student *Career Forum* to explore your career pathways.
- Check admission test deadlines if needed for further studies.

**LAUNCH YOUR CAREER**
- Find a career that fits; start with knowing yourself. Get help by taking a *Career Services career planning workshop* or meeting with a career counsellor. Check out books like *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 market websites. Stay on the lookout for special events like Graduate Student *Career Forum* to explore your career pathways.
- Check admission test deadlines if needed for further studies.

**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 cultural 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.

Visit careers.queensu.ca/gradmaps for the online version with links!

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Application FAQs

What do I need to know to APPLY?

ACADEMIC REQUIREMENTS

• Bachelor’s degree
• Grade requirements: minimum B+ overall average in the last 20 completed 3.0 GPA courses of study.
• Prospective students who do not have English as a first language must meet the English language proficiency requirements in writing, speaking, reading, and listening. Details are available on the SKHS website.

KEY DATES & DEADLINES

• Application due: March 1st to qualify for internal funding. Applications will be considered until the program is full.
• Notification of acceptance: Successful candidates will initially be notified by letter of offer via email followed by confirmation from the School of Graduate Studies.
• OGS Application due: March 1st. All eligible students are required to apply for OGS (Ontario Graduate Scholarship) funding. Details are available on the SKHS website.

Before you start your application, please review the SKHS graduate studies application process.

What about FUNDING?

Master’s students in Kinesiology and Health Studies are guaranteed a minimum combined funding package of $13,000 for their first year of study. Funding packages may include an external funding award i.e. TriCouncil (CIHR/NSERC/SSRHC); an OGS (Ontario Graduate Scholarship); other internal fellowship award, scholarship, teaching assistantship(s), and research assistantship(s).

Incoming Master’s students who secure a TriCouncil external funding award will also automatically be awarded an additional $5,000 top-up award in their first year of study. For more information, see the School of Graduate Studies’ information on awards and scholarships.