Discover Kingston history and culture, see Queen's University's 10-minute walk to downtown with its shopping, the campus nestled in the core of the city, only a integral part of the Kingston community, with environment for graduate studies. Queen's is an and life in the affordable, historic waterfront opportunities, excellent funding packages prize-winning professional development graduate programs within 50+ departments & students enrolled in Queen’s more than 130 friends, peers and support among the graduate close-knit intellectual community. You will find At SKHS, graduate students in our multi-

What is the community like?

At SKHS, graduate students in our multi-disciplinary environment learn and discover in a close-knit intellectual community. You will find friends, peers and support among the graduate students enrolled in Queen’s more than 130 graduate programs within 50+ departments & research centres. With the world’s best scholars, prize-winning professional development opportunities, excellent funding packages and life in the affordable, historic waterfront city of Kingston, Queen’s offers a wonderful environment for graduate studies. Queen’s is an integral part of the Kingston community, with the campus nestled in the core of the city, only a 10-minute walk to downtown with its shopping, dining and waterfront. For more about Kingston’s history and culture, see Queen’s University’s Discover Kingston page.

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/SSHRC), an OGS (Ontario Graduate Scholarship) prizes, other internal fellowship awards, 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.

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 wholistically 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.
**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.

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**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

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**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 assistants
- 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.

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**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 Habitats**.

**MAXIMIZE IMPACT**

- Start to think about the audiences for your research.
- Apply for GOS funding.
- Apply for triounloc (CHIR, SSSHRC, or NERF) funding.

**BUILD SKILLS AND EXPERIENCE**

- Consider positions in student services, the **SSPS** or media outlets like the **Queen's Journal**, **CFRC**, or the **SGS Blog**. 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.

**LAUNCH YOUR CAREER**

- Finding a career that fits starts with knowing yourself. Get help by taking a [Career Services career planning workshop](https://www.queensu.ca/careerservices/) or meeting with a career counsellor. Check out books like *So What Are You Going to Do With That?* for advice on various career options.
- Start reading publications like *[University Affairs](https://www.queensu.ca/universityaffairs/)* and the *Chronicle of Higher Education*. Browse non-academic labour market websites. Stay on the lookout for special events like Graduate Student [Career Forum](https://www.queensu.ca/careerservices/careerforum) to explore your career pathways.
- Check admission test deadlines if needed for further studies.

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**ACHIEVE YOUR ACADEMIC GOALS**

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

**MAXIMIZE RESEARCH IMPACT**

- **expanding Horizons**
  - Complete your thesis.
  - Present at the SKHS Research Colloquium.