Why GRADUATE STUDIES in KINESIOLOGY & HEALTH STUDIES?

The Kinesiology and Health Studies programs offer you the opportunity to study health, exercise 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; the psychology of sport and physical activity; the effects of biological factors on individual health; and the effects of socio-cultural factors on individual, community and population health.

“The SKHS graduate program draw 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 have the opportunity to collaborate with internationally-recognized researchers on exciting, multi-disciplinary research projects in state-of-the-art facilities in our own, standalone building completed in 2009.

Cross-disciplinary opportunities with other Queen's departments enhance the graduate experience. Collaborations are available with Biomedical and Molecular Sciences, Commerce, Cultural Studies, Faculty of Education, Gender Studies, Global Development Studies, Mechanical and Materials Engineering, Psychology, Public Health Sciences, Geography and Planning, and Sociology. Students may pursue research activities with a number of our community-based partners, including the Boys and Girls Club of Kingston; HIV/AIDS Regional Services; Kingston, Frontenac and Lennox & Addington Public Health; and the Limestone District School Board.

AVAILABLE Programs

• Biomechanics and Ergonomics
• Exercise Physiology
• Health Promotion
• Physical Activity Epidemiology
• Psychology of Sport and Physical Activity
• Socio-Cultural Studies of Sport, Health and the Body

Visit the School of Kinesiology & Health Studies website to read faculty profiles and learn more about faculty members’ research areas. When you find a faculty member with similar research interests to your own, contact them to discuss how your background and related experience could form the basis of your doctoral studies.
Kinesiology & Health Studies

DOCTOR OF PHILOSOPHY (PHD)

ACHIEVE YOUR ACADEMIC GOALS

YEAR I

- Key priorities include coursework, establishing advisory committee, and attending a SKHS Graduate Seminar.
- Meet early with your supervisor to set expectations and discuss roles, responsibilities, program requirements, resources, research/occupational goals, timelines, and any required accommodation plans.
- Look to Student Academic Success Services for a variety of supports. Attend the SKHS Research Colloquium.

YEAR II

- Successfully complete your comprehensive exam.
- Embark on your substantive research.
- Find your way through the academic process with the help of "Expanding Horizons" and the SGS Habitat.
- Attend at least 80% of the SKHS Seminar Series.
- Set up regular meetings with your supervisor to discuss progress and obstacles to timely completion. Seek experiential/professional development opportunities.

YEAR III

- Continue to meet regularly with your supervisor, review research progress and write your dissertation. Check out the SGS "Dissertation Boot Camp" or "Dissertation on the Lakes".
- Use conference presentations to create, discuss, and explore ways to disseminate research findings. Learn from the "Expanding Horizons Publishing Workshop".
- Present at the SKHS Research Colloquium.
- Begin discussion of potential thesis defence examiners.

YEAR IV & TRANSITIONING

- Plan date of thesis submission for examination.
- Present your research at conferences and work with your supervisor to prepare for defence.
- Review submission and examination guidelines.
- Secure necessary oral defence accommodations.
- Discuss career pathways, reference letters, and publication options with your supervisor.
- Attend the SKHS Research Colloquium.

MAXIMIZE RESEARCH IMPACT

YEAR I

- Attend or present at a graduate conference such as the Macintosh Conference or the Horwood Conference.
- Expand your research audience through social media such as Twitter or a blog.
- Apply for the Graduate Dean's Travel Grant for Doctoral Field Research.

YEAR II

- Attend or present at conferences such as the 1 Minute Thesis (1MT) competition.
- Contact the Queen's Media Centre for guidance on speaking to news outlets about your work.
- List yourself on the Arts and Science University Research website.

YEAR III

- Begin teaching as a departmental Teaching Fellow.
- Apply for an Ontario Graduate Scholarship (OGS).
- Attend conferences in your field.

YEAR IV & TRANSITIONING

- Plan final exams and schedule an eximin." For more information check QueensConnects on LinkedIn to connect with an alumn.

BUILD SKILLS AND EXPERIENCE

YEAR I

- Serve on departmental, faculty or university committees. Talk to the SKHS Graduate Student Council about getting involved.
- Consider positions in student services, the SGPS, or media outlets like the Queen's Journal or CFRC.
- Apply for an Ontario Graduate Scholarship (OGS).
- Attend conferences in your field.

YEAR II

- Think about audiences for your research.
- Complete CORE online module on research ethics if doing research with living people or sensitive topics.
- Apply for Tri-Council Funding (SSHRC, NSERC, CIHR).
- Apply for an Ontario Graduate Scholarship (OGS).
- Attend conferences in your field.

YEAR III

- 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.

YEAR IV & TRANSITIONING

- Explore different careers of interest by reading student evaluations, and seeking mentorship.
- Apply to jobs or make plans for other adventures.
- Consider joining professional associations like the American College of Sports Medicine, the Canadian Public Health Association, professional associations, and at conferences. Get help from a Career Services workshop.
- Review submission and examination guidelines.
- Secure necessary oral defence accommodations.
- Discuss career pathways, reference letters, and publication options with your supervisor.
- Attend the SKHS Research Colloquium.

ENGAGE WITH YOUR COMMUNITY

YEAR I

- Participate in your graduate and professional community through activities such as graduate student outreach programs, organizing conferences, and research groups.

YEAR II

- Attend or present at a graduate conference such as the Macintosh Conference or the Horwood Conference.
- Expand your research audience through social media such as Twitter or a blog.
- Apply for the Graduate Dean's Travel Grant for Doctoral Field Research.

YEAR III

- 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.

YEAR IV & TRANSITIONING

- 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

YEAR I

- Finding career fit starts with knowing yourself. Take a Career Services career planning workshop or meet with a career counsellor for help. Check out books like What Color Is Your Parachute? for advice on various career options.
- Attend research publications like "The Challenges of Retaining Graduate Students" or "The Challenges of Retaining Graduate Students".
- Attend the career fair for special events like Graduate Student Career Forum to explore your career pathways.

YEAR II

- Start building your teaching portfolio including student evaluations, and seeking mentorship.
- Explore different careers of interest by reading alumni profiles on the SGS website, and using Queen'sConnect on LinkedIn to connect with Queen's alumni, or find alumni in various careers through "Ask an Alumni". For more information check out Career Cruising.
- Investigate requirements for professional positions or other opportunities related to careers of interest.

YEAR III

- Participate in hiring committees and attend job talks. Research academic careers of interest. Craft your CV and job application materials.
- Start focusing on non-academic areas of interest. Research organizations of interest and start putting together your industry resume and begin your job search plan.

YEAR IV & TRANSITIONING

- Build connections with faculty outside of your department. Pursue interviews for faculty positions and apply for post-doc fellowships and positions.
- Apply to jobs or make plans for other adventures.
- Continue to attend conferences and connect with scholars in your field and with community partners.
- Continue public outreach through social media and the Queen's Media Centre.
- Consider participating in the 1 Minute Thesis (1MT) competition.
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- Consider participating in the 1 Minute Thesis (1MT) competition.
- Contact the Queen's Media Centre for guidance on speaking to news outlets about your work.
- List yourself on the Arts and Science University Research website.

WHAT WILL I LEARN?

A doctoral degree in Kinesiology and Health Studies will 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 to 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
cultural sensitivity
- Professionalism in all aspects of work, research, and interactions
- Leadership: initiative and vision leading people and discussion

WHERE CAN I GO?

A PhD in Kinesiology and Health Studies can take your career in many directions. Some PhDs will work in post-secondary education while many will work in industry, government, or non-profits.

- 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!
Application FAQs

What do I need to know to APPLY?

ACADEMIC REQUIREMENTS
- Master’s degree
- Grade requirements: B+ average in each of the last 2 years of study.

ADDITIONAL REQUIREMENTS
- Prespective students who do not have English as a first language must meet the English language proficiency requirements in writing, speaking, reading, and listening.

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 candidate will 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?

Doctoral studies in the School of Kinesiology and Health Studies are guaranteed a minimum combined annual funding package of $18,000 for each of their first four years of full-time study. Funding packages may include an external funding award i.e. TriCouncil (CIHR/NSERC/SSHRC); an OGS (Ontario Graduate Scholarship); other internal fellowship award, SKHS scholarship, teaching assistantship(s), teaching fellowship(s), and research assistantship(s).

Incoming Doctoral students who secure a TriCouncil external funding award will also automatically be awarded an additional $7,500 top-up award in their first year of study. Visit Scholarships, Awards, and Funding on the SKHS website for more funding award details.

Graduate Studies FAQs

How do I use this map?
Whether you are considering or have embarked on graduate studies at Queen’s, use this map to plan for success in five overlapping areas of your career and academic life. The map helps you explore possibilities, set goals and track your individual accomplishments. Everyone’s journey is different – the guide offers options for finding your way at Queen’s and setting the foundation for your future. To make your own customized map, use the online My Grad Map tool.

Where can I get help?
Queen’s provides you with a broad range of support services from your first point of contact with the university through to graduation. Ranging from help with academics and careers, to physical, emotional, or spiritual resources – our welcoming environment offers the programs and services you need to be successful, both academically and personally. Check out the SGS HABITAT for available resources.

What is the community like?
At Queen’s, graduate students from all disciplines 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.

SKHS
School of Kinesiology and Health Studies

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