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.

That is a degree from Queen’s.

queensu.ca/skhs

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 best prepare our students for a range of post-graduate paths.

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

 Majors in Kingston

We’re closer than you think.

School of Kinesiology and Health Studies
Faculty of Arts and Science
SKHS Building
28 Division Street
613-533-2666

Academic Office
613-533-2666
Kinesiology Office
613-533-2668
Chaplain’s Office
613-533-2630

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

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**Kinesiology SPECIALIZATION MAP**

**BACHELOR OF SCIENCE (HONOURS): SPECIALIZATION 2019-2020 GRADUATION**

**FOR LIFE AFTER**

**GET READY**

**GET THINKING**

**GET THE COURSES YOU NEED**

In first year you will have the chance to explore the foundations of Human Physiology, biomechanics, Sport Sociology, Psychology and Health Studies, along with 12.0 units of electives, most commonly in the natural and physical sciences. See the back page for specific courses to consider.

Consider applying at the end of winter term to the Athletic Therapy or Strength and Conditioning mini-specialization with 12.0 units of electives, most commonly in the Sport Sociology, Psychology and Health Studies, along with 12.0 units of electives, most commonly in the natural and physical sciences.

**Get Thinking**

Consider applying at the end of winter term to the Athletic Therapy or Strength and Conditioning mini-specialization with 12.0 units of electives, most commonly in the Sport Sociology, Psychology and Health Studies, along with 12.0 units of electives, most commonly in the natural and physical sciences.

**Community**

With the experience you need.

**Get Ready**

For life after graduation.

Get thinking with the experience you need.

**Connect 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.

**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 Career Information for KINE website.

**Thinking Globally**

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.

**Specialization Map**

1ST YEAR

- Athletic Therapy or Strength and Conditioning mini-specialization

2ND YEAR

- Athletics and Recreation: hire students in many roles throughout the entire year.

3RD YEAR

- Volunteer in the Reved Up lab: Consider becoming a Peer Health Educator with Student Wellness Services.

4TH OR FINAL YEAR

- Investigate requirements for full-time jobs or other opportunities related to careers of interest. Assess what experience you’re lacking and fill in gaps with volunteering, clubs, or internships. Check out the Career Services skills workshop for help.

- Consider applying to the College of Kinesiologists of Ontario after your Undergraduate degree to become a Registered Kinesiologist.

**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
- Ergonomics
- Exercise physiologist
- Health and wellness consultant
- Kinesiologist
- Medicine
- Occupational therapy
- Personal training
- Physiotherapist
- Sports administration
- Strength and conditioning
- Stroke or cardiac rehabilitation

Taking time to explore career options, build experience and network can help you make a smooth transition to the world of work after graduation.

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