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
- Bachelors of Education
- Biomechanics
- Chiropractics
- Dentistry
- 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.

**“My experience in the Kinesiology program at the SKHS was incredible and I can’t speak highly enough about it. The multi-disciplinary educational approach kept me keenly engaged in my learning, and provided me with a thorough foundation for a number of post-grad options in a variety of fields.”**

-Kristiann Man *KIN ’17*

**Acquire Skills. Gain Experience. Go Global.**
That is a degree from Queen’s.

queensu.ca/skhs
Kinesiology SPECIALIZATION MAP *

BACHELOR OF SCIENCE (HONOURS): SPECIALIZATION

2019-2020

GRADUATION FOR LIFE AFTER

GET READY

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-streams to get course credit working with varsity athletes.

GET RELEVANT EXPERIENCE

Join teams or clubs on campus such as Queen’s First Aid (QFA) and Providence Care Volunteer Club. Take Queen’s Mental Health First Aid (MHFA) training.

Volunteer for the Winter Adapted Games (WAG), held annually at end of January. Apply to be an Orientation Coach for Frosh Week of your second year.

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.

Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending local events.

GET THINKING GLOBALLY

Prepare for work or studies in a multi-cultural environment by taking QUIC’s Intercultural Competency Certificate, and research possible immigration regulations.

Speak to a QUIC advisor to get involved in their programs, events, and training opportunities.

Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending local events.

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 Career Information for RH website.

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

Consider a 12-16 month QuiP internship

CONSIDER A 12-16 MONTH QUIP INTERNSHIP

Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending local events.

Consider applying to the College of Kinesiologists of Ontario after your Undergraduate degree 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 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
- Biomechanics
- Medicine
- Occupational therapy
- Personal training
- Physical therapist
- Sports administration
- Strength and conditioning
- Stroke or cardiac rehabilitation

Taking time to explore career options, build experience and network can help you have a smooth transition to the world of work after graduation.
QUIP QUEEN'S UNDERGRADUATE INTERNSHIP PROGRAM

START DATES
in May, September, or January

POSITIONS
are paid and full-time

WORK TERMS
are 12-16 months long

PROGRAM OVERVIEW
- Graduate with “Professional Internship” on your degree.
- Learn about current advances, practices and technologies in business and industry.
- Test drive a career, earn a competitive salary, and get real world experience.

ELIGIBILITY
- 2nd or 3rd Year Students
- Minimum GPA of 1.9

WHY QUIP?
- Gain a year of career-related work experience.
- Build network connections.
- Receive support from Queen’s staff in job search and during internship.

SAMPLE PAST INTERNSHIPS

- Cognitive Analytics Development Intern
- Biotechnology Intern
- GS Tech Assistant
- Mathematics Intern
- Health & Wellness Intern
- Cheminformatics Intern

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

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 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.