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.
**Kinesiology SPECIALIZATION MAP**

**BACHELOR OF SCIENCE (HONOURS): SPECIALIZATION**

**2019-2020**

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**1ST YEAR**

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.

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**2ND YEAR**

Start going deeper into the discipline of Kinesiology, while considering a certificate such as Disability and Physical Activity. Attend Degree + in the Fall term to learn more about Certificates and Internship options.

Want to make sure your academics are where you want them to be? Visit SASS (Student Academic Support Services) and the Writing Centre for some help.

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**3RD YEAR**

A chance to start grouping courses in areas of interest, or to keep it more general and explore many areas of Kinesiology. Meet with an Academic Advisor to make sure you are on track and have planned out your courses for next year. Email SKHS UG Program Assistant Trish Stenzl.

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**4TH OR FINAL YEAR**

In fourth year you will have the chance to participate in research-based courses that can lead to Graduate School or to your future career path. Make sure to finish up all your courses for your major and your optional certificate(s).

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**GET THE COURSES YOU NEED**

JOIN LEARS 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.

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**GET RELEVANT EXPERIENCE**

ATHLETICS AND RECREATION HIRE STUDENTS IN MANY ROLES THROUGHOUT THE ENTIRE YEAR.

LOOK INTO SUMMER JOBS BY TALKING TO THE SCHOOL OR CAREER SERVICES ABOUT WORK THROUGH UMPF OR SUMMER USRA NSERC PROGRAM (ADVERTISED IN UG NEWS BEFORE READING WEEK).

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**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.

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**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.

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**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 KH WEBSITE.

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**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

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**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
- Physiotherapy
- 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.
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.

Why study in Kingston? For more information, contact quip@queensu.ca or visit the Program Website.

Sample Past Internships

- Cognitive Analytics Development Intern
- Biochemistry Intern
- QS Tech Assistant
- Mathematical Intern
- Health & Wellness Intern
- Cheminformatics Intern

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