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
- Prospective 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.

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 career, 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 SOS 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; just 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.

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 draws students from diverse disciplines and provides them with a space where they can develop holistically 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.

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 member 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.

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).

Queen's offers a wonderful environment for affordable, historic waterfront city of Kingston, with excellent funding packages and life in the welcoming environment offers the programs and services you need to be successful, both academically and personally. Check out the SOS HABITAT for available resources.
ACHEIVE YOUR ACADEMIC GOALS

YEAR I  
- Key priorities include coursework, establishing advisory committee, and attending a SKGS 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 SKGS 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 the SKHS Research Colloquium.
- 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  
- Think about audiences for your research.
- Complete CARE 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 II  
- Attend or present at a graduate conference such as the MaxicoTech 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  
- Continue to present at conferences.
- Consider participating in the 3 Minute Thesis (3MT) 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 IV  
- Practice articulating the skills you have been developing in settings outside the university, such as casual conversation, networking, and interviews.
- Get help from a Career Services workshop.

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 SOPS, or media outlets like the Queen’s Journal, CFRC, and the SGS Blog. Look in the AMS Clubs Directory.
- Use a Teaching Assistant or Research Assistant position to develop your skills and experience.

YEAR II  
- Hone skills for non-academic employment by continuing involvement on committees and in community.
- Start keeping an eportfolio of your skills, experiences and competencies.
- For help with teaching, get support from the Centre for Teaching and Learning. Enroll in SOPS02 or the PPTL certificate for more professional development in teaching and learning.

YEAR III  
- Begin teaching as a departmental Teaching Fellow.
- Find opportunities for extra training through CTF, Expanding Horizons, Mitacs, or other sources to boost your skills. Investigate internships from Mitacs and other sources.
- Prepare for work or studies in a multi-cultural environment by taking the Intercultural Awareness Training Certificate hosted by QLCL and Four Directions Indigenous Student Centre.

YEAR IV  
- Participate in targeted networking with people working in careers of interest, through Queen’sConnects on LinkedIn, the Queen’s Alumni Association, professional associations, and at conferences. Get help from a Career Services workshop.

ENGAGE WITH YOUR COMMUNITY

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

YEAR III  
- Do some targeted networking with people working in careers of interest, through Queen’sConnects on LinkedIn, the Queen’s Alumni Association, professional associations, and at conferences. Get help from a Career Services workshop.

YEAR IV  
- Consider joining professional associations like the American College of Sports Medicine, the Canadian Public Health Association, the North American Society for the Psychology of Sport and Physical Activity, or the North American Society for the Sociology of Sport.
- Join groups on LinkedIn reflecting specific careers or topics of interest.

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 So What Are You Going to Do With That? for advice on various career options.
- Start reading publications like University Affairs and the Chronicle of Higher Education. Browse non-academic labour market websites.
- Stay on the lookout for special events like School of Graduate Studies Career Week to explore your options.

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’sConnects 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.
- 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 III  
- Build connections with faculty outside of your department. Pursue internships for faculty positions and apply for post-doc fellowships and positions.
- Apply to jobs or make plans for other adventures. Get help from Career Services with job searching, resumes, or interviews.

WHERE CAN I GO?

YEAR IV  
- 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.

WHAT WILL I LEARN?

A doctoral degree in Kinesiology and Health Studies will equip you with:
- 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 schedule changes and information overload.
- Project management: Develop ideas, manage projects, analyze data, 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 professional practice.
- Professionalism in all aspects of work, research, and interactions.
- Leadership, initiative and vision leading people and discussion.

WHAT WILL I LEARN?

ONLY WHAT CAN I LEARN?

WHERE CAN I GO?

WHO AM I?

USING WHAT TO LEARN?

WHAT WILL I LEARN?

WHAT WILL I BE?

WHERE CAN I GO?

WHO AM I?

USING WHAT TO LEARN?

WHAT WILL I LEARN?

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WHERE CAN I GO?

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