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
- Biomechanics
- Chiropractics
- Dentistry
- Education
- 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

1ST YEAR

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.

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 Orientation 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.

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.

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 KIN website.

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.

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 SWEP or summer USRA NSERC program (advertised in UG News before Reading Week).

GET CONNECTED WITH THE COMMUNITY

Take more responsibility within PHEKSA. Start or continue volunteering with groups such as WAG (monitor UG News).

Become a student member of Ontario Kinesiology Association and monitor their newsletters for opportunities.

GET 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.

GET READY FOR LIFE AFTER GRADUATION

Explore careers of interest by reading books in the Career Services Career Advising and Resource Area, such as Opportunities in Sports Medicine Careers. Find more information by connecting with alumni on LinkedIn. Attend the annual School of Kinesiology and Health Studies Mini-Career Fair.

3RD YEAR

A chance interest, many or Advisor planned

Volunteer a Peer H Services

Consider program Summer Program

Do targeted careers (Queen's network events etc)

Consider Conferences

Build your involved improv the Winter England to global at the BI Interdisc Health (!

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

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.

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
- Education
- Ergonomics
- Exercise physiologist
- Health and wellness consultant
- Kinesiologist
- Medicine
- Occupational therapy
- Physiotherapy
- Sports administration
- Strength and conditioning

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

CONSIDER A 12-16 MONTH QUIP INTERNSHIP
Volunteer in the Revved Up lab. Consider becoming a Peer Health Educator with Student Wellness Services.

Consider entrepreneurial opportunities via programs like the Queen’s Innovation Connector Summer Initiative (QICSI) and the Summer Company Program.

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.

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.

Build your intercultural competence by getting involved with other cultures or by practicing or improving your language skills. Consider spending Winter term of your 3rd year at the castle in England (BISC) studying a cluster of courses related global health (9.0 units at the 300-level). Stay at BISC for an intensive Spring term for the Interdisciplinary Studies in Disability and Global Health (9.0 units at the 400-level).

International students interested in staying in Canada can speak with an International Student Advisor.

Start focusing on areas of interest. Research education requirements for careers of interest. If needed, prepare to take any required tests (like the GRE or MCAT) and get help thinking about Grad School from Career Services. Attend the annual School of Kinesiology and Health Studies Mini-Career Fair.

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.

* This map is intended to provide suggestions for activities and careers, but everyone’s abilities, experiences, and constraints are different. Build your own Major Map using our online My Major Map tool.
Kinesiology

MAJOR MAP

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.

How to use this map
Use the 5 rows of the map to explore possibilities and plan for success in the five overlapping areas of career and academics. The map just offers suggestions – you don’t have to do it all! To make your own custom map, use the My Major Map tool.

Get started thinking about the future now – where do you want to go after your degree? Having tentative goals (like careers or grad school) while working through your degree can help with short-term decisions about courses and experiences, but also help you keep motivated for success.

Get the help you need
Queen’s provides you with a broad range of support services from your first point of contact with the university through to graduation. At Queen’s, you are never alone. We have many offices dedicated to helping you learn, think and do.

Ranging from help with academics and careers, to physical, emotional, or spiritual resources – our welcoming living and learning environment offers the programs and services you need to be successful, both academically and personally. Queen’s wants you to succeed! Check out the Student Affairs website for available resources.

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

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

Why study in Kingston?
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