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.

**Acquire Skills. Gain Experience. Go Global.**

That is a degree from Queen’s.

queensu.ca/skhs
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.

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 the end of January. Apply to be an Orientation Coach for Orientation Week of your second year.

Think about applying to positions in student services, PHEKSA (Physical Education Kinesiology Education Association) or the Alma Mater Society. Volunteer in 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.

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

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

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

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

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