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.

**ALUMNI PATHS**

**ALUMNI PATHS**

1. **Athletic Therapy**
2. **Strength and Conditioning**
3. **Research**

**Mini STREAMS**

- Accelerated Nursing Track
- Athletic Therapy
- Education
- Biomechanics
- Chiropractics
- Dentistry
- Exercise Physiology
- Health Psychology
- Medical School
- Occupational Therapy
- Physiotherapy
- Urban and Regional Planning

**Data Analytics**
**Disability and Physical Activity**
**Employment Relations**
**Entrepreneurship, Innovation and Creativity**
**French for Professionals**
**Geographic Information Science**
**Global Action and Engagement**
**Indigenous Languages and Cultures**
**International Studies**
**Media Studies**
**Sexual and Gender Diversity**
**Urban Planning Studies**

**QUartscti.com/certs**

“**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**

**2020-2021**

**GLOBALY GET CONNECTED EXPERIENCE COURSES**

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

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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.

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.

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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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**CONSIDER A 12-16 MONTH QUIP INTERNSHIP**

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.

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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
- Education

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

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**GET THE COURSES YOU NEED**

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.

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**GET RELEVANT EXPERIENCE**

Think about applying to positions in student services, PHKESA (Physical Health Education Kinesiology Education 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 CONNECTED WITH THE COMMUNITY**

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 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.

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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 KIN website.

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**Build your intercultural competence by getting involved with other cultures or by practicing or improving your language skills. Consider spending the Winter term of your 3rd year at the castle in Canada can speak with an International Student Coordinator.**

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

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Attend the annual School of Kinesiology and Health Studies Mini-Career Fair.

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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.

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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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