KINESIOLOGY
Specialization, Bachelor of Science (Honours)

Sample Year by Year

1ST YEAR
- HLTH 101/3.0
- KNPE 125/3.0
- KNPE 153/3.0
- KNPE 167/3.0
- PSYC 100/6.0
12.0 units from Natural and Physical Sciences

2ND YEAR
- KNPE 251/3.0 or 3.0 units from STAT_Options
- KNPE 225/3.0
- KNPE 227/3.0
- KNPE 254/3.0
- KNPE 255/3.0
- KNPE 265/3.0
- ANAT 315/3.0
- ANAT 316/3.0
6.0 units of electives

3RD YEAR
- HLTH 252/3.0
- KINE 261/3.0
12.0 units of KINE Options
6.0 units from Natural and Physical Sciences
6.0 units of electives

4TH YEAR
- KNPE 400/3.0
- 15.0 units of KINE Options
- 6.0 units from Natural and Physical Sciences
- 0 units of electives

Note that degree requirements are revised regularly. The most current requirements, including course lists and options, are found in the Academic Calendar at: Quarts.com/academic-calendar

KINESIOLOGY

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.

6% of alumni work in LAW
13% of alumni work in COMPUTER SOFTWARE
13% of alumni work in HEALTH & WELLNESS
19% of alumni work in HIGHER EDUCATION

ALUMNI JOBS
- Employment Relations
- Entrepreneurship, Innovation and Creativity
- Disability and Physical Activity
- 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

ALUMNI STORY

“...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

Students are allowed to do only one of the Athletic Therapy, the Exercise Disability or the Aging or Strength and Conditioning mini-streams, however, you can combine the Research mini-stream with one of the other three.

MINI streams
1. Athletic Therapy
2. Research
3. Strength and Conditioning

School of KINESIOLOGY AND HEALTH STUDIES
Faculty of Arts and Science
SKHS Building
28 Division Street
613-533-2666
queensu.ca/skhs
### 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. 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.

**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 Fresh 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 Certifications, 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

**GET THE COURSES YOU NEED**  
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 1WEP 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

**GET THE COURSES YOU NEED**  
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 — for some ideas, see the back page.

**GET RELEVANT EXPERIENCE**  
Volunteer in the Revived 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.

**GET CONNECTED WITH THE COMMUNITY**  
Do targeted networking with alumni working in careers of interest by joining the LinkedIn group Queen’s Connects. Check out Career Services networking workshops. Connect with professors at events or workshops hosted by the PHEKSA.

**GET THINKING GLOBALLY**  
- 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 England (BISC), studying global health (HLTH 350), disability (HLTH 332) and aging (KNPE 335). Stay at the BISC for an intensive Spring term for the Interdisciplinary Studies in Disability and Global Health (9.0 units at the 400-level).
- Consider the Canadian Undergraduate Conference on Healthcare (CUCOH).

**GET READY FOR LIFE AFTER GRADUATION**  
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.

### 4TH OR FINAL YEAR

**GET THE COURSES YOU NEED**  
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).

**GET RELEVANT EXPERIENCE**  
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.

**GET CONNECTED WITH THE COMMUNITY**  
Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending local events.

- Consider applying to the College of Kinesiologist after your Undergraduate degree to become a Registered Kinesiologist.

**GET THINKING GLOBALLY**  
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.

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### What will I learn?

A degree in Kinesiology can equip you with valuable and versatile skills, such as:

- 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
- 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 have a smooth transition to the world of work after graduation.