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 Jobs**

- 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 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

- Queen’s University
- Faculty of Arts and Science
- SKHS Building
- 28 Division Street
- 613-533-2666
- queensu.ca/skhs

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**

**Add a Certificate to your degree**

- 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

- QUartsci.com/certs
**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. 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 Frosh 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).
- Refer to 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 QUC’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 Work+ or summer USRA NSERC program (advertised in UG News before Reading Week).
- Volunteer in the Revved Up lab. Consider becoming a Peer Health Educator with Student Wellness Services.

**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).
- Consider attending the Canadian Undergraduate Conference on Healthcare (CUCOH).

**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.
- Consider attending the Canadian Undergraduate Conference on Healthcare (CUCOH).

**GET READY FOR LIFE AFTER GRADUATION**

- Find more information by connecting with alumni on LinkedIn. Attend the annual School of Kinesiology and Health Studies Mini-Career Fair.
- 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.

**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 — for some ideas, see the back page.

**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 Work+ or summer USRA NSERC program (advertised in UG News before Reading Week).
- Volunteer in the Revved Up lab. Consider becoming a Peer Health Educator with Student Wellness Services.

**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).
- Consider attending the Canadian Undergraduate Conference on Healthcare (CUCOH).

**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.
- Consider attending the Canadian Undergraduate Conference on Healthcare (CUCOH).

**GET READY FOR LIFE AFTER GRADUATION**

- Find more information by connecting with alumni on LinkedIn. Attend the annual School of Kinesiology and Health Studies Mini-Career Fair.
- 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**

- 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**

- 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 Work+ or summer USRA NSERC program (advertised in UG News before Reading Week).
- Volunteer in the Revved Up lab. Consider becoming a Peer Health Educator with Student Wellness Services.

**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).
- Consider attending the Canadian Undergraduate Conference on Healthcare (CUCOH).

**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.
- Consider attending the Canadian Undergraduate Conference on Healthcare (CUCOH).

**GET READY FOR LIFE AFTER GRADUATION**

- Find more information by connecting with alumni on LinkedIn. Attend the annual School of Kinesiology and Health Studies Mini-Career Fair.
- 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.

**What will I learn?**

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

- Understanding of the human body and 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.
KINESIOLOGY
Specialization, Bachelor of Science (Honours) degree PLAN

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
- 6.0 units of electives

* Please note if you were admitted to the Plan prior to May 2018 your requirements are slightly different.

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