Why GRADUATE STUDIES in KINESIOLOGY & HEALTH STUDIES?

The Kinesiology and Health Studies programs offer you the opportunity to study health, exercise physiology, physical activity, movement, and socio-cultural phenomena of the body. Students may study the mechanics of movement; the body’s physiological responses to exercise; physical activity at a population or global level; the promotion of health, wellbeing, and social justice among communities; the psychology of sport and physical activity; the effects of biological factors on individual health; and the effects of socio-cultural factors on individual, community and population health.

“The SKHS graduate program draws students from diverse disciplines and provides them with a space where they can develop holistically through the personalized mentorship of dedicated, internationally-recognized faculty.”

- Colin Baillie, PhD Candidate

Why QUEEN’S?

Our students have the opportunity to collaborate with internationally-recognized researchers on exciting, multi-disciplinary research projects in state-of-the-art facilities in our own, standalone building completed in 2009.

Cross-disciplinary opportunities with other Queen’s departments enhance the graduate experience. Collaborations are available with Biomedical and Molecular Sciences, Commerce, Cultural Studies, Faculty of Education, Gender Studies, Global Development Studies, Mechanical and Materials Engineering, Psychology, Public Health Sciences, Geography and Planning, and Sociology. Students may pursue research activities with a number of our community-based partners, including the Boys and Girls Club of Kingston; HIV/AIDS Regional Services; Kingston, Frontenac and Lennox & Addington Public Health; and the Limestone District School Board.

AVAILABLE Programs

- Biomechanics and Ergonomics
- Exercise Physiology
- Health Promotion
- Physical Activity Epidemiology
- Psychology of Sport and Physical Activity
- Socio-Cultural Studies of Sport, Health and the Body

Visit the School of Kinesiology & Health Studies website to read faculty profiles and learn more about faculty members’ research areas. When you find a faculty member with similar research interests to your own, contact them to discuss how your background and related experience could form the basis of your doctoral studies.
AKE YOUR ACADEMIC GOALS

- Key priorities include coursework, establishing advisory committees, and attending a SKHS Graduate Seminar.
- Meet early with your supervisor to set expectations and discuss roles, responsibilities, program requirements, resources, research/occupational goals, timelines, and any required accommodation plans.
- Look to Student Academic Success Services for a variety of supports. Attend the SKHS Research Colloquium.
- Successfully complete your comprehensive exam.
- Embark on your substantive research.
- Find your way through the academic process with the help of Expanding Horizons and the SGS Habitats.
- Attend at least 80% of the SKHS Seminar Series.
- Set up regular meetings with your supervisor to discuss progress and obstacles to timely completion. Seek experiential professional development opportunities.

MAXIMIZE RESEARCH IMPACT

- Think about audiences for your research.
- Complete CORE online modules on research ethics if doing research with human or animal subjects.
- Apply for Tri-Council Funding (SSHRC, NSERC, CIHR).
- For your dissertation, prioritize and organize large amounts of information.
- Time management: meet deadlines and manage responsibilities despite competing demands.
- Complete the SGS Doctoral Dissertation Research Certificate.
- Use conference presentations to create, discuss, and explore ways to disseminate research findings. Learn from the Expanding Horizons: Publishing workshop.
- Present at the SKHS Research Colloquium.
- Begin discussion of potential thesis defence examiners.

BUILD SKILLS AND EXPERIENCE

- Serve on departmental, faculty or university committees. Talk to the SKHS Graduate Student Council about getting involved.
- Consider positions in student services, the SGGS, or media outlets like the Queen's Journal, CFRC, and the Queen's Student Academic Success Services blog. Use as a resource.
- Use a Teaching Assistant or Research Assistant position to develop your skills and experience.
- Attend or present at a graduate conference such as the MacMasterton Conference or the Harwood Conference.
- Expand your research audience through social media such as Twitter or a blog.
- Apply for the Graduate Queen's Travel Grant for Doctoral Field Research.

ENGAGE WITH YOUR COMMUNITY

- Consider volunteering with different community organizations such as the Boys and Girls Club of Kingston, HIV/AIDS Regional Services, or the Queen's Exercise Medicine Club.
- Participate in your graduate and professional community through activities such as graduate student outreach programs, organizing conferences, and research groups.
- Hone skills for non-academic employment by continuing involvement on committees and in community.
- Start keeping an eportfolio of your skills, experiences and competencies.
- For help with teaching, get support from the Centre for Teaching and Learning. Enroll in the SGS Learning: The Centre for Teaching and Learning E-Learning course.
- Prepare for work or studies in a multi-cultural environment by taking advantage of the InterCultural Awareness Training Certificate hosted by the Queen's Centre for Research.
- Begin teaching as a departmental Teaching Fellow.
- Find opportunities for extra training through CTL, Expanding Horizons, Mitacs, or other sources to boost your skills. Invest in internships with NGOs and other sources.
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- Practice articulating the skills you have been developing in settings outside the university, such as board conversations, networking, and interviews. Get help from a Career Services workshop.

LAUNCH YOUR CAREER

- Finding career fit starts with knowing yourself. Take a Career Exploration Planning Inventory or meet with a career consultant to get feedback. Start building your online profile.
- Start building your teaching portfolio including student evaluations, and seeking mentorship.
- Examine your current career of interest by reading alumni profiles on the SGS website, and using Queen'sConnects on LinkedIn to connect with Queen’s alumni, or find a mentor in the field.
- Start networking with faculty outside of your department. Meet with other faculty and researchers to discuss your research interests. Start building your online profile.
- Start building your profile. Consider joining professional associations like the American College of Sports Medicine, the Canadian Public Health Association, the North American Society for the Psychology of Sport and Physical Activity, or the North American Society for the Sociology of Sport.
- Join groups on LinkedIn reflecting specific careers or topics of interest.
- Build connections with faculty outside of your department. Pursue informal conversations with faculty members to discuss your research interests and options.
- Apply to jobs and make plans for other adventures. Get help from Career Services with job search, resumes, or interviews.
- If considering jobs abroad, research possible immigration regulations. If you are an international student interested in staying in Canada, consider speaking with an International Student Advisor.
- Consider participating in the 3 Minute Thesis (3MT) competition.
- Contact the Queen's Media Centre for guidance on speaking to news outlets about your work.
- List yourself on the Arts and Science University Research website.
- Do some targeted networking with people working in careers of interest, through Queen'sConnects on LinkedIn, the Queen’s Alumni Association, professional associations, and at conferences. Get help from a Career Services workshop.

WHERE CAN I GO?

- A PhD in Kinesiology and Health Studies can take your career in many directions. Some PhDs will work in public health policy while many will work in industry, government, or non-profits.
- Educational institutions: faculty positions
- Government agencies working on public health policy
- Sports media and public relations
- Health-related fields
- Research assistant
- Community health agencies
- Health industry consultants
- Workplace ergonomics

WHAT WILL I LEARN?

- A doctoral degree in Kinesiology and Health Studies will equip you with:
  - Knowledge and technical skills
  - Effective communication skills in multiple settings for diverse audiences
  - Information management: prioritize, organize and synthesize large amounts of information
  - Time management: meet deadlines and manage responsibilities despite competing demands
  - Project management: develop ideas, gather information, analyze, critically appraise findings, draw and act on conclusions
  - Creativity and innovation
  - Perseverance
  - Independence and experience as a collaborator
  - Awareness, an understanding of ethical issues, personal responsibility, responsible research and professional identity
  - Professionalism in all aspects of work, research, and interactions
  - Leadership: initiative and vision leading people and discussion

Visit careers.queensu.ca/gradmaps for the online version with links!
Application FAQs

What do I need to know to APPLY?

ACADEMIC REQUIREMENTS
- Master’s degree
- Grade requirements: B+ average in each of the last 2 years of study.

ADDITIONAL REQUIREMENTS
- Perspective students who do not have English as a first language must meet the English language proficiency requirements in writing, speaking, reading, and listening.

KEY DATES & DEADLINES
- Application due: March 1st to qualify for internal funding. Applications will be considered until the program is full.
- Notification of acceptance: Successful candidate will be notified by letter of offer via email followed by confirmation from the School of Graduate Studies.
- OGS Application due: March 1st. All eligible students are required to apply for OGS (Ontario Graduate Scholarship) funding. Details are available on the SKHS website.

Before you start your application, please review the SKHS Graduate studies application process.

What about FUNDING?

Doctoral studies in the School of Kinesiology and Health Studies are guaranteed a minimum combined annual funding package of $18,000 for each of their first four years of full-time study. Funding packages may include an external funding award i.e. TriCouncil (CIHR/NSERC/SSHRC); an OGS (Ontario Graduate Scholarship); other internal fellowship award, SKHS scholarship, teaching assistantship(s), teaching fellowship(s), and research assistantship(s).

Queen's will automatically issue a one time $10,000 award to Doctoral students who have won federal government tri-council awards. Visit Scholarships, Awards, and Funding on the SKHS website for more funding award details.