

TEACHING POSITION AVAILABLE – 26/27
HLTH 200* - Physical Health and Exercise Programming (Online)
Existing vacancy
School of Kinesiology and Health Studies
Queen's University, Kingston, ON CAN K7L 3N6

The School of Kinesiology and Health Studies at Queen's University invites applications from suitably qualified candidates interested in teaching a course in Physical Health and Exercise Programming (HLTH 200*). This is an online teaching, introductory course with an expected enrolment of 250 students. Candidates should have a M.A. or M.Sc. or Ph.D, and teaching experience at the university level in Health Studies or a related discipline. This is a winter term appointment for the period January 1st, 2027, to April 30th, 2027, with classes in session from January 4th, 2027, to April 5th, 2027.

The University invites applications from all qualified individuals. Queen's is strongly committed to employment equity, diversity and inclusion in the workplace and encourages applications from Black, racialized/visible minority and Indigenous people, women, persons with disabilities, and 2SLGBTQ+ persons. All qualified candidates are encouraged to apply; however, in accordance with Canadian immigration requirements, Canadian citizens and permanent residents of Canada will be given priority. Please indicate in your application if you have a valid legal work status in Canada. Applications from all qualified candidates will be considered in the applicant pool. In order to support your employment at Queen's, we require you to indicate whether or not you will need a work permit.

The University will provide support in its recruitment processes to applicants with disabilities, including accommodation that takes into account an applicant's accessibility needs. If you require accommodation during this process, please contact: Michelle Shorey, Department Manager at skhs.manager@queensu.ca or 613-533-6000 ext. 74685.

The academic staff at Queen's University are governed by the *Collective Agreement* between the Queen's University Faculty Association (QUFA) and the University, which is posted at [Collective Agreements/LoU's/MoA's](#).

The stipend for this position will be between \$9,500 and \$13,500. Actual salary will be commensurate with years of teaching experience and course weight, as per the Queen's-QUFA Collective Agreement.

Applications should include:

1. An expression of interest (1-2 pages max) that outlines the candidate's vision for the course including a list of possible topics and assessment strategies;
2. A complete and current curriculum vitae;
3. Names and contact information for two (2) referees, and;
4. Any other relevant materials the candidate wishes to submit for consideration such as a teaching dossier, etc.

Please arrange to have applications and supporting letters sent directly to skhs.manager@queensu.ca, to the attention of:

Dr. Samantha King, Director
School of Kinesiology and Health Studies
Queen's University
Kingston Ontario Canada K7L 3N6

Applications will be received until June 5th, 2026. Review of applications will commence shortly thereafter, and the final appointment is subject to budgetary approval. Additional information about the School of Kinesiology and Health Studies can be found at <https://skhs.queensu.ca/>.

Course Description:

HLTH 200* Physical Health and Exercise Programming (Online) / Units: 3.0

This course is designed to introduce students to the components of physical fitness and exercise programming. Through self-guided active learning opportunities, students will explore the components of physical fitness from a personal perspective. Students will apply training principles to design and implement their own exercise programs while recognizing the importance and benefits of physical activity and exercise.

Course Learning Hours: 120 (online)

Course Learning Outcomes:

Upon successful completion of this course, student will be able to:

1. Describe how physical activity and exercise can impact health.
2. Identify the components of physical fitness and describe the physiological responses to exercise.
3. Explain how movement behaviours and components of physical fitness can be assessed to inform exercise planning.
4. Apply the basic principles of training to design safe and effective personal exercise programs.
5. Create strategies to implement and adapt exercise plans to meet individual movement behaviour goals.

Prerequisites: Level 2

Exclusion: Restricted to students in HLTH Plans (Level 2 or above).

Posted: May 21st, 2026