Kinesiology

Get to know KINESIOLOGY

Study the science of the human body in motion and learn about the physiological, biomechanical, psychological and sociological factors that influence human movement, exercise and sport performance, along with health. Participate in lab courses in exercise physiology, biomechanics and ergonomics, physical activity counselling, and clinical fitness assessment.

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. You can take advantage of three mini-streams that provide students with an opportunity for hands-on internships in Athletic Therapy; Strength and Conditioning; Exercise, Disability and Aging; or participate in the Community-Based Internship in a workplace setting of your choice.

Queen’s ADMISSION

Students apply to Queen’s Kinesiology (QK) through the OUAC (Ontario Universities’ Application Centre) website (ouac.on.ca). Secondary School prerequisites include English 4U, Biology 4U, Advanced Functions 4U plus two of Chemistry 4U, Physics 4U, or Calculus and Vectors 4U. Visit queensu.ca/admission for additional information regarding requirements and admission to Queen’s.

Degree PLAN

Bachelor of Science (Honours)
Specialization in Kinesiology
Internship Option Available

An interdisciplinary approach to understanding the psychological, social and physical implications of human movement.

Course HIGHLIGHTS

In addition to innovative, engaging, lecture-based learning the School of Kinesiology and Health Studies offers unique course opportunities. In the Fitness, the Body and Culture course students participate in a ‘gym class,’ a series of practical and experiential sessions designed to provide an embodied experience of sociological concepts explored in lectures. Professional courses such as Exercise Physiology Laboratory give students truly hands-on expertise in measuring/assessing human performance and function. Professors encourage inquiry-based learning through completion of the ‘Research mini-stream,’ a series of research courses that builds from Research Methods in second year, to a third year Research Internship in a research lab or program, to a fourth-year Honours Thesis.

That is a degree from Queen’s.  QUartsci.com
**Kinesiology MAJOR MAP**

**BACHELOR OF SCIENCE (HONOURS): SPECIALIZATION**

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### 1ST YEAR

**GET THE COURSES YOU NEED**

- In first year take HLTH 101, KNPE 125, KNPE 153, KNPE 167 and PSYC 100, as well as 12.0 units of Natural & 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. Build your transferable skills in time management, problem-solving, writing and more with Student Academic Success Services.

**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 (MHA) training.
- Volunteer for the Winter Adapted Games (annually held at end of January). Apply to be an Orientation Coach for Frosh Week of your second year.
- 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 SISP or summer USRA NSERC program (advertised in UG News before Reading Week).
- Think about applying to positions in student services, PHEKSA 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.
- 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.
- Attend Career Fairs sponsored by Career Services throughout the year. Check out what previous graduates were planning at the time of conviction found on the Career Information for Kinesiology site.
- 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.
- In second year take ANAT 315, ANAT 316, HLTH 252, KNPE 225, KNPE 227, KNPE 251, KNPE 254, and KNPE 265. Consider applying at the end of Winter Term to the Exercise, Disability and Aging mini-stream, or the Community-Based Internship (KNPE 300), and/or the Research Based Internship course (KNPE 352), for third year.
- Build your transferable skills in time management, problem-solving, writing and more with Student Academic Success Services.
- 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 (CUOCH).
- 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.
- Prepare to become a member Ontario Kinesiology Association and to register with the College of Kinesiologists of Ontario. Join professional organizations like Canadian Athletic Therapy Association.
- 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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**2ND YEAR**

**GET CONNECTED WITH THE COMMUNITY**

- Take more responsibility within PHEKSA (Physical Health Education Kinesiology Student Association). 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.
- 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.
- Consider the Queen's Innovation Connector Summer Initiative (QICS) and the Summer Company Program.
- Consider becoming a Peer Health Educator with Student Wellness Services.
- 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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**3RD YEAR**

**GET THINKING GLOBALLY**

- Learn more responsibility within PHEKSA (Physical Health Education Kinesiology Student Association). Start or continue volunteering with groups such as WAG (monitor UG News).
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- 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.
- Consider the Queen's Innovation Connector Summer Initiative (QICS) and the Summer Company Program.
- Consider attending the Canadian Undergraduate Conference on Healthcare (CUOCH).
- 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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**4TH OR FINAL YEAR**

**GET READY FOR LIFE AFTER GRADUATION**

- 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.
- Build your transferable skills in time management, problem-solving, writing and more with Student Academic Success Services.
- Consider attending the Canadian Undergraduate Conference on Healthcare (CUOCH).
- 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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*This map is intended to provide suggestions for potential activities and career paths, but everyone’s abilities, experience, and constraints are different. Build your own map using our online My Major Map tool.

Visit careers.queensu.ca/majormaps.html for the online version with links!
Kinesiology MAJOR MAP

What can I learn studying KINESIOLOGY?

- 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
- Oral and written communication
- Planning, time management and strategy

What employers want

Take the time to think about the unique skills you have developed at Queen’s, starting with the skills list here for ideas. Explaining your strengths with compelling examples will be important for applications to employers and further education. For help, check out the Career Services skills workshop.

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, and Queen’s wants you to succeed! Check out the Student Affairs website for available resources.

Why study in Kingston?

For over 175 years, the Kingston community has been a collection of bright minds. We are proud that our city was named one of the top Intelligent Communities across the globe, an accolade largely due to the thousands of students who study here every single year. In fact, the BBC has identified Kingston as one of the GREATEST UNIVERSITY TOWNS in the world, which might be why Instagram named the city ‘the happiest place on the planet’. Just a quick drive to Toronto, Montreal, Ottawa and even New York, Kingston is a safe and liveable city. Not only are we known as the freshwater sailing capital of the world, Kingston is arguably the birthplace of hockey. Wondering what to do while you’re attending school? Queen’s has more clubs per capita than any other university in Canada, and Kingston has more restaurants per capita than any other city in North America; your time here is guaranteed to be ‘fresh made daily’.

We’re closer than you think.