

**SCHOOL OF  
KINESIOLOGY**  
Graduate Programs

**Master of Science  
(Thesis)**

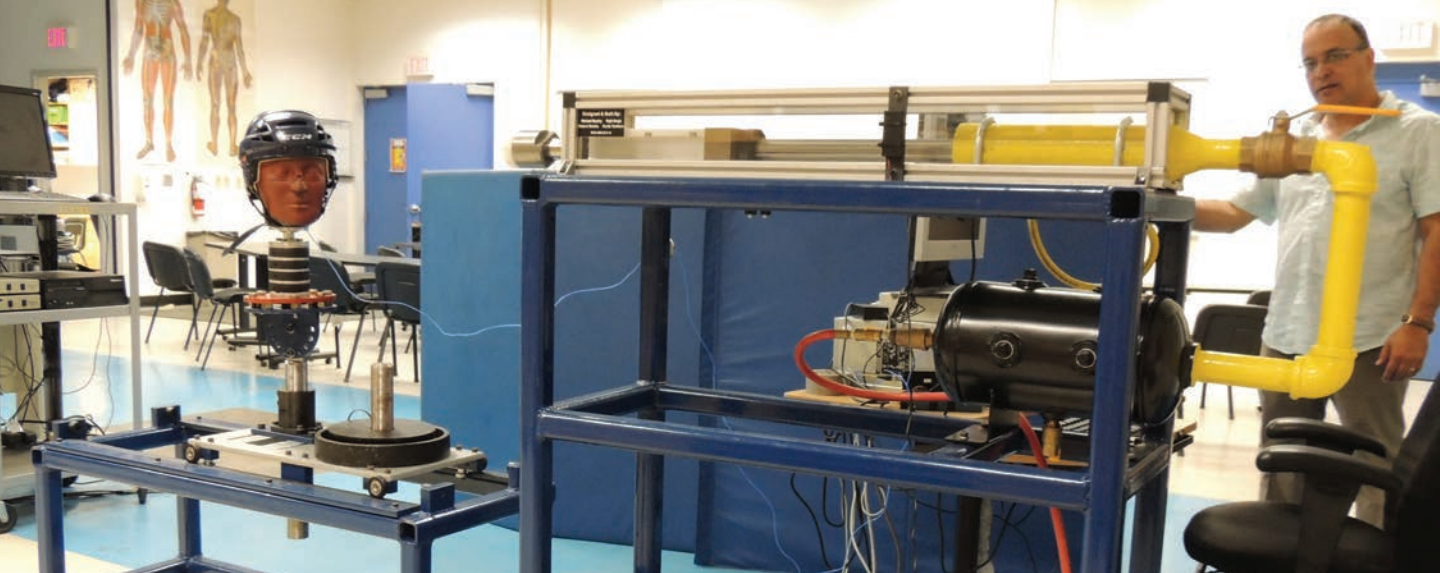


[lakeheadu.ca/kinesiology](https://lakeheadu.ca/kinesiology)



**Lakehead**  
UNIVERSITY

School of  
Kinesiology



# MASTER OF SCIENCE IN KINESIOLOGY

## TWO-YEAR, THESIS-BASED PROGRAM

Lakehead is classified as a “smaller” institution. Our graduate programs are student-centred which allows us to foster close working relationships between the students, faculty, and staff. This collegial environment also affords our graduate students many opportunities to work, teach, and socialize.

In order to enhance your graduate school experience from a monetary perspective, we offer a large paid Graduate Assistantship program which provides students with the opportunity to gain valuable experience assisting professors with research projects and undergraduate course delivery. A variety of entrance scholarships, awards, and bursaries are also available to those who qualify.

Lastly, Lakehead University is located in Thunder Bay, Ontario: a picturesque and vibrant community with a scenic landscape primed for outdoor enthusiasts. Our students are encouraged to strike a work-play balance and can often be found enjoying any number of our nearby lakes and provincial parks, or partaking in activities such as hiking, skiing, or climbing.

*Lakehead University's vision is to provide a transformative university experience that is far from ordinary. Our mission is to be recognized as an innovative comprehensive university that provides an education that is about how to think, not what to think.*





## RESEARCH

Beyond preparing for a career in academics, the MSc program can be a great building block for your future. How can an MSc benefit you?

- Be more competitive in the job market & qualify for higher salaries
- Become an expert in your field
- Improve your application for professional schools

## SUPPORT

Because Lakehead is classified as a “smaller” institution, our graduate programs are student-centred which allows us to foster close working relationships between the students, faculty, and staff.

## FUNDING

All incoming MSc students receive an entrance scholarship up to \$1000 based on GPA. All first- and second-year MSc students receive a paid GA (Graduate Assistant) position either assisting with research or undergraduate course delivery. They pay approximately \$10,200 per year (2 semesters).



“Throughout my two years I had the opportunity to become involved in an exercise oncology program where I learned how to adapt and modify exercises based on individual needs. The intimate learning experience offered at Lakehead University allowed me to develop good rapport with the faculty members and collaborate on research and lecturing opportunities within the school.”

**Samantha Morris**, Lakehead MSc Alumni, R.Kin



## ADMISSION REQUIREMENTS

Applicants for admission must be graduates of a recognized university, college, or institute as well as show evidence of scholarly achievement. Except where otherwise stated in the Admission Requirements of a particular program, degree students must have a four-year bachelor's degree or its equivalent with at least second class standing (B) based on their last 20 half courses or equivalent.

An applicant holding a degree other than one in the discipline area to which admission is sought will be considered on the basis of courses taken and academic standing. A Qualifying Year at the undergraduate level may be required to meet the admission standards. Courses taken as part of a Qualifying Year cannot be used as credit towards a graduate degree.

Meeting the minimum requirements does not necessarily guarantee admission. No candidate will be admitted unless the academic unit recommends admission. All applicants will be advised by the Office of Graduate Studies in writing of their admission status.

In addition to the general admission requirements for Master programs, the following requirements also apply:

- Applicants to the graduate program in Kinesiology who are required by the University admission regulations to write the Test of English as a Foreign Language (TOEFL) must also write the Test of Written English (TWE) and achieve a minimum score of 3.5



"I definitely felt like I had an advantage to my classmates in all of our research and ethics classes, and was selected by faculty at medical school to be the first student representative on the research committee."

**Alyssa Fairservice**, Lakehead MSc Alumni, Medical Resident, Medical College of Wisconsin



## REQUIRED APPLICATION DOCUMENTS

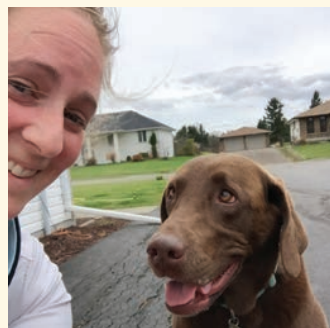
Although applications are accepted on a continual basis, to be considered in the initial Admission & Funding decisions for the Fall (September) semester, you are encouraged to apply by FEBRUARY 1.

## SUPERVISOR INFORMATION

Interested students are encouraged to contact potential supervisors directly and before submitting an application for graduate study.

## AREAS OF RESEARCH

- Adapted Physical Activity
- Applied Ergonomics
- Biomechanics
- Exercise Physiology
- Health Promotion
- Gerontology
- Motor Control & Learning
- Sport Medicine & Rehabilitation
- Psychology of Sport & Physical Activity



“Attending Lakehead where there are smaller class sizes enabled me to develop strong relationships with my professors and research supervisors that I maintain today. We continue to collaborate in a professional capacity where research and physical activity promotion can support one another.”

**April Hadley**, Lakehead MSc Alumni, Health Promoter on the Healthy Living Team, Thunder Bay District Health Unit





# MSC ALUMNI

## WHERE ARE THEY NOW?

- Health Promoter, Thunder Bay District Health Unit
- Kinesiologist, Partners in Rehab
- Health Policy Analyst – Ontario Native Women’s Association
- Contract Lecturers – Colleges and Universities
- High Performance Strength & Conditioning Coach
- Continued Education
  - o PhD – national/international
  - o Physiotherapy
  - o Occupational Therapy
  - o Medical School
  - o Chiropractic College



“It was not easy picking up my whole life and moving someplace brand new, all by myself. However, I knew that from completing the MSc in Kinesiology I was well equipped; not only to find a good job in my field, but also to be able to keep challenging myself to really see what I am capable of.”

**Kailey Trodd**, Lakehead MSc Alumni, S&C Coach Body and Mind Athletics



Located on the northwest shore of Lake Superior under the watchful gaze of Nanabijou, or the Sleeping Giant, the city of Thunder Bay is built around the harbour of the largest inland port in Canada.

- Population of 110,000
- 1.5 hour flight from Toronto, served by WestJet, Porter Airlines, Air Canada, and regional airlines
- 5 minute walk from campus to the historic Finnish district, waterfront, and downtown north core with cafes, pubs & boutiques
- Vibrant local farmer's market open twice weekly
- 2 alpine ski, snowboarding and Nordic ski centres a 30 minute drive from campus; 7 area golf courses; over 34 km of paved recreational trails throughout the City
- Home to a professional symphony orchestra, theatre, art galleries, and many live music venues, including the Thunder Bay Community Auditorium
- A four-season outdoor paradise, a city rich in wide open green space, parks and wilderness, Thunder Bay is the gateway to outdoor adventure in Northwestern Ontario.
- Growing scene of talented young people representing diverse professions and backgrounds. Small businesses and new innovations are constantly emerging with enthusiastic support from the community

## Connect with Us - Visit, contact us or ask questions!

Our campus is stunning, the city is friendly and we would love to meet you! We are happy to chat with you about any questions you have about our program, the school or the city.



Follow us on Twitter [@mylakehead](https://twitter.com/mylakehead) for regular updates about what's happening.



Friend us on Facebook [www.facebook.com/LakeheadGradStudies/](https://www.facebook.com/LakeheadGradStudies/)



# EXCEPTIONAL. UNCONVENTIONAL.

## CONTACT INFORMATION

Should you have any questions about the MSc program, please call or email our graduate coordinator.

**Kathryn Sinden**, PhD  
Graduate Coordinator

E: [ksinden@lakeheadu.ca](mailto:ksinden@lakeheadu.ca)  
T: (807) 343-8110 x 8654



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