Get to know HEALTH STUDIES

Understand the complex factors that influence physical, mental and social health and well-being. Challenge yourself to think critically about health in relation to social justice, politics and culture. Your courses will explore both the social and the physical determinants of health, approaches to health promotion, public health, epidemiology and program evaluation.

Take advantage of the mini-stream in Exercise, Disability and Aging that provides students with an opportunity for hands-on internships.

Course HIGHLIGHTS

In addition to innovative, engaging, lecture-based learning the School of Kinesiology and Health Studies offer unique course opportunities. The Program Design and Evaluation course allows students to take health theory out of the classroom and work with community partners on real-life projects. Professors encourage inquiry-based learning with a series of research courses that build from Research Methods, to a Research Internship in a research lab or program, to a fourth-year Honours Thesis or Project.

Degree OPTIONS

Bachelor of Arts (Honours)
Major / Medial / Minor in Health Studies

“Critical thinking about health, the body and human movement, emphasizing equity and community involvement.”

Queen’s ADMISSIONS

Students apply to Queen’s Arts (QA) through the OUAC (Ontario University Application Centre) website. Secondary School prerequisites include Six 4U and 4M courses, including a minimum of three 4U courses, one of which must be ENG4U. Applicants outside of Ontario may have additional requirements.

A Common START

Students in our Faculty are admitted into Arts, Science or Computing but the focus is on a common first year. Through self-exploration, and while you settle into university life, you have the chance to work with our advisors and faculty to uncover where your real interests and opportunities for success are. Sometimes that discovery happens fairly quickly, and for other students it takes some work and time before the “ah-ha!” happens – either way your first year will be a great experience at Queen’s.

That is a degree from Queen’s.

quartsci.com
1ST YEAR

GET THE COURSES YOU NEED
- Take HLTH 101, HLTH 102 and PSYC 100.
- For details on plan requirements, go to the Arts and Science website. See an Academic Advisor at the Arts and Science Office or speak to the Undergraduate Chair for help.

GET RELEVANT EXPERIENCE
- Join teams or clubs on campus such as Queen’s First Aid (QFA) or Health Outreach, Queen’s (QUIC). Take Queen’s Mental Health First Aid (MHFA) training. Look in the Co-Curricular Opportunities Directory or AMS Clubs Directory for more ideas.

GET CONNECTED WITH THE COMMUNITY
- Volunteer on or off-campus with different community organizations, like the Queen’s Public and Preventive Health Interest Group (OPPHRG) or the Ontario Public Interest Research Group (OPIRG) Kingston.

GET THINKING GLOBALLY
- The Queen’s University International Centre is your first stop to learn how to internationalize your degree or to leverage your existing cross-cultural experience. Speak to a QUIC advisor or get involved in their programs, events and training opportunities.

GET READY FOR LIFE AFTER GRADUATION
- Grappling with program decisions? Research the degree: look at the HLTH – Current Students and check out the HLTH Courses Summaries. Get some help wondering about career options from Career Services.

2ND YEAR

GET THE COURSES YOU NEED
- Take ANAT 101, KNPE 125, HLTH 205, KNPE 251 and HLTH 252.
- Consider applying at end of Winter Term to the Exercise & Disability and Aging Stream or the Research-Based Internship course.

GET RELEVANT EXPERIENCE
- Look into summer jobs by talking to the dept. or Career Services about work through SWEP or USSRF.
- Take more responsibility within different clubs or extra-curricular activities.
- Think about applying to positions in student services or the Alma Mater Society.

GET CONNECTED WITH THE COMMUNITY
- Get involved with the Health Departmental Student Council (HLTH DSC).
- Start or continue volunteering with organizations such as Universities Allied for Essential Medicine (UAEM).
- Consider becoming a Peer Health Educator with the Queen’s Public Health Interest Group (QPPHIG) or the Ontario Public Health Promotion Ontario, Health Nexus, National Collaborating Centres. Monitor the Ontario Health eBulletin for career opportunities.

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 your faculty’s International Office. If exchange isn’t for you, come talk to QUIC about some other options to gain international experience.

GET READY FOR LIFE AFTER GRADUATION
- Explore different careers by reading books in the Career Services Career Advising and Resource Area, such as Top 100 Health-Care Careers. For more information check out Career Cruising or by finding your field of interest on the National Occupational Classification website. Start focusing on areas of interest. Research education requirements for careers of interest. If needed, prepare to take any required tests (like the LSAT or GMAT) and get help thinking about grad school from Career Services.

3RD OR FINAL YEAR

GET THE COURSES YOU NEED
- Take HLTH 305 and HLTH 315. HLTH 232 can be taken in third or fourth year.
- Consider applying at end of Winter Term for the Exercise & Disability and Aging Stream or Independent Course opportunities.

GET RELEVANT EXPERIENCE
- Consider applying to do a 12-16 month QUIP internship between your third and fourth year.
- Volunteer in the Revved Up lab.
- Consider entrepreneurial opportunities via programs like the Queen’s Innovation Connector Summer Initiative (QICSI).

GET CONNECTED WITH THE COMMUNITY
- 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 DSC.
- Attend the Canadian Undergraduate Conference on Healthcare (CUCOH).

GET THINKING GLOBALLY
- Build your intercultural competence by getting involved with other cultures or by practicing or improving your language skills. Check QUIC’s resources for ideas to go abroad, and volunteer or attend one of their events.
- Consider taking courses like HLTH 401, 402, 403 and/or 404 at the BISC castle in England in the spring.

GET READY FOR LIFE AFTER GRADUATION
- Research your careers of interest on the National Occupational Classification website. Start focusing on areas of interest. Research education requirements for careers of interest. If needed, prepare to take any required tests (like the LSAT or GMAT) and get help thinking about grad school from Career Services.
- Consider a 12-16 months QUIP internship.

4TH OR FINAL YEAR

GET THE COURSES YOU NEED
- Take HLTH 415/6.0 and if not taken in third year, HLTH 323.
- HLTH 415 is a capstone course that features an experiential opportunity in partnership with a local community organization.
- Apply to graduate on SOLUS.

GET RELEVANT EXPERIENCE
- Inventory your skills and experiences in relation to the Pan-Canadian Health Promoter Competencies. Assess what experience you’re lacking and fill in gaps with volunteering, clubs, or internships – check out the Career Services skills workshop for help.

GET CONNECTED WITH THE COMMUNITY
- Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending local events (Canadian Public Health Association, Health Promotion Ontario, National Collaborating Centres). Monitor the Ontario Health eBulletin for career opportunities.

GET THINKING GLOBALLY
- Prepare for work or studies in a multi-cultural environment by taking QUIC’s intercultural Competency Certificate, and research possible immigration regulations.
- International students interested in staying in Canada can speak with an International Student Advisor.

GET READY FOR LIFE AFTER GRADUATION
- 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.
- Review So you want a reference? before approaching a prof for a reference.

Caution: *This map is meant as a guide to provide suggestions throughout your university career. The activities, resources, and careers mentioned are possibilities – you are not restricted to them and you don’t have to follow this exact timeline. Every person (including you!) will find their own unique path through their degree at Queen’s and beyond.

Where could I go after graduation?
- Anatomy
- Bioethics
- Complementary medicine or practice
- Corrections
- Counseling
- Dentistry
- Education
- Epidemiology
- Fundraising and event management
- Geronotology
- Global health
- Health and public administration
- Health education
- Health promotion
- Human resources
- International development and cooperation
- Law
- Medicine
- Nutrition and dietetics
- Nursing
- Occupational health and safety
- Occupational therapy
- Physical therapy
- Public health
- Rehabilitation therapy
- Social work
- Speech and language therapy
- *some careers may require additional training.

Visit careers.queensu.ca/majormaps.html for the online version with links!
How to use this map
• Got questions about careers and classes?
• Feeling a little lost or overwhelmed by choices?
• Wondering what you are “supposed” to be doing?

Use this map to plan for success in five overlapping areas of career and academic life. Each map helps you explore possibilities, set goals and track your accomplishments. To make your own custom map, use the My Major Map tool.

Don’t stress if you haven’t done all of the suggested activities. The map is not a prescription – it’s a tool for finding your own way at Queen’s.

Getting what you need to succeed in the workplace

WHAT DO EMPLOYERS WANT?
In a recent survey from the Canadian Council of Chief Executives the top 6 skills sought by employers were:
1 People skills
2 Communication skills
3 Problem-solving skills
4 Analytical abilities
5 Leadership skills
6 Industry-specific knowledge

HOW DO I GET THE SKILLS I NEED?
It is important to develop a balanced skill set – many of which you will develop during your studies. To stand out, take advantage of experiential learning through the multitude of clubs and activities in and around Queen’s. Check out the Get Relevant Experience section of this map.

WHAT CAN I LEARN STUDYING HEALTH STUDIES AT QUEEN’S?
• Knowledge of health promotion, population health, public health, health equity, health policy and a wide range of other health-related topics
• In-depth understanding of the physical, social, psychological and cultural factors influencing health and well-being
• Ability to collaborate with peers, policymakers, practitioners, and community members
• Research, evaluation and critical thinking skills
• Oral and written communication
• Planning, time management and strategy

WHAT MAKES ME SPECIAL?
No one will get exactly the same experience as you. Take the time to think about what skills you have developed to be able to best explain them with compelling examples in future applications to employers and further education. For help with this, check out the Career Services skills workshop.