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 personal determinants of health, approaches to health promotion, public health, epidemiology and program evaluation.

Take advantage of a variety of experiential learning opportunities including the Exercise, Disability and Aging ‘mini-stream’ and the Community-Based Internship course.

Travel abroad to the Bader International Study Centre (BISC) to participate in the Global Health and Disability program.

Course HIGHLIGHTS

In addition to innovative, engaging, lecture-based learning the School of Kinesiology and Health Studies offers 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 through completion of the ‘Research mini-stream,’ a series of research courses that build from Research Methods in second year, to a third year Research Internship in a research lab/program, to a fourth-year Honours Thesis.

Degree OPTIONS

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

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

Queen’s ADMISSION

Students apply to Queen’s Arts (QA) through the OUAC (Ontario Universities Application Centre) website (ouac.on.ca). 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 at Queen’s will be a great experience.
### GET THE COURSES YOU NEED

In first year take HLTH 101, HLTH 102 and PSYC 100. Each Plan will have at least one required first-year course, including minors. It is important to take a variety of first-year courses to keep as many pathways open as possible for you going into second year. For details see the Arts and Science Academic Calendar.

Want to enhance your degree? Consider a certificate in Sexual and Gender Diversity or explore other certificates available.

### GET RELEVANT EXPERIENCE

Join teams or clubs on campus such as Queen’s First Aid or Queen’s Health Outreach.

Take Queen’s Mental Health First Aid (MHLFA) training.

Visit the AMS Clubs Directory or the Queen’s Get Involved page 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 (QPPHG) or the Ontario Public Health Interest Group (OPPHIG) Kingston.

### GET THINKING GLOBALLY

The Queen's University International Centre is your first stop to learn how to internationalize your degree where you would like to study abroad. Apply in involved with other cultures or by practicing or environment by taking QUIC’s Intercultural.

GLOBALLY

GET THINKING

### 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.

Build your transferrable in time management, organization, writing and more with Student Academic Success Services.

### MAJOR MAP

#### 1ST YEAR

- In first year take HLTH 101, HLTH 102 and PSYC 100.
- Each Plan will have at least one required first-year course, including minors. It is important to take a variety of first-year courses to keep as many pathways open as possible for you going into second year. For details see the Arts and Science Academic Calendar.
- Want to enhance your degree? Consider a certificate in Sexual and Gender Diversity or explore other certificates available.

#### 2ND YEAR

- In second year 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 Community-Based Internship (HLTH 300) and/or Research Based Internship (HLTH 352) course.
- Please see the Academic Calendar to ensure you are taking the correct courses.

#### 3RD YEAR

- In third year take HLTH 305 and HLTH 315. HLTH 323 can be taken in third or fourth year. Consider applying at end of Winter Term for Independent Course opportunities. Students who complete the Research-Based Internship and an honour thesis project (HLTH 595) will graduate from Research Mini-Stream.
- Need help mapping all of your core, option, supporting and elective courses (including those not listed above) to make sure you will have what you need to complete your degree? Use the Course Mapping Tool on the Arts and Science website.

#### 4TH OR FINAL YEAR

- In fourth year 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.
- By fourth year you should be working on your remaining core, option, supporting and elective courses. Make sure to map your minor and/or certificate(s) as well.
- Apply to graduate in SOLUS.

### Where could I go after graduation?

- Anatomy
- Bioethics
- Complementary medicine
- Corrections
- Counselling
- Dentistry
- Education
- Epidemiology
- Fundraising and event management
- Gerontology
- Global health
- Health and public administration
- Health education
- Health promotion
- Human resources
- International development
- 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

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.

A balanced approach leads to long-term success. While you will learn a lot from your studies, taking time to get relevant experience outside of the classroom, build your network, and gain international experience, will position you to be more competitive in your job search or grad school applications.

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.

Succeed in the workplace

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.

What can I learn studying HEALTH STUDIES?

- 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 and time management

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