Health Studies

MAJOR MAP

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
The Canadian Council of Chief Executives list the top 6 skills sought by employers as:
1. People skills
2. Communication skills
3. Problem-solving skills
4. Analytical abilities
5. Leadership skills
6. Industry-specific knowledge

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

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/project, to a fourth-year Honours Thesis.

Degree OPTIONS
Bachelor of Arts (Honours)
Major/Medal 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.
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. Consider applying at end of Winter Term for Independent Course Opportunity. Students who complete the Research-Based Internship and an honours thesis project (HLTH 595) will graduate from the 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.

GET THE COURSES YOU NEED

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 (MHFA) training.
- 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

- Volunteer on or off-campus with different community organizations, like the Queen’s Public and Preventive Health Interest Group (QPPHG) or the Ontario Public Interest Research Group (OPIRG) Kingston.
- 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 Student Wellness Services.

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.
- 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.
- 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 and connecting with alumni on LinkedIn. Attend the School of Kinesiology Career Strategies Workshop.
- 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.

C O N S I D E R A 1 2 - 1 6 M O N T H Q U I P I N T E R N S H I P

- 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 (CUCH).
- Build your intercultural competence by getting involved with other cultures 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 applying to the Interdisciplinary Studies in Disability and Global Health program at the BISC castle in England in the spring.

- 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, Health Nexus, National Collaborating Centre). Monitor the Ontario Health ellution for career opportunities.

- 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

- 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.
- 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 tests (like the LSAT or GMAT) and get help preparing.
- So you want a reference?
- Get help from Career Services or other organizations and networks: seek memberships, join email lists, and consider attending local events (Canadian Public Health Association, Health Promotion Ontario, Health Nexus, National Collaborating Centre). Monitor the Ontario Health ellution for career opportunities.
- Review So you want a reference? before approaching a prof for a reference.

- 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.

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