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.
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