

# Health Studies

Health Studies strives to understand the complex factors that influence physical, mental, and social health and overall well-being. Drawing largely from social science disciplines, our courses explore the social determinants of health, approaches to health promotion, health policy, health behaviour change, epidemiology, and program planning and evaluation. You'll be expected to challenge yourself and to think critically about health in relation to social justice, politics, and culture.

## TOP 5 REASONS to study HEALTH STUDIES

**1** Focus on social science perspectives of health and wellness. Students think critically about the social, political, psychological, and cultural dimensions of health and wellbeing.

**2** Tailored independent research opportunities, including a third-year placement in a research lab/program and an Honours thesis option.

**3** We emphasize experiential learning and community involvement in our program, including an optional community-based practicum in a health related workplace.

**4** We offer a unique certificate program in Disability and Physical Activity (DIPA) that includes a full year equivalent placement in the Revved Up community-based exercise program for persons with disabilities.

**5** We offer a capstone course in Health Program Planning and Evaluation to best prepare our students for a range of postgraduate paths.

## Alumni Story

"The Health Studies program challenged me to think about health as more than just a physical condition, using the social determinants of health to better understand the complex factors that contribute to one's wellbeing. I have grown both academically and personally from my time in the program as a result of the accomplished faculty members, experiential learning opportunities, and environment that fosters a successful culture of learning."

- *Sophie Leadbetter, HLTH '21*

## ALUMNI PATHS

Accelerated Nursing Track  
Education

Epidemiology  
Counselling Psychology  
Health Administration  
Health Promotion

Law School

Medical School

Occupational Therapy

Social Work

Public Health

Urban and Regional Planning

add a  
**CERTIFICATE**

Data Analytics

Disability and  
Physical Activity

Employment  
Relations

Geographic  
Information Science

Indigenous  
Languages and  
Cultures

Sexual and Gender  
Diversity

Urban Planning  
Studies

[QUartsci.com/certs](https://quartsci.com/certs)

## 2025-26 Plan Thresholds

Thresholds are made on a competitive basis and are updated annually. To see the thresholds for all programs as well as the latest information, please visit [quartsci.com/planselection](https://quartsci.com/planselection)

Interested in finding out how to augment your degree with Experiential Learning? Check in with your department to learn more about what opportunities and resources are available for you!

## Acquire Skills. Gain Experience. Go Global.

That is a degree from Queen's.

[skhs.queensu.ca](https://skhs.queensu.ca)

# Health Studies MAJOR MAP

BACHELOR OF ARTS: HONOURS DEGREE (SPECIALIZATION/MAJOR/MINOR) OR GENERAL DEGREE



## Knowledge & Workplace Skills

- A degree in Health Studies can equip you with:
- 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

## Career Possibilities

- A degree in Health Studies can take your career in many directions. Many students choose to continue their academic inquiry with a Master's. Our students are equipped with a strong foundation for careers in:
- Complementary medicine
  - Education
  - Global health
  - Health and public administration
  - Health promotion
  - International development
  - Law
  - Occupational health and safety
  - Occupational therapy
  - Public health
  - Rehabilitation therapy
  - Social work
  - Urban Planning
- Taking time to explore career options, build experience, and network can help you have a smooth transition to the world of work after graduation.

**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.

# Health Studies



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. Queen's wants you to succeed! Check out the [Student Affairs website](#) for available resources.

# QUIP

## QUEEN'S UNDERGRADUATE INTERNSHIP PROGRAM

**START DATES**  
in May, September,  
or January

**POSITIONS**  
are paid and  
full-time

**WORK TERMS**  
are 12-16 months  
long

### PROGRAM OVERVIEW

- Graduate with "Professional Internship" on your degree
- Learn about current advances, practices and technologies in business and industry
- Explore a career path, earn a salary, and build workplace skills

### ELIGIBILITY

- Complete 1st year before you register
- Complete 2nd or 3rd year before your internship
- Minimum GPA of 1.9
- Return to Queen's after your internship to finish your degree

### WHY QUIP?

- Gain a year of career-related work experience
- Build network connections
- Receive support from Queen's staff in job search and during internship

### SAMPLE PAST INTERNSHIPS



For more information, contact [quip@queensu.ca](mailto:quip@queensu.ca) or visit the [Program Website](#).

## Why study in Kingston?

Since 1841, our community has been more than a collection of bright minds – Queen's has attracted students with an ambitious spirit. Queen's has the highest retention rates, the highest graduation rates, and one of the highest employment rates among recent graduates. We are a research intensive university focused on the undergraduate experience. The BBC has identified Kingston as one of the GREATEST UNIVERSITY TOWNS in the world – and it is often awarded the safest city in Canada. It is a university city at the core; just a quick drive to Toronto, Montreal, Ottawa and even New York. A university with more clubs per capita than any other university in Canada, and a city with more restaurants per capita than any other city in North America – you will have the experience of a lifetime at Queen's – and graduate with a degree that is globally recognized among the best.

*We're closer than you think.*



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