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.

REASONS to study HEALTH STUDIES

- Focus on social science perspectives of health and wellness. Students think critically about the social, political, psychological, and cultural dimensions of health and wellbeing.
- Tailored independent research opportunities, including a third-year placement in a research lab/program and an Honours thesis option.
- We emphasize experiential learning and community involvement in our program, including an optional community-based practicum in a health related workplace.
- 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.
- 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

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

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

Health Studies MAJOR MAP



BACHELOR OF ARTS: HONOURS DEGREE (SPECIALIZATION/MAJOR/MINOR) OR GENERAL DEGREE **1ST YEAR** 2ND YEAR **3RD YEAR GET THE COURSES** In first year you will have the chance to explore Start going deeper into the discipline of Health A chance to start grouping courses in Studies, while considering a certificate such as the foundations of Health Studies along with areas of interest, or to keep it more **YOU NEED** Disability and Physical Activity. Want to make sure some electives. Take HLTH 101/3.0 (required), general and explore many areas of HLTH 102/3.0 & PSYC 100/6.0 (recommended your academics are where you want them to be? Health Studies. Visit SASS (Student Academic Success Services) for but not required for plan entrance). Meet with an Academic Advisor to make some help. Attend Majors Night in the Winter term to learn sure you are on track and have planned Consider applying at the end of winter term to the more about Plan options. out your courses for next year. Community Based Practicum (HLTH 300) and/or Interested in getting a head start in learning and the Research Skills Development Practicum (HLTH working in a digital world? Take ASCX 150 and 352). develop future-ready skills! **GET RELEVANT** Look into summer jobs by talking to the dept. Join teams or clubs on campus such as Queen's Consider applying to do a 12-16 month **EXPERIENCE** or Career Services about work through SWEP or First Aid or Queen's Health Outreach. **QUIP** internship between your third and USSRF. Take more responsibility within different fourth year. Volunteer in the Revved Up Take Queen's Mental Health First Aid (MHFA) clubs or extra-curricular activities. Think about applying to positions in student Consider entrepreneurial opportunities via See the AMS Clubs Directory or the Queen's Get services or the Alma Mater Society. programs like the Queen's Founders and Involved page for more ideas. Athletics and Recreation hire students in many Innovators Initiative (QFII). roles throughout the enitre year. **GET ENGAGED** Participate in the HLTH DSC alumni pen WITH THE Volunteer on- or off-campus with different Get involved with the Health Departmental pal initiative (HLTH Connect). community organizations, like the Loving Student Council (HLTH DSC) **COMMUNITY** Spoonful or the Ontario Public Interest Research Consider putting knowledge into practice! Check out Career Services networking Group (OPIRG) Kingston. There are many AMS clubs that focus on social workshops. Connect with professors at events or workshops hosted by the DSC. issues, advocacy, health, and wellness. Consider becoming a Peer Health Educator with Student

GET ENGAGED GLOBALLY

Prepare for work or studies in a multi-cultural environment by taking **QUIC's Intercultural** Awareness Certificate, and research possible immigration regulations.

Speak to a QUIC advisor to get involved in their programs, events, and training opportunities.

Grappling with program decisions? Research the

degree: Research the degree and course options

on our website. Get some help figuring out

career options from Career Services.

Is an exchange in your future? Start thinking about where you would like to study abroad. Apply in January for a third year exchange through the International Programs Office.

Wellness Services.

Participate in the Queen's University International Centre (QUIC) World Link Program. Or go abroad through either an international exchange and study a cluster of global health related courses.

Attend the Canadian Undergraduate

Conference on Healthcare (CUCOH).

Explore different careers in the Career Services Career Advising and Resource Area. For more information check out Career Cruising or by finding and connecting with alumni on LinkedIn.

Find impactful work that aligns with your values using the Queen's Career Guide to the UN Sustainable Development Goals.

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.

4TH OR FINAL YEAR

In fourth year you will have the chance to participate in research-based courses that can lead to Graduate School or to your future career path. Make sure to finish up all your courses for your major and your optional minor and/or certificate(s).

Inventory your skills and experiences in relation to the Pan-Canadian Health **Promoter Competencies.**

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Assess what experience you're lacking and fill in gaps with volunteering, clubs, or internships – check out the Career Services skills workshop for help.

Familiarize yourself with different professional organizations and networks: seek memberships, join email lists, and consider attending events hosted by Canadian Public Health Association, Health Promotion Ontario, Health Nexus, or National Collaborating Centre for Methods and Tools.

International students interested in staying in Canada can speak with an International Student Advisor

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.

Knoweldge & Workplace

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 healthrelated 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
- · 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

GET CAREER

READY

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.



Kinesiology & Health Studies Department SKHS Building 28 Division Street 613-533-2666 queensu.ca/skhs

QUEEN'S UNDERGRADUATE INTERNSHIP PROGRAM

START DATES

in May, September, or January

POSITIONS are paid and

WORK TERMS are 12-16 months full-time lona

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 OUIP?

- 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 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

h Ne're closer than you think 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 CANADA London / 7 hrs the experience of a Oueen's Beijing / 15 hrs lifetime at Queen's Dubai / 14 hrs - and graduate Calgary / 4 hrs Vancouver / 5 hrs with a degree that is globally Halifax / 2 hrs San Francisco / 5.5 hrs recognized Kingston among Denver/3 hrs UNITED New York / 1.5 hrs the best. STATES Atlanta / 2 hrs

Bermuda / 2 hrs