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. And you will gain the skills you need to do that.

Alumni Paths

1. Accelerated Nursing Track
2. Education
3. Epidemiology
4. Counselling Psychology
5. Health Administration
6. Health Promotion
7. Law School
8. Medical School
9. Occupational Therapy
10. Social Work
11. Public Health
12. Urban and Regional Planning

2023-24 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? Learn what opportunities and resources are available for you on the Experiential Learning website. You can also reach out to the team directly at asc.el@queensu.ca.

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


That is a degree from Queen’s.

queensu.ca/skhs
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.

1ST YEAR
In first year you will have the chance to explore the foundations of Health Studies along with some electives. Take HLTH 101/3.0 (required), HLTH 102/3.0 & PSYC 100/6.0 (recommended). Attend Majors Night in the Winter term to learn more about Plan options. Interested in getting a head start in learning and working in a digital world? Take ASCX 150 and develop future-ready skills!

GET THE COURSES YOU NEED
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.
See the AMS Clubs Directory or the Queen’s Get Involved page for more ideas.

GET RELEVANT EXPERIENCE
Volunteer on- or off-campus with different community organizations, like the Loving Spoonful or the Ontario Public Interest Research Group (OPIRG) Kingston.

GET CONNECTED WITH THE COMMUNITY
Prepare for work or studies in a multi-cultural environment by taking QUIC’s Intercultural Competency Certificate, and research possible immigration regulations.
Speak to a QUIC advisor to get involved in their programs, events, and training opportunities.

GET THINKING GLOBALLY
Grappling with program decisions? Research the degree: look at the HLTH – Current Students and check out the HLTH Courses Summaries. Get some help figuring out career options from Career Services.

GET READY FOR LIFE AFTER GRADUATION
Start going deeper into the discipline of Health Studies, while considering a certificate such as Disability and Physical Activity. Want to make sure your academics are where you want them to be? Visit SASS (Student Academic Support Services) and the Writing Centre for some help.
Consider applying at the end of winter term to the Community Based Practicum (HLTH 300) and/or the Research Skills Development Practicum (HLTH 352).
Develop your entrepreneurial skills by participating in the Dean’s Changemaker Challenge (ASCX 200/300).

GET THE COURSES YOU NEED
Look into summer jobs by talking to the dept. or Career Services about work through SWEP or USSRF. Take more responsibility within different clubs or extra-curricular activities.
Think about applying to positions in student services or the Alma Mater Society.
Athletics and Recreation hire students in many roles throughout the entire year.

GET RELEVANT EXPERIENCE
Get involved with the Health Departmental Student Council (HLTH DSC).
Consider putting knowledge into practice! There are many AMS clubs that focus on social issues, advocacy, health, and wellness. Consider becoming a Peer Health Educator with Student Wellness Services.

GET CONNECTED WITH THE COMMUNITY
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.

GET THINKING GLOBALLY
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. Attend the annual School of Kinesiology Mini-Career Fair.

GET READY FOR LIFE AFTER GRADUATION
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Consider a 12-month QCA:K Apprenticeship

A chance to start grouping courses in areas of interest, or to keep it more general and explore many areas of Health Studies.

Meet with an Academic Advisor to make sure you are on track and have planned your courses for next 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).

Interested in working on a real-world problem with an actual client? Take ASCX 400 and develop your consulting and project-management skills.

What will I learn?

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

Where can I go?

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.
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.

Why study in Kingston?

For 175 years, 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.