HEALTH STUDIES
Major, Bachelor of Arts (Honours) | degree PLAN

GET THE COURSES YOU NEED

Sample Year by Year

1ST YEAR
- HLTH 101/3.0
- HLTH 102/3.0
- PSYC 109/6.0
- 18.0 units of electives

2ND YEAR
- ANAT 101/3.0
- KNPE 125/3.0
- HLTH 205/3.0
- HLTH 252/3.0
- RNE 251/3.0 or 3.0 units from STAT_Options
- 3.0 units from HLTH_Major_Options at the 200 level or above
- 12.0 units of electives and/or minor

3RD YEAR
- HLTH 305/3.0
- HLTH 315/3.0
- HLTH 323/3.0
- HLTH 333/3.0 or HLTH 334/3.0
- 3.0 units from HLTH_Major_Options
- 15.0 units of electives and/or minor

4TH YEAR
- HLTH 415/3.0
- 9.0 units from HLTH_Major_Options
- 15.0 units of electives and/or minor

Note that degree requirements are revised regularly. The most current requirements, including course lists and options, are found in the Academic Calendar at: QUartsci.com/academic-calendar

HEALTH STUDIES
HLTH-M-BAH Major (Arts) Bachelor of Arts (Honours)

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.

TOP 5 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 a mini-stream option in Movement and Health.

We partner with the Queen’s castle in England (BISC) to offer a third year cluster of Health Studies courses, as well as, a spring program in Global Health and Disability.

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

5% of alumni work in SPORTS
10% of alumni work in GOVERNMENT & NON-PROFIT
22% of alumni work in HEALTH CARE
31% of alumni work in EDUCATION

“As a Health Studies student, I learned in a multi-disciplinary and supportive academic environment. I greatly benefitted from the program’s high quality instructors and the research opportunities available to enrich student development”

-Rachel Hayton HLTH '17

2018-19 thresholds

2.8 cGPA AUTOMATIC ACCEPTANCE
min B+ in HLTH 101

2.3 cGPA PENDING LIST
min B- in HLTH 101

*Thresholds are made on a competitive basis and are updated annually. For the latest information please visit QUartsci.com

Employment Relations
Entrepreneurship, Innovation and Creativity
Disability and Physical Activity
French for Professionals
Geographic Information Science
Global Action and Engagement
Indigenous Languages and Cultures
International Studies
Media Studies
Sexual and Gender Diversity
Urban Planning Studies

add a CERTIFICATE to your degree

School of KINESIOLOGY AND HEALTH STUDIES
Faculty of Arts and Science
SKHS Building
28 Division Street
613-533-2666
queensu.ca/skhs

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HEALTH STUDIES MAJOR MAP

MAJOR BACHELOR OF ARTS (HONOURS)

GET THE COURSES YOU NEED

1ST YEAR

In first year you will have the chance to explore the foundations of Health Studies along with some electives.

See the back page for specific courses to consider.

Attend Majors Night in the Winter term to learn more about plan options.

2ND YEAR

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 Movement and Health Stream or the Community-Based Internship (HLTH 300) and/or Research-Based Internship (HLTH 332) course.

3RD YEAR

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 out your courses for next year — for some ideas, see the back page.

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).

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.

See the AMS Clubs Directory or the Queen’s Get Involved page for more ideas.

GET CONNECTED WITH THE COMMUNITY

Volunteer on or off-campus with different community organizations, like the Queen’s Public and Preventive Medicine Organization (QPPMO) 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 GLOBALY

Prepare for work or studies in a multi-cultural environment by taking QUIC’s International Competency Certificate, and research possible immigration regulations.

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

GET READY FOR LIFE AFTER GRADUATION

Develop your intercultural competence by getting involved with other cultures or by practicing or improving your language skills. Consider spending the winter term of your third year at the castle in England (BISC) studying global health (HLTH 350), disability (HLTH 332) and aging (WHSE 333). Stay at the BISC for an intensive spring term for the Interdisciplinary Studies in Disability and Global Health (9.0 units at the 400-level).

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. Attend the annual School of Kinesiology Mini-Career Fair.

What will I learn?

A degree in Health Studies can equip you with valuable and versatile skills, such as:

• 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
• Global health
• Health and public administration
• Health promotion
• International development
• Nutrition
• Occupational health and safety
• Occupational therapy
• Physical 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.

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 annual School of Kinesiology Mini-Career Fair.

Consider applying to do a 12-16 month QUIC internship between your third and fourth year.

Volunteer in the Revved Up lab.

Consider entrepreneurial opportunities via programs like the Queen’s Innovation Connector Summer Initiative (QICSI).

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 (CUCOH).

As an international student interested in staying in Canada you can speak with an International Student Advisor.

Consider applying to do a 12-16 month QUIC internship.

Familiarize yourself with different professional organizations and networks: seek apprenticeships, join email lists, and consider attending local events (Canadian Public Health Association, Health Promotion Ontario, Health Nexus, National Collaborating Centre). Monitor the Ontario Health Bulletin for career opportunities.

Inventory your skills and experiences in relation to the Pan-Canadian Health Promoter Competencies. Assess what experience you’re lacking and fill in gaps with volunteering, clubs, or internships—check out the Career Services skills workshop for help.

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.