Health.
## Contents

1. Entry requirements
2. Overview
3. Programme details
4. Environmental Health
5. Health Education
6. Environmental Health
7. Selecting Courses, Subjects and Qualifications
8. Double Majors
9. Double Degrees
10. Further Study
11. More Info/ Contact Details
Bachelor of Health Sciences (BHSc)

The Bachelor of Health Sciences (BHSc) is a three-year broad-based non-clinical degree with opportunities in the final year for practical work placements. Graduates of this degree will have a strong foundation in the health sciences as well as a broad base of inter-disciplinary knowledge and skills enabling them to operate effectively within New Zealand’s health workforce, and related organisations.

The BHSc will be the only tertiary qualification in New Zealand which allows graduates to meet the New Zealand competencies in Public Health and in Health Promotion. In addition to preparing students to work in the health and related sectors, the BHSc will also prepare graduates to be informed consumers, and potential health researchers.

The Ministry of Health workforce development overview (2006) identified significant projected gaps in the non-clinical workforce – a gap that this BHSc qualification seeks to equip its graduates to fill.

Entry requirements

Entry to a Bachelor of Health Sciences degree is open to all students with University Entrance. While no particular school subjects are required to study Health Sciences, a background in biology and mathematics with statistics is recommended.

If you do not have this background, in order to enrol in some majors you may need to take preparatory courses and it could take longer to complete a major in that subject.
Overview
The BHSc provides a nationally and internationally recognised qualification that equips graduates with the knowledge and skills to make a positive contribution to population health and wellbeing.

To ensure BHSc graduates function as effective members of the health workforce, the degree has been designed around a core of essential courses which will introduce key concepts in health, ensure an understanding of human biology, the development of cultural competence, an understanding of the New Zealand health sector, and develop the skills needed to critically appraise health research and reports and translate these findings to evidence-based practice.

The BHSc will:

• Equip graduates with knowledge and skills in science and health, experience in critical appraisal and scientific investigation, and an understanding of values and ethics in health, and enable graduates to apply these to improving health and wellbeing through disease prevention, health promotion, and health service planning, delivery, and evaluation
• Provide students with a strong foundation in health sciences, with detailed knowledge in specialist areas
• Equip students majoring in public health to meet the New Zealand generic competencies for public health, and the New Zealand competencies for health promotion
• Provide the required foundation for students who wish to undertake postgraduate study in health-related fields

Programme details
The BHSc will usually be completed in three years of full-time study.

All full-time students in their first year of the BHSc will complete the four core courses (15 points each) HLTH 101, HLTH 106, BIOL 116 and STAT 101. They will also select up to four other 100 level courses from a major (or majors) that meet their interests or future opportunities. In the second year of the BHSc, a student who has completed prerequisites will progress to the 200-level core courses as well as the courses required or recommended for their chosen major(s). Once they have successfully completed the prerequisites for 300-level courses, students will be able to progress to their third year of study which, depending on the major chosen, may allow them the opportunity to participate in workplace practicums or internships related to their chosen major.

To qualify for the Degree of Bachelor of Health Sciences:
(a) a candidate must pass courses having a minimum total value of 360 points.
(b) 135 points must be from compulsory courses (blue coloured boxes in diagrams)
(c) at least 90 points must be from one subject major (tan coloured boxes in diagrams)
(d) remaining points may be taken from any other degree of the University (red coloured boxes in diagrams)
(e) at least 225 of the total points must be for courses above 100-level
(f) at least 90 of the total points must be for courses at 300-level.

Courses will cover topics such as population health, Māori health, health services, contemporary health issues and areas relating to and impacting on health. Students will develop understanding and be able to evaluate quantitative, qualitative and Kaupapa Māori information and evidence related to health and well-being. Some courses will be taught by researchers from the Health Sciences Centre at UC.

Specialist courses will also cover determinants of health, health inequalities, health interventions, health methodologies and the evidence required for health sector decision making.

Go online to see what UC has to offer
Courses: www.canterbury.ac.nz/courses
Qualifications: www.canterbury.ac.nz/courses/quals_all.shtml
Subjects: www.canterbury.ac.nz/subjects

A qualification that equips graduates with the knowledge and skills to make a positive contribution to health and wellbeing.
Majors

The courses in each of the majors have been designed to complement the core courses (each major comprises the core courses together with the specialised courses for that major), and to provide graduates with specialised skills and knowledge.

Some majors have been designed to allow students the option of taking a double major. In particular, the Public Health courses sum to 90 points (so the Public Health major is 225 points with the core courses) and it is envisaged that students may wish to combine this with other majors such as Māori and Indigenous Health (120 points), Health Education (105 points) or Physical Activity Promotion (105 points). The majors will allow students’ choice to tailor their BHSc to suit their interests and future career aspirations.

The following pages introduce each major possible within a Bachelor of Health Sciences degree. The diagrams illustrate the core courses you must take for your degree, as well as a number of additional courses you can select to follow your interests and complete the degree requirements. Some courses will have prerequisites (courses you must complete first). For full details about each course, including prerequisites, go to www.canterbury.ac.nz/courses

Please note that the diagrams in this booklet are a representation of what the degree majors will typically look like, but other variations are possible and seeking course advice is desirable. Students are advised to seek advice from a Student Advisor at least once a year to check that they are on track with their BHSc degree.
Bachelor of Health Sciences – Majoring in Environmental Health

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Year 2</th>
<th>Year 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTH 301</td>
<td>HLED 321</td>
<td>HLTH 101</td>
</tr>
<tr>
<td>BCHM 335</td>
<td>HLED 322</td>
<td>HLED 106</td>
</tr>
<tr>
<td>BIOL 313</td>
<td>HLED 323</td>
<td>BIOL 116</td>
</tr>
<tr>
<td>GEOG 322</td>
<td>BCHM 281 or CHEM 283 or ENVR 244</td>
<td>STAT 101</td>
</tr>
<tr>
<td>200 Level</td>
<td>100 Level</td>
<td>100 Level</td>
</tr>
</tbody>
</table>

Each small block represents a 15-point course. However, some courses may be 30 points (or more).

Please note: some majors have different requirements. For all major requirements and more information go to www.canterbury.ac.nz/courses/undergrad/bhsc.shtml.

Environmental Health

The Environmental Health major provides grounding in the fundamental sciences that underpin an understanding of the environmental risk factors that affect health and wellbeing and the methods used to assess them. This is developed to encompass the geographical distribution of disease related to exposure to key risk factors and methods used to minimise exposure and is set in the context of government legislation aimed at creating and maintaining healthy environments.

Careers

Graduates of the BHSc majoring in Environmental Health will potentially find employment as environmental health officers*, laboratory roles in health laboratories, in local and national environmental health roles, or progress to postgraduate research in environmental health science.

* requires additional qualification

Bachelor of Health Sciences – Majoring in Health Education

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Year 2</th>
<th>Year 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTH 201</td>
<td>HLTH 202</td>
<td>HLTH 101</td>
</tr>
<tr>
<td>HLED 221</td>
<td>MAOR 270</td>
<td>HLED 106</td>
</tr>
<tr>
<td>HLED 222</td>
<td>BIOL 213</td>
<td>BIOL 116</td>
</tr>
<tr>
<td>HLED 223</td>
<td>BIOL 250</td>
<td>STAT 101</td>
</tr>
<tr>
<td>300 Level</td>
<td>200 Level</td>
<td>100 Level</td>
</tr>
</tbody>
</table>

Each small block represents a 15-point course. However, some courses may be 30 points (or more).

Please note: some majors have different requirements. For all major requirements and more information go to www.canterbury.ac.nz/courses/undergrad/bhsc.shtml.

Health Education

The purpose of the major is to prepare graduates who have the knowledge, skills and confidence to work with individuals and groups to enhance wellbeing. They will develop specific health education and pedagogical knowledge that is applicable in a diverse range of settings.

Experiential learning in a variety of contexts (eg mental health, sexuality and nutrition) will allow students to recognise factors that influence health and to develop a wide range of strategies to address them. Students will engage in debate and critical reflection on a range of contemporary health issues. Through this engagement students will develop an understanding of ethical issues and principles, a respect for the autonomy and choice of both individuals and groups, and competency in collaborative and consultative ways of working.

Careers

Career options for students who major in Health Education might include employment in health-related institutions and agencies such as Community and Public Health (in Nutrition, Sexuality, Health Promoting Schools and Mental Health teams), Drug and Alcohol agencies, Family Planning, the Mental Health Foundation, Nutrition Advisories, Red Cross and teaching Health Education in secondary schools to a senior NCEA level (teaching diploma required).
Psychology

The purpose of the major is to prepare graduates in the field of health psychology. Health Psychology is a branch of Psychology that applies psychological research and methods to:

- the promotion and maintenance of health;
- the prevention and management of illness;
- the identification of psychological factors contributing to
  - physical illness;
  - the improvement of the health care system;
  - the formulation of health policy.

Careers

In most developed countries, including USA, UK, and Australia, health psychology has grown rapidly as both a science and a profession. In NZ, growth has been much more limited. Professional status as a Health Psychologist requires postgraduate training as is also required for research careers in the field, but a BHSc major in Psychology is a pathway to the postgraduate qualifications required for professional or research careers. Those who exit after a BHSc major in Psychology will look for work in areas resembling those open to other Bachelors degree Psychology majors, but with a particular bias to health-related jobs. These will generally be in some kind of human service organization, or in roles such as health and safety trainers/promoters in a range of organizations. We anticipate that most BHSc graduates majoring in Psychology will seek postgraduate qualifications by way of MHSc or MSc in Psychology. The proposed structure of the major facilitates this option.

Māori and Indigenous Health

Tēnā koutou katoa. Nau mai, tauti mai!

The purpose of the Māori and Indigenous Health major is to prepare culturally competent graduates who are able to use, apply and integrate Māori, bicultural and indigenous knowledge and practices in their chosen health and social services related careers. The holistic Māori view of health and well being is an important component of the major which includes knowledge and skills in the following areas:

- Te Ao Tangata – Engaging with Māori: understanding, respect, te reo, interpersonal and cross-cultural communication/dialogue and Māori health-based experiences.
- Te Ao Hauora – Working with health system structures, including Māori and iwi community-based health and social services.
- Ngā Rātonga Hauora – Working with health professionals: promoting students’ understandings of the multiple disciplines and roles involved in delivering health care to Māori, including clinicians (e.g., pharmacists, doctors, physiotherapists and psychologists), the cultural/community/clinical interface, and interprofessional/interdisciplinary collaboration;
- Ngā Rātonga Hauora – Working with health services and health systems: providing students with a thorough grounding in socio-historical health developments and current health system structures, including Māori and iwi community-based health and social services;

Whai Mahi Hauora - Careers

Career options for students who major in Māori and Indigenous Health include: research and policy analysis/advice, health promotion and community/health liaison roles in non-governmental organisations focused on health and wellbeing, Māori and iwi health/development organisations, District Health Boards and local government. Students interested in progressing to postgraduate study will be well prepared as a result of this major, particularly in relation to Māori and Indigenous Studies and/or Health.
Bachelor of Health Sciences – Majoring in Physical Activity Promotion

The purpose of the Physical Activity Promotion Major is to develop graduates with specialist knowledge, skills and experience in the field of physical activity promotion. The courses are based around a holistic view of health and how physical activity can contribute to individual and societal health and wellbeing. The courses have been developed from socio-ecological and socio-physiological perspectives. The courses in this major have been designed to ensure that graduates meet the New Zealand health promotion competencies.

Careers
Graduates with the Physical Activity Promotion major will be able to function effectively as members of multidisciplinary teams in the health sector. Examples of career pathways include community development roles in DHBs, NGOs and local government, as well as roles with groups such as Green Prescription and Integrated Family Health Centres (as these develop). In addition, students might also go on to postgraduate study towards further qualification in the field or pursue a career in teaching via a graduate teaching diploma in Secondary, Primary or Early Childhood teaching.

Bachelor of Health Sciences – Majoring in Physical Activity Promotion

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Year 2</th>
<th>Year 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTH 301</td>
<td>HLTH 201</td>
<td>HLTH 101</td>
</tr>
<tr>
<td>HLPA 331</td>
<td>HLTH 206</td>
<td>BIOL 116</td>
</tr>
<tr>
<td>HLPA 332</td>
<td>MAOR 270</td>
<td>STAT 101</td>
</tr>
<tr>
<td>HLPA 333</td>
<td>BIOL 251</td>
<td>HLPA 130</td>
</tr>
<tr>
<td>HLPA 233</td>
<td>HLPA 231</td>
<td>HLPA 132</td>
</tr>
<tr>
<td>HLPA 233</td>
<td>HLPA 232</td>
<td>100 Level</td>
</tr>
<tr>
<td>HLPA 233</td>
<td>HLPA 233</td>
<td>100 Level</td>
</tr>
</tbody>
</table>

Each small block represents a 15-point course. However, some courses may be 30 points (or more). Please note: some majors have different requirements. For all major requirements and more information go to www.canterbury.ac.nz/courses/undergrad/bhsc.shtml.

Physical Activity Promotion

The purpose of the Physical Activity Promotion Major is to develop graduates with specialist knowledge, skills and experience in the field of physical activity promotion. The courses are based around a holistic view of health and how physical activity can contribute to individual and societal health and wellbeing. The courses have been developed from socio-ecological and socio-physiological perspectives. The courses in this major have been designed to ensure that graduates meet the New Zealand health promotion competencies.

Public Health

The purpose of the major in Public Health is to produce graduates with knowledge and skills in science and health, experience in critical appraisal and scientific investigation, an understanding of values and ethics in health, and the ability to apply these to improving health and wellbeing through disease prevention, health promotion, and health service planning, delivery, and evaluation.

- To provide students with a strong foundation in health sciences, with detailed knowledge in public health;

Careers
Students with the BHSc (Public Health) will be able to function effectively as members of multidisciplinary teams in the health sector. Examples of career pathways include community development roles in public health units, DHBs, NGOs, local government, health promoters, public health analysts, and postgraduate students studying towards a research career in public health. Graduates might also go on to postgraduate study to further their specialisation in the field.

Bachelor of Health Sciences – Majoring in Public Health

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Year 2</th>
<th>Year 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTH 301</td>
<td>HLTH 312</td>
<td>HLTH 312</td>
</tr>
<tr>
<td>HLTH 310</td>
<td>GEOG 322</td>
<td>GEOG 322</td>
</tr>
<tr>
<td>300 Level</td>
<td>200 Level</td>
<td>200 Level</td>
</tr>
<tr>
<td>HLTH 214</td>
<td>HLTH 214</td>
<td>HLTH 214</td>
</tr>
<tr>
<td>200 Level</td>
<td>200 Level</td>
<td>200 Level</td>
</tr>
<tr>
<td>HLTH 201</td>
<td>HLTH 202</td>
<td>HLTH 101</td>
</tr>
<tr>
<td>MAOR 270</td>
<td>HLTH 106</td>
<td>BIOL 116</td>
</tr>
<tr>
<td>100 Level</td>
<td>100 Level</td>
<td>100 Level</td>
</tr>
<tr>
<td>HLTH 110</td>
<td>HLTH 110</td>
<td>HLTH 110</td>
</tr>
<tr>
<td>100 Level</td>
<td>100 Level</td>
<td>100 Level</td>
</tr>
</tbody>
</table>

Each small block represents a 15-point course. However, some courses may be 30 points (or more). Please note: some majors have different requirements. For all major requirements and more information go to www.canterbury.ac.nz/courses/undergrad/bhsc.shtml.
Society and Policy

The Society and Policy major will focus on the relationship between health science, health governance, bioethics and society. It will comprise an interdisciplinary core based in sociology of health, policy issues in health technology and health delivery at the local, national and global levels, together with research training in qualitative and quantitative social science research methods. In the third year of the major, students can select courses which allow them to focus either on the sociology of health or on public health policy.

Graduates of the Society and Policy major will have acquired core knowledge and skills relevant to health employment and sector-defined competencies such as some of the New Zealand generic public health competencies (PHANZ 2007) and some of the New Zealand health promotion competencies (Health Promotion Forum 2012), including competencies in bioethics which are specific to this major. In addition, they will have in-depth knowledge in an area of specialisation relating to health policy, health geography, bioethics and social issues relating to health.

Careers

This major will prepare students for positions in policy analysis, social science research and development of public policy. It will also prepare them for further research in humanities and the social sciences. Students who graduate from this programme may go on to postgraduate study in Health Sciences. If students take the Sociology option at 300 level, they may also go on to postgraduate work in Sociology. Those who don’t wish to take a postgraduate degree may look for jobs in health administration, health policy and other non-clinical roles within the broad health sector. This major also provides a foundation for graduate clinical degrees.

Examples of career pathways include:

- careers in health-related institutions and agencies;
- community development roles in public health units, District Health Boards, Māori and iwi health/development organisations, NGOs, and local government agencies;
- health policy analysts;
- postgraduate studies towards a research career in health;
- social and health researchers.

The programme is designed so that students will be able to take a double major in ‘Public Health’ and ‘Society and Policy’. These students would additionally meet all the public health competencies and health promotion competencies.
Double Majors
Students will be able to combine some majors to graduate with a double major. The Public Health major has been designed to encourage students to complete a BHSc with a double major. This will allow students to meet the changing needs of the health workforce, and to function effectively in multidisciplinary teams.

We envisage that popular double majors will be:
• Public Health and Māori and Indigenous Health
• Public Health and Health Education
• Public Health and Physical Activity Promotion

Some majors will offer the opportunity for practical placement and skills development in health-related workplaces. Students undertaking the BHSc majoring in Public Health will meet the New Zealand Public Health Competencies and the New Zealand Health Promotion Competencies.

Double Degrees
Working towards two degrees at one time means you may complete some combinations in five years.

You may enrol in two degrees at the same time and cross-credit courses in common up to a maximum of 120 points. Certain combinations of degrees do allow additional cross-credits or exemptions. If you are interested in studying two degrees at the same time or consecutively consult a Student Advisor in the relevant College or School.

For the full requirements for each undergraduate degree go to www.canterbury.ac.nz/regulations

Further study
Postgraduate students in Health Sciences come from a range of backgrounds. The programme is interdisciplinary and it is not necessary to have studied Health Sciences at undergraduate level to be accepted into the programme. Students with an interest in the health sector and a good bachelor’s degree, or health professional qualification, may apply for entry to the Postgraduate Diploma in Health Sciences and Master of Health Sciences programmes.

Endorsements are available in: Health Behaviour Change, Early Intervention, Health Information Management, Environment and Health, Men’s Health, Palliative Care. With the appropriate pre-requisites students may also take a postgraduate programme of study specialising in Clinical Teaching, Counselling, Child and Family Psychology or Specialist Teaching.

Students may also like to consider a career in teaching via a graduate diploma qualification. For more information visit www.education.canterbury.ac.nz

More information
Email: info@canterbury.ac.nz
Freephone in NZ: 0800 VARSITY (827 748)
For assistance with planning your programme of study contact a College of Education Student Advisor (advancing students) at education@canterbury.ac.nz, the Liaison Office (new students) or visit the Liaison Office’s course planning page (new students) at www.canterbury.ac.nz/liason/advice.

The Health Sciences Centre contact details are:
Health Sciences Centre
Telephone: +64 3 364 2987 ext 8691
Email: healthsciences@canterbury.ac.nz
www.health.canterbury.ac.nz