



# PROGRAM PLANNING GUIDE

ID:

Name: \_\_\_\_\_

## Bachelor of Health Sciences

### Public Health



Public health is focused on prevention rather than the treatment of disease. It examines the overall health of a population with the aim of developing strategies to promote and protect health. Through course work and hands-on experience, the public health major at ulethbridge will provide you with the skills and tools needed to prevent disease/injury and to promote, and protect the health and well-being of Canadians and populations across the globe. The core of our work in public health is to take steps to prevent chronic and infectious disease before it occurs.

#### What determines my program requirements?

Please refer to the Academic Calendar ([www.ulethbridge.ca/ross/academic-calendar](http://www.ulethbridge.ca/ross/academic-calendar)) for complete program information.

**Calendar Year:** 2024/2025 - Your calendar year is set to the academic year you are admitted (or readmitted) and you should follow the requirements for that year for the duration of your program.

**Faculty/School:** Faculty of Health Sciences ([www.ulethbridge.ca/healthsciences](http://www.ulethbridge.ca/healthsciences))

**Program(s):** Bachelor of Health Sciences

**Major(s):** Public Health

**Minor:** A defined set of courses, designed to provide depth in a particular discipline, study in an interdisciplinary area, or focus on a theme-related topic. To learn more about optional minors see [www.ulethbridge.ca/ross/minors](http://www.ulethbridge.ca/ross/minors).

#### Am I admissible to this program?

**Admission:** [www.ulethbridge.ca/ross/admissions/undergrad](http://www.ulethbridge.ca/ross/admissions/undergrad)

**Transfer:** [www.ulethbridge.ca/ross/transfer-resources](http://www.ulethbridge.ca/ross/transfer-resources)

#### When/How do I apply to the University?

**Deadlines:** [www.ulethbridge.ca/ross/admissions/undergrad/deadlines](http://www.ulethbridge.ca/ross/admissions/undergrad/deadlines)

**Step-by-Step:** [www.ulethbridge.ca/ross/admissions/step-by-step](http://www.ulethbridge.ca/ross/admissions/step-by-step)

#### Where can I find information on courses?

**Course Catalogue:** [www.ulethbridge.ca/ross/courses](http://www.ulethbridge.ca/ross/courses)

**Registration Guide:** [www.ulethbridge.ca/ross/registration-guide](http://www.ulethbridge.ca/ross/registration-guide)

#### When can I register for classes?

**Register early!** (March for Summer and Fall; November for Winter)

**Registration Dates:** [www.ulethbridge.ca/ross/registration-dates](http://www.ulethbridge.ca/ross/registration-dates)

#### How can I enhance my program?

**Career Bridge:** [www.ulethbridge.ca/career-bridge](http://www.ulethbridge.ca/career-bridge)

**Internship:** [www.ulethbridge.ca/healthsciences/practicum](http://www.ulethbridge.ca/healthsciences/practicum)

**Independent Study:** [www.ulethbridge.ca/healthsciences/independent-study](http://www.ulethbridge.ca/healthsciences/independent-study)

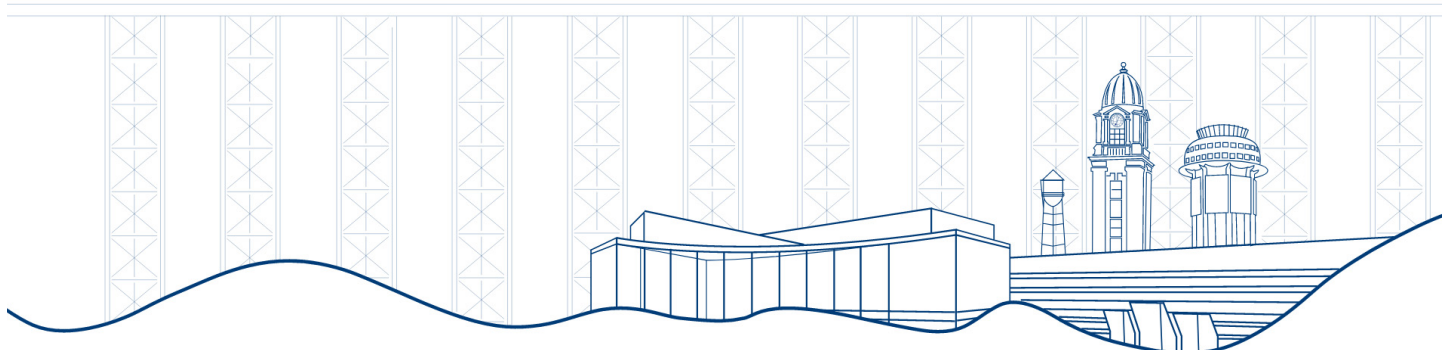
#### What supports are available to students?

**Student Services:** [www.ulethbridge.ca/campus-life/student-services](http://www.ulethbridge.ca/campus-life/student-services)

**Student Success Centre:** [www.ulethbridge.ca/student-success-centre](http://www.ulethbridge.ca/student-success-centre)

**Accessible Learning:** [www.ulethbridge.ca/ross/alc](http://www.ulethbridge.ca/ross/alc)

**Counselling Services:** [www.ulethbridge.ca/counselling](http://www.ulethbridge.ca/counselling)





## Required courses and notes

### Core Courses

- \_\_\_\_\_ 1. Public Health 1000 - Introduction to Public Health
- \_\_\_\_\_ 2. Public Health 2000 - Population Health
- \_\_\_\_\_ 3. Public Health 2100 - Policy and Health
- \_\_\_\_\_ 4. Public Health 3000 - Canadian and Global Perspectives
- \_\_\_\_\_ 5. Public Health 3100 - Environmental Health
- \_\_\_\_\_ 6. Public Health 3420 - Public Health Ethics
- \_\_\_\_\_ 7. Public Health 4000 - Advanced Public Health
- \_\_\_\_\_ 8. Aboriginal Health 1000 - Introduction to Aboriginal Health
- \_\_\_\_\_ 9. Anthropology 1000 - The Anthropological Perspective
- \_\_\_\_\_ 10. Biology 1010 - Cellular Basis of Life
- \_\_\_\_\_ 11. Health Sciences 2003/Biology 2003 - Epidemiology
- \_\_\_\_\_ 12. Health Sciences 2310 - Human Nutrition
- \_\_\_\_\_ 13. Health Sciences 2400 - Medical Microbiology
- \_\_\_\_\_ 14. Health Sciences 2700/Sociology 2700 - Health and Society
- \_\_\_\_\_ 15. Health Sciences 3002 - Health Promotion
- \_\_\_\_\_ 16. Health Sciences 3260 - Research in the Health Sciences
- \_\_\_\_\_ 17. Health Sciences 3450/Psychology 3450 - Applied Statistics for Clinical Practice
- \_\_\_\_\_ 18. Health Sciences 3510 - Program Planning and Evaluation
- \_\_\_\_\_ 19. Health Sciences 3825/Management 3825 - Information in Health Care
- \_\_\_\_\_ 20. Sociology 1000 - Introduction to Sociology
- \_\_\_\_\_ 21. **One of:**
  - \_\_\_\_\_ Writing 1000 - Introduction to Academic Writing
  - \_\_\_\_\_ A university English course
- \_\_\_\_\_ 22.-26. **One of:**
  - \_\_\_\_\_ Public Health 4550 - Practicum in Public Health (15.0 credit hours)
  - \_\_\_\_\_ Five 3000/4000-level Aboriginal Health/Addictions Counselling/Public Health/Health Sciences electives
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### Electives

Courses with a subject code of ABHL, ACCT, ADCS, AGEM, EDUC, FINC, HLSC, HRLR, IGBM, IMGT, MGT, MKTG, NURS, PUBH, or TREC may not be used to fulfill the Fine Arts and Humanities Electives, or Science Elective in the Public Health major.

- \_\_\_\_\_ 27.-29. Three Fine Arts and Humanities electives
  - \_\_\_\_\_ 27. \_\_\_\_\_
  - \_\_\_\_\_ 28. \_\_\_\_\_
  - \_\_\_\_\_ 29. \_\_\_\_\_
- \_\_\_\_\_ 30. One Science elective
  - \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ 31.-40. Ten electives offered by any Faculty or School
  - \_\_\_\_\_ 31. \_\_\_\_\_
  - \_\_\_\_\_ 32. \_\_\_\_\_
  - \_\_\_\_\_ 33. \_\_\_\_\_
  - \_\_\_\_\_ 34. \_\_\_\_\_
  - \_\_\_\_\_ 35. \_\_\_\_\_
  - \_\_\_\_\_ 36. \_\_\_\_\_
  - \_\_\_\_\_ 37. \_\_\_\_\_
  - \_\_\_\_\_ 38. \_\_\_\_\_
  - \_\_\_\_\_ 39. \_\_\_\_\_
  - \_\_\_\_\_ 40. \_\_\_\_\_

### General Requirements

- \_\_\_\_\_ Completion of 40 course equivalents (120.0 credit hours) with a GPA of at least 2.00 (on the University of Lethbridge 4.0 scale) on courses taken for credit towards the degree.
- \_\_\_\_\_ Attain a minimum cumulative GPA of 2.50 (on the University of Lethbridge 4.0 scale) on all Aboriginal Health, Addictions Counselling, Health Sciences, and Public Health courses taken for credit towards the degree.
- \_\_\_\_\_ Completion of the Liberal Education List Requirement (see **School of Liberal Education** in the 2024/2025 University of Lethbridge Calendar, [www.ulethbridge.ca/ross/academic-calendar](http://www.ulethbridge.ca/ross/academic-calendar)).
- \_\_\_\_\_ Not more than three Independent Study courses may be taken for credit towards the degree.
- \_\_\_\_\_ Not more than 12 courses (36.0 credit hours) may be completed at the 1000 level (or lower) for credit towards the degree, excluding Activity courses (labelled PHAC and MUSE).
- \_\_\_\_\_ Residence requirement: 20 courses, including a minimum of ten from the Faculty of Health Sciences.
- \_\_\_\_\_ All degree requirements must be completed within seven years of completion of the first required course offered by the Faculty of Health Sciences.

**Note:** Not more than 12 courses (36.0 credit hours) may be completed at the 1000 level for credit towards the degree. Students interested in specific career paths can find a list of suggested courses at [www.ulethbridge.ca/healthsciences/phlists](http://www.ulethbridge.ca/healthsciences/phlists).

### Optional Minor:

Due to the structured nature of the B.H.Sc. program, students are **strongly discouraged** from declaring a minor. Completing a minor will require taking courses above the minimum degree requirements and could lengthen the duration of your program. Consult your Academic Advisor prior to declaring a minor.

For information about minors see **Minors** in the 2024/2025 University of Lethbridge Calendar, [www.ulethbridge.ca/ross/academic-calendar](http://www.ulethbridge.ca/ross/academic-calendar).

#### 1.-6. Minor Courses

- \_\_\_\_\_ 1. \_\_\_\_\_
- \_\_\_\_\_ 2. \_\_\_\_\_
- \_\_\_\_\_ 3. \_\_\_\_\_
- \_\_\_\_\_ 4. \_\_\_\_\_
- \_\_\_\_\_ 5. \_\_\_\_\_
- \_\_\_\_\_ 6. \_\_\_\_\_



### Recommended Course Sequence

Shown below is the recommended sequence of courses for your degree. Consult timetables for course offerings, prerequisites, and corequisites before registering each term as some courses may have limited offerings (ie. once a year, alternating years, or only offered in the Fall or Winter terms). Students are strongly encouraged to follow the sequencing plan outlined here. Not following the sequencing plan may result in extending the length of your program. Consult with an Academic Advisor in your faculty if you wish to alter this sequence with regard to the specifically listed courses.

**Note that this sequence was prepared based on course scheduling at the time of publication and may change during your studies.**

#### First Year (Fall)

- Anthropology 1000
- Biology 1010
- Public Health 1000
- Sociology 1000
- Fine arts and humanities elective

#### First Year (Winter)

- Health Sciences 2700/Sociology 2700
- Writing 1000
- Fine Arts and Humanities elective
- Elective
- Elective

#### Second Year (Fall)

- Health Sciences 2003/Biology 2003
- Health Sciences 3002
- Public Health 2000
- Public Health 2100
- Elective

#### Second Year (Winter)

- Aboriginal Health 1000
- Health Sciences 2310
- Health Sciences 3450/Psychology 3450
- Health Sciences 3825/Management 3825
- Public Health 3000

#### Third Year (Fall)

- Health Sciences 2400
- Health Sciences 3260
- Public Health 3100
- Public Health 3420
- Public Health/Health Sciences elective

#### Third Year (Winter)

- Health Sciences 3510
- Public Health 4000
- Public Health/Health Sciences elective
- Public Health/Health Sciences elective
- Science Elective

#### Fourth Year (Fall)

- Fine Arts and Humanities elective
- Public Health/Health Sciences elective
- Public Health/Health Sciences elective
- Elective
- Elective

#### Fourth Year (Winter)

- Elective
- Elective
- Elective
- Elective
- Elective

### Final Program Check

Request a Final Program Check at [www.ulethbridge.ca/healthsciences/forms](http://www.ulethbridge.ca/healthsciences/forms) by December 1 (April completers) or by April 1 (June, August, & December completers) and after registering in your final term.

Program requirements with \_\_\_\_\_ (majors, minors, concentrations)

will be met upon successful completion of \_\_\_\_\_ currently enrolled courses

have been met

Advisor: \_\_\_\_\_ Date: \_\_\_\_\_

Health Sciences GPA: \_\_\_\_\_

Grad GPA: \_\_\_\_\_

Advisor: \_\_\_\_\_ Date: \_\_\_\_\_



**Customize your program or keep notes**

An empty program space is available below should you wish or need to create a customized program sequence. Ensure you are following the program requirements laid out on the previous pages of this guide to ensure you are meeting all program, degree, and institutional requirements.  
**Consult with an Academic Advisor in your faculty if you wish to customize your sequence of courses.**

**First Year (Fall)**

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**First Year (Winter)**

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**Second Year (Fall)**

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**Second Year (Winter)**

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**Third Year (Fall)**

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**Fifth Year (Winter)**

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**Notes**

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