



Calendar Year: 2026/2027

# PROGRAM PLANNING GUIDE

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

ID:

## Bachelor of Health Sciences

### Indigenous Health



Indigenous health is Canadian health. The health of Indigenous peoples in Canada is a complex social justice issue that can only be addressed by people who are creative, skilled, culturally competent, committed and passionate about righting historical wrongs and acting to create a more inclusive, equitable society. Learn traditional Indigenous teachings and contemporary perspectives by engaging with elders, knowledge keepers, health care professionals and other Indigenous peoples. Learn how Indigenous values, knowledge and practices foster healthy children, youth, adults, elders, families and communities.

#### 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:** 2026/2027 - 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):** Indigenous 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-aboriginal-health](http://www.ulethbridge.ca/healthsciences/practicum-aboriginal-health)

**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)



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Contact an Academic Advisor ([www.ulethbridge.ca/ross/academic-advising](http://www.ulethbridge.ca/ross/academic-advising)) for advising information

This is a planning guide and not a graduation check or guarantee of course offerings. You should have a program check done in your final year of studies. Students are responsible for ensuring they have met program requirements. This guide should be used in conjunction with the University of Lethbridge Academic Calendar, which is the final authority on program requirements and academic regulations.



## Required courses and notes

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

ID: 

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### Core Courses

- \_\_\_\_\_ 1. Indigenous Health 1000 - Introduction to Indigenous Health
- \_\_\_\_\_ 2. Indigenous Health 2000 - Indigenous Healing and Restoration
- \_\_\_\_\_ 3. Indigenous Health 3300 - Traditional Indigenous Health Concepts
- \_\_\_\_\_ 4. Indigenous Health 3310 - Contemporary Issues in Indigenous Health
- \_\_\_\_\_ 5. Indigenous Health 3400 - Indigenous Community Development
- \_\_\_\_\_ 6. Indigenous Health 3500 - Indigenous Health Research Methods
- \_\_\_\_\_ 7.-11. Indigenous Health 4350 - Practicum in Indigenous Health (15.0 credit hours)
- \_\_\_\_\_ 12. Health Sciences 1010 - Personal Health and Wellness
- \_\_\_\_\_ 13. Health Sciences 2700/Sociology 2700 - Health and Society
- \_\_\_\_\_ 14. Health Sciences 3260 - Research in the Health Sciences
- \_\_\_\_\_ 15. Health Sciences 3450/Psychology 3450 - Applied Statistics for Clinical Practice
- \_\_\_\_\_ 16. Health Sciences 3510 - Program Planning and Evaluation
- \_\_\_\_\_ 17. Indigenous Governance and Business Management 2500 - Introduction to Indigenous Governance and Business Management
- \_\_\_\_\_ 18. Management 2081 - Professional Communications Skills
- \_\_\_\_\_ 19. Public Health 1000 - Introduction to Public Health
- \_\_\_\_\_ 20. Public Health 2000 - Population Health
- \_\_\_\_\_ 21. Public Health 2100 - Policy and Health
- \_\_\_\_\_ 22. Public Health 3420 - Public Health Ethics
- \_\_\_\_\_ 23. Sociology 1000 - Introduction to Sociology
- \_\_\_\_\_ 24. Writing 1000 - Introduction to Academic Writing

### Electives

Courses with a subject code of ACCT, AGEM, AMHC, DGTR, EDUC, FINC, GLBU, HLSC, HRLR, IGBM, INHL, MGT, MKTG, NURS, PUBH, or TRÉC may not be used to fulfill the Fine Arts and Humanities Elective, Social Science Electives, or Science Electives in the Indigenous Health major.

- \_\_\_\_\_ 25. One Fine Arts and Humanities elective  
\_\_\_\_\_ 25. \_\_\_\_\_
- \_\_\_\_\_ 26. One Social Science elective  
\_\_\_\_\_ 26. \_\_\_\_\_
- \_\_\_\_\_ 27.-30. Four Science electives  
\_\_\_\_\_ 27. \_\_\_\_\_  
\_\_\_\_\_ 28. \_\_\_\_\_  
\_\_\_\_\_ 29. \_\_\_\_\_  
\_\_\_\_\_ 30. \_\_\_\_\_
- \_\_\_\_\_ 31.-39. Nine Open electives  
\_\_\_\_\_ 31. \_\_\_\_\_  
\_\_\_\_\_ 32. \_\_\_\_\_  
\_\_\_\_\_ 33. \_\_\_\_\_  
\_\_\_\_\_ 34. \_\_\_\_\_  
\_\_\_\_\_ 35. \_\_\_\_\_  
\_\_\_\_\_ 36. \_\_\_\_\_  
\_\_\_\_\_ 37. \_\_\_\_\_  
\_\_\_\_\_ 38. \_\_\_\_\_  
\_\_\_\_\_ 39. \_\_\_\_\_
- \_\_\_\_\_ 40. One 3000/4000-level course  
\_\_\_\_\_ 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 Addictions Counselling, Health Sciences, Indigenous Health, and Public Health courses taken for credit towards the degree.
- \_\_\_\_\_ Completion of the Liberal Education List Requirement (see **School of Liberal Education** in the 2026/2027 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.

### 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 2026/2027 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 SEQUENCING PLAN (2026/2027)

## Recommended Course Sequence

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

ID: 

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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)

- Indigenous Health 1000
- Health Sciences 1010
- Public Health 1000
- Elective
- Elective

### First Year (Winter)

- Sociology 1000
- Writing 1000
- Science Elective
- Elective
- Elective

### Second Year (Fall)

- Indigenous Health 2000
- Public Health 2000
- Indigenous Governance and Business Management 2500
- Fine Arts and Humanities Elective
- Science Elective

### Second Year (Winter)

- Indigenous Health 3300
- Indigenous Health 3310
- Health Sciences 2700/Sociology 2700
- Management 2081
- Elective

### Third Year (Fall)

- Indigenous Health 3400
- Health Sciences 3260
- Public Health 2100
- Public Health 3420
- Science Elective

### Third Year (Winter)

- Indigenous Health 3500
- Health Sciences 3510
- Social Science Elective
- Elective
- Elective

### Fourth Year (Fall)

- Health Sciences 3450/Psychology 3450
- 3000/4000-level elective
- Science Elective
- Elective
- Elective

### Fourth Year (Winter)

- Indigenous Health 4350

## 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: \_\_\_\_\_

