

HEALTH STUDIES, B.H.ST.

Degree Requirements

The Bachelor of Health Studies (B.H.St.) curriculum integrates social science concepts, such as sociology and economics, with science concepts, such as biology and metabolism. This integration supports the promotion of health by giving graduates an understanding of health services, the social determinants of health, and how these determinants influence the health of individuals, families, and communities. One of the following 3 Concentrations must be completed: Health Policy, Planning and Evaluation; Health Promotion and Education; or Family Health. A Concentration is 18 credit hours and the requirements can be found in the Concentrations Tab.

Students should consult the Academic Calendar to ensure that they have the appropriate pre- or co-requisites before they attempt to register in a course. A number of courses are cross-listed between departments/faculties. Students are strongly encouraged to seek the advice of an Academic Advisor in the Interdisciplinary Health Program in order to plan their program.

Course	Title	Hours
Year 1		
ANTH 1210 or ANTH 1220	Ancient Peoples and Places or Socio-Cultural Anthropology	3
FMLY 1012	Introduction to Social Development	3
HEAL 1500	Foundations of Human Biology 1 ²	3
HEAL 1502	Foundations of Human Biology 2 ²	3
PSYC 1200	Introduction to Psychology	6
SOC 1000	Introduction to Sociology	3
STAT 1000	Basic Statistical Analysis 1	3
3 credit hours of Concentration Electives		3
3 credit hours of Free Electives		3
Hours		30
Year 2		
ECON 1210 or ECON 1220	Introduction to Canadian Economic Issues and Policies or Introduction to Global and Environmental Economic Issues and Policies	3
GMGT 1010 or GMGT 2070	Business and Society or Introduction to Organizational Behaviour	3
HEAL 2600	Integration of Health Determinants of Individuals	3
HNSC 1210	Nutrition for Health and Changing Lifestyles	3
HNSC 2000 or PSYC 2250	Research Methods and Presentation ³ or Introduction to Psychological Research	3
One of the following:		3
INDG 1220	Indigenous Peoples in Canada, Part 1	
INDG 1240	Indigenous Peoples in Canada, Part 2	
INDG 3240	Indigenous Medicine and Health	
6 credit hours of Concentration Electives		6
3 credit hours of Program Electives ⁴		3

3 credit hours of Free Electives		3
Hours		30
Year 3		
FMLY 3750	Fundamentals of Health Promotion	3
FMLY 3780	Introduction to the Development of Programs for Children and Families	3
FMLY 3790	Introduction to the Evaluation of Programs for Children and Families	3
HEAL 3000	Introduction to Social Epidemiology	3
HEAL 3600	Integration of Health Determinants for Communities	3
PHIL 2740	Ethics and Biomedicine ⁵	3
SOC 2490	Sociology of Health and Illness	3
3 credit hours of Concentration Electives		3
6 credit hours of Program Electives ⁴		6
Hours		30
Year 4		
HEAL 4600	Integration of Health Determinants for Canada and the World	3
HEAL 4610	Health Studies Capstone	3
6 credit hours of Concentration Electives		6
12 credit hours of Program Electives ^{4,6}		12
6 credit hours of Free Electives		6
Hours		30
Total Hours		120

¹ Equivalent courses offered through Université de Saint-Boniface may be used in lieu of the specified courses identified in the degree program chart.

² BIOL 1020 and BIOL 1030 may be used as course equivalents if courses were completed prior to September 2021.

³ Students are advised that they must complete 3 credit hours from the Written English list within their first 60 credit hours, if they do not plan to take HNSC 2000.

⁴ Of the 21 credit hours of program electives, 9 credit hours must be at the 3000-4000 level.

⁵ PHIL 2410 may be used in place of PHIL 2740.

⁶ Students may complete a maximum of 6 credit hours in HEAL 4650 and HEAL 4652. HEAL 4650 can be completed a maximum of two times.

Bachelor of Health Studies Program Electives List

Please note, a course completed as a core requirement may not also be used as an elective.

Faculty of Agricultural and Food Sciences

Course	Title	Hours
ABIZ 1010	Economics of World Food Issues and Policies	3
ABIZ 3550	Environmental Policy	3
FOOD 4150	Food Microbiology 1	3
HNSC 1200	Food: Facts and Fallacies	3
HNSC 2130	Nutrition Through the Life Cycle	3
HNSC 3350	Culture and Food Patterns	3
HNSC/GEOG 3870	Food Geographies	3

Faculty of Arts

Course	Title	Hours	Course	Title	Hours
ANTH 2020	Relatedness in a Globalizing World	3	PHIL 2420	Applied Ethics 2	3
ANTH 2040	A Socio-Cultural Survey of North American Indigenous Peoples	3	PSYC 2250	Introduction to Psychological Research	3
ANTH 2240	Plagues and People	3	PSYC 2260	Introduction to Research Methods in Psychology	3
ANTH 2300	Anthropology of Childhood	3	PSYC 2290	Child Development	3
ANTH 2510	Anthropology of Economic Systems	3	PSYC 2360	Brain and Behaviour	3
ANTH 2550	Culture and the Individual	3	PSYC 2440	Behaviour Modification Principles	3
ANTH 2560	Anthropology of Illness	3	PSYC 2470	Learning Foundations of Psychology	3
ANTH 2860	Evolution and Human Diversity	3	PSYC 2480	Cognitive Processes	3
ANTH 2880	Human Evolution	3	PSYC 2490	Abnormal Psychology	3
ANTH 2890	Human Population Biology	3	PSYC 2530	Psychology of Personality	3
ANTH 3200	Anthropology of Food	3	PSYC 2540	Social Psychology	3
ANTH 3320	Women in Cross-Cultural Perspective	3	PSYC 3070	Adult Development	3
ANTH 3500	Archaeology of Inuit Nunangat	3	PSYC 3130	Introduction to Health Psychology	3
ANTH 3550	Canadian Subcultures	3	PSYC 3150	Behaviour Modification Applications	3
ANTH 3740	Human Growth and Variation	3	PSYC 3160	Perception and Attention	3
ANTH 3750	Anthropological Perspectives on Globalization and the World-System	3	PSYC 3310	Adolescent Development	3
ECON 2350	Community Economic Development	3	PSYC 3390	Thinking	3
ECON 2362	Economics of Gender	3	PSYC 3430	Sensory Processes	3
ECON 3690	Economic Issues of Health Policy	3	PSYC 3470	Dyadic Relations	3
ECON 3692	Economic Determinants of Health	3	PSYC 3490	Individual Differences	3
GPE 1700	Social Justice in the 21st Century: Global Political Economy and Environmental Change	3	PSYC 3580	Language and Thought	3
HIST 2020	The Métis in Canada (C)	3	RLGN 1322	Introduction to Eastern Religions	3
HIST 2010	Indigenous History in Canada (C)	6	RLGN 1324	Introduction to Western Religions	3
HIST 2400	History of Human Rights and Social Justice in the Modern World (M)	3	RLGN 1410	Death and Concepts of the Future	3
INDG 1220	Indigenous Peoples in Canada, Part 1	3	RLGN 2590	Religion and Social Issues	3
INDG 1240	Indigenous Peoples in Canada, Part 2	3	SOC 2320	Canadian Society and Culture	3
INDG 1250	Introductory Cree 1	3	SOC 2330	Social Psychology in Sociological Perspective	3
INDG 1270	Introductory Anishinaabemowin (Ojibwe) 1	3	SOC 2360	Social Group Interaction	3
INDG 2020	The Métis in Canada	3	SOC 2370	Ethnic Relations	3
INDG 2040	The Dakota, Lakota, and Nakota Nations	3	SOC 2390	Social Organization	3
INDG 2060	Eastern Woodlands Encounters Columbus to Confederation	3	SOC 2460	The Family	3
INDG 2070	Cree, Innu, and Dene Nations	3	SOC 2510	Criminology	3
INDG 2080	Inuit Society and Culture	3	SOC 2610	Sociology of Criminal Justice and Corrections	3
INDG 2100	Indigenous Spirituality	3	SOC 2620	The Sociology of Aging	3
INDG 2110	Introduction to Indigenous Community Development	3	SOC 2630	Social Change	3
INDG 2540	Indigenous in the City	3	SOC 3310	Theorizing Crime, Law, and Social Justice	3
INDG 3100	Indigenous Healing Ways	3	SOC 3370	Sociology of Work	3
INDG 3150	Residential School Literature	3	SOC 3380	Power, Politics and the Welfare State	3
INDG 3170	Indigenous Peoples and Racism in Canada	3	SOC 3400	Policing and Crime Prevention	3
INDG 3240	Indigenous Medicine and Health	3	SOC 3540	The Sociology of Health Care Systems	3
INDG 3300	Indigenous Language Planning and Development	3	SOC 3660	Sociology of Mental Disorder	3
LABR 1260	Working for a Living	3	SOC 3730	Society and Education	3
LABR 3060	Workplace Health and Safety	3	SOC 3750	Institutional Responses to Violence in Family and Intimate Relationships	3
LABR 3070	Labour Relations and Occupational Health and Safety Law	3	SOC 3770	Women, Health and Medicine	3
			SOC 3790	Women, Crime and Social Justice	3
			SOC 3810	Sociological Perspectives on Gender and Sexuality	3
			SOC 3820	Qualitative and Historical Methods in Sociology	3
			SOC 3830	Youth, Crime, and Society	3
			SOC 3840	Critiquing Consumption, Creating Community	3
			SOC 3860	Genocide, Crime and Society	3
			SOC 3890	Power and Inequality in Comparative Perspective	3

WOMN 1600	Introduction to Women's and Gender Studies in the Social Sciences	3
WOMN 2000	Feminist Thought	3
WOMN 2500	Race, Class and Sexuality	3
WOMN 2560	Women, Science and Technology	3
WOMN 2600	Sex, Gender, Space and Place	3
WOMN 2610	Gender, Transport and Social Justice	3
WOMN 3000	Interdisciplinary Research in Women's and Gender Studies	3
WOMN 3560	Feminist Perspectives on Violence Against Women	3

I. H. Asper School of Business

Course	Title	Hours
HRIR 2440	Human Resource Management	3
HRIR 3450	Labour and Employment Relations	3
LEAD 2010	Learning to Lead	3
LEAD 3010	Negotiation and Conflict Management	3
LEAD 4020	Leadership, Power and Politics in Organizations	3

Clayton H. Riddell Faculty of Environment, Earth and Resources

Course	Title	Hours
EER 1000	Earth: A User's Guide	3
ENVR 1000	Environmental Science 1 - Concepts	3
ENVR 3400	Introduction to Environment and Health	3
ENVR 4400	Advanced Issues in Environment and Health	3
GEOG 1280	Introduction to Human Geography	3
GEOG 1700	Social Justice in the 21st Century: Global Political Economy and Environmental Change	3
GEOG 3870	Food Geographies	3
GEOG 3890	Geography and Wellness (HS)	3

Faculty of Education

Course	Title	Hours
EDUA 1560	Adult Learning and Development	3
EDUA 1570	Foundations of Adult Education	3
EDUA 1580	Program Planning in Adult Education	3
EDUA 1590	Facilitating Adult Education	3

Rady Faculty of Health Sciences

Course	Title	Hours
HEAL 1600	Health and Health Professions	3
HEAL 4650	Research Project in Interdisciplinary Health	3
HEAL 4652	Advanced Research Project in Interdisciplinary Health	6

Max Rady College of Medicine

Course	Title	Hours
BGEN 2000	Medical Cell Biology	3
BGEN 3010	Genetics in Biomedicine	3
BGEN 3022	Introduction to Human Genetics A	3
BGEN 3024	Introduction to Human Genetics B	3
PHGY 1030	Fundamentals of Medical Physiology	6
FMLY 1000	Families in Contemporary Canadian Society	3
FMLY 1010	Human Development in the Family	3
FMLY 1420	Family Management Principles	3

FMLY 2012	Development, Conflict, and Displacement	3
FMLY 2400	Family Financial Health	3
FMLY 2500	Diversity and Families	3
FMLY 2600	Foundations of Childhood Developmental Health	3
FMLY 2650	The Social Aspects of Aging	3
FMLY 2800	Family Violence	3
FMLY 3012	Theories of Social Development	3
FMLY 3220	Death and the Family	3
FMLY 3240	Families in Later Years	3
FMLY 3330	Parenting and Developmental Health	3
FMLY 3400	Families as Consumers	3
FMLY 3470	Selected Studies in the Family I	3
FMLY 3600	Adolescents in Families and Society	3
FMLY 3800	Conflict Resolution in the Family	3
FMLY 3802	Intimate Partner Violence	3
FMLY 3806	Children, Violence and Rights	3
FMLY 4012	Social Development Policies	3
FMLY 4220	Aging and Risk in a Global Context	3
FMLY 4300	Field Experience	6
FMLY 4330	Management of Family Stress	3
FMLY 4400	Family Economics: Poverty and Wealth	3
FMLY 4470	Selected Studies in the Family II	3
FMLY 4480	Work and Family Issues	3
FMLY 4604	Children in Adversity	3
FMLY 4606	A Social Justice Perspective on Indigenous Maternal and Child Health	3
FMLY 4802	Family Violence Prevention	3

College of Nursing

Course	Title	Hours
NURS 2610	Health and Physical Aspects of Aging	3
NURS 4520	Professional Foundations 5: Interprofessional and Collaborative Practice	3

Faculty of Kinesiology and Recreation Management

Course	Title	Hours
KIN 2610	Health and Physical Aspects of Aging	3
KIN 3510	Physical Activity and Aging	3
KPER 1200	Physical Activity, Health and Wellness	3
KPER 2200	Planning Principles	3
KPER 2700	Motor Control and Learning	3
KPER 3100	Inclusive Physical Activity and Leisure	3
REC 2650	The Social Aspects of Aging	3
REC 3220	Program Planning and Evaluation	3
REC 4250	Leisure and Aging	3

Faculty of Science

Course	Title	Hours
BIOL 1300	Economic Plants	3
BIOL 1340	The State of the Earth's Environment: Contemporary Issues	3
BIOL 1410	Anatomy of the Human Body	3
BIOL 1412	Physiology of the Human Body	3
BIOL 3290	Medicinal and Hallucinogenic Plants	3

CHEM 1100	Introductory Chemistry 1: Atomic and Molecular Structure and Energetics	3
CHEM 1110	Introductory Chemistry 2: Interaction, Reactivity, and Chemical Properties	3
CHEM 1120	Introduction to Chemistry Techniques	3
CHEM 1130	Introduction to Organic Chemistry	3
CHEM 2100	Organic Chemistry 1: Foundations of Organic Chemistry	3
CHEM 2110	Organic Chemistry 2: Foundations of Organic Synthesis	3
CHEM 2122	Experimental Organic Chemistry	3
CHEM 2700	Biochemistry 1: Biomolecules and an Introduction to Metabolic Energy	3
CHEM 2710	Biochemistry 2: Catabolism, Synthesis, and Information Pathways	3
CHEM 2720	Principles and Practices of the Modern Biochemistry Laboratory	3
CHEM 2730	Elements of Biochemistry 1	3
CHEM 2740	Introduction to the Biochemistry Laboratory	3
CHEM 2750	Elements of Biochemistry 2	3
MATH 1010	Applied Finite Mathematics	3
MATH 1020	Mathematics in Art	3
MATH 1080	Fundamentals of Mathematical Reasoning	3
MATH 1090	Mathematical Reasoning in Euclidean Geometry	3
MATH 1220	Linear Algebra 1	3
MATH 1230	Differential Calculus	3
MATH 1300	Vector Geometry and Linear Algebra	3
MATH 1500	Introduction to Calculus	3
MBIO 1010	Microbiology I	3
MBIO 1220	Essentials of Microbiology	3
MBIO 1410	Introduction of Molecular Biology	3
MBIO 2020	Microbiology II	3
MBIO 2420	Introductory Virology	3
MBIO 2700	Biochemistry 1: Biomolecules and an Introduction to Metabolic Energy	3
MBIO 2710	Biochemistry 2: Catabolism, Synthesis, and Information Pathways	3
PHYS 1020	General Physics 1	3
PHYS 1030	General Physics 2	3
PHYS 1050	Physics 1: Mechanics	3
PHYS 1070	Physics 2: Waves and Modern Physics	3
STAT 2000	Basic Statistical Analysis 2	3

Faculty of Social Work

Course	Title	Hours
SWRK 1200	Introduction to Canadian Social Welfare	3
SWRK 2030	Communication and Relational Skills in Social Work	3
SWRK 2040	Social Welfare Policy: Analysis and Advocacy	3
SWRK 2650	The Social Aspects of Aging	3

Concentrations

For the Bachelor of Health Studies (B.H.St.) Degree, students must select and complete one of the three concentrations listed below. A Concentration is 18 credit hours.

1. Health Policy, Planning and Evaluation or
2. Health Promotion and Education or
3. Family Health

Students should consult the Academic Calendar to ensure that they have the appropriate pre- or co-requisites before they attempt to register in a course. A number of courses are cross-listed between departments/faculties.

Health Policy, Planning and Evaluation Concentration

The **Health Policy, Planning, and Evaluation** concentration can provide foundational knowledge related to health policy development and related evaluation, as well as programming services. This concentration can be a potential route for those wishing to pursue related graduate studies in Community Health Sciences (although students in all three concentrations are eligible to pursue graduate studies), or for individuals seeking careers in areas such as Health Policy Analysis or Program Planning and Evaluation.

Health Policy, Planning and Evaluation Concentration Electives List

Course	Title	Hours
ABIZ 1010	Economics of World Food Issues and Policies	3
ACC 1100	Introductory Financial Accounting	3
ANTH 2560	Anthropology of Illness	3
ECON 3690	Economic Issues of Health Policy	3
ECON 3692	Economic Determinants of Health	3
ENVR 3400	Introduction to Environment and Health	3
ENVR 4400	Advanced Issues in Environment and Health	3
FMLY 4012	Social Development Policies	3
GEOG 1280	Introduction to Human Geography	3
GEOG 1700	Social Justice in the 21st Century: Global Political Economy and Environmental Change	3
GEOG 2640	Geography of Culture and Inequality (HS)	3
HNSC 1200	Food: Facts and Fallacies	3
HNSC 3350	Culture and Food Patterns	3
HNSC 3870	Food Geographies	3
INDG 2100	Indigenous Spirituality	3
INDG 3100	Indigenous Healing Ways	3
KIN/NURS 2610	Health and Physical Aspects of Aging	3
KPER 1200	Physical Activity, Health and Wellness	3
KPER 2200	Planning Principles	3
LABR 1260	Working for a Living	3
LABR 3060	Workplace Health and Safety	3
LEAD 2010	Learning to Lead	3
LEAD 3010	Negotiation and Conflict Management	3
LEAD 4020	Leadership, Power and Politics in Organizations	3
PSYC 2260	Introduction to Research Methods in Psychology	3
PSYC 2540	Social Psychology	3
PSYC 3130	Introduction to Health Psychology	3
REC 3220	Program Planning and Evaluation	3
SOC 2390	Social Organization	3

SOC 2630	Social Change	3
SOC 3540	The Sociology of Health Care Systems	3
STAT 2000	Basic Statistical Analysis 2	3
SWRK 1200	Introduction to Canadian Social Welfare	3
SWRK 2030	Communication and Relational Skills in Social Work	3
SWRK 2040	Social Welfare Policy: Analysis and Advocacy	3

Health Promotion and Education Concentration

The **Health Promotion and Education** concentration would be a route through which students wishing to pursue a career as a home economics teacher could obtain their 'teachable subjects' in Human Ecology (Home Economics). Human Ecology consists of courses in HNSC (Human Nutritional Sciences), FMLY (Family Social Sciences) and/or HMEC (General Human Ecology) or their equivalents. Students are advised that additional training will be required and that consultation with academic advisors in the Faculty of Education is recommended. Aside from home economics education, this concentration would lay the foundation for a future career options as Community Health Educators or Health-related Organization/Foundation Fundraising, or Health and Safety Coordinators or a Professional Home Economist (P.H.Ec.)

Health Promotion and Education Concentration Electives List

Course	Title	Hours
ANTH 2560	Anthropology of Illness	3
EDUA 1560	Adult Learning and Development	3
EDUA 1570	Foundations of Adult Education	3
EDUA 1580	Program Planning in Adult Education	3
EDUA 1590	Facilitating Adult Education	3
ENVR 3400	Introduction to Environment and Health	3
ENVR 4400	Advanced Issues in Environment and Health	3
FMLY 1010	Human Development in the Family	3
FMLY 1420	Family Management Principles	3
FMLY 2650	The Social Aspects of Aging	3
FMLY 3012	Theories of Social Development	3
FMLY 4012	Social Development Policies	3
GEOG 1280	Introduction to Human Geography	3
GEOG 1700	Social Justice in the 21st Century: Global Political Economy and Environmental Change	3
GEOG 2640	Geography of Culture and Inequality (HS)	3
HNSC 1200	Food: Facts and Fallacies ¹	3
HNSC 2130	Nutrition Through the Life Cycle ¹	3
HNSC 2150	Composition, Functional and Nutritional Properties of Foods	3
HNSC 2160	Principles of Food Preparation and Preservation	3
HNSC 3350	Culture and Food Patterns	3
HNSC 4270	Sensory Evaluation of Food	3
HNSC 4290	Food, Nutrition and Health Policies	3
HNSC 4310	Nutrition and the Elderly	3
INDG 2100	Indigenous Spirituality	3
INDG 3100	Indigenous Healing Ways	3
KIN/NURS 2610	Health and Physical Aspects of Aging	3
KPER 1200	Physical Activity, Health and Wellness	3
LABR 1260	Working for a Living	3
PHIL 2150	Mind and Body	3

PSYC 2260	Introduction to Research Methods in Psychology	3
PSYC 2360	Brain and Behaviour	3
PSYC 2440	Behaviour Modification Principles	3
PSYC 2470	Learning Foundations of Psychology	3
PSYC 2480	Cognitive Processes	3
PSYC 3130	Introduction to Health Psychology	3
RLGN 1430	Food: Religious Concepts and Practices	3
SOC 2620	The Sociology of Aging	3
SOC 2630	Social Change	3
SOC 3540	The Sociology of Health Care Systems	3
SOC 3730	Society and Education	3
STAT 2000	Basic Statistical Analysis 2 ¹	3
SWRK 2030	Communication and Relational Skills in Social Work	3

¹ Students considering a career as a Home Economics teacher through the Faculty of Education after degree program should consult with an academic advisor in the Faculty of Education. Some courses may be required for completion of higher level courses in the 'teachable subject areas' in HNSC (Human Nutritional Sciences), FMLY (Family Social Sciences) and/or HMEC (General Human Ecology) or their equivalents and will require careful program planning.

Family Health Concentration Electives List

The **Family Health** concentration is designed for students who have an interest in Family Social Sciences. One of the features of the Family Health concentration is the ability to take courses relevant to the existing Family Social Sciences options (Aging and Developmental Health; Child and Youth Developmental Health; Family Economic Health; Family Violence; Social Development). This concentration provides an educational background that can be used to pursue careers in community wellness, child and family services, victim services, and youth care.

Family Health Concentration Electives List

Course	Title	Hours
FMLY 1000	Families in Contemporary Canadian Society	3
FMLY 1010	Human Development in the Family	3
FMLY 1420	Family Management Principles	3
FMLY 2012	Development, Conflict, and Displacement	3
FMLY 2400	Family Financial Health	3
FMLY 2500	Diversity and Families	3
FMLY 2600	Foundations of Childhood Developmental Health	3
FMLY 2650	The Social Aspects of Aging	3
FMLY 2800	Family Violence	3
FMLY 3012	Theories of Social Development	3
FMLY 3220	Death and the Family	3
FMLY 3240	Families in Later Years	3
FMLY 3330	Parenting and Developmental Health	3
FMLY 3400	Families as Consumers	3
FMLY 3470	Selected Studies in the Family I	3
FMLY 3600	Adolescents in Families and Society	3
FMLY 3800	Conflict Resolution in the Family	3
FMLY 3802	Intimate Partner Violence	3
FMLY 3806	Children, Violence and Rights	3
FMLY 4012	Social Development Policies	3

FMLY 4220	Aging and Risk in a Global Context	3
FMLY 4300	Field Experience	6
FMLY 4330	Management of Family Stress	3
FMLY 4400	Family Economics: Poverty and Wealth	3
FMLY 4470	Selected Studies in the Family II	3
FMLY 4480	Work and Family Issues	3
FMLY 4604	Children in Adversity	3
FMLY 4606	A Social Justice Perspective on Indigenous Maternal and Child Health	3
FMLY 4802	Family Violence Prevention	3
NURS 2100	Introduction to Family Caregiving Across the Lifespan	3