

The Degree of Bachelor of Health (BHLth – 360 points)

These regulations must be read in conjunction with the General Regulations for the University.

1. Version

- (a) These Regulations came into force on 1 January 2026.
- (b) This degree was first offered in 2026.

2. Variations

In exceptional circumstances the Amo Matua, Te Kaupeka Oranga | Executive Dean of Health may approve a personal programme of study which does not conform to these regulations.

3. The structure of the qualification

To qualify for the Degree of Bachelor of Health a student must be credited with courses having a minimum total value of 360 points.

- (a) Of these 360 points:
 - i. at least 270 points must be from courses listed in Schedule V to these Regulations.
 - ii. the remaining 90 points may be from courses from any undergraduate degree of the University.
- (b) In addition to these requirements, a student must be credited with courses to the value of:
 - i. at least 225 points above 100-level, including
 - ii. at least 90 points at 300-level.
- (c) Within the provisions outlined above, a student must satisfy the requirements for:
 - i. a major; or
 - ii. a major and a minor
- (d) Minors for the Bachelor of Health degree are those listed in Schedule S or those minors provided for in the General Conditions for Credit Regulations.
- (e) Students in the Bachelor of Health degree may share a maximum of 15 points between the BHLth core and minor, substitutions may be permitted with approval of the Amo Matua, Te Kaupeka Oranga | Executive Dean of Health or delegate.
- (f) Students in non-BHLth degrees may also minor in Health Studies if allowed for in their regulations. To complete a minor in Health Studies, students must complete at least 75 points, including:
 - i. 30 points from Schedule C
 - ii. 45 points at 200-level or above from Schedule V to these Regulations.

4. Admission to the qualification

A student must satisfy the Admission Regulations for the University to be admitted to this qualification.

5. Subjects

This qualification may be awarded with the majors specified in Schedule S to these regulations, and optionally the minors specified in Schedule S to these regulations or provided for in the General Credit Regulations.

6. Time limits

The time limit for this qualification is 72 months.

7. Transfers of credit, substitutions and cross-credits

This qualification adheres to the General Conditions for Credit and Transfer Regulations, with no additional stipulations.

8. Progression

This qualification adheres to the General Regulations for the University, with the following additional stipulation for students enrolled in the Mental Health and Addictions major:

- (a) Students enrolled in the Mental Health & Addictions major, will be required to meet the following requirements prior to gaining entry into the 200-level practicum course:
 - i. have completed all requirements at 100-level for the core and Mental Health and Addictions major; and
 - ii. meet any such other processes deemed necessary by the Amo Matua, Te Kaupeka Oranga | Executive Dean of Health, or delegate to determine suitability e.g. the meeting of the requirements stipulated in the Children's Act 2014.

9. Honours, Distinction and Merit

Honours, Distinction, and Merit are not awarded for this qualification.

10. Exit and Upgrade Pathways to other Qualifications

A student who has not met the requirements for the Bachelor of Health or who wishes to transfer to the Certificate in Health or Diploma in Health may apply to the Amo Matua, Te Kaupeka Oranga | Executive Dean of Health, or delegate for admission and all credit to be transferred to the Certificate or Diploma.

Schedule C: Compulsory Courses for the Degree of Bachelor of Health

For full course information, go to courseinfo.canterbury.ac.nz

The following information outlines the core requirements.

100-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH101	Introduction to Health Studies	15	S1	Campus	
			S1	Distance Learning	
HLTH105	Communication for Practice	15	S2	Campus	R: SOWK206, HSRV201 EQ: SOWK105
			X3	UC Online	
HLTH106	Te Wero - Māori Health Issues and Opportunities	15	X2	UC Online	
			S2	Campus	
			S2	Distance Learning	

200-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH203	Epidemiology	15	S1	Campus	P: Any 60 points at 100-level from any subject. R: HLTH110

300-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH302	Evidence in Health	15	NO		P: HLTH203 or HLTH213 R: HLTH301
HLTH321	Health Internship	15	NO		P: Any 60 points at 200-level including either HLTH203 or HLTH213 and subject to approval of Course Coordinator. R: HLED321

Schedule S: Subject Courses for the Degree of Bachelor of Health

Exercise & Sport Nutrition

A student must complete a minimum of 135 points in this major.

Major

100-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
BCHM111	Cellular Biology and Biochemistry	15	S1	Campus	R: BIOL111 and ENCH 281
			X3	UC Online	EQ: BIOL111
HLTH112	Anatomy & Physiology I	15	S1	Campus	R: SPRT104, SPCO104, BIOL116
			X4	UC Online	EQ: SPRT104
SPRT107	Sport Nutrition	15	X1	UC Online	R: SPCO107
			S2	Campus	EQ: SPCO107

200-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH223	Physical activity and Nutrition	15	S1	Campus	P: HLTH112 - 'Anatomy & Physiology I' or HLTH113 - 'Anatomy & Physiology II' or BCHM111 - 'Cellular Biology and Biochemistry' R: HLED223 EQ: HLED223
SPRT207	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60-points at 100-level from any subject, or any 15-points at 100-level from SPCO or SPRT or HLTH.
			S2	Distance Learning	R: SPCO242 EQ: SPCO242
SPRT209	Exercise Physiology	15	S1	Campus	P: SPCO104 or SPRT104
			S1	Distance Learning	R: SPCO209 EQ: SPCO209

300-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH307	Human Nutrition over the Lifespan	15	NO		P: SPRT207
HLTH317	Behaviour Change in Nutrition & Physical Activity	15	NO		P: Any 60 points at 200-level or above from any subject or 30 points from HLTH at 200-level or above

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
SPRT309	Applied Exercise Physiology	15	S2	Campus	P: SPRT209 or SPCO209
			S2	Distance Learning	R: SPCO309 EQ: SPCO309
SPRT343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPRT107 and 45pts 200-level SPRT or SPCO
			S1	Distance Learning	R: SPCO343 EQ: SPCO343

Note: Students completing a double major in the BHLth may enrol in 45 points at 300-level and complete a total of 120 points in Exercise and Sport Nutrition.

Minor

A student must complete a minimum of 75 points, with at least 45 points at 200-level or above from the following courses:

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
HLTH112	Anatomy & Physiology I	15	S1	Campus	R: SPRT104, SPCO104, BIOL116
			X4	UC Online	EQ: SPRT104
HLTH113	Anatomy & Physiology II	15	S2	Campus	P: Recommended Preparation: HLTH112 - Anatomy & Physiology I. R: BIOL116, SPCO104, SPRT104 RP: HLTH112 - Anatomy & Physiology I
HLTH203	Epidemiology	15	S1	Campus	P: Any 60 points at 100-level from any subject. R: HLTH110
HLTH223	Physical activity and Nutrition	15	S1	Campus	P: HLTH112 - 'Anatomy & Physiology I' or HLTH113 - 'Anatomy & Physiology II' or BCHM111 - 'Cellular Biology and Biochemistry' R: HLED223 EQ: HLED223
HLTH307	Human Nutrition over the Lifespan	15	NO		P: SPRT207
HLTH317	Behaviour Change in Nutrition & Physical Activity	15	NO		P: Any 60 points at 200-level or above from any subject or 30 points from HLTH at 200-level or above
SPRT107	Sport Nutrition	15	X1	UC Online	R: SPCO107
			S2	Campus	EQ: SPCO107
SPRT207	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60-points at 100-level from any subject, or any 15-points at 100-level from SPCO or SPRT or HLTH.
			S2	Distance Learning	R: SPCO242 EQ: SPCO242
SPRT343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPRT107 and 45pts 200-level SPRT or SPCO
			S1	Distance Learning	R: SPCO343 EQ: SPCO343

Health Education**Major****100-level**

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
HLTH121	Introduction to Health Education	15	S1	Campus	R: HLED121 EQ: HLED121

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
HLTH102	Health Promotion	15	S2	Campus	
			S2	Distance Learning	
HLTH112	Anatomy & Physiology I	15	S1	Campus	R: SPRT104, SPCO104, BIOL116
			X4	UC Online	EQ: SPRT104
HLTH122	Building Resilience	15	S2	Campus	R: HLED122 EQ: HLED122

200-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH222	Sexualities Education	15	NO		P: 15 pts at Level 100 HLTH R: HLED222 EQ: HLED222
HLTH270	Te Ao Hauora Tangata: Māori Health Perspectives	15	S2	Campus	P: Any 15 points at 100-level from HLTH, MAOR, or TREC RP: MAOR 108 and/or HLTH 106

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH213	Health Systems and Policy	15	S1	Campus	P: Any 60 points at 100-level in any subject.
HLTH215	Human Development across the Lifecourse	15	NO		P: HLTH101 or 60points at 100-level from any subject R: SOWK202, HSRV202
HLTH223	Physical activity and Nutrition	15	S1	Campus	P: HLTH112 - 'Anatomy & Physiology I' or HLTH113 - 'Anatomy & Physiology II' or BCHM111 - 'Cellular Biology and Biochemistry' R: HLED223 EQ: HLED223

300-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH312	Health Planning, Implementation and Evaluation	15	S1	Campus	P: Any 30 points at 200-level from Health Science (HLTH or HLED).
HLTH323	Critical Analysis of Health Education Practices	15	NO		P: 60-points at 200-level including 15-points of HLED or HLTH courses or by approval of Associate Dean Academic. R: HLED322, HLED324

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH317	Behaviour Change in Nutrition & Physical Activity	15	NO		P: Any 60 points at 200-level or above from any subject or 30 points from HLTH at 200-level or above
SPRT322	Physical Activity and Wellbeing	15	S2	Campus	P: SPRT107 or SPRT209 or SPCO107 or SPCO209

Minor

A student must complete 75 points from Schedule S of the Health Education major with at least 45 points at 200-level or above.

Health Science**Major****100-level**

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
BCHM111	Cellular Biology and Biochemistry	15	S1	Campus	R: BIOL 111 and ENCH 281 EQ: BIOL111
			X3	UC Online	
HLTH112	Anatomy & Physiology I	15	S1	Campus	R: SPRT104, SPCO104, BIOL116 EQ: SPRT104
			X4	UC Online	
HLTH113	Anatomy & Physiology II	15	S2	Campus	P: Recommended Preparation: HLTH112 - Anatomy & Physiology I. R: BIOL116, SPCO104, SPRT104 RP: HLTH112 - Anatomy & Physiology I

200-level

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
HLTH213	Health Systems and Policy	15	S1	Campus	P: Any 60 points at 100-level in any subject.

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
BIOL213	Microbiology	15	S2	Campus	P: BIOL111 or BIOL113. RP: BIOL231/BCHM202
BIOL253	Cell Biology I	15	S1	Campus	P: BIOL111 (=BCHM111) or ENCH281 R: BCHM253 EQ: BCHM253
HLTH215	Human Development across the Lifecourse	15	NO		P: HLTH101 or 60points at 100-level from any subject R: SOWK202, HSRV202
SPRT209	Exercise Physiology	15	S1	Campus	P: SPCO104 or SPRT104 R: SPCO209 EQ: SPCO209
			S1	Distance Learning	

300-level

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
HLTH312	Health Planning, Implementation and Evaluation	15	S1	Campus	P: Any 30 points at 200-level from Health Science (HLTH or HLED).
HLTH317	Behaviour Change in Nutrition & Physical Activity	15	NO		P: Any 60 points at 200-level or above from any subject or 30 points from HLTH at 200-level or above

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
BIOL351	Cell Biology 2	15	S2	Campus	P: BIOL253 (=BCHM253)
SPRT309	Applied Exercise Physiology	15	S2	Campus	P: SPRT209 or SPCO209 R: SPCO309 EQ: SPCO309
			S2	Distance Learning	

Minor

Students must complete a minimum of 75 points with at least 45 points at 200-level or above from the following courses:

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
BCHM111	Cellular Biology and Biochemistry	15	S1	Campus	R: BIOL 111 and ENCH 281 EQ: BIOL111
			X3	UC Online	
BIOL351	Cell Biology 2	15	S2	Campus	P: BIOL253 (=BCHM253)
HLTH112	Anatomy & Physiology I	15	S1	Campus	R: SPRT104, SPCO104, BIOL116 EQ: SPRT104
			X4	UC Online	
HLTH113	Anatomy & Physiology II	15	S2	Campus	P: Recommended Preparation: HLTH112 - Anatomy & Physiology I. R: BIOL116, SPCO104, SPRT104 RP: HLTH112 - Anatomy & Physiology I
HLTH203	Epidemiology	15	S1	Campus	P: Any 60 points at 100-level from any subject. R: HLTH110
HLTH213	Health Systems and Policy	15	S1	Campus	P: Any 60 points at 100-level in any subject.

HLTH215	Human Development across the Lifecourse	15	NO		P: HLTH101 or 60points at 100-level from any subject R: SOWK202, HSRV202
HLTH312	Health Planning, Implementation and Evaluation	15	S1	Campus	P: Any 30 points at 200-level from Health Science (HLTH or HLED).

Māori & Indigenous Health

Major

100-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
MAORI65	Tuakiri : Culture and Identity	15	S1	Campus	
			S1	Distance Learning	
			S2	Campus	
			S2	Distance Learning	

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH102	Health Promotion	15	S2	Campus	
			S2	Distance Learning	
PACS111	Pacific Peoples and Societies	15	S1	Campus	
			S1	Distance Learning	

200-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH213	Health Systems and Policy	15	S1	Campus	P: Any 60 points at 100-level in any subject.
HLTH270	Te Ao Hauora Tangata: Māori Health Perspectives	15	S2	Campus	P: Any 15 points at 100-level from HLTH, MAOR, or TREO RP: MAOR 108 and/or HLTH 106

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
MAOR212	Māori and Indigenous Development	15	S1	Campus	P: Any 15 points at 100-level from HIST, MAOR, SOWK, or TREO, or any 60 points at 100-level from the Schedule V of the BA. R: HIST262, HIST379 EQ: HIST262
PACS211	The Transnational Pacific	15	S1	Campus	P: Any 45 points at 100-level
			S1	Distance Learning	
			X4	UC Online	
SPRT208	Sport and Culture in Aotearoa/New Zealand	15	S2	Campus	P: Any 60 points at 100-level from any subject. R: SPCO208 EQ: SPCO208
			S2	Distance Learning	

300-level

Course Code	Course Title	Pts	2026	Location	P/C/R/EP/EQ
HLTH306	Te Kete Hauora - Māori Health Knowledge and Understandings/Internship	30	NO		P: 60-points at 200-level from any subject

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/EP/EQ
HLTH317	Behaviour Change in Nutrition & Physical Activity	15	NO		P: Any 60 points at 200-level or above from any subject or 30 points from HLTH at 200-level or above
SPRT322	Physical Activity and Wellbeing	15	S2	Campus	P: SPRT107 or SPRT209 or SPCO107 or SPCO209

Minor

Students must complete a minimum of 75 points with at least 45 points at 200-level or above from the following courses:

Course Code	Course Title	Pts	2026	Location	P/C/R/EP/EQ
HLTH102	Health Promotion	15	S2	Campus	
				Distance Learning	
HLTH106	Te Wero - Māori Health Issues and Opportunities	15	X2	UC Online	
			S2	Campus	
			S2	Distance Learning	
HLTH203	Epidemiology	15	S1	Campus	P: Any 60 points at 100-level from any subject. R: HLTH110
HLTH270	Te Ao Hauora Tangata: Māori Health Perspectives	15	S2	Campus	P: Any 15 points at 100-level from HLTH, MAOR, or TREO RP: MAOR 108 and/or HLTH 106
HLTH306	Te Kete Hauora - Māori Health Knowledge and Understandings/ Internship	30	NO		P: 60-points at 200-level from any subject
MAOR165	Tuakiri : Culture and Identity	15	S1	Campus	
			S1	Distance Learning	
			S2	Campus	
			S2	Distance Learning	
MAOR212	Māori and Indigenous Development	15	S1	Campus	P: Any 15 points at 100-level from HIST, MAOR, SOWK, or TREO, or any 60 points at 100-level from the Schedule V of the BA. R: HIST262, HIST379 EQ: HIST262
PACS111	Pacific Peoples and Societies	15	S1	Campus	
			S1	Distance Learning	
PACS211	The Transnational Pacific	15	S1	Campus	P: Any 45 points at 100-level
			S1	Distance Learning	
			X4	UC Online	
SPRT322	Physical Activity and Wellbeing	15	S2	Campus	P: SPRT107 or SPRT209 or SPCO107 or SPCO209

Mental Health & Addiction

Major

100-level

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
HLTH122	Building Resilience	15	S2	Campus	R: HLED122 EQ: HLED122
SOWK102	Introduction to Social Work	15	S1	Campus	R: HSRV102 EQ: HSRV102
			S1	Distance Learning	

200-level

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
HLTH215	Human Development across the Lifecourse	15	NO		P: HLTH101 or 60points at 100-level from any subject R: SOWK202, HSRV202
HLTH216	Foundations of Mental Health and Addictions	15	NO		P: Any 60 points at 100-level in any subject R: SOWK303
HLTH226	Mental Health & Addictions Practicum	15	NO		P: HLTH216 - 'Foundations of Mental Health and Addictions' and subject to approval from Associate Dean - Academic based on police vetting. RP: HLTH216 - Foundations of Mental Health and Addictions

300-level

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
HLTH316	Professional Skills in Mental Health & Addictions	15	NO		P: HLTH216, HLTH226 and subject to approval of Associate Dean - Academic
HLTH317	Behaviour Change in Nutrition & Physical Activity	15	NO		P: Any 60 points at 200-level or above from any subject or 30 points from HLTH at 200-level or above
HLTH326	Professional Skills in Mental Health & Addictions II	15	NO		P: HLTH216, HLTH226, HLTH316 Subject to approval of Associate Dean - Academic

Physical Activity & Wellbeing

Major

100-level

15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
SPRT107	Sport Nutrition	15	X1	UC Online	R: SPCO107 EQ: SPCO107
			S2	Campus	
SPRT126	Land Journeys and Ethics	15	S2	Campus	R: TEPE112, SPCO126 EQ: SPCO126

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
HLTH102	Health Promotion	15	S2	Campus	
			S2	Distance Learning	

HLTH112	Anatomy & Physiology I	15	S1	Campus	R: SPRT104, SPCO104, BIOL116 EQ: SPRT104
			X4	UC Online	
HLTH122	Building Resilience	15	S2	Campus	R: HLED122 EQ: HLED122

200-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH223	Physical activity and Nutrition	15	S1	Campus	P: HLTH112 - 'Anatomy & Physiology I' or HLTH113 - 'Anatomy & Physiology II' or BCHM111 - 'Cellular Biology and Biochemistry' R: HLED223 EQ: HLED223
SPRT209	Exercise Physiology	15	S1	Campus	P: SPCO104 or SPRT104 R: SPCO209 EQ: SPCO209
			S1	Distance Learning	
SPRT229	Sport Psychology	15	S2	Campus	P: 60 points at 100-level in any subject R: SPCO103
			S2	Distance Learning	

300-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
SPRT322	Physical Activity and Wellbeing	15	S2	Campus	P: SPRT107 or SPRT209 or SPCO107 or SPCO209
SPRT323	Applied Sport and Exercise Psychology	15	S1	Campus	P: SPRT229 or SPCO103 R: SPCO223

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH317	Behaviour Change in Nutrition & Physical Activity	15	NO		P: Any 60 points at 200-level or above from any subject or 30 points from HLTH at 200-level or above
SPRT309	Applied Exercise Physiology	15	S2	Campus	P: SPRT209 or SPCO209 R: SPCO309 EQ: SPCO309
			S2	Distance Learning	

Minor

Students must complete a minimum of 75 points with at least 45 points at 200-level or above from the following courses:

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH102	Health Promotion	15	S2	Campus	
			S2	Distance Learning	
HLTH122	Building Resilience	15	S2	Campus	R: HLED122 EQ: HLED122
HLTH223	Physical activity and Nutrition	15	S1	Campus	P: HLTH112 - 'Anatomy & Physiology I' or HLTH113 - 'Anatomy & Physiology II' or BCHM111 - 'Cellular Biology and Biochemistry' R: HLED223 EQ: HLED223
HLTH317	Behaviour Change in Nutrition & Physical Activity	15	NO		P: Any 60 points at 200-level or above from any subject or 30 points from HLTH at 200-level or above

SPRT107	Sport Nutrition	15	X1	UC Online	R: SPCO107 EQ: SPCO107
			S2	Campus	
SPRT126	Land Journeys and Ethics	15	S2	Campus	R: TEPE112, SPCO126 EQ: SPCO126
SPRT229	Sport Psychology	15	S2	Campus	P: 60 points at 100-level in any subject R: SPCO103
			S2	Distance Learning	
SPRT322	Physical Activity and Wellbeing	15	S2	Campus	P: SPRT107 or SPRT209 or SPCO107 or SPCO209
SPRT323	Applied Sport and Exercise Psychology	15	S1	Campus	P: SPRT229 or SPCO103 R: SPCO223

Psychology

Major

A student must complete a minimum of 135 points in this major.

100-level

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
PSYC105	Introductory Psychology - Brain, Behaviour and Cognition	15	SU2	Distance Learning	R: PSYC103, PSYC104
			S1	Campus	
			S1	Distance Learning	
			X2	UC Online	
PSYC106	Introductory Psychology - Social, Personality and Developmental	15	SU1	Distance Learning	R: PSYC103, PSYC104
			S2	Campus	
			S2	Distance Learning	
			X4	UC Online	

200-level

A minimum of 45 points of 200-level PSYC courses including:

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
PSYC206	Introductory Research Methods and Statistics	15	SU2	Distance Learning	P: At least 15 points in 100-level Psychology and at least 45 points overall
			S1	Campus	
			S1	Distance Learning	
			S2	Distance Learning	

300-level

A minimum of 60 points of 300-level PSYC courses including:

Course Code	Course Title	Pts	2026	Location	P/C/R/PP/EQ
PSYC374	Health Psychology	15	S1	Campus	P: PSYC206 R: PSYC339

Note: Students completing a double major in the BHLth may enrol in 45 points at 300-level and complete a total of 120 points in Psychology.

Minor

A student must complete a minimum of 75 points of PSYC coded courses including PSYC105, PSYC106 and PSYC206. At least 45 points must be at 200-level or above.

Public Health**Major****100-level**

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH102	Health Promotion	15	S2	Campus	
			S2	Distance Learning	
HLTH111	Global Health	15	S1	Campus	

200-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH213	Health Systems and Policy	15	S1	Campus	P: Any 60 points at 100-level in any subject.
HLTH214	Environmental and Occupational Health	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 30 points at 100-level from HLTH or SPCO or SPRT

and 15 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
GEOG205	Introduction to Geographic Information Systems	15	SU1	Campus	P: 45 points at 100-level or above, from any degree schedule. R: DIGI205 and GISC422
			S1	Campus	
HLTH270	Te Ao Hauora Tangata: Māori Health Perspectives	15	S2	Campus	P: Any 15 points at 100-level from HLTH, MAOR, or TREO RP: MAOR 108 and/or HLTH 106

300-level

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH312	Health Planning, Implementation and Evaluation	15	S1	Campus	P: Any 30 points at 200-level from Health Science (HLTH or HLED).

and 30 points selected from:

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
GEOG325	Health, Wellbeing and Environment	15	S1	Campus	P: (1) GEOG205 or DIGI205; and (2) 15 points from GEOG, Science, Arts or Health at 200-level R: GEOG322
HLTH306	Te Kete Hauora - Māori Health Knowledge and Understandings/ Internship	30	NO		P: 60-points at 200-level from any subject
HLTH317	Behaviour Change in Nutrition & Physical Activity	15	NO		P: Any 60 points at 200-level or above from any subject or 30 points from HLTH at 200-level or above

Minor

A student must complete 75 points from Schedule S of the Public Health major with at least 45 points at 200-level or above.

Minors

Health Studies

75 points from the Bachelor of Health Schedule including HLTH101 and HLTH106 and with at least 45 points at 200-level or above.

Population Health Data Science

A student must complete 75 points from the following courses, with at least 45 points at 200-level or above.

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
GEOG205	Introduction to Geographic Information Systems	15	SU1	Campus	P: 45 points at 100-level or above, from any degree schedule. R: DIGI205 and GISC422
			S1	Campus	
GEOG325	Health, Wellbeing and Environment	15	S1	Campus	P: (1) GEOG205 or DIGI205; and (2) 15 points from GEOG, Science, Arts or Health at 200-level R: GEOG322
GISC101	Introduction to Spatial Data Science	15	S1	Campus	
HLTH203	Epidemiology	15	S1	Campus	P: Any 60 points at 100-level from any subject. R: HLTH110
HLTH213	Health Systems and Policy	15	S1	Campus	P: Any 60 points at 100-level in any subject.
HLTH312	Health Planning, Implementation and Evaluation	15	S1	Campus	P: Any 30 points at 200-level from Health Science (HLTH or HLED).
STAT101	Statistics 1	15	SU2	Campus	R: STAT111, STAT112, DIGI103, DATA101 EQ: STAT111, STAT112, DIGI103, DATA101

Health Research

A student must complete 75 points from the following courses, with at least 45 points at 200-level or above.

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH101	Introduction to Health Studies	15	S1	Campus	
			S1	Distance Learning	
HLTH105	Communication for Practice	15	S2	Campus	R: SOWK206, HSRV201 EQ: SOWK105
			X3	UC Online	
HLTH106	Te Wero - Māori Health Issues and Opportunities	15	X2	UC Online	
			S2	Campus	
			S2	Distance Learning	
HLTH203	Epidemiology	15	S1	Campus	P: Any 60 points at 100-level from any subject. R: HLTH110
HSRV311	Qualitative Research Methods	30	S1	Campus	P: 30 points at 200-level in HSRV; OR, 60 points at 200-level from Schedule V to the BA, BSW Hons, BCJ or BHLthSc or BYCL. R: HSRV302
			S1	Distance Learning	

Schedule V: Valid Courses for the Degree of Bachelor of Health

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
BCHM11	Cellular Biology and Biochemistry	15	S1 X3	Campus UC Online	R: BIOL 111 and ENCH 281 EQ: BIOL111
BIOL213	Microbiology	15	S2	Campus	P: BIOL111 or BIOL113. RP: BIOL231/BCHM202
BIOL253	Cell Biology I	15	S1	Campus	P: BIOL111 (=BCHM111) or ENCH281 R: BCHM253 EQ: BCHM253
BIOL351	Cell Biology 2	15	S2	Campus	P: BIOL253 (=BCHM253)
GEOG205	Introduction to Geographic Information Systems	15	SU1 S1	Campus Campus	P: 45 points at 100-level or above, from any degree schedule. R: DIGI205 and GISC422
GEOG325	Health, Wellbeing and Environment	15	S1	Campus	P: (1) GEOG205 or DIGI205; and (2) 15 points from GEOG, Science, Arts or Health at 200-level R: GEOG322
GISC101	Introduction to Spatial Data Science	15	S1	Campus	
HLTH101	Introduction to Health Studies	15	S1 S1	Campus Distance Learning	
HLTH102	Health Promotion	15	S2 S2	Campus Distance Learning	
HLTH105	Communication for Practice	15	S2 X3	Campus UC Online	R: SOWK206, HSRV201 EQ: SOWK105
HLTH106	Te Wero - Māori Health Issues and Opportunities	15	X2 S2 S2	UC Online Campus Distance Learning	
HLTH111	Global Health	15	S1	Campus	
HLTH112	Anatomy & Physiology I	15	S1 X4	Campus UC Online	R: SPRT104, SPCO104, BIOL116 EQ: SPRT104
HLTH113	Anatomy & Physiology II	15	S2	Campus	P: Recommended Preparation: HLTH112 - Anatomy & Physiology I. R: BIOL116, SPCO104, SPRT104 RP: HLTH112 - Anatomy & Physiology I
HLTH121	Introduction to Health Education	15	S1	Campus	R: HLED121 EQ: HLED121
HLTH122	Building Resilience	15	S2	Campus	R: HLED122 EQ: HLED122
HLTH203	Epidemiology	15	S1	Campus	P: Any 60 points at 100-level from any subject. R: HLTH110
HLTH213	Health Systems and Policy	15	S1	Campus	P: Any 60 points at 100-level in any subject.
HLTH214	Environmental and Occupational Health	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 30 points at 100-level from HLTH or SPCO or SPRT
HLTH215	Human Development across the Lifecourse	15	NO		P: HLTH101 or 60points at 100-level from any subject R: SOWK202, HSRV202
HLTH216	Foundations of Mental Health and Addictions	15	NO		P: Any 60 points at 100-level in any subject R: SOWK303

HLTH222	Sexualities Education	15	NO		P: 15 pts at Level 100 HLTH R: HLED222 EQ: HLED222
HLTH223	Physical activity and Nutrition	15	S1	Campus	P: HLTH112 - 'Anatomy & Physiology I' or HLTH113 - 'Anatomy & Physiology II' or BCHM111 - 'Cellular Biology and Biochemistry' R: HLED223 EQ: HLED223
HLTH226	Mental Health & Addictions Practicum	15	NO		P: HLTH216 - 'Foundations of Mental Health and Addictions' and subject to approval from Associate Dean - Academic based on police vetting. RP: HLTH216 - Foundations of Mental Health and Addictions
HLTH270	Te Ao Hauora Tangata: Māori Health Perspectives	15	S2	Campus	P: Any 15 points at 100-level from HLTH, MAOR, or TREO RP: MAOR 108 and/or HLTH 106
HLTH302	Evidence in Health	15	NO		P: HLTH203 or HLTH213 R: HLTH301
HLTH306	Te Kete Hauora - Māori Health Knowledge and Understandings/ Internship	30	NO		P: 60-points at 200-level from any subject
HLTH307	Human Nutrition over the Lifespan	15	NO		P: SPRT207
HLTH312	Health Planning, Implementation and Evaluation	15	S1	Campus	P: Any 30 points at 200-level from Health Science (HLTH or HLED).
HLTH316	Professional Skills in Mental Health & Addictions	15	NO		P: HLTH216, HLTH226 and subject to approval of Associate Dean - Academic
HLTH317	Behaviour Change in Nutrition & Physical Activity	15	NO		P: Any 60 points at 200-level or above from any subject or 30 points from HLTH at 200-level or above
HLTH321	Health Internship	15	NO		P: Any 60 points at 200-level including either HLTH203 or HLTH213 and subject to approval of Course Coordinator. R: HLED321
HLTH323	Critical Analysis of Health Education Practices	15	NO		P: 60-points at 200-level including 15-points of HLED or HLTH courses or by approval of Associate Dean Academic. R: HLED322, HLED324
HLTH326	Professional Skills in Mental Health & Addictions II	15	NO		P: HLTH216, HLTH226, HLTH316 Subject to approval of Associate Dean - Academic
HSRV311	Qualitative Research Methods	30	S1	Campus	P: 30 points at 200-level in HSRV; OR, 60 points at 200-level from Schedule V to the BA, BSW Hons, BCJ or BHLthSc or BYCL. R: HSRV302
			S1	Distance Learning	
MAOR165	Tuakiri : Culture and Identity	15	S1	Campus	
			S1	Distance Learning	
			S2	Campus	
			S2	Distance Learning	
MAOR212	Māori and Indigenous Development	15	S1	Campus	P: Any 15 points at 100-level from HIST, MAOR, SOWK, or TREO, or any 60 points at 100-level from the Schedule V of the BA. R: HIST262, HIST379 EQ: HIST262

PACE390	Professional and Community Engagement Internships	15	SU2	Campus	P: Students must have completed at least 150 points towards degree completion. R: Enrolments for PACE395 and PACE390 are restricted against one another. Enrolments for CRJU310 and PACE390 are restricted against one another.
			S1	Campus	
			S2	Campus	
PACS111	Pacific Peoples and Societies	15	S1	Campus	
			S1	Distance Learning	
PACS211	The Transnational Pacific	15	S1	Campus	P: Any 45 points at 100-level
			S1	Distance Learning	
			X4	UC Online	
PHIL240	Bioethics: Life, Death, and Medicine	15	S1	Distance Learning	P: Any 15 points at 100-level in PHIL, HSRV, HLTH, LAWS, or POLS, or any 60 points at 100-level from the Schedule V of the BA or the BSc. R: PHIL324, POLS225
			S1	Campus	
PSYC105	Introductory Psychology - Brain, Behaviour and Cognition	15	SU2	Distance Learning	R: PSYC103, PSYC104
			S1	Campus	
			S1	Distance Learning	
			X2	UC Online	
PSYC106	Introductory Psychology - Social, Personality and Developmental	15	SU1	Distance Learning	R: PSYC103, PSYC104
			S2	Campus	
			S2	Distance Learning	
			X4	UC Online	
PSYC107	Foundations of Psychological Science	15	SU1	Distance Learning	
			S2	Campus	
			S2	Distance Learning	
PSYC206	Introductory Research Methods and Statistics	15	SU2	Distance Learning	P: At least 15 points in 100-level Psychology and at least 45 points overall
			S1	Campus	
			S1	Distance Learning	
			S2	Distance Learning	
PSYC207	Developmental Psychology	15	S1	Campus	P: PSYC105 and PSYC106
			S1	Distance Learning	
PSYC208	Cognition	15	S2	Campus	P: PSYC105 and PSYC106, or with the approval of the Head of School, a pass in a professional year of Engineering, or in approved courses in Computer Science, Linguistics, or Philosophy
			S2	Distance Learning	
PSYC209	Sensation and Perception	15	S1	Distance Learning	P: PSYC105 and PSYC106, or with the approval of the Head of School, a pass in a professional year of Engineering, or in approved courses in Art, Art History, or Computer Science
			S1	Campus	

PSYC211	Personality	15	S2	Distance Learning	P: PSYC105 and PSYC106
			S2	Campus	
PSYC213	Introduction to Social Psychology	15	S2	Distance Learning	P: PSYC105 and PSYC106 R: PSYC332
			S2	Campus	
PSYC214	The Science and Practice of Wellbeing	15	S1	Campus	P: PSYC105 and PSYC106; or 60 points at 100-level from any subject.
			S1	Distance Learning	
PSYC215	Introductory Cognitive and Behavioural Neuroscience	15	S2	Campus	P: P: PSYC105 and PSYC106 R: PSYC333 RP: PSYC107 or ARTS102
			S2	Distance Learning	
PSYC216	Psychology and Law	15	S2	Campus	P: PSYC105 and PSYC106
			S2	Distance Learning	
PSYC221	Psychology of Language	15	S1	Campus	P: Either LING101, or PSYC105, or PSYC107 R: LING221 EQ: LING221
			S1	Distance Learning	
PSYC330	Forensic Psychology	15	SU1	Distance Learning	P: PSYC206 or 60 points at 200-level from Schedules C or E of the BCJ.
			S2	Campus	
			S2	Distance Learning	
PSYC336	Industrial and Organisational Psychology	15	S2	Campus	P: PSYC206. RP: PSYC211, 15 further points from PSYC200
			S2	Distance Learning	
PSYC341	Environmental Psychology	15	S2	Campus	P: Any 120 points at 100-level from any subject. RP: PSYC105/PSYC106 or ENVR101
			S2	Distance Learning	
PSYC348	Contemporary Issues in Family Psychology	15	S1	Distance Learning	P: PSYC206 or 60 points at 200-level from the Health Sciences or Arts schedule.
			S1	Campus	
PSYC373	Neuroscience and Neurological Disorders	15	S1	Campus	P: PSYC105, PSYC206 and PSYC215 R: PSYC333
PSYC374	Health Psychology	15	S1	Campus	P: PSYC206 R: PSYC339
PSYC375	Intermediate Research Methods and Statistics	15	SU1	Distance Learning	P: PSYC206 R: PSYC344
			S2	Campus	
			S2	Distance Learning	
PSYC376	Working with People - Introduction to Professional Skills in Psychology	15	S2	Distance Learning	P: PSYC206 and a further 30 points of 200-level Psychology
			S2	Campus	
PSYC378	Psychology of Social Media	15	S2	Campus	P: PSYC213
			S2	Distance Learning	
PSYC379	Introduction to Psychopathology	15	S1	Campus	P: PSYC206 R: PSYC335
			S1	Distance Learning	

PSYC380	Risk and Resilience in Human Development	15	S2	Campus	P: PSYC206 R: PSYC335 RP: PSYC207
			S2	Distance Learning	
PSYC381	Applied Neuroscience: Brain Imaging	15	S2	Distance Learning	P: PSYC206 and PSYC215 RP: PSYC373
			S2	Campus	
PSYC382	Culture and Cognition	15	S2	Campus	P: PSYC206
			S2	Distance Learning	
PSYC384	Learning and Behaviour Analysis	15	S1	Distance Learning	P: PSYC206 EQ: PSYC349
			S1	Campus	
PSYC385	Human Factors: The Forces that Shape Behaviour with Products, Technology, and Systems	15	S1	Campus	P: PSYC206 or 60 points at 200-level from any approved subject. RP: PSYC213/PSYC209 or PSYC208
			S1	Distance Learning	
SOWK102	Introduction to Social Work	15	S1	Campus	R: HSRV102 EQ: HSRV102
			S1	Distance Learning	
SPRT107	Sport Nutrition	15	X1	UC Online	R: SPCO107 EQ: SPCO107
			S2	Campus	
SPRT126	Land Journeys and Ethics	15	S2	Campus	R: TEPE112, SPCO126 EQ: SPCO126
SPRT207	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60-points at 100-level from any subject, or any 15-points at 100-level from SPCO or SPRT or HLTH. R: SPCO242 EQ: SPCO242
			S2	Distance Learning	
SPRT208	Sport and Culture in Aotearoa/New Zealand	15	S2	Campus	P: Any 60 points at 100-level from any subject. R: SPCO208 EQ: SPCO208
			S2	Distance Learning	
SPRT209	Exercise Physiology	15	S1	Campus	P: SPCO104 or SPRT104 R: SPCO209 EQ: SPCO209
			S1	Distance Learning	
SPRT229	Sport Psychology	15	S2	Campus	P: 60 points at 100-level in any subject R: SPCO103
			S2	Distance Learning	
SPRT309	Applied Exercise Physiology	15	S2	Campus	P: SPRT209 or SPCO209 R: SPCO309 EQ: SPCO309
			S2	Distance Learning	
SPRT322	Physical Activity and Wellbeing	15	S2	Campus	P: SPRT107 or SPRT209 or SPCO107 or SPCO209
SPRT323	Applied Sport and Exercise Psychology	15	S1	Campus	P: SPRT229 or SPCO103 R: SPCO223
SPRT343	Performance Nutrition and Recovery Monitoring	15	S1	Campus	P: SPRT107 and 45pts 200-level SPRT or SPCO R: SPCO343 EQ: SPCO343
			S1	Distance Learning	
STAT101	Statistics 1	15	SU2	Campus	R: STAT111, STAT112, DIGI103, DATA101 EQ: STAT111, STAT112, DIGI103, DATA101