

Bachelor of Health Sciences
2018

Health.



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www.canterbury.ac.nz/regulations

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Bachelor of Health Sciences (BHSc)



The Bachelor of Health Sciences (BHSc) is a three-year population health 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 interdisciplinary knowledge and skills enabling them to operate effectively within New Zealand's health workforce.

The BHSc is one of the only tertiary qualifications 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 health and related sectors, the BHSc prepares graduates to be astute critics of health information, competent in bicultural settings and possess advanced knowledge in their major.

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

Entry requirements

Students must have gained or intend to gain University Entrance or equivalence before the programme start date. For further information see Admissions and www.canterbury.ac.nz/admissions/

- **Under 20:** The minimum requirement is University Entrance or equivalence.
- **Over 20:** a pathway for applicants without university entrance is best discussed with a Liaison officer
Freephone in New Zealand 0800 VARSITY (827 748)
Phone +64 3 364 2459
Email: liaison@canterbury.ac.nz

International students are encouraged to apply for this programme. Further information about fees, entry requirements and applying to study at www.canterbury.ac.nz/international.

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 gain foundation knowledge and understanding of Nga Kaiakatanga Hauora mo Aotearoa Health Promotion Competencies for New Zealand
- Provide students with the knowledge and skills to work effectively in health sector organisations
- Contribute to the health sector workforce by preparing students to work as effective members of multidisciplinary teams in the health sector
- Contribute to meeting national health workforce development goals
- 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 fulltime 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 HLTH 110. 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. Some students who wish to take a double major may need to take courses totaling more than 360 points (depending on the double major).
- (b) 135 points must be from compulsory courses (orange coloured boxes in diagrams)
- (c) at least 90 points must be from one subject major (brown coloured boxes in diagrams)
- (d) remaining points may be taken from any other degree of the University (grey 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 epidemiology, 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 School of Health Sciences at UC.

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

Go online to see what UC has to offer

Courses and Qualifications:

www.canterbury.ac.nz/future-students/qualifications-and-courses/

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 provide graduates with specialised skills and knowledge that complement the core health science courses.

It is possible to complete the requirements for more than one major. However, in some instances this may extend study duration beyond three years. The majors will allow students' 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 a full list of BHSc courses please see page 9. For full details about each course, including prerequisites, go to www.canterbury.ac.nz/future-students/qualifications-and-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

Year 1

HLTH 101	HLTH 106	BIOL 116	HLTH 110	BIOL 111	CHEM 112	100 Level	100 Level
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Year 2

HLTH 201	HLTH 202	MAOR 270	BIOL 213 ¹	BIOL 250	BIOL 231	BCHM 281 or CHEM 281 or ENVR 244 ¹	100 Level
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Year 3

HLTH 301	BCHM 335	BIOL 313	GEOG 322	200 Level
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■ Compulsory courses
 ■ Major courses
 ■ Other courses from Health Sciences or other degrees

¹ Students should enrol in CHEM 244 in 2016 instead of ENVR 244, as ENVR 244 will not be offered in 2016. It is recommended students enrol in STAT101.

Each small block represents a 15-point course. However, some courses may be 30 points (or more). Some majors have different requirements. For full course requirements go to the University Regulations webpage www.canterbury.ac.nz/regulations/award/bhsc_regs.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

Health Education

This major prepares graduates with 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 qualification required).

Bachelor of Health Sciences – Majoring in Health Education

Year 1

HLTH 101	HLTH 106	BIOL 116	HLTH 110	HLED 121	HLED 122	100 Level	100 Level
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Year 2

HLTH 201	HLTH 202	MAOR 270	HLED 221	HLED 222	HLED 223	200 Level	100 Level
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Year 3

HLTH 301	HLED 321	HLED 322	300 Level	300 Level	200 Level	200 Level
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■ Compulsory courses
 ■ Major courses
 ■ Other courses from Health Sciences or other degrees

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

Some majors have different requirements. For full course requirements go to the University Regulations webpage www.canterbury.ac.nz/regulations/award/bhsc_regs.shtml

Bachelor of Health Sciences majoring in Psychology – typical degree structure

Year 1

HLTH 101	HLTH 106	BIOL 116	HLTH 110	PSYC 105	PSYC 106	100 Level	100 Level
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Year 2

HLTH 201	HLTH 202	MAOR 270	PSYC 206	PSYC 200 Level	PSYC 200 Level	200 Level	100 Level
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Year 3

HLTH 301	PSYC 339	PSYC 344	PSYC 300 Level	200 Level
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■ Compulsory courses
 ■ Major courses
 ■ Other courses from Health Sciences or other degrees

Each small block represents a 15-point course. However, some courses may be 30 points (or more). Some majors have different requirements. For full course requirements go to the University Regulations webpage www.canterbury.ac.nz/regulations/award/bhsc_regs.shtml

Psychology

The psychology major prepares 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 majoring 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 organisation, or in roles such as health and safety trainers/promoters in a range of organisations. We anticipate that most BHSc graduates majoring in Psychology will seek postgraduate qualifications by way of MHS or MSc in Psychology. The 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.

Bachelor of Health Sciences – Majoring in Māori and Indigenous Health

Year 1

HLTH 101	HLTH 106	BIOL 116	HLTH 110	MAOR 107 or 172	MAOR 108 ¹	100 Level	100 Level
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Year 2

HLTH 201	HLTH 202	MAOR 270	MAOR 212	HSRV 201	200 Level	200 Level	100 Level
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Year 3

HLTH 301	HLTH 306	MAOR 390	200 Level	200 Level
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■ Compulsory courses
 ■ Major courses
 ■ Other courses from Health Sciences or other degrees

¹ Or a more advanced Te Reo Māori course approved by the Head of School.

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

Some majors have different requirements. For full course requirements go to the University Regulations webpage www.canterbury.ac.nz/regulations/award/bhsc_regs.shtml

- Te Ao 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 Public Health

Year 1

HLTH 101	HLTH 106	BIOL 116	HLTH 110	HLTH 111	100 Level	100 Level	100 Level
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Year 2

HLTH 201	HLTH 202	MAOR 270	HLTH 213	HLTH 214	200 Level	200 Level	100 Level
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Year 3

HLTH 301	HLTH 312	GEOG 322	300 Level	200 Level	200 Level
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■ Compulsory courses
 ■ Major courses
 ■ Other courses from Health Sciences or other degrees

STAT 101 is a recommended course for Public Health majors.

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

Some majors have different requirements. For full course requirements go to the University Regulations webpage www.canterbury.ac.nz/regulations/award/bhsc_regs.shtml

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, health policy change and health service planning, delivery, and evaluation. The major in Public Health aims to:

- To provide students with a strong foundation in health sciences, with detailed knowledge in public health;
- To equip students to meet the New Zealand generic competencies for public health and is endorsed by the Health Promotion forum to provide foundation knowledge and understanding of Nga Kaiakatanga Hauora mo Aotearoa Health Promotion Competencies for New Zealand;
- To provide students with the knowledge and skills to operate effectively in health sector organisations (such as District Health Boards, Primary Care Organisations, Public Health Units, Māori Health Organisations, and NGOs);
- To contribute to the health sector workforce by preparing students to work as effective members of multidisciplinary teams in the health sector;
- To contribute to meeting national health workforce development goals;
- To provide the required foundation for students who wish to undertake postgraduate study in health-related fields.

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 Society and Policy

Year 1

HLTH 101	HLTH 106	BIOL 116	HLTH 110	HSRV 101	100 Level	100 Level	100 Level
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Year 2

HLTH 201	HLTH 202	MAOR 270	HLTH 213	PHIL 240	SOCI 243	POLS 206	100 Level
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Year 3

HLTH 301	POLS 307 or GEOG 322 or SOCI 347	SOCI 363 ¹	200 Level	200 Level
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■ Compulsory courses
 ■ Major courses
 ■ Other courses from Health Sciences or other degrees

¹ Or an equivalent social science methods course.

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

Some majors have different requirements. For full course requirements go to the University Regulations webpage www.canterbury.ac.nz/regulations/award/bhsc_regs.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 complete 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 often combine some majors to graduate with a double major. However, in some instances this may extend study duration beyond three years.

Some majors will offer the opportunity for practical placement and skills development in health-related workplaces.

Selecting courses, subjects and qualifications

From the Courses, Subjects and Qualifications webpage (www.canterbury.ac.nz/future-students/qualifications-and-courses/) you can access up-to-date information about courses and programmes offered at UC.

You can find details of a particular subject or a qualification you wish to complete.

- **Find a course:** type in the four-letter code followed by the three-digit number of the course eg, HLTH101 into the Search courses by Course Code search box. Click Search and details of the course will appear. If you don't know the specific code but want to see all courses in a subject area, Search Courses by Subject and choose a subject from the drop down list.

- **Find a subject:** you can find a detailed outline of the subject you wish to major in or study within your degree at UC, with career pathways and degrees this subject can be credited towards. From the Subjects tab, either type a subject into the search box, or click Browse to choose a subject from the A to Z listing.
- **Find a qualification:** to check the latest information on the degree you wish to study or for more detailed information on career pathways and subjects that you can specialise in, use the Qualifications tab. Browse for a qualification or type the name of the degree, eg, BHSc into the search field and click Search.

Double degrees

Studying 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 Colleges.

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 a health related undergraduate degree or health or allied professional qualification requiring at least three years of study, 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. Students with the appropriate entry requirements may be able to apply for postgraduate programmes of study specialising in 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

Courses

BHSc core courses

100-level

BIOL 116	Human Biology
HLTH 101	Introduction to Health Studies
HLTH 106	Nga Take, Te Wero – Māori Health Issues and Opportunities
HLTH 110	Epidemiology

200-level

HLTH 201	Health Promotion
HLTH 202	Health in New Zealand
MAOR 270	Te Ao Hauora Tangata: Māori Health Perspectives

300-level

HLTH 301	Evidence in Health
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Environmental Health Major

Required courses

100-level

BIOL 111	Cellular Biology and Biochemistry
CHEM 112	Structure and Reactivity

200-level

Either	BCHM 281 Practical Biochemistry or CHEM 281 Practical Chemistry or ENVR 244 Environmental Chemistry (In 2016, students should enrol in CHEM 244.)
BIOL 213	Microbiology and Genetics
BIOL 231	Foundations of Molecular Biology
BIOL 250	Principles of Animal Physiology

300-level

BCHM 335	Biochemical and Environmental Toxicology
BIOL 313	Advanced Microbiology
GEOG 322	Geography of Health

Recommended courses

CHEM 111	Chemical Principles and Processes
Either	BCHM 212 Chemical Reactivity or CHEM 212 Chemical Reactivity
BCHM 221	Biochemistry A
Either	BCHM 253 Cell Biology 1 or BIOL 253 Cell Biology 1
BIOL 333	Molecular Genetics
BIOL 335	Bioinformatics and Genomics
BIOL 351	Cell Biology 2
STAT 101	Statistics 101

Health Education Major

Required courses

100-level

HLED 121	Introduction to Health Education
HLED 122	Building Resilience

200-level

HLED 221	Models of Health Education
HLED 222	Sexuality Education
HLED 223	Nutrition and Physical Activity

300-level

HLED 321	Health Education in Practice – Internship
HLED 322	Critical Analysis of Contemporary Health Issues

Māori and Indigenous Health Major

Required courses

100-level

MAOR 108	Aotearoa: Introduction to New Zealand Treaty Society
Either	MAOR 107 Aotearoa: Introduction to Traditional Māori Society or MAOR 172 Science, Māori and Indigenous Knowledge

200-level

HSRV 201	Communication in Human Services
MAOR 212	Māori and Indigenous Development

300-level

HLTH 306	Te Kete Hauora – Māori Health Knowledge and Understandings/ Practicum
MAOR 390	Independent Research Essay

Recommended course

MAOR 373	Whakaaro Wairua: Māori Spiritual Beliefs and Philosophies
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Psychology Major

Required courses

100-level

PSYC 105	Introductory Psychology – Brain, Behaviour and Cognition
PSYC 106	Introductory Psychology – Social, Personality and Developmental

200-level

PSYC 206	Research Design and Statistics
Plus	two courses of 15 points each from 200-level PSYC courses

300-level

PSYC 339	Health Psychology and Behaviour Change
PSYC 344	Research Methods
Plus	a further approved course of 15 points from 300-level PSYC courses

Public Health Major

Required courses

100-level

HLTH 111	Global Health
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200-level

HLTH 213	Health Systems and Policy
HLTH 214	Environmental and Occupational Health

300-level

Either	GEOG 322 Geography of Health or SOCI 311 Mental Health and Society
HLTH 312	Health Planning, Implementation and Evaluation

Recommended courses

STAT 101	Statistics 101
POLS 307	POLS 307 Policy Issues in Science, Technology and Global Health

Society and Policy Major

Required courses

100-level

HSRV 101	Introduction to Social Welfare Policy and Human Services
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200-level

HLTH 213	Health Systems and Policy
PHIL 240	Bioethics: Life, Death and Medicine
POLS 206	Public Policy: An Introduction
SOCI 243	Sociology of Health and Medicine

300-level

Either	SOCI 363 Investigating Social Worlds or an equivalent social science methods course (30 points)
Either	POLS 307 Policy Issues in Science, Technology and Global Health or GEOG 322 Geography of Health or SOCI 311 Mental Health and Society

Recommended courses

STAT 101	Statistics 101
POLS 307	Policy Issues in Science, Technology and Global Health

More information



For assistance with entry requirements and planning your programme of study please contact a Liaison Officer (new students).

Phone: 0800 827 748

Email: liaison@canterbury.ac.nz

Advancing students should contact a College of Education, Health and Human Development Student Advisor

Phone: 0800 763 676

Email: educationadvice@canterbury.ac.nz

www.education.canterbury.ac.nz/healthsciences/

For further information please contact:

Liaison

T: 0800 VARSITY (827 748)

E: liaison@canterbury.ac.nz

Student Advisors

T: 03 343 9606

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