

Bachelor of Health Sciences

Health.



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Bachelor of Health Sciences (BHSc)



The Bachelor of Health Sciences (BHSc) is a three-year 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.

A qualification that equips graduates with the knowledge and skills to make a positive contribution to health and wellbeing.

About the programme

Overview

The BHSc provides a nationally and internationally recognised qualification that equips graduates with the knowledge and skills to make a positive contribution to people's 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 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 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, as well as 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 Ngā Kaiakatanga Hauora mō 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 full-time study.

All full-time students in their first year of the BHSc will complete the four core courses (15 points each). 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.

Course code	Course title
BIOL 116	Human Biology
HLTH 101	Introduction to Health Studies
HLTH 106	Te Wero – Māori Health Issues and Opportunities
HLTH 110	Epidemiology

Entry requirements

Students must have gained or intend to gain University Entrance or equivalent before the programme start date. For further information see www.canterbury.ac.nz/enrol/eligibility/

- **Under 20 years:** The minimum requirement is University Entrance or equivalent.
- **20 years or over:** a pathway for applicants without university entrance is best discussed with a Liaison officer
Freephone in New Zealand 0800 VARSITY (827 748)
Phone +64 3 369 4999
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.

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 have guest lectures from leading specialists working within Canterbury's health system.

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

Major subjects



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.

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 12. For full details about each course, including prerequisites, go to www.canterbury.ac.nz/study/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.

Double majors

It is possible to complete the requirements for more than one 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.

Examples of double majors:

- **Health Education & Society and Policy**
Due to the sharing of HLED 321 in both majors, students in the Society and Policy major should enrol in either POLS 307 Policy Issues in Science, Technology and Global Health OR SOCI 311 Mental Health and Society.
- **Public Health & Health Education**
Due to overlap between the Public Health & Health Education majors with HLED 321 Health Education in Practice – Internship as a common paper, students must choose an additional paper to accompany GEOG 325 Health, Well-being & Environment (if this is selected). GEOG 205 Introduction to Geographic Information Systems is recommended, OR another 200 level 15 point course approved by the BHSc Coordinator.

- **Public Health & Society and Policy**

Due to the sharing of HLTH 213 Health Systems and Policy, students must choose an additional paper at 200-level for the Society and Policy major. SOCI 202 Constructing Bodies OR SOCI 223 Ethnicity and History are recommended.

Students who select GEOG 325 Health, Well-being and Environment AND HLED 321 Health Education in the Public Health major will need to complete either SOCI 311 Mental Health and Society OR POLS 307 Policy Issues in Science, Technology and Global Health to meet the requirements of the Society and Policy Major.

As any course can only contribute to one major, a substitute course will need to be added for some shared papers. Please see a Student Advisor at the start of the year to ensure correct course selection.

Student Advisors
Email: educationadvice@canterbury.ac.nz
Phone: 03 369 3333

Bachelor of Health Sciences Courses

Programme Structure

Each year of study, students complete a set of core courses, compulsory majors courses and optional courses. Full-time students complete 120 points per year over three years of study. *Details of each course may be found at www.canterbury.ac.nz/courses*

Core courses taken by students in all majors

Semester	Course Code	Course title	Points
100-level			
S1	HLTH101	Introduction to Health Studies This course provides an interdisciplinary introduction to core topics in health studies including concepts of health, measuring health, determinants of health and health services organisation.	15
S2	HLTH106	Te Wero – Māori Health Issues and Opportunities This course introduces students to a selection of historical and contemporary Maori health content within a Treaty of Waitangi framework, to support robust analyses of Maori population health issues. Exploring what Maori health was and is, students will be challenged to consider the promise of Maori health and its significance for current and future Aotearoa New Zealand.	15
S1	HLTH110	Epidemiology This course introduces students to the measurement of health and disease in populations. Students will learn about defining and measuring health and disease. The course will cover quantitative methods to assess health and disease, including introductory epidemiology and biostatistics.	15
S2	BIOL116	Human Biology An introduction to the biology of humans. The course is particularly recommended for students wishing to advance in topics in health and sport, as well as those students advancing in science subjects.	15
200-level			
S2	HLTH201	Health Promotion This course will provide an understanding of the differing ways in which the health needs of a population or society may be perceived, assessed and addressed, and how health may be promoted through legislated and policy measures, and community based health promotion or preventive programmes.	15
S2	HLTH202	Health and Society: Applied Research for Aotearoa This course introduces students to social and political changes shaping health and health care in Aotearoa. Through applied research, students will develop introductory skills in social science research methods to understand major population health challenges facing Aotearoa.	15
S1	MAOR212	Māori and Indigenous Development This course will examine Maori and Indigenous development. Students will explore both historical and contemporary developments and the factors which have affected Maori and Indigenous engagement with globalisation. For example the course will look at areas such as economic development, education and health, amongst others.	15
300-level			
S2	HLTH301	Evidence in Health This course will provide students with an understanding of ways in which evidence is used in health decision making, in health promotion, clinical care and health policy, and the social science tools which underpin much health research.	30

Environmental Health Major

Semester	Course Code	Course title	Points
100-level			
S1	BIOL111	Cellular Biology and Biochemistry A foundation course in cellular biology integrating the principles of molecular biology and biochemistry with the structure and function of plant, animal and microbial cells. Cellular and molecular mechanisms underlying cell growth/death cycles, cancer and genetic disorders will also be considered.	15
S2	CHEM112 (or BCHM112)	Structure and Reactivity in Chemistry and Biochemistry Structure, isomerism, stereochemistry, synthesis, and reaction mechanisms in organic chemistry; transition metal chemistry and electrochemistry.	15
200-level			
S2	BIOL213	Microbiology An introduction to the fundamental principles of microbiology and microbial genetics.	15
S1	BIOL231	Foundations of Molecular Biology Principles of genetics, including the structure of RNA and DNA, molecular replication, transcription, translation, recombination and gene expression.	15
S1	BIOL250	Principles of Animal Physiology An introduction to the mechanisms of how the body works, concentrating on osmoregulation and excretion, digestion, nerves and muscles.	15
S2	BCHM281 OR	Practical Biochemistry This course is laboratory based and includes the following topics: preparative chemistry; purification of biochemicals and chemicals including chromatography; practical spectroscopy and basic analytical methodology; kinetic and thermodynamic measurements on solutions; data analysis, errors and Excel competence. Safety and library elements will be integrated into the course.	15
S1	CHEM281	Practical Chemistry This course is required to major in chemistry and preferably it is taken in conjunction with other 200-level chemistry courses. The topics covered in this course are: preparative organic and inorganic chemistry; purification of chemicals including chromatography; practical spectroscopy and basic analytical methodology; data analysis, errors and Excel competence. Kinetic and thermodynamic measurements on solutions.	15
300-level			
S2	BIOL313	Advanced Microbiology This course extends material given in BIOL213 and explores advanced food and agriculture microbiology, microbial ecology, disease and pathogenesis, and immunology. Additional topics in the field of applied microbiology including bioremediation, biofuels and biogeochemical engineering will also be covered. The entire practical component of the course consists of a research project.	15
S1	GEOG323	Geospatial Analysis in the Social and Environmental Sciences This course provides an introduction to spatial analysis, an important tool for exploring, analysing, modelling and visualising geospatial data. Students will acquire the knowledge and skills necessary to investigate and understand spatial patterns resulting from social and physical processes operating on the surface of Earth, such as epidemics, crime and pollution. A variety of software packages will be introduced and used to explore different aspects of spatial analysis. A number of issues inherent in dealing with spatial data, such as the ecological fallacy and modifiable areal unit problem (MAUP), will also be highlighted.	15
S1	GEOG325	Health, Wellbeing and Environment Human health and wellbeing are profoundly shaped by the environments in which we live. This course examines the influence of the physical, built and social aspects of the environment on health and wellbeing. In addition to gaining increased understanding of health-environment interactions, students will develop skills in tracking environmental exposures and in presenting research findings in both written and oral formats.	15
S1	BIOL333	Molecular Genetics is an advanced molecular genetics course that builds on the conceptual frameworks developed in the pre-requisite course BIOL231/BCHM202. It provides in-depth coverage across the breadth of life with an emphasis on gene expression, gene concepts and biotechnology.	15
(Not offered in 2020)	BCHM335	Biochemical and Environmental Toxicology This course examines the effects of exposure to toxic chemicals, risk assessment, risk management, routes of exposure and biochemical mechanisms of toxicity.	15

Bachelor of Health Sciences – Majoring in Environmental Health

Year 1

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

HLTH 201	HLTH 202	MAOR 270 or MAOR 212	BIOL 213	BIOL 231	BIOL 250	BCHM 281 or CHEM 281	GEOG 205
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Year 3

HLTH 301	BIOL 313	BIOL 333 or BCHM 335	GEOG 323	GEOG 325	200 Level or above	100 Level or above
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Compulsory courses
 Major courses
 Other courses from Health Sciences or other degrees

¹ GEOG205 is highly recommended.

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

This diagram is an example only – other combinations are possible. For specific course requirements, go to www.canterbury.ac.nz/regulations

It is highly recommended that students enrol in GEOG205 in their second year to meet Year 3 requirements.

Health Education Major

Semester	Course Code	Course title	Points
100-level			
S1	HLED121	Introduction to Health Education This course is designed to be an introduction to Health Education through the exploration of fundamental and underlying concepts. It explores and applies the Maori concept of Hauora to the wellbeing of self, relationships, and a range of populations. Students will examine the historical underpinnings of Health Education and develop an in-depth knowledge of current best practice. They will identify health issues that constitute barriers to learning and explore strategies and agencies that work to address these. A strong focus on the conceptual framework of Health education and the socio-cultural factors that determine the wellbeing of a population will be explored.	15
S2	HLED122	Building Resilience This course is designed as an introduction to the concept of mental health. It examines concepts of mental health and resilience and considers these in relation to the determinants of health. The course develops students' understanding of models of best practice in mental health education and promotion. Students will explore a range of mental health issues and demonstrate a range of strategies designed to enhance their own and others' mental health.	15
200-level			
S1	HLED221	Models of Health Education This course introduces students to theoretical models utilised within Health Education and promotion. It equips students with the skills required to apply their understanding of the models to a range of diverse needs and in a variety of settings. Community engagement and practical workshops enable students to develop an understanding of all stages of programme planning and the facilitation skills required to run education workshops.	15
S1	HLED222	Sexualities Education This course examines current debates, issues and practices of sexuality education. Students will explore the historical and contemporary influences on the delivery of sexuality education and develop knowledge in relation to sexuality and sexual health practices. A focus will be on examining and reframing debates around the nature of sexuality education content and delivery underpinned by an exploration of ethical values and mental health. Topics will include interpersonal skills to enhance relationships, pleasure pedagogy, relationships, gender, the sex industry, sexuality and disability, safer sex practices, the role of the media, strategies for enhancing sexual health and a positive sexuality.	15
S2	HLED223	Physical Activity Promotion This course equips students with the knowledge, skills and understanding necessary to develop programmes that enhance the physical activity and food choices of people in Aotearoa. The determinants of health that influence food choices and physical activity levels will be explored. A mini-internship in a nutrition/physical activity context provides students with the opportunity to engage with community initiatives.	15
300-level			
S1	HLED321	Health Education in Practice – Internship What can students do with their studies in Health Sciences? The course is designed to be a critical, theoretical, and real world examination of the practices and ideologies inherent in the delivery of health programmes in a range of settings. Students will apply the knowledge and skills developed in previous courses to a project developed in collaboration with external health providers.	15
S2	HLED322	Critical Analysis of Contemporary Health Issues Students will critically examine and debate a range of health issues they have encountered in earlier courses, through the media and in their internships. Students will analyse the determinants influencing health issues, and the related implications and consequences for a diverse range of clientele. They will provide recommendations for addressing issues and enhancing wellbeing through effective health education strategies.	15

Students completing a double major in public health and health education may only use HLED321 for one of the major requirements. Students need to discuss a relevant and approved course to meet the extra requirements for both majors. CULT303 Sexualities in Culture is a recommended course.

Bachelor of Health Sciences majoring in Health Education – example degree structure

Year 1

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

HLTH 201	HLTH 202	MAOR 270 or MAOR 212	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. This diagram is an example only – other combinations are possible. For specific course requirements, go to www.canterbury.ac.nz/regulations

Māori and Indigenous Health Major

Semester	Course Code	Course title	Points
100-level			
S2	MAOR108	Aotearoa: Introduction to New Zealand Treaty Society Beginning with the Treaty of Waitangi, this course looks at significant events and issues in the shaping of contemporary New Zealand society. The course will explore issues ranging from early Pakeha settlement, the Treaty of Waitangi, colonisation, the NZ wars through to Maori activism, Treaty settlements and claims to self-determination.	15
S1	MAOR107 OR MAOR172	Aotearoa: Introduction to Traditional Māori Society A comprehensive introduction to: the settlement of the Pacific, Polynesian navigation, star paths, renaissance of voyaging, Maori astronomy, new year stars. Creation myths, Skyfather, Earthmother, gods, origins of life and death. Demigods - Maui, Tawhaki, Whaitiri. Oral traditions, first arrivals, canoe ancestors, explorers, romance, sexual imagery, war. Spiritual beliefs, mana, tapu, makutu black magic witchcraft. Maori geography of New Zealand, greenstone trails, forest lore, pa and settlements, meeting houses, sacred rituals and protocols. Social structure, tribal organisation, leadership, marriage, sex, death. Fortifications, warfare, weapons, canoes, cannibalism. Wood, bone, greenstone carving, tattoo and moko. Performing arts, haka, and contemporary themes. Ngāi Tahu traditions.	15
S2		Science, Māori and Indigenous Knowledge This is an integrated multi-disciplinary course between Aotahi: School of Maori and Indigenous Studies and the College of Science. This course provides a basic understanding of Maori and indigenous peoples' knowledge in such fields as astronomy, physics, conservation biology, aquaculture, resource management and health sciences. The course provides unique perspectives in indigenous knowledge, western science and their overlap. The course will provide an essential background in cultural awareness and its relationship with today's New Zealand scientific community.	15
200-level			
S1	HSRV201	Communication in the Human Services This course provides foundation knowledge and skills in interpersonal communication. The context of human communication is considered in terms of the impact of gender, class and culture and how these elements mediate social relationships. The focus of the course is on enhancing communication effectiveness in different organisational contexts. An introduction to korero Maori is integral to the course in terms of the New Zealand context.	15
S1		Māori and Indigenous Development This course will examine Maori and Indigenous development. Students will explore both historical and contemporary developments and the factors which have affected Maori and Indigenous engagement with globalisation. For example the course will look at areas such as economic development, education and health, amongst others.	15
S1	MAOR212 OR HSRV204 OR MAOR285	Culture, Indigeneity and Citizenship: Critical Debates for the Human Services The course provides a critical introduction to the historical and current debates of culture, indigeneity and citizenship. The course focuses on debates that move beyond conventional notions of culture, indigeneity and citizenship, and treats these as strategic concepts that are central in the analysis of global/local identities, participation, empowerment, and social justice. Understanding how other communities, populations, groups and individuals organise their lives and participate in the social world enables us to develop theoretically informed tools for providing practical analysis and advice in the shaping/construction of human services agencies and practice.	15
S1		Oral Traditions and Modern Histories of Ngāi Tahu The story of Ngāi Tahu is a fascinating example of a small impoverished community of tribal members who by the 1970s had been reduced to a membership of less than 400. Within two decades this tribe had emerged as one of the largest corporations in the South Island with a tribal membership of over 40,000. It is the largest land-owner in the South Island with significant interests in fisheries and tourism. Explaining how and why this happened will be one of the core themes of this course. The first part of this course will look at the oral traditions and myths of Ngāi Tahu with a particular emphasis on narrative templates and how these templates are reproduced in the oral traditions that outline the tribe's migration from Wellington to the South Island. The second part of the course will look at Ngāi Tahu's movement from its pre-contact era to initial contact with early explorers, the settler government and the subsequent land transactions that ran from 1844 to 1864. The course will then finish with an overview of how Ngāi Tahu and the Crown negotiated on the largest Treaty settlement packages in the nation's history.	15
300-level			
S1 or S2	MAOR323	Research Essay Independent research essay for students with a demonstrated ability to progress to postgraduate research study and thesis writing. Enrolling students must have a B+ grade average. They are expected to see a lecturer in the School to develop a project with a supervisor and proposal.	30
S2	MAOR301 OR HLTH306 (not offered in 2021)	Ngāti Āpōpō: Māori Futures This course explores the local, national and global trends that will materially impact on the future trajectory of Maori self-determination and futures making. Students will investigate how Maori navigate such shifts and trends to advance self-determination as change agents.	30
		Te Kete Hauora – Māori Health Knowledge and Understandings/Internship This course examines the Māori health knowledge/action interface at a number of levels: 1) knowledge of intervention effectiveness through evaluation/monitoring of Māori health outcomes; 2) tools and methods used by services, policy-makers and researchers to collect and analyse Māori health data; and 3) knowledge, beliefs and experiences as they inform the health behaviour of Māori consumers. Addressing questions of 'how do we know what works for Māori health?' and 'what is Māori (health) knowledge?' will connect interventions/approaches to Treaty of Waitangi obligations, and Māori philosophy to health decision-making and investment.	30

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 or MAOR 212	MAOR 212 or HSRV 204 or MAOR 285	HSRV 201	200 Level	200 Level	100 Level
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Year 3

HLTH 301	HLTH 306 or MAOR 301	MAOR 323	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.

This diagram is an example only – other combinations are possible. For specific course requirements, go to www.canterbury.ac.nz/regulations

Psychology Major

Semester	Course Code	Course title	Points
100-level			
S1	PSYC105	Introductory Psychology – Brain, Behaviour and Cognition An introduction to the brain and its role in thought and behaviour, and to perception, learning and cognition.	15
S2	PSYC106	Introductory Psychology – Social, Personality and Developmental An introduction to social psychology, developmental psychology, personality and individual differences, and abnormal psychology.	15
200-level			
S1	PSYC206	Research Design and Statistics An introduction to the theory and practice of statistics in psychology. For psychological science, statistics is a framework for making rational decisions on the basis of data. The course will emphasize the concepts of logic underlying statistics, and provide worked-through examples that illustrate those concepts. An important theme is that anyone can learn statistics - no math beyond basic algebra is required. This is a prerequisite to advancing in psychology beyond PSYC 200-level.	15
S1 or S2	PSYC 200-level course	Student choice (from PSYC 207, PSYC 208, PSYC 209, PSYC 211 or PSYC 213).	15
S1 or S2	PSYC 200-level course	Student choice (from PSYC 207, PSYC 208, PSYC 209, PSYC 211 or PSYC 213).	15
300-level			
S1	PSYC339	Health Psychology and Behaviour Change This is an introductory course in health psychology. The focus is on the contributions of behavioural science to the promotion of health and the treatment of illness. Topics covered include determinants of health-related behaviours (e.g. smoking, diet), individual and population approaches to behaviour change, stress and coping, adjustment to illness.	30
S2	PSYC344	Research Methods An advanced survey of research methods, including the design and conduct of research studies and the analysis and reporting of data in Psychology.	30
S1 or S2	PSYC 300-level course	Student choice (from PSYC 330, PSYC 333, PSYC 335, PSYC 336, PSYC 340, PSYC 341, PSYC 346, PSYC 348, PSYC 349). NOTE: Some courses are 30 points.	15

NOTE: In the BHSc the Psychology major consists of 150 points. If you want to do a double major, talk to a Student Advisor to plan your course selection.

Bachelor of Health Sciences majoring in Psychology – example 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 or MAOR 212	PSYC 206	PSYC 200 Level ¹	PSYC 200 Level	200 Level	100 Level
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Year 3

HLTH 301	PSYC 339	PSYC 344	PSYC 300 Level ²	200 Level
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Compulsory courses
 Major courses
 Other courses from Health Sciences or other degrees

¹ From PSYC 207, 208, 209, 211, 213.

² From PSYC 333, 335, 336, 340, 346, 348, 349.

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

This diagram is an example only – other combinations are possible. For specific course requirements, go to www.canterbury.ac.nz/regulations

Public Health Major

Semester	Course Code	Course title	Points
100-level			
S2	HLTH111	Global health challenges cross international borders and responses require international cooperation. In this course we explore (1) the key and emerging challenges and opportunities facing global health, (2) major public health developments that have improved health outcomes for all and (3) identify how economic and political processes have shaped responses to global health problems.	15
200-level			
S1	HLTH213	Health Systems and Policy This course introduces students to the history and organisation of health services and public health, with particular relevance to New Zealand. Students will develop an understanding of the structure and function of the New Zealand health system, including the provision, planning, and funding of health services.	15
S2	HLTH214	Environmental and Occupational Health This course will introduce students to environmental and occupational health, including: environmental and occupational epidemiology; understanding how toxins in our physical and occupational environmental settings interact with us; and how to assess health risks for a range of environmental exposures ranging from air pollution, water, sanitation, hygiene, workplace exposure, climate change, and sustainability. Students also learn how to conduct environmental health risk assessment as public health approach.	15
300-level			
S2	HLTH312	Health Planning, Implementation and Evaluation This course introduces students to the importance of planning and evaluation in the health sector. Students will become familiar with planning and evaluation tools and approaches commonly used in public health, and will learn how to ensure that plans meet current health sector needs and priorities, including how the cultural context affects the planning and delivery of public health interventions.	15
S1/s2	HLED321	Health Education in Practice – Internship What can students do with their studies in Health Sciences? The course is designed to be a critical, theoretical, and real world examination of the practices and ideologies inherent in the delivery of health programmes in a range of settings. Students will apply the knowledge and skills developed in previous courses to a project developed in collaboration with external health providers.	15
S1	GEOG325 or	Health, Wellbeing and Environment Human health and wellbeing are profoundly shaped by the environments in which we live. This course examines the influence of the physical, built and social aspects of the environment on health and wellbeing. In addition to gaining increased understanding of health-environment interactions, students will develop skills in tracking environmental exposures and in presenting research findings in both written and oral formats.	15
	SOCI311 (not offered in 2021)	Mental Health and Society This course will engage with debates and issues associated with mental health, mental illness and addictions. It will consider: differing approaches to 'madness'; critiques of the war on drugs; debates around psychotropic medications; Māori and indigenous perspectives on mental health; policy debates relating to mental health and addictions; global differences in the expression of mental distress; mental health consumers movements; and social and cultural determinants of mental health.	30

Students completing a double major in public health and health education may only use HLED321 for one of the major requirements. Students need to discuss a relevant and approved course to meet the extra requirements for both majors. Discuss this with an advisor in Year 2.

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 or MAOR 212	HLTH 213	HLTH 214	200 Level	200 Level	100 Level
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Year 3

HLTH 301	HLTH 312	(GEOG 325 and HLED 321) or SOCI 311	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.

This diagram is an example only – other combinations are possible. For specific course requirements, go to www.canterbury.ac.nz/regulations

Society and Policy Major

Semester	Course Code	Course title	Points
100-level			
S1	SOWK101	Introduction to Social Policy An introduction to the provision of welfare in New Zealand, providing students with the opportunity to examine socio-cultural, economic and political factors that have influenced current welfare policies, practice and services. The first part of the course addresses basic organising concepts of welfare, using historical and contemporary case studies. In the second part, students will be introduced to tools and frameworks that will enable them to develop research skills and critical thinking. Using current case studies of service delivery presented by guest practitioners, contemporary research practices, social worlds/issues and welfare services/responses are analysed.	15
200-level			
S1	HLTH213	Health Systems and Policy introduces students to the history and organisation of health services and public health, with particular relevance to New Zealand. Students will develop an understanding of the structure and function of the New Zealand health system, including the provision, planning, and funding of health services.	15
S1	PHIL240	Bioethics: Life, Death, and Medicine Bioethics is the study of ethical problems in healthcare, medical research, and biotechnology. Bioethical problems arise every day, affecting non-human animals, people, and societies. This course covers a wide range of issues, including: research on human and non-human animals; reproductive technologies, such as surrogacy and genetic testing; and decisions about protecting, killing and letting die, including healthcare, abortion, and euthanasia. The course includes an introduction to ethical values and principles, ways of dealing with moral disagreements, and reflection on what it means for something to be worth moral consideration.	15
S1	SOCI243	Sociology of Health and Medicine explores sociological ways of thinking about health and medicine. Focusing on health institutions, people's experiences within the health system, and different ways of constructing health and illness, we will look at inequalities and health, mental health, disabilities, chronic illness, and complementary medicine, amongst other topics. Students will engage in a policy project and will gain a broad understanding of the Aotearoa New Zealand health scene. Students will also have an opportunity to think about health and illness in relation to their own lives.	15
S1	POLS206	Introduction to Public Policy This course introduces concepts of and approaches to public policy analysis and evaluation. Focusing on policy areas such as health, genetic engineering, human reproduction, the environment, and new technology, the course examines the interaction of expertise, society, and public policy and clarifies the intricacies of the policy process in light of technological and social change.	15
300-level			
S1	SOCI363	Investigating Social Worlds provides students with 'hands on' experiential learning in conducting, and participating in, life stories and focus group research. Students will gain skills in one-to-one interviewing, focus group interviews, research ethics, transcript analysis and reflexive research practice.	30
S1/S2	HLED321	Health Education in Practice – Internship What can students do with their studies in Health Sciences? The course is designed to be a critical, theoretical, and real world examination of the practices and ideologies inherent in the delivery of health programmes in a range of settings. Students will apply the knowledge and skills developed in previous courses to a project developed in collaboration with external health providers.	15
S1	GEOG325		Health, Wellbeing and Environment Human health and wellbeing are profoundly shaped by the environments in which we live. This course examines the influence of the physical, built and social aspects of the environment on health and wellbeing. In addition to gaining increased understanding of health-environment interactions, students will develop skills in tracking environmental exposures and in presenting research findings in both written and oral formats.
	SOCI311 (not offered in 2021)	Mental Health and Society This course will engage with debates and issues associated with mental health, mental illness and addictions. It will consider: differing approaches to 'madness'; critiques of the war on drugs; debates around psychotropic medications; Māori and indigenous perspectives on mental health; policy debates relating to mental health and addictions; global differences in the expression of mental distress; mental health consumers movements; and social and cultural determinants of mental health.	30
S1	POLS307 (not offered in 2021)	Policy Issues in Science, Technology and Global Health analyses major political issues and policy challenges in the areas of global health, bio-medicine and the life sciences industry. Specific issues will include the politics of infectious diseases, food security, human 'enhancement,' and the implications of disruptive technologies for medicine, human reproduction, and life extension . Cases will be drawn from North America, Australasia and Africa.	30

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 or POLS 216	100 Level
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Year 3

HLTH 301	(GEOG 325 & HLED 321) or SOCI 311 or POLS 307 ¹	SOCI 363 ²	200 Level	200 Level
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Compulsory courses
 Major courses
 Other courses from Health Sciences or other degrees

¹ Select 30 points from either: GEOG 325 (15pts) and HLED 321 (15pts); or SOCI 311 (30pts); or POLS 307 (30pts).
² Or an equivalent social science methods course.

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

This diagram is an example only – other combinations are possible. For specific course requirements, go to www.canterbury.ac.nz/regulations

Other study pathways



Health Sciences students are passionate about getting involved in their communities and improving the health of people. We promote opportunities for volunteering and gaining a well-rounded education.

Health Sciences at UC provides students with a non-clinical degree and a multidisciplinary introduction to a range of important health issues from genetics, to the health of populations, evidence-based decision making, psychology, education, and public policy.

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 (PGDipHealSc) and Master of Health Sciences (MHealSc) programmes.

Endorsements in the PGDipHealSc and MHealSc include: Environment and Health; Health and Community; Health Behaviour Change; Health Information Management; and Palliative Care. At Master level there is also the Nursing endorsement. 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.canterbury.ac.nz/education

Master of Health Sciences

UC's Health Sciences qualifications give health professionals, non-clinical members of the health workforce, and others interested in the health sector or health issues the opportunity to examine critically a range of significant issues in health sciences, and where relevant to improve their professional practice.

The Master of Health Sciences allows you to put together a postgraduate programme of study across health-related disciplines, such as the functioning of the health system, from the management of health information, to health in communities. The increasing focus on prevention and lifestyle change provides enormous potential for a refocusing of health strategies and allied areas such as education, sport and recreation, and local government.

This gives you considerable flexibility, and the opportunity to plan a programme to suit your interests, current employment, or career goals, providing opportunities for interdisciplinary postgraduate study for students already working in health or related services who wish to extend their knowledge and skills, or recent graduates seeking employment in these sectors.

The Master of Health Sciences (MHealSc) is a research-inclusive qualification worth 240 points. Students are supervised by some world-leading researchers in the School of Health Sciences | Te Kura Mātai Hauora.

Students may either follow a general programme, or focus on a specialisation and receive their qualification endorsed in one of several areas:

- Environment and Health
- Health and Community
- Health Behaviour Change
- Health Information Management
- Nursing
- Palliative Care

UC also offers a coursework-only (180-point) Master of Health Sciences Professional Practice.

Contact a Student Advisor for further advice. Email: educationadvice@canterbury.ac.nz

Courses

BHSc core courses

100-level

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

200-level

- HLTH 201 Health Promotion
HLTH 202 Health and Society: Applied research for Aotearoa/New Zealand
MAOR 212 Māori and Indigenous Development

300-level

- HLTH 301 Evidence in Health

Environmental Health Major

Required courses

100-level

- BIOL 111 Cellular Biology and Biochemistry
BCHM112/CHEM112
Structure & Reactivity in Chemistry & Biochemistry

200-level

- Either BCHM 281 Practical Biochemistry or CHEM 281 Practical Chemistry
BIOL 213 Microbiology
BIOL 231 Foundations of Molecular Biology
BIOL 250 Principles of Animal Physiology
GEOG205 Introduction to Geographic Information Systems and Science

300-level

- BIOL 313 Advanced Microbiology
BIOL 333 Molecular Genetics
or BCHM 335 Biochemical and Environmental Toxicology
GEOG 323 Geospatial Analysis in the Social & Environmental Sciences
GEOG 325 Health, Wellbeing & Environment

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 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 Sexualities Education
HLED 223 Nutrition and Physical Activity

300-level

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

Recommended courses

- CULT 303 Sexualities in Culture

Māori and Indigenous Health Major

Required courses

100-level

- MAOR 108 Aotearoa: Introduction to New Zealand Treaty Society
MAOR 107 Aotearoa: Introduction to Traditional Māori Society

200-level

- HSRV 201 Communication in the Human Services
Either MAOR 212 Māori and Indigenous Development or HSRV 204 Culture, Indigeneity and Citizenship: Critical Debates for the Human Services or MAOR 285 Oral Traditions and Modern Histories of Ngai Tahu

300-level

- MAOR 323 Research Essay
HLTH 306 Te Kete Hauora – Māori Health Knowledge and Understandings/ Practicum
or MAOR 301 Ngāti Āpōpō: Māori Futures

Recommended course

- MAOR 373 Whakaaro Wairua: Māori Spiritual Beliefs and Philosophies

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 PSYC 200 level 15pt papers of your choice (from PSYC 207, PSYC 208, PSYC 209, PSYC 211 or PSYC 213)

300-level

- PSYC 339 Health Psychology and Behaviour Change
PSYC 344 Research Methods
Plus One PSYC 300-level 15pt paper of your choice (from PSYC 330, PSYC 333, PSYC 335, PSYC 336, PSYC 340, PSYC 341, PSYC 346, PSYC 348, PSYC 349)

Public Health Major

Required courses

100-level

- HLTH 111 Global Health

200-level

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

300-level

- Either GEOG 325 Health, Well-being & Environment and HLED 321 Health Education in Practice – Internship
or SOCI 311 Mental Health & 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

- SOWK 101 Introduction to Social Policy

200-level

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

300-level

- Either GEOG 325 Health, Well-being & Environment and HLED 321 Health Education in Practice – Internship
or SOCI 311 Mental Health & Society
or POLS 307 Policy Issues in Science, Technology & Global Health
SOCI 363 Investigating Social Worlds

Recommended courses

- STAT 101 Statistics 101
POLS 216 City Politics & Urban Policy
POLS 307 Policy Issues in Science, Technology and Global Health

Further information

Liaison

For further information about admissions and enrolment and accommodation please contact:

liaison@canterbury.ac.nz

Phone: 0800 103 109

www.canterbury.ac.nz/engage/schoolresources/liaison

Student Advisors

educationadvice@canterbury.ac.nz

Phone: 03 369 3333

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