ideas start here®

applied health sciences
There may be no path more fulfilling than helping others live healthy lives. As a student in the Faculty of Applied Health Sciences, you’ll focus on preventing health problems, promoting healthy lifestyles, and improving the quality of life for individuals and communities. It’s a path full of purpose and potential. It’s a future that could be yours.
PAGE 2 – Are you committed to improving people’s health? Are you eager to work toward preventing illness and disease? Is learning in an environment surrounded by other talented, high-achieving students important to you? If so, consider Health Studies.

PAGE 4 – Are you fascinated by the human body and how it works? Do you learn best by doing? Are you interested in learning how to assess, treat, and prevent movement problems? If so, consider Kinesiology.

PAGE 6 – Are you passionate about social justice? Is your ideal job finding solutions to global health problems? Do the health and well-being of whole populations interest you more than natural science? If so, consider Public Health.

PAGE 8 – Are you a natural leader? Are you interested in using recreation to enhance the health and well-being of others? Do you want a program with learning experiences that inspire passion, action, and leadership? If so, consider Recreation.

PAGE 10 – Choose your path. Is regular or co-op the right fit for you?

PAGE 12 – Do you wonder what student life is like? See inside our student lounge and learn about your opportunities outside the classroom.
An undergraduate degree from Health Studies gave Tony real-world skills that allowed him to produce his own research and get him one step closer to his dream of a career in medicine. Tony was admitted to med school and was recently awarded a research studentship in the field of Hematologic Oncology. Tony credits his Health Studies research background for why he was such a strong candidate for the studentship award.

And it all started in a wet lab at Waterloo.

Can prepare you for health profession programs, such as medicine, physiotherapy, and occupational therapy.
Go beyond a focus on disease to investigate the complex factors that influence human health.
Develop skills for preventing and managing the world’s most challenging health problems.

What does the program offer me?

» A balanced perspective on health issues
» Classes with world-renowned professors who advise organizations like Health Canada and the World Health Organization
» The opportunity to specialize in:
  • Pre-Health Professions - preparation for medicine, nursing, occupational therapy, and other health professions
  • Health Research - advanced skills in conducting and interpreting health-related research to prepare for graduate school or a research career
  • Health Informatics - knowledge of the ways information-technology solutions can improve research, clinical practice, disease prevention, and the delivery of services
  • Gerontology - study of the aging process and the older person

How can I use these skills?

» Develop solutions to local, national, and international health problems that impact entire populations
» Apply for health profession programs (e.g., medicine) or for graduate studies (e.g., master’s degree)

Graduate success

Over the past few years, here’s what our Health Studies grads have been up to one year after graduation:

- 60% professional or graduate programs
  - Medicine
  - Nursing
  - Pharmacy
  - Master’s programs: Epidemiology, Public Health, Health Informatics

- 34% starting a career
  - Scientific Evaluator, Health Canada
  - Research Clerk, Cancer Care Ontario
  - Registered Nurse, University Health Network
  - Clinical Research Project Assistant, The Hospital for Sick Children
  - Research Assistant, Canadian Red Cross

- 4% job searching
- 2% travel and other pursuits

See our graduation statistics online: uwaterloo.ca/ahs/grad-stats.
At Waterloo we firmly believe that students should be given practical learning experiences through labs and seminars taught by world-class professors using equipment and practices that are applicable to scenarios outside the classroom. As a commitment to that belief, Waterloo is one of the only universities in the world to give its first-year students the opportunity to study human anatomy with cadavers. This kind of hands-on learning approach is central to how Waterloo approaches teaching and learning in the department of Kinesiology.

We believe learning is best done by doing.

Can prepare you for health profession programs, such as medicine, physiotherapy, and occupational therapy.
Assess, treat, and prevent injury and illness to optimize health and performance.

What does the program offer me?
» Essential theory of the science of human movement
» Assessment practice in Canada’s best-equipped kinesiology labs – featuring new state-of-the-art teaching space
» Labs or hands-on components in over half of required Kinesiology courses (e.g., experience with human cadavers in the anatomy lab)
» Classes with Canada’s leading scientists focused on human movement and health
» Instruction from a certified athletic therapist in the latest sport injury management techniques
» Skills and knowledge in core areas:
  • Biomechanics – how forces control human movement
  • Physiology – how the heart, lungs, and muscles function during movement
  • Neuroscience – how the brain and nervous system control human movement

Opportunity to specialize in:
• Medical Physiology – ideal for students interested in pursuing graduate and professional programs in medicine and biomedical research
• Rehabilitation Sciences – preparation for professional programs like physiotherapy, chiropractic, occupational therapy, and athletic therapy
• Ergonomics and Injury Prevention – investigation of workplace tasks to improve well-being and efficiency
• Human Nutrition – the role of nutritional biochemistry in optimizing health and preventing disease

How can I use these skills?
» Work with individuals and populations to prevent, assess, and treat illness and injury
» Apply for health profession programs (e.g., medicine, physiotherapy) or for graduate studies (e.g., master’s degree)

Graduate success
Over the past few years, here’s what our Kinesiology grads have been up to one year after their graduation:

51% professional or graduate programs
» Physiotherapy
» Chiropractic
» Medicine
» Occupational Therapy
» Master’s programs: Biomechanics, Physiology, Nutrition, Neuroscience

45% starting a career
» Clinical Research Assistant, Toronto Rehabilitation Institute
» Neurophysiology Technologist, University Health Network
» Ergonomist, Honda
» Personal Trainer, Swift Fitness
» Physiotherapy Assistant, Riverside Health Care

2% travel and other pursuits

2% job searching

See our graduation statistics online: uwaterloo.ca/ahs/grad-stats.

Sample courses
» Human Anatomy
» Clinical Neurophysiology: Fundamentals for Rehabilitation of Human Movement
» Human Nutrition
» Movement Assessment and Exercise Prescription
public health

Work to change the social, environmental, political, and economic conditions that affect public and individual health.

What does the program offer me?

» Understanding of how and why social, political, economic, geographic, and biological factors interact to determine health
» Skills in using policy, community organization, advocacy, communication, and community mediation to enhance health
» Knowledge of healthy development across the entire lifespan taught by experts in development, gerontology, and aging
» Practical work and project experience in health promotion planning, implementation, and evaluation

How can I use these skills?

» Health-focused careers within Canada and internationally:
  • Local Health Integration Networks and public health units
  • Community health centres
  • Disease-fighting organizations, like the Canadian Cancer Society
» Jobs that address social justice issues in non-health-focused workplaces:
  • Social service and planning agencies
  • Neighbourhood associations
  • Groups concerned with individual rights, such as the John Howard Society and anti-poverty groups
» Prepare for graduate studies (e.g., master’s degree)

Graduate success

To meet the growing need for professionals in the field, we developed Waterloo’s Public Health program. As a grad, you’ll be prepared to work in a variety of public health settings or continue your education at a graduate or professional program level.

Possible graduate or professional programs:

» Public Health
» Epidemiology
» Health Promotion
» Social Work

Possible careers:

» Community Relations Officer, Public Health Unit
» Policy Developer, AIDS Awareness
» Community Mediator, Aboriginal Rights
» Senior Policy Advisor, Health Canada
» Public Health Planner, Region of Waterloo Public Health

Sample courses

» Social Determinants of Health
» Introduction to Health Informatics
» Global Health
» Community Learning Project

APPLY

Regular (4-year) or Co-op (5-year)

Required course: One grade 12 U English
(at least 75% normally required)

Admission average (includes required course):
From low 80s (Regular); from mid-80s (Co-op)

Additional information: We strongly recommend that you complete an Admission Information Form (AIF).
Tackling the world’s health problems

For Rohit Ramchandani, childhood trips throughout the developing world awakened a desire to address the health inequalities that exist in our world. While an undergraduate, he co-founded the University of Waterloo International Health Development Association, a student club that raises awareness of global health issues. After completing his Master of Public Health in Boston, his next step was to join the Canadian International Development Agency to work on solutions to malaria, tuberculosis, and poor child health.

And today? As Founder and Principal of Antara Global Health Advisors and Director of Public Health at Colalife, he’s leading an innovative trial to reduce child mortality in the developing world. Piggy-backing on Coca-Cola’s extensive distribution network, the non-profit organization is improving access to innovative and desperately needed anti-diarrheal “AidPods.”

Sometimes, one person’s vision of a healthier world can radiate around the globe.
The best of both worlds: sport and business

After graduating from Waterloo with an Honours degree in Recreation and Sport Business, Russell had the unique opportunity to combine two of his passions: sports and business. In less than one year of graduating, he is now representing The Six as the Game Operations Co-ordinator for the Toronto Raptors and Maple Leafs Sports & Entertainment.

Russell was also a varsity athlete on the Men’s Football team. So while he was studying sport management in the classroom, he had the chance to live it while on the field and see first-hand what’s needed to support successful sporting events.

Russell is still delivering fun and memorable moments to fans, except his uniform is now a suit.
Use recreation to enhance the health and well-being of individuals and communities.

What will I learn and how can I use these skills?

» Recreation and Leisure Studies
  - Detailed understanding of leisure and its relationship to individual and community health and well-being
  - Flexibility to pursue your interests and choice of adding one of 12 other majors
  - Sample courses: Program Management and Evaluation; Diversity and Leisure

» Recreation and Sport Business
  - Solid foundation in recreation combined with business and management skills in accounting, finance, human resources, and marketing
  - An advanced career in commercial, not-for-profit, public recreation and sport organizations – or in your own business
  - Sample courses: Mobilizing Resources for Recreation and Sport Delivery; Marketing Recreation and Sport Services

» Therapeutic Recreation
  - Expertise in enhancing the physical, mental, and social health and well-being of individuals, communities, and specific populations, such as persons with disabilities, older adults, and individuals living with mental health challenges
  - Eligibility to apply for registration with Therapeutic Recreation Ontario and for certification with National Council for Therapeutic Recreation Certification (U.S.)
  - Sample courses: Therapeutic Recreation Facilitation Techniques; Leisure and Well-being

» Tourism Development
  - In-depth knowledge and skills in the planning, management, and funding of tourism experiences and events
  - Understanding of the tourism values used to enhance well-being
  - Sample courses: Outdoor Recreation Resources Management; Tourism Analysis

Graduate success

Over the past few years, here’s what our Recreation grads have been up to one year after their graduation:

- 67% starting a career
  - Organizational & Human Development Coordinator, University of Waterloo
  - Logistics Coordinator, Pan/Parapan Am Games Organizing Committee
  - Manager, Player Development, Western Hockey League
  - Relay for Life Program Specialist, Canadian Cancer Society

- 26% professional or graduate programs
  - Education (teacher’s college)
  - Occupational Therapy
  - Business Administration (MBA)
  - Master’s programs: Tourism and Policy Planning, Recreation and Leisure Studies

- 4% job searching

- 3% travel and other pursuits

See our graduation statistics online: uwaterloo.ca/ahs/grad-stats.

Regular (4-year) or Co-op (5-year)

Required course: One grade 12 U English (at least 70% normally required)

Admission average (includes required course): From low 80s (Regular and Co-op)

Additional information: We strongly recommend that you complete an Admission Information Form (AIF).

GRADUATE WITH A BACHELOR OF ARTS (BA)

CHOOSE FROM 1 OF 4 MAJORS AFTER FIRST YEAR
choose your path

All Applied Health Sciences programs are available through regular study or co-op. You’ll graduate with the same top-quality degree and learn from the same inspiring professors and courses.

traditional

Do you want the consistency of 8 months of study with summer breaks in between? Do you want to focus on long-term volunteer and work commitments? If so, our regular program may be the right fit for you.

» Complete your degree in 4 years.
» Have greater flexibility to study abroad.
» Enjoy continuity in studies, social life, and living arrangements.
» Work with the Centre for Career Action (CCA) to prepare for your career.
» Use CCA summer job postings to find work between school years.

STUDY ABROAD
AND FIND OUT WHAT IT’S LIKE TO LEARN IN ANOTHER PART OF THE WORLD

GAIN REAL-WORLD EXPERIENCE
WITH PRACTICUMS, INTERNSHIPS, AND COMMUNITY LEARNING PROJECTS

The regular stream was my first choice because of its consistency. I knew where I was going to be and that I would see my family and friends every summer. I’m also volunteering during my school terms to gain lots of related experience in my field.

— COURTNEY, KINESIOLOGY
Chose your path

uwaterloo.ca/ahs/co-op

NEMICA
HEALTH STUDIES

CO-OP WORK TERM AT SUNNYBROOK HEALTH SCIENCES CENTRE IN TORONTO

Nemica’s multiple co-op work terms at Sunnybrook Health Sciences Centre in Toronto made it possible to achieve her dream. She is an author of scholarly articles in pain management and oncology journals and she presents new research on managing cancer at international conferences.

Does the thought of working every 4 months – possibly around the world – excite you? Do you enjoy promoting your skills, following career leads, and creating career opportunities? If so, our co-op program may be the right fit for you.

› Graduate with almost 2 years of paid work experience.
› Discover which types of careers you like (or dislike).
› Build contacts to help you start your career.
› Gain self-promotion experience during the competitive co-op process.
› Complete your degree in 5 years.

Sample co-op jobs

Health Studies
› Project Assistant, Health Services Research
› Clinical Research Assistant
› Genetic Counselling Assistant
› e-Record Project Analyst
› Rehabilitation Research Assistant

Kinesiology
› Student Ergonomist
› Fitness Program Developer
› Medical Research Assistant
› Chiropractic Assistant
› Rehabilitation Assistant
› Health and Safety Coordinator

Public Health
› Community Relations and Events Coordinator
› Technical Writer
› Lab Manager
› Research Assistant
› Health and Safety Coordinator

Recreation
› Community Recreation Facilitator
› Outdoor Education Intern
› Guest Services Supervisor
› Recreation Therapist
› Fitness Centre Coordinator
› Special Events Liaison

How to apply to co-op

› To apply to co-op, check the “Co-op – YES” circle on the OUAC application when applying to your program of choice. If you’re not granted a space in co-op, you’ll automatically be considered for the corresponding regular version of the program.

For more information, visit uwaterloo.ca/ahs/co-op.

How co-op works

Co-op students alternate between academic and work terms. In the academic term immediately prior to your work term, you’ll apply, interview, and compete for a job through the co-op system or arrange your own.

Co-op work/study sequence

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F = fall term (September to December); W = winter term (January to April); S = spring term (May to August)

Earn $47,250 on average over the course of your work terms
Jennifer got involved with our student society, AHSUM (Applied Health Sciences Undergraduate Members), as a class representative during her first year. Since then, she’s served as President and helped organize our fall orientation week activities. She credits her extracurricular involvement for some of her closest friendships on campus.

Brandon is a director of the Warrior Tribe school spirit club, coaches a special-needs hockey team, and serves as assistant coach for our men’s varsity basketball team. How does he decide what to get involved in? He chooses activities that provide him with opportunities to learn and to do what he loves.
Your experiences and memories will last a lifetime

The experiences you’ll have and the friendships you’ll make outside the classroom can be just as important as the classes themselves. At Waterloo, each student experience is unique. With a wide variety of opportunities available both on and off campus, you’re sure to find activities that are right for you. To learn more about student life in Applied Health Sciences, visit uwaterloo.ca/ahs/student-life.

Jason’s free time is spent playing for the Men’s Varsity Volleyball team and working with professors and graduate students in the human nutrition research lab. Learning to be organized and to balance his commitments is a valuable skill he’ll be taking to medical school. His advice to new students is to reach out and get involved early for the best university experience.

Tony is involved in many activities, including volunteering with UW WELL-FIT, an exercise program for individuals undergoing cancer treatment, working as a Living-Learning Peer Leader, and competing with the UW Dragon Boat Club. To be sure that he can balance his social and academic commitments, his approach is to take on one new experience at a time.

Kristen pursues her passion for soccer as an assistant coach with a U10 girls’ team in the local soccer club. Her ability to help kids develop their soccer skills is an important part of her involvement. She encourages students to seek opportunities both on campus and in the Kitchener-Waterloo community.

The student lounge is your space to take a break between classes, study, and connect with other students.
CONTACT US

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COME FOR A VISIT

Fall Open House
November 5, 2016

March Break Open House
March 18, 2017

Campus and residence tours
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uwaterloo.ca/findoutmore/visit-us

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