Health is more than the absence of illness or injury. It is a state of physical, mental, and social well-being. – World Health Organization

In Applied Health Sciences, you’ll study health from all angles. Then you’ll apply what you learn to prevent health problems, promote healthy lifestyles, and improve the quality of life for individuals and communities.

#BEYONDIDEAS

Mona loves our comprehensive approach to learning about health and well-being – for example, studying a topic like diabetes from both the biological and societal perspectives. Then applying that knowledge to find the most effective solutions that help people live longer, healthier lives.
KINESIOLOGY

uwaterloo.ca/ahs/kinesiology

Keep people moving.

ASSESS, TREAT, AND PREVENT INJURY AND ILLNESS.

Study essential theory of human movement with Canada’s leading scientists. You’ll focus on biomechanics, physiology, and neuroscience and learn how to apply that knowledge to optimize health and performance. Right from first-year, you’ll gain hands-on skills and experience in state-of-the-art kinesiology teaching labs, including our Anatomy Lab.

You’ll graduate prepared for health-related careers, graduate studies, and health-profession programs, such as medicine and physiotherapy.

SPECIALIZATIONS

› Medical Physiology
› Rehabilitation Sciences
› Ergonomics and Injury Prevention
› Human Nutrition

BSc Graduate with an Honours Bachelor of Science

244 first-year students

TOP 100 in the world — QS Subject Rankings: Sport-Related Subjects

GRADUATE SUCCESS

50% professional or graduate programs
49% working
1% job searching or traveling

Our 2015 grads one year after graduation.

uwaterloo.ca/ahs/grad-stats

Our labs give you real-world experience that will set you apart.

JYOTTI KINESIOLOGY STUDENT

#BEYONDIDEAS

Working with top neuroscientist, Professor Bill McIlroy, Jyoti completed an independent research project to assess and analyze sensory contributions and variability in balance performance in healthy, young adults. As the first to explore variability in balance control, her results will expand our understanding of human balance and establish a set of normative values to be used by researchers and clinicians around the world.
Beyond disease.

UNDERSTAND THE WHOLE PICTURE.

Study the complex biological and social factors that influence human health and develop a balanced perspective. Using knowledge from the natural sciences, not only will you learn how to treat disease, but how to prevent it from happening.

Graduate prepared for health-related careers, graduate studies, and clinical health-profession programs, such as medicine.

SPECIALIZATIONS

- Pre-Clinical
- Health Research
- Health Informatics
- Gerontology

GRADUATE SUCCESS

64% professional or graduate programs
36% working

Our 2015 grads one year after graduation.

Pursue an accelerated master's degree in our School of Public Health and Health Systems: Master of Science, Master of Public Health, Master of Health Informatics, or Master of Health Evaluation.

#BEYONDIDEAS

Small class and tutorial sizes, right from day one, helped Tony make great connections with his professors. That supportive learning environment opened the door to many opportunities, including volunteer and paid hands-on research experience. After only 3 years, Tony was accepted into a top Canadian medical school, and his research experience at Waterloo helped him land a research studentship.

TONY LI
FORMER HEALTH STUDIES STUDENT

BSc Graduate with an Honours Bachelor of Science

135 first-year students
An ounce of prevention.

Change the conditions that make us sick.

Understand the social, environmental, political, economic, geographic, and biological conditions that affect health across our lifespan. Then learn how to change those conditions to improve the health of entire communities and populations. You’ll study with Canada’s leading public health professors and graduate prepared for health-related careers, graduate programs, and professional programs.

Pursue an accelerated master’s degree in our School of Public Health and Health Systems: Master of Science, Master of Public Health, Master of Health Informatics, or Master of Health Evaluation.

Specializations
- Health Research
- Health Informatics
- Gerontology

Career possibilities
- Professional or graduate programs
- Health and social services
- Government and public administration
- Professional services

#BeyondIdeas
Taking advantage of the diversity of courses available to her, Andrea discovered her interest in both health and legal studies. Paired with co-op experience in the private and public sector, including a term in Singapore spent administering a research study on behaviour economics, Andrea is preparing for a career in health policy.

Pursue an accelerated master’s degree in our School of Public Health and Health Systems: Master of Science, Master of Public Health, Master of Health Informatics, or Master of Health Evaluation.

An ounce of prevention.

Change the conditions that make us sick.

Understand the social, environmental, political, economic, geographic, and biological conditions that affect health across our lifespan. Then learn how to change those conditions to improve the health of entire communities and populations. You’ll study with Canada’s leading public health professors and graduate prepared for health-related careers, graduate programs, and professional programs.

Pursue an accelerated master’s degree in our School of Public Health and Health Systems: Master of Science, Master of Public Health, Master of Health Informatics, or Master of Health Evaluation.

Specializations
- Health Research
- Health Informatics
- Gerontology

Career possibilities
- Professional or graduate programs
- Health and social services
- Government and public administration
- Professional services

#BeyondIdeas
Taking advantage of the diversity of courses available to her, Andrea discovered her interest in both health and legal studies. Paired with co-op experience in the private and public sector, including a term in Singapore spent administering a research study on behaviour economics, Andrea is preparing for a career in health policy.

Pursue an accelerated master’s degree in our School of Public Health and Health Systems: Master of Science, Master of Public Health, Master of Health Informatics, or Master of Health Evaluation.
BEYOND EXPERIENCE

RECREATION AND LEISURE STUDIES

#BEYONDIDEAS
Organizing contests to recognize fans who were the Ultimate Warriors helped shape Russell’s career. Working with the Department of Athletics and Recreation, Russell developed activities and competitions to elevate Waterloo Warriors game-day entertainment. His experience co-ordinating the events and firing up the crowd led Russell to where he is today: Game Operations Coordinator for the Toronto Raptors.

Russell Kovshoff
Recreation and Sport Business Graduate

Improve lives.

Use recreation to enhance health and well-being.

Anything that you’re doing outside of work, school, and sleep is some form of recreation. These leisure activities are essential — and often the best — parts of our lives. Here, you’ll learn how to create and deliver those experiences.

Choose your major

Apply to Recreation and Leisure Studies. You’ll be placed in your major once you start your first year.

Recreation and Leisure Studies
Develop a detailed understanding of leisure and its relationship to health and well-being. This major is the most flexible, allowing you to pursue your interests and giving you the option to add one of 12 joint majors.

Recreation and Sport Business
Gain a solid foundation in sport and recreation combined with business and management skills in accounting, finance, human resources, and marketing. You’ll be ready to succeed in an advanced career in commercial, not-for-profit, public recreation, or sports organizations.

Therapeutic Recreation
Develop expertise to enhance the overall quality of life for individuals, communities, and specific populations, such as persons with disabilities, older adults, and individuals living with mental-health challenges.

Graduate eligible to apply for registration with Therapeutic Recreation Ontario and for certification with the National Council for Therapeutic Recreation Certification (USA).

Tourism Development
Gain in-depth knowledge in all aspects of delivering high-quality tourism experiences and events. Learn how to implement tourism ethically, incorporating sustainability and equity at tourism sites around the world.

Graduate with an Honours Bachelor of Arts

#1 in Canada — QS Subject Rankings: Hospitality & Leisure Management

BA

Graduate success

80% working

20% professional or graduate programs

Our 2015 grads one year after graduation.

uwaterloo.ca/ahs/grad-stats

BA

Graduate with an Honours Bachelor of Arts

#1 in Canada — QS Subject Rankings: Hospitality & Leisure Management

94 first-year students

GRADUATE SUCCESS

80% working

20% professional or graduate programs

uwaterloo.ca/ahs/grad-stats

94 first-year students

uwaterloo.ca/ahs/grad-stats
Beyond the classroom.

MAKE FRIENDS AND MEMORIES THAT WILL LAST A LIFETIME.

If you’re interested in improving the lives of those around you, then Applied Health Sciences (AHS) is the place for you. At Waterloo, each student experience is unique. But some things you’ll have in common are the amazing friendships you’ll make, and the fun you’ll have along the way.

92 exchange programs in 27 countries

300+ student clubs

ALYSSA AND NICK Working out in Ron Eydt Village.
PAINT NIGHT Suruthi, Kim, and Melissa creating masterpieces at an event organized by the AHS student society.
MEGHAN Diving in Australia while on an academic exchange.
ALEXANDER Reviewing course notes between classes.
ROAD TRIP Wagon ride at a local pumpkin farm on a trip organized by the AHS student society.
LECTURE HALL Class in our newest AHS lecture hall.
LIVING-LEARNING COMMUNITY Joshua, Gabriela, and Malakia catching up in residence.
TINA Volunteering with UW WELL-FIT, an exercise program for individuals undergoing cancer treatment.
SARAH Volunteering at our annual AHS 5km Fun Run.
ULTIMATE CAREER PREPARATION

REGULAR, WITH AN EDGE

Pair the consistency of September to April study and summers off with our experiential education certificate program, EDGE. EDGE allows you to enhance your academic, co-curricular, and work experiences with professional development. You'll learn how to market the skills you've gained inside and outside the classroom to set you apart from the competition.

- Complete your degree in 4 years
- Use summer jobs, volunteer positions, and experiential coursework toward your EDGE certificate
- Have greater flexibility to study abroad
- Enjoy continuity of studies, social life, and living arrangements
- Graduate with an action plan developed in partnership with career advisors

All Applied Health Sciences programs are available through regular or co-op. Choose the right fit for you. Either way, you’ll graduate with the same top-quality degree and experience that will set you up for success.

CO-OP

Alternate between academic and paid co-op work terms. You’ll gain experience in promoting your skills while you apply, interview, and compete for a job through our co-op system, or arrange your own.

- Graduate with up to 20 months 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

$46,200 earned on average over the course of your work terms

CO-OP STUDY/WORK SEQUENCE

<table>
<thead>
<tr>
<th>CO-OP PROGRAM</th>
<th>RECREATION</th>
<th>KINESIOLOGY</th>
<th>PUBLIC HEALTH</th>
<th>RESEARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Fall</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Winter</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Spring</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>2</td>
<td>Fall</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Winter</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
</tr>
<tr>
<td></td>
<td>Spring</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td>3</td>
<td>Fall</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Winter</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
</tr>
<tr>
<td></td>
<td>Spring</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
</tr>
<tr>
<td>4</td>
<td>Fall</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Winter</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
</tr>
<tr>
<td></td>
<td>Spring</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
</tr>
<tr>
<td>5</td>
<td>Fall</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Winter</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Spring</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
</tbody>
</table>

SAMPLE CO-OP JOBS

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

RECREATION

- Community Recreation Facilitator
- Outdoor Education Instructor
- Communications and Marketing Associate
- Recreation Therapist
- Community Support Worker
- Special Events Coordinator

CO-OP STUDY/WORK SEQUENCE

<table>
<thead>
<tr>
<th>CO-OP PROGRAM</th>
<th>RECREATION</th>
<th>KINESIOLOGY</th>
<th>PUBLIC HEALTH</th>
<th>RESEARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Fall</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Winter</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Spring</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>2</td>
<td>Fall</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Winter</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
</tr>
<tr>
<td></td>
<td>Spring</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td>3</td>
<td>Fall</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Winter</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
</tr>
<tr>
<td></td>
<td>Spring</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
</tr>
<tr>
<td>4</td>
<td>Fall</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Winter</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
</tr>
<tr>
<td></td>
<td>Spring</td>
<td>Work</td>
<td>Work</td>
<td>Work</td>
</tr>
<tr>
<td>5</td>
<td>Fall</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Winter</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td></td>
<td>Spring</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
</tbody>
</table>

HOW TO APPLY TO CO-OP

Check the “Co-op — Yes” circle on the OUAC application to your program of choice. If you’re not granted a space in co-op, you’ll automatically be considered for the regular program.

ADMISSIONS

2018 REQUIREMENTS

PROGRAM REQUIRED AVERAGES

- Health Studies: Grade 12 U Biology*, Grade 12 U Chemistry*
- Kinesiology: Grade 12 U Advanced Functions*, Grade 12 U Chemistry*; one of Grade 12 U Biology* or Physics*
- Public Health: One Grade 12 U English*
- Recreation and Leisure Studies: One Grade 12 U English*

ADMISSION AVERAGE:

- Health Studies: Low 80s (regular), Mid-80s (co-op)
- Kinesiology: Low 80s (regular), Mid-80s (co-op)
- Public Health: Low 80s (regular), Mid-80s (co-op)
- Recreation and Leisure Studies: Low 80s (regular), Mid-80s (co-op)

*These averages are based on previous year’s entering classes. Final admission averages are affected by the number of applicants and space available and will not be known until mid-May 2018.

†At least 75% normally required. *At least 75% normally required.

Additional Information:
- We strongly recommend that you complete an Admission Information Form (AIF).
- Students must have completed their Grade 12 U Level English course.
- Students applying for admission to the co-op program through the regular admission process must have completed their Grade 12 U Advanced Functions course.

uwaterloo.ca/future/admissions