

HEALTH STUDIES (HLTH)

HLTH 101 Social Determinants of Health Units: 3.00

This course introduces students to basic concepts in public, population and global health, and introduces social determinants of health, such as poverty, income inequality, and racism, in Canadian and global contexts.

NOTE Also offered online, consult Arts and Science Online (Learning Hours may vary).

NOTE Also offered at Bader College, UK (Learning Hours may vary).

Learning Hours: 117 (12 Lecture, 9 Tutorial, 24 Online Activity, 72 Private Study)

Requirements: Prerequisite None. Exclusion GLPH 171/3.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Recognize, define, and apply key concepts in public and population health.
2. Critically analyze the social determinants of health in Canadian and global contexts.
3. Identify policies and other interventions addressing the social determinants of health.
4. Apply course concepts in the analysis of current health issues.

HLTH 102 Personal Health and Wellness Units: 3.00

This course provides an introduction to the variety of factors which could affect a person's health and wellness.

NOTE Also offered online, consult Arts and Science Online (Learning Hours may vary).

NOTE Also offered at Bader College, UK (Learning Hours may vary).

Learning Hours: 108 (24 Lecture, 12 Online Activity, 72 Private Study)

Requirements: Prerequisite None. Exclusion IDIS 199/3.0. One-Way Exclusion May not be taken after 12.0 units in KNPE.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Identify and explain terminology, concepts, and assumptions related to personal health and well-being.
2. Evaluate and critically appraise information and resources relevant to personal health.
3. Apply course content to one's own personal health practices.

HLTH 200 Physical Fitness and Exercise Programming Units: 3.00

This course is designed to introduce students to the components of physical fitness and exercise programming. Through active learning opportunities, students will explore the components of physical fitness from a personal perspective. Students will apply training principles to design and implement their own exercise programs while recognizing the importance and benefits of physical activity and exercise. NOTE Also offered online; consult Arts and Science Online (Learning Hours may vary).

Learning Hours: 108 (36 Lecture, 72 Private Study)

Requirements: Prerequisite Level 2 or above. One-Way Exclusion May not be taken with or after KNPE 227/3.0; KNPE 255/3.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Explain how exercise and physical activity impacts health.
2. Identify the components of physical fitness and describe the physiological responses to exercise.
3. Explain how movement behaviours and components of physical fitness can be assessed to inform exercise planning.
4. Apply the basic principles of training to design safe and effective personal exercise programs.
5. Create strategies to implement and adapt exercise plans to meet individual movement behaviour goals.

**HLTH 205 Introduction to Health Promotion Units: 3.00**

This course provides students with a broad overview of the practice of health promotion. Topics range from the practicalities of designing, delivering, and evaluating health promotion interventions, to consideration of how health promotion practice intersects with issues of health equity and the social determinants of health.

NOTE Also offered online, consult Arts and Science Online (Learning Hours may vary).

Learning Hours: 108 (36 Lecture, 72 Private Study)

Requirements: Prerequisite Level 2 or above and HLTH 101/3.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Describe the practice of health promotion and its relationship to the individual and social determinants of health.
2. Assess the principles of program planning and evaluation in designing and implementing health promotion interventions.
3. Identify the importance of practices that promote cultural safety and health equity.
4. Compare approaches to health promotion for a variety of public health issues.
5. Apply improved information literacy and writing skills.

HLTH 230 Basic Human Nutrition Units: 3.00

Study of macronutrients, selected micronutrients, energy needs for human performance, relationship of nutrient metabolism to health, consequences of nutrient deficiencies and excesses. Examine how student's own food intake may influence present and future nutritional well-being.

NOTE Also offered online. Consult Arts and Science Online. Learning Hours may vary.

Learning Hours: 108 (36 Lecture, 72 Private Study)

Requirements: Prerequisite Level 2 or above. Exclusion NURS 100/3.0. Recommended 4U Biology.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Describe how food is digested and absorbed into the body.
2. Identify the roles of nutrients and non-nutrients in the body.
3. Plan meals for personal consumption demonstrating the importance of dietary guidelines, Dietary Reference Intakes, and nutrition labeling.
4. Assess a diet and recommend appropriate adaptations.
5. Investigate inter-relationships between food consumption, body weight change, anatomical function, and general health within typical contexts.

HLTH 235 Food Systems Units: 3.00

This course introduces contemporary issues in the dominant food system and the ways in which food production, distribution and consumption produce and reproduce relations of power.

Learning Hours: 108 (36 Lecture, 72 Private Study)

Requirements: Prerequisite GNDS 120/3.0 or GPHY 101/3.0 or HLTH 101/3.0 or SOCY 122/6.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Describe the main features of the dominant industrial food system, traditional Indigenous food systems, and alternative food systems including agroecology.
2. Identify and describe contemporary debates related to food systems.
3. Appreciate the social, cultural, spiritual, symbolic, political, and ethical dimensions of food and eating.
4. Recognize food consumption, production, and distribution as sites of injustice and oppression, as well as resistance, change, and hope.
5. Use sociological concepts and theories to connect the everyday, personal act of eating to larger social and political structures, including race, class, gender, culture, capitalism, and globalization.
6. Apply university-level critical thinking and writing skills to analyze food systems.

HLTH 237 An Introduction to Drugs, Drug Use and Drug Dependence Units: 3.00

This course provides students with a contemporary and evidence-informed perspective on drugs, addiction, harm reduction and treatment. From pharmacokinetics to public policy, and from psychedelics to behavioural addictions, we examine the timeless human interaction with these peculiar substances.

Learning Hours: 108 (36 Lecture, 72 Private Study)

Requirements: Prerequisite PSYC 100/6.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Describe the major types of psychoactive drugs.
2. Contrast biological, psychological, and social theories of drug use and addiction.
3. Compare and critique enforcement, prevention, treatment, and harm reduction as responses to drug use and addiction.
4. Model empathy and cultural competence for engaging with people who use drugs and people with drug use disorder.

**HLTH 252 Introduction to Research Methods Units: 3.00**

This course provides an introduction to methods, techniques and approaches to research. The course will explore the formulation of research questions, experimental design, interpretation of results and the use of statistical analysis in experimental research. Ethical issues in research will also be discussed.

Learning Hours: 114 (18 Lecture, 24 Online Activity, 72 Private Study)

Requirements: Prerequisite Level 2 or above and registration in KINE or HLTH Plan. Corequisite (3.0 units from BIOL 243/3.0; CHEE 209/3.5; COMM 162/3.0; ECON 250/3.0; GPHY 247/3.0; KNPE 251/3.0; NURS 323/3.0; POLS 285/3.0; PSYC 202/3.0; SOCY 211/3.0; STAM 200/3.0; STAT 263/3.0). Exclusion HSCI 270/3.0. One-Way Exclusion May not be taken with or after PSYC 203/3.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Evaluate research articles from the different types of research occurring within the SKHS and the research methods associated with each.
2. Describe the founding principles and development of quantitative and qualitative research traditions to inform an appreciation of the multiple ways of researching health.
3. Describe the philosophical and practical limitations associated with "knowing" in quantitative and qualitative research to develop a healthy skepticism of the research process and research methodologies/tools.
4. Recognize different components of a problem statement and identify linkages between problem statements and study objectives, hypotheses and study design, and assess the importance of the problem statement within the quantitative and qualitative research processes.
5. Recognize the structure of a research paper introduction, develop an outline for an introduction starting from a problem statement, and practice writing an introduction concisely and effectively.

HLTH 270 Movement Behaviours and Health Units: 3.00

Movement is on a continuum that includes sleep, sedentary behaviour, and physical activity. This course will use primary prevention and life course approaches to study movement behaviour levels of the population, the influence of movement behaviours on health, and strategies for intervening on movement behaviours.

Learning Hours: 108 (36 Lecture, 72 Private Study)

Requirements: Prerequisite HLTH 102/3.0. One-Way Exclusion May not be taken with or after KNPE 255/3.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Describe movement behaviour principles and concepts to appreciate the movement behaviour field.
2. Review movement behaviour levels in the population to determine what movement behaviours are problematic in the population and population subgroups who are at high risk.
3. Identify health benefits of movement to describe the role that movement behaviours have on health and well-being.
4. Identify the determinants of movement behaviours to discuss the complexity of these behaviours.
5. Generate a movement behaviour intervention plan to demonstrate ability to develop new ideas by integrating knowledge and understanding of movement behaviour principles, determinants, and intervention strategies.
6. Practice effective written communication techniques to show your ability to enhance others understanding of a topic area.
7. Act in a manner consistent with academic integrity and professional practice to display scholastic and professional competence.

HLTH 300 Community-Based Practicum Units: 3.00

A community-based practicum for Health Studies students to apply knowledge gained in theory-based courses and develop a range of professional skills. Practicum opportunities vary year to year, subject to availability of an appropriate placement in a relevant workplace setting.

NOTE Students are expected to participate in professional development workshops offered by the SKHS Coordinator and Career Services.

NOTE Transportation and other costs directly related to the student placement (e.g., Criminal Checks, if required) are the responsibility of the student.

Learning Hours: 126 (18 Group Learning, 84 Off-Campus Activity, 24 Private Study)

Requirements: Prerequisite Level 3 or above and registration in a HLTH Major or Joint Honours Plan and minimum cumulative GPA of 1.90 and permission of the Coordinator and Undergraduate Chair in the School of Kinesiology and Health Studies. Exclusion KNPE 300/3.0; KNPE 330/4.5; KNPE 346/4.5.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Apply professional development resources to prepare and utilize a professional cover letter and resume, as well as, employ effective interview and networking skills to secure a placement opportunity.
2. Practice professional skills such as: leadership, adaptability, written and oral communication, inquiry and analysis, self-management, time management, collaboration and critical thinking through seminar and placement experience.
3. Employ knowledge gained through theory-based courses in an intensive practicum experience (relevant to the field of study), to then critically reflect on connections and/or gaps between course content, scientific literature and observations of professional practice.
4. Describe current advances, practices, organizational culture and professional etiquette used in field-related workplaces (e.g., local business, public sector, health care, and community-based settings).
5. Evaluate and critique personal performance throughout practicum experience based on individualized placement learning objectives.
6. Identify career options in the field of study, through seminar discussions around students' practicum experiences.

HLTH 305 Fundamentals of Health Policy Units: 3.00

An overview of the fundamentals of health policy with an emphasis on the Canadian context. Topics to be discussed include history of the Canadian public health care system; the Canada Health Act; the political and economic environment of the Canadian health care system; issue and challenges in Canadian health policy; and comparative perspectives.

NOTE Also offered at Bader College, UK (Learning Hours may vary).

Learning Hours: 120 (36 Lecture, 84 Private Study)

Requirements: Prerequisite Level 3 or above and HLTH 101/3.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Discuss theories and processes of policy and policy change.
2. Explain ideological influences on health policy.
3. Describe the history and current structure of the Canadian health care system.
4. Contrast the Canadian health care system with health care systems in other countries.
5. Analyze current debates about reforms to the Canadian health care system.



HLTH 315 Theory and Practice of Health Behaviour Change Units: 3.00

This course provides an overview of models and theories of health behaviour change at varying levels of practice and analysis, including individual, intrapersonal, group, and community influences on health behaviour. Students will learn how theories are applied in health promotion interventions in a variety of settings, with a variety of populations, and for a variety of health behaviours.

Learning Hours: 120 (36 Lecture, 84 Private Study)

Requirements: Prerequisite Level 3 or above and registration in a HLTH Plan, KINE Specialization, or the DIPA Certificate.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Identify various theories used to promote healthy lifestyles among individuals.
2. Recognize the process of evidence-based, health promotion practice.
3. Link behaviour change techniques with behaviour change theories.
4. Integrate behaviour change techniques and behaviour change theories into evidence-based health promotion practice.
5. Analyze the effectiveness of health behaviour change theories used in various lifestyle interventions.
6. Critically evaluate scientific literature relevant to health behaviour change in order to integrate evidence into health behaviour change practice.
7. Critically evaluate scientific literature relevant to equity deserving groups in order to adapt health behaviour change interventions to reflect responsible conduct of professional practice.

HLTH 323 Epidemiology Units: 3.00

Basic methods involved in researching the distribution and determinants of health and disease in populations. Core measurement (rates, standardization, impact, association) and interpretation (bias, confounding, interaction, chance) issues are covered. The course also examines epidemiological approaches to study design including descriptive (cross-sectional and ecological), observational (case-control and cohort), and experimental (randomized controlled trials) approaches.

Learning Hours: 120 (36 Lecture, 84 Private Study)

Requirements: Prerequisite ([KNPE 251/3.0 or STAT_Options] and HLTH 252/3.0) or (STAT_Options and registration in a BCHM/LISC Honours Plan). One-Way Exclusion May not be taken with or after EPID 301/3.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Describe the principles and history of epidemiology research to appraise the field of epidemiology.
2. Quantify rates and measures used in epidemiology and public health to assess their meaning and practice standard calculations.
3. Assess different study designs used in epidemiology research and critique scientific articles to determine strengths and weaknesses of existing studies, identify gaps in the literature and reiterate important study findings.
4. Recognize applications of epidemiology research to describe how epidemiology research is used to influence health policy and practice.
5. Practice effective communication techniques to show your ability to enhance others understanding of a topic area.
6. Act in a manner consistent with academic integrity and professional practice to display scholastic and professional competence.
7. Generate novel research questions and develop a research plan in the field of epidemiology to demonstrate knowledge and understanding of literature, epidemiological principles, epidemiology research methods, written communication skills, and ability to work in a team environment.

HLTH 331 Advanced Human Nutrition Units: 3.00

Current issues relating to nutrition and health promotion/disease prevention. Such topics as cardiovascular disease, weight control, eating disorders, nutrient needs during the life cycle, fads and quackery, sociocultural, economic and media influences. Topics may vary.

Learning Hours: 120 (36 Lecture, 84 Private Study)

Requirements: Prerequisite HLTH 230/3.0 or NURS 100/3.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Identify the basic scientific principles underpinning human nutrition.
2. Critically analyze an individual's diet and identify components that are both deficient and surplus.
3. Describe how to enhance health and well-being with nutritional interventions.

HLTH 332 Foundations for Understanding Disability: A Health Perspective Units: 3.00

This course provides upper-year students with a solid understanding of disability. Key disability concepts, such as definitions and models of disability, attitudes, human rights, accessibility, policy, and barriers are introduced and their relevance to health, quality of life and participation in several life domains are examined.

NOTE Also offered online, consult Arts and Science Online (Learning Hours may vary).

NOTE Also offered at Bader College, UK (Learning Hours may vary).

Learning Hours: 112 (36 Lecture, 4 Online Activity, 72 Private Study)

Requirements: Prerequisite Level 3 or above.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Discuss disability terminology and models.
2. Explain how health conditions interact with personal and environmental factors to influence participation and quality of life among persons with disability.
3. Recognize, critically appraise, and propose feasible solutions that minimize or remove barriers to accessibility and inclusion in society.
4. Communicate appropriately and respectfully using inclusive language in order to advocate responsibly and professionally for an accessible and inclusive society.
5. Reflect on and evaluate the consequences of their own personal attitudes towards disability.

HLTH 333 Contemporary Issues in Human Sexuality Units: 3.00

An investigation of current influences on sexual health. Issues will be considered from social, political, and historical perspectives. Topics which may be covered include sex education; lesbian, gay, bisexual, and transgender issues; sexual human rights; sexuality and war; HIV/AIDS; the history of marriage; and sexual violence.

Learning Hours: 120 (24 Lecture, 12 Tutorial, 12 Group Learning, 72 Private Study)

Requirements: Prerequisite Level 3 or above and registration in a HLTH or KINE Plan.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Identify and contextualize issues related to sexuality and cultures of sexuality.
2. Discuss sexuality as a social construct.
3. Explain the relationship between private life and social structures.
4. Practice thinking historically and sociologically about important social issues.
5. Appraise processes of social change.
6. Practice the art of the good question.
7. Apply critical reading skills.
8. Practice writing as a tool of critical thinking.
9. Identify, reflect upon, and assess our own perspectives and opinions.
10. Identify and apply social justice frameworks.

**HLTH 334 Health, Illness, and Society Units: 3.00**

Explores the social production and cultural meanings of health and illness with a focus on power and struggle.

Learning Hours: 120 (24 Lecture, 12 Tutorial, 84 Private Study)

Requirements: Prerequisite Level 3 or above and registration in a HLTH or KINE Plan and (HLTH 101/3.0 or KNPE 167/3.0 or SOCY 122/6.0).

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Deploy critical concepts and theories to analyze health and illness as collective, social phenomena.
2. Identify how systemic forces create and reproduce disparate health experiences and outcomes.
3. Evaluate explanations for how health and illness are produced, distributed, and lived.
4. Recognize health and illness as sites for the production of cultural meaning.
5. Engage politically with health, illness, and the world at large.
6. Develop the necessary reading, writing, and presentation skills to produce informed and insightful work.

HLTH 350 Topics in Global Health Units: 3.00

This course examines global health from a variety of perspectives, including anthropological, epidemiological, and sociological, to help understand the cultural and historical patterns shaping global health inequalities. With an emphasis on resource-poor countries, specific topics may include infectious and non-communicable diseases, nutrition and maternal health.

NOTE Also offered at Bader College, UK (Learning Hours may vary).

Learning Hours: 120 (36 Lecture, 84 Private Study)

Requirements: Prerequisite (Level 3 or above and HLTH 101/3.0) or permission of the School.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Critically discuss the issues and challenges associated with a range of global health topics.
2. Critically discuss the complexity of decision-making in global public health at various levels.
3. Assess current systems and mechanisms for global health governance.
4. Explain the basis for between- and within country inequalities in health.
5. Examine theoretical models and moral frameworks within the context of global health promotion.

HLTH 351 Health in Humanitarian Crises Units: 3.00

Humanitarian crises due to natural disasters, armed conflict, disease outbreaks and other threats are growing contributors to ill-health worldwide. Case studies, evolving current events, and experiential learning will be utilized throughout the term to anchor course content.

NOTE Also offered at Bader College, UK (Learning Hours may vary).

Learning Hours: 120 (36 Lecture, 84 Private Study)

Requirements: Prerequisite (Level 3 or above and HLTH 101/3.0) or permission of the School. Exclusion GLPH 482/3.0; HLTH 397/3.0 (Topic Title: Health in Humanitarian Crises - Winter 2019, Winter 2020).

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Describe principles, rights and duties for governing humanitarian aid in crisis settings through class discussion and written work.
2. Assess health and humanitarian responses and the coordination between host governments, the UN, and humanitarian agencies.
3. Analyze the risk factors to the physical, mental, and social health in refugee camps and host communities.
4. Examine objectives, priorities, and minimum standards in human health response during emergency and post-emergency phases of crises.
5. Apply principles of academic research, writing and academic integrity.

HLTH 352 Research Skills Development Practicum Units: 3.00

A practicum for students in Health Studies working in the research labs and on research projects of SKHS faculty members. Includes a seminar series covering research topics and methodologies in: Applied Exercise Science; Epidemiology; Health Promotion; Psychology of Sport; Physical Activity and Health; and Sociology of Sport and Health. NOTE Students will apply for a research-based practicum at the end of their second year. Recommended for students who intend to complete HLTH 595.

Learning Hours: 140 (12 Seminar, 80 Practicum, 48 Private Study)

Requirements: Prerequisite Level 3 or above and registration in a HLTH Plan and KNPE 251/3.0 and permission of the Course Coordinator or the Undergraduate Chair in the School of Kinesiology and Health Studies. Corequisite HLTH 252/3.0. Exclusion KNPE 352/3.0.

Course Equivalencies: HLTH 352, HLTH 352B

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Discuss multidisciplinary research methodologies used in SKHS research labs/programs.
2. Practice various aspects of the research process including data collection/analysis, literature searches, manuscript writing, presentation skills, etc. through a research development practicum in an SKHS research lab/program.
3. Apply effective written and oral/visual communication skills.
4. Model ethical behaviour consistent with the responsible conduct of research and professional practice.

**HLTH 360 Globalization and Black Health Units: 3.00**

Global interconnectedness and interdependence have contributed to improvements in the social determinants of health (SDH): the conditions in which people live, work and play, and their access to opportunities for healthy lives and well-being, however, it has also brought many health risks especially for marginalized populations. This course will examine economic, social, technological, and the political dimensions of globalization and how these impact the health and well-being of Black populations, identifying opportunities and risks.

NOTE This course is also listed/offered as BLCK 360/3.0.

Learning Hours: 120 (36 Lecture, 84 Private Study)

Requirements: Prerequisite Level 3 or above and registration in a HLTH or KINE Plan. Exclusion BLCK 360/3.0; BLCK 380/3.0 (Topic Title: Globalization and Black Health); HLTH 397/3.0 (Topic Title: Globalization and Black Health).

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Develop critical understanding of how conditions of power shape Black Health.
2. Explain global Black health inequities and their social and commercial determinants.
3. Identify the importance of practices that promote cultural safety and Black health equity.
4. Identify opportunities to operationalize strategies to promote global Black Health.

HLTH 397 Special Topics in Health Studies Units: 3.00

Intensive coverage of topics that are current and/or of special interest in the area of Health Studies. Offered periodically by visiting professors or members of faculty. Students should check with the School regarding availability of this course. NOTE This course is repeatable for credit under different topic titles.

NOTE Also offered at Bader College, UK (Learning Hours may vary).

Learning Hours: 120 (36 Lecture, 84 Private Study)

Requirements: Prerequisite Level 3 or above and registration in a HLTH or KINE Plan.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Apply critical thinking and interpretation to various topics that are current and/or of special interest in Health Studies.
2. Analyze the relationship between the special topic and its relationship to the social determinants of health and health equity.
3. Practice effective communication skills (written, oral and/or visual).

HLTH 401 Interprofessional Collaborative Education Units: 3.00

This course offers the theory and context of interprofessional education and collaborative practice from a global perspective. The opportunity to develop and apply required interprofessional education core competencies will anchor course content. The course will incorporate experiential learning experiences to centres of innovation and excellence in interprofessional education and collaborative practice.

NOTE This course falls under a selection of courses with a focus on Interdisciplinary Studies in Global Health and Disability that will be offered only at Bader College, UK.

Learning Hours: 129 (10 Lecture, 40 Seminar, 18 Group Learning, 41 Off-Campus Activity, 20 Private Study)

Requirements: Prerequisite Level 4 or above and a cumulative GPA of 1.90 or higher.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Examine theory and global perspectives of interprofessional education and collaborative practice with a focus on equity, diversity, inclusion, Indigeneity and accessibility.
2. Explore challenges related to the demands of working with collaborative interdisciplinary teams composed of varied professionals and diverse partners.
3. Apply interprofessional education core competencies to the delivery of educational programs for the future workforce and the link this may have to improve health outcomes.
4. Analyze a practice setting and apply interprofessional education and collaborative practice principles to examine care delivery and the potential for quality improvement.

HLTH 402 Disability Studies: Issues, Research, and Policy Units: 3.00

This course is designed to advance student understanding of the field of disability studies through the examinations and analysis of disability issues in the global context. Current research and policy, controversial issues, and systems affecting people with disabilities worldwide will be the focus.

NOTE This course falls under a selection of courses with a focus on Interdisciplinary Studies in Global Health and Disability that will be offered only at Bader College, UK. NOTE Students who are unable to take HLTH 332 must complete the online training modules about the Accessibility for Ontarians with Disabilities Act prior to participation in the Global Health and Disability Program at Bader College (<http://www.queensu.ca/equity/accessibility/aoda>).

Learning Hours: 127 (30 Lecture, 18 Group Learning, 39 Off-Campus Activity, 40 Private Study)

Requirements: Prerequisite (Level 4 or above and a cumulative GPA of 1.90 or higher and HLTH 332/3.0) or permission of the School.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Analyze implications of disability for people living with disabilities, their community support systems, health and social services personnel, and societal attitudes.
2. Synthesize language and classification systems regarding disability, and the models of disability used by researchers, scholars and activists.
3. Assess basic prevalence and distributions of disability in populations; regionally, nationally and globally.
4. Evaluate issues associated with disability, quality of life, social participation, services, benefits and policies.
5. Examine disability from a human rights perspective, demonstrating an understanding of international expectations in terms of rights and accommodations.

**HLTH 403 Community Based Rehabilitation Units: 3.00**

Explores global perspectives of Community Based Rehabilitation as a strategy for equalization of health, education and social inclusion of persons with disabilities. Design, implement and evaluate CBR programs and examine basic CBR frameworks, health and disability policy, global partnerships, education and training strategies.

NOTE This course falls under a selection of courses with a focus on Interdisciplinary Studies in Global Health and Disability that will be offered only at Bader College, UK.

Learning Hours: 123 (42 Lecture, 18 Group Learning, 23 Off-Campus Activity, 40 Private Study)

Requirements: Prerequisite (Level 4 or above and a cumulative GPA of 1.90 or higher and HLTH 332/3.0) or permission of Bader College.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Debate current trends in CBR, international development, and opportunities for CBR research, policy making and service delivery.
2. Examine health and disability challenges in a CBR development setting.
3. Develop and demonstrate grant writing techniques to translate vision into project.
4. Interpret, analyze and integrate capacity building strategies in CBR into development projects and policy making.

HLTH 404 Global Studies of Social Inclusion, Community Participation and Mental Health Units: 3.00

Individuals with disabilities continue to experience barriers to their full and equal community participation, and in the context of mental health, they are subject to profound levels of social exclusion at local, regional, and global levels. Students will examine current disability discourse within global contexts as it relates to mental health and the social exclusion of this population.

NOTE Also offered at Bader College, UK (Learning Hours may vary).

Learning Hours: 120 (36 Seminar, 84 Private Study)

Requirements: Prerequisite (Level 4 or above and a cumulative GPA of 1.90 or higher and HLTH 332/3.0) or permission of Bader College or the School of Kinesiology and Health Studies.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Identify definitions of mental health outlined by global institutions to utilize in practice.
2. Articulate and contract the conflict of discourse by demonstrating mental health as shaped through a biomedical and traditionalist model.
3. Examine the mental health outcomes at the community level, notably for geriatric populations and people with disabilities, to highlight the challenges of health program development.
4. Analyze the role that technology and social media play in shaping the current mental health landscape to create tailored mental health interventions.
5. Evaluate mental health in the context of humanitarian crises to better inform practice and implementation of treatment.
6. Critically examine the construction, perpetuation, and distribution of mental health and disability knowledge in the Global North and Global South to inform policy.

HLTH 410 Environment and Health Units: 3.00

This seminar course provides advanced review of the major theoretical and epistemological approaches to the study of environment and health. Students will be exposed to academic literature across several disciplines that engage with the environment-health nexus. The course is designed to provide a strong foundation for students interested in continuing into graduate level studies or public advocacy roles in population health promotion and related fields, with competencies in concepts and practices pertaining to ecohealth, social prescribing, therapeutic landscapes, One health, planetary health, and other current paradigms.

Learning Hours: 120 (36 Seminar, 12 Online Activity, 72 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major or Joint Honours, or KINE Plan. Exclusion HLTH 497/3.0 (Topic Title: Environment and Health - Winter 2022, Fall 2022).

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Identify and explain key theses and arguments that exist in the various theoretical or epistemological traditions reviewed in the course.
2. Use the theoretical and epistemological approaches to interrogate priority environmental health inequities.
3. Identify and describe connections between environment and health in a critical and respectful way.
4. Communicate effectively and collaboratively.
5. Critique and question the implications of current health promotion practices and assumptions.

HLTH 416 Program Planning and Evaluation Units: 3.00

An examination and application of the principles of program planning in a variety of settings. Topics will include needs assessment, intervention design and implementation, and evaluation. Students will develop a program plan.

Learning Hours: 120 (36 Lecture, 36 Group Learning, 48 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, Joint Honours, or KINE Specialization and HLTH 252/3.0 and HLTH 315/3.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Discuss the importance of settings to health promotion.
2. Describe key concepts and implications in promoting health from an ecological approach.
3. Identify sources and resources to construct an organizational/community profile.
4. Recognize one's positionality and how it relates to health promotion practice.
5. Discuss ethical issues in health promotion, including the need for developing authentic partnerships with organizations and communities.
6. Plan, implement, and evaluate health promotion interventions in diverse communities.



HLTH 417 Community-Based Programming and Evaluation Units: 3.00

Designed to advance student understanding of health promotion program planning, implementation, and evaluation, this course uses seminar discussion and community-based activities to provide students with core competencies required in health promotion and public health practice. Students complete a service learning project with community partners.

Learning Hours: 120 (36 Seminar, 36 Practicum, 48 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, Joint Honours, or KINE Specialization and HLTH 416/3.0 and a minimum cumulative GPA of a 2.70 or higher.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Describe and administer strategies to assess community level health promotion needs.
2. Apply diverse evidence, theories, models, methods, and existing health promotion strategies, and programs to inform the development of a community health promotion plan.
3. Recognize the resources, steps and challenges involved in implementing health promotion activities.
4. Identify evaluation methods, data sources, measures and tools for tracking program delivery, developing evaluation questions and an evaluation design to measure program impact and outcomes.
5. Competently present a program design, implementation strategy and evaluation findings using a variety of approaches to engage specific audiences.
6. Model ethical and professional behaviour in developing a respectful working relationship with a community partner organization.

HLTH 430 Critical Weight Studies Units: 3.00

We live in a fat-phobic world where discrimination on the basis of body size is a socially acceptable form of prejudice. This seminar style course draws on the rapidly developing literature in the scholarly field of fat studies to consider body weight and fat-phobia from critical, cultural perspectives.

Learning Hours: 120 (36 Seminar, 84 Private Study)

Requirements: Prerequisite (Level 3 or above and registration in a HLTH Major or Joint Honours Plan) or (Level 3 or above in the KINE Specialization Plan and [HLTH 333/3.0 or HLTH 334/3.0]).

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Critically engage with biomedical understandings of body weight and size by using socio-cultural perspectives.
2. Explore implications of thinking about body size only in terms of health and apply socio-cultural ways of understanding body size instead.
3. Apply different theoretical approaches to studying body size, including social constructionism, feminism, Foucauldian governmentality theory, critical race theory, queer theory, and masculinity theory.
4. Evaluate how understandings of body weight reinforce or resist other systems of privilege and oppression, including gender, race, class, and sexuality.
5. Analyze our own positions in our system of weight-based privilege and oppression.
6. Identify and analyze the ways in which bio-medicine and society more generally reproduces fat-phobia and fat-hatred.
7. Apply advanced critical thinking and writing skills to analyses of body size from socio-cultural perspectives. Contribute meaningfully to seminar discussions.

HLTH 434 Social Movements in Health Units: 3.00

This course explores the proliferation of health social movements since the 1970s. Bringing together the interdisciplinary study of health and illness with social movement theory, the course analyses the strategies, goals, and outcomes of political organizing around conditions ranging from HIV/AIDS to sick building syndrome. Students will lead seminar discussions and undertake original research on a movement of their choice.

Learning Hours: 120 (24 Seminar, 12 Group Learning, 84 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, HLTH Joint Honours, or the KINE Specialization Plan and (DEVS 355/3.0 or HLTH 333/3.0 or HLTH 334/3.0).

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Contextualize health social movements, understand their origins and influence.
2. Distinguish between education, advocacy, and activist campaigns and identify key examples of health social movements.
3. Critically evaluate the successes and failures of health social movements and develop tools for analyzing health activism in a variety of forms (i.e., social media and marketing campaigns).
4. Discuss participatory research methods and the role of activist health research.
5. Develop organizing, communication and leadership skills that are key to effective health social movements.

HLTH 435 Seminar on HIV/AIDS Prevention Units: 3.00

This seminar-style course involves critical assessment of HIV prevention interventions situated at varying levels of analysis and action. Consistent with the epidemiology of HIV/AIDS, the course focuses on interventions for disadvantaged and marginalized populations. Students should be prepared to lead discussion and present in class.

Learning Hours: 120 (24 Seminar, 12 Group Learning, 84 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, Joint Honours, or KINE Plan and HLTH 315/3.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Describe the history of the HIV pandemic.
2. Outline major approaches to preventing HIV infection.
3. Critique HIV prevention interventions.
4. Demonstrate improved research, writing, and critical thinking skills.

HLTH 437 Seminar on Harm Reduction Units: 3.00

Covers the philosophy, history, implementation, and efficacy of interventions that aim to reduce adverse consequences of legal and illegal drug use, without a focus on drug use abstinence. Examples are drawn from Canada and worldwide. Also covers the application of harm reduction to other public health domains such as gambling and sex work.

Learning Hours: 120 (36 Seminar, 84 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, Joint Honours, or KINE Plan and HLTH 237/3.0. Exclusion HLTH 493/3.0 (Topic Title: Seminar on Harm Reduction - Winter 2018, Winter 2020).

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Explain the philosophy of harm reduction.
2. Describe the history of harm reduction.
3. Critique interventions using harm reduction principles.
4. Demonstrate improved research, writing, and critical thinking skills.



HLTH 440 Sedentary Behaviour Units: 3.00

This course will provide an in-depth exploration of sedentary behaviour. Excessive sitting, or sedentary behaviour, is a very different behaviour than a lack of exercise as the physiology, health implications, and effective interventions and policies are quite different. Students will learn about important sedentary behaviour terms and concepts, sedentary habits from an evolutionary perspective, sedentary behaviour physiology, the determinants of sedentary behaviour, the health effects of excessive sedentariness, and effective strategies for reducing sedentary time in different settings.

Learning Hours: 120 (36 Seminar, 84 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, HLTH Joint Honours, or the KINE Specialization Plan.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Describe sedentary behaviour: principles and concepts, levels in the population, physiology, and determinants in order to appreciate the sedentary behaviour field.
2. Generate a sedentary behaviour intervention to demonstrate ability to develop new ideas by integrating knowledge and understanding of movement behaviour principles, determinants, and intervention strategies.
3. Collaborate with peers on a project to learn how to work effectively with others.
4. Critically appraise sedentary behaviour research articles to demonstrate scientific skills and a deep understanding of sedentary behaviour.
5. Practice effective oral and written communication techniques to enhance others' understanding of a topic area.
6. Act in a manner consistent with academic integrity and professional practice to display scholastic and professional competence.

HLTH 445 Critical Population Health Units: 3.00

This course provides advanced study of the major theoretical and methodological approaches in critical population health research. Students will be primarily exposed to academic literature in epidemiology and social sciences that engage with critical population health. Major epidemiologic studies of population health that illustrate critical perspectives will be discussed.

Learning Hours: 120 (36 Seminar, 84 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, HLTH Joint Honours, or KINE Specialization Plan and HLTH 252/3.0. Recommended HLTH 323/3.0. Exclusion HLTH 493/3.0 (Topic Title: Population Health - Winter 2022).

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Apply your research capacity in an academic setting.
2. Critically analyze issues in contemporary population health research.
3. Apply a strong theoretical foundation for the interrogation of priority health inequities facing Canada and the world today.
4. Combine independent and collaborative approaches toward collective learning objectives.
5. Articulate novel ideas in verbal and written formats.

HLTH 456 Survey of Research and Literature in Health Studies Units: 3.00

Independent study involving a critical review of the literature on an approved topic of specialization in Health Studies. Students must arrange for a faculty advisor approved by the School of Kinesiology and Health Studies.

Learning Hours: 126 (6 Individual Instruction, 120 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, Joint Honours, or KINE Specialization Plan and permission of the Supervisor and the Undergraduate Chair in the School of Kinesiology and Health Studies.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Investigate a topic of interest at an advanced level in an area relevant to health studies under the supervision of a faculty supervisor.
2. Apply a systematic approach to identify, evaluate and synthesize the research literature on this topic.
3. Formulate original commentary and/or conclusions.
4. Practice scientific writing in the related disciplinary format with technical competence.

HLTH 460 Anti-Black Racism and Health Units: 3.00

This course examines the realities of anti-Black racism from the transatlantic slave trade and colonization to historical and contemporary policies and practices that have negatively impacted the health of African descendants and their communities within Canada and in transnational contexts. Using multiple analytic approaches and methodologies, the course will provide a strong understanding of Blackness and race as historically produced social constructs as well as how race interacts with other axes of diversity and social and commercial determinants to produce health outcomes. NOTE This course is also listed/offered as BLCK 460/3.0.

Learning Hours: 120 (36 Seminar, 84 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, HLTH Joint Honours, or KINE Plan. Exclusion BLCK 460/3.0; HLTH 495/3.0 (Topic Title: Racism and Health - Winter 2022).

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Critically assess how conditions of power shape social determinants and health inequities.
2. Demonstrate a critical understanding of anti-Black racism and colonialism and their impact on the health of African/Black populations from an intersectional perspective.
3. Identify opportunities to operationalize strategies to advance racial health equity.
4. Apply clear, critical, and creative knowledge translation skills.
5. Collaborate with peers and apply leadership and public speaking skills.

**HLTH 491 Special Project in Health Studies Units: 3.00**

This is an independent project in an area of specialization in Health Studies. Students must arrange for a faculty advisor approved by the School of Kinesiology and Health Studies to oversee their project.

Learning Hours: 126 (6 Individual Instruction, 120 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, Joint Honours, or KINE Specialization Plan and permission of the Supervisor and the Undergraduate Chair in the School of Kinesiology and Health Studies.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Investigate a topic of interest at an advanced level in an area relevant to health studies under the supervision of a faculty supervisor.
2. Develop and implement, through a wide variety of options in terms of the design of the study, a project that involves the application of theoretical knowledge.
3. Practice advanced oral and written communication skills in the dissemination of the project.

HLTH 493 Advanced Topics in Health Studies I Units: 3.00

Honours level courses exploring advanced topics that are current and/or of special interest in the area of health studies. Students should check with the School of Kinesiology and Health Studies regarding availability of these courses. NOTE This course is repeatable for credit under different topic titles.

Learning Hours: 120 (36 Seminar, 84 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, Joint Honours, or KINE Specialization Plan.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Examine theoretical framings and understandings of various topics related to health promotion, physical activity and/or epidemiology.
2. Critically appraise and discuss relevant research literature.
3. Practice advanced skills in reading, writing, presenting, and discussing scholarly work.

HLTH 495 Advanced Topics in Health Studies II Units: 3.00

Honours level courses exploring advanced topics that are current and/or of special interest in the area of health studies. Students should check with the School of Kinesiology and Health Studies regarding availability of these courses. NOTE This course is repeatable for credit under different topic titles.

Learning Hours: 120 (36 Seminar, 84 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, Joint Honours, or KINE Specialization Plan.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Examine theoretical framings and understandings of various topics related to psychology and socio-cultural studies of health and/or physical activity.
2. Critically appraise and discuss relevant research literature.
3. Practice advanced skills in reading, writing, presenting, and discussing scholarly work.

HLTH 497 Special Topics in Health Studies Units: 3.00

Intensive coverage of topics that are current and/or of special interest in the area of Health Studies. Offered periodically by visiting professors or members of faculty. Students should check with the School regarding availability of this course. NOTE This course is repeatable for credit under different topic titles.

NOTE Also offered at Bader College, UK (Learning Hours may vary).

Learning Hours: 120 (36 Seminar, 84 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, Joint Honours, or KINE Specialization Plan.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Critically analyze issues related to a special topic in the multidisciplinary field of Health Studies.
2. Discuss scholarly publications related to the special topic.
3. Apply different theoretical approaches to studying the special topic.
4. Practice advanced oral and written communication skills.

HLTH 595 Honours Thesis in Health Studies Units: 6.00

An independent study involving a research proposal and project on an approved topic in the area of health enhancement or disease prevention. The research proposal will be completed in the fall term and the research project in the winter term. Students must arrange for a full-time faculty advisor in the School of Kinesiology and Health Studies.

Learning Hours: 252 (12 Individual Instruction, 240 Private Study)

Requirements: Prerequisite Level 4 or above and registration in a HLTH Major, Joint Honours, or KINE Specialization Plan and a cumulative GPA of 3.50 or higher and permission of the Supervisor and the Undergraduate Chair in the School of Kinesiology and Health Studies. Recommended HLTH 252/3.0.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Investigate a topic of interest at an advanced level in an area relevant to health studies under the supervision of a faculty supervisor.
2. Evaluate and synthesize research literature related to the thesis topic and describe the limitations of existing knowledge.
3. Design and implement an independent research study, evaluate and examine results, and generate novel conclusions based on findings.
4. Apply an appropriate research methodology to the investigation of the thesis topic.
5. Practice advanced oral and written communication skills in the dissemination of the thesis.