DISCOVER YOUR STORY IN HEALTH
Shape a healthy future.

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

Let’s explore your story in the Faculty of Health at Waterloo.

Canada’s Most Innovative University

for 28 of the 29 years ranked (Maclean’s)
If you have many interests like Manal, choosing a program can be challenging. Her multidisciplinary passions led her to Public Health, where she studies issues from diverse perspectives.

“When I heard about health in high school, it was very much around the role of the doctor – that’s the only pathway. I wanted a more holistic route and I’ve found that in the Faculty of Health.”

Having freedom to explore has opened up new doors for Manal, who’s considering a career as a sexual health educator with Black, First Nation, Inuit, Métis, and other Peoples of Colour and 2SLGBTQ+ communities.
FIND YOUR PASSION

Know you want a career helping people live healthier and happier lives, but not quite sure which path to take to get there? Use this overview to help you determine which program might be the right fit.

... GAIN A BIG-PICTURE UNDERSTANDING OF HUMAN HEALTH?

Do you enjoy science and want to focus your learning on human health?

Are you looking for a program to prepare for a health profession like medicine or occupational therapy?

Is understanding and applying research something you’re interested in?

Health Sciences might be the program for you!

Turn the page to learn more.

Does a career in one of the following fields appeal to you?

› Health care
› Government and social services
› Business and administration
› Research
... DISCOVER HOW THE HUMAN BODY WORKS?

Do you enjoy science and want to focus your learning on human movement and function?
Are you looking for a program to prepare for a health profession like medicine or physical therapy?
Are hands-on lab experiences something you’re interested in?

Kinesiology might be the program for you!
Dissect this program on pages 6–7.

... UNDERSTAND HOW TO PROTECT HEALTH FOR COMMUNITIES OR ON A GLOBAL SCALE?

Do you want flexibility to combine health courses with other subjects?
Are you interested in learning how to prevent another global pandemic or tackle chronic health issues that impact our communities?
Are community learning capstone projects something you’re interested in?

Public Health might be the program for you!
See its components on pages 8–9.

... LEARN HOW TO DEVELOP MEANINGFUL EXPERIENCES THAT IMPROVE LIVES?

Are you passionate about recreation, sport, community development, and leadership?
Do you like small classes and being part of a caring community?
Are community and industry class projects and internships something you’re interested in?

One of our Recreation majors might be the program for you!
Discover the majors on pages 10–11.
Effective September 2022, Health Sciences will be the new name for our Health Studies program.

**BSc** Graduate with an Honours Bachelor of Science

**200** first-year students

**#1** Comprehensive University in Canada for Research (Research Infosource)
Our holistic approach to health drew Laavanya to Waterloo. On her path to medical school, she wanted a program that would give her a strong science foundation with the flexibility to take other subjects based on her interests. One of her favourite courses, Social Determinants of Health, sparked her awareness of the many factors that impact health.

“Things such as your education, income, or where you live can all influence your overall health. These are things that we can target to improve when looking at ways to improve the health of individuals, communities, and beyond.”

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

You’ll graduate prepared for health-related careers, graduate studies, and clinical health profession programs, such as medicine, nursing, or occupational therapy.

TAILOR YOUR DEGREE
› Pre-Clinical Specialization
› Health Research Specialization
› Health Informatics Option
› Gerontology Minor
› Addictions, Mental Health, and Policy Minor

GRADUATE SUCCESS

55% in professional or graduate programs

43% working

2% travelling or job searching

Our grads, on average, one year after graduation.
uwaterloo.ca/health/grad-stats

PURSUE AN ACCELERATED MASTER’S DEGREE

In our School of Public Health Sciences: Master of Science, Master of Public Health, Master of Health Informatics, or Master of Health Evaluation
KINESIOLOGY

TOP 100 Anatomy & Physiology (QS World University Rankings by Subject 2021)

210 first-year students
Practicing what you learn in class is what our program is all about. Kelsey always knew she wanted to work in health care. And her classes, labs, and co-op experiences helped her develop the skills she needed to excel in medical school.

“Kinesiology did a great job teaching me all of the science and physiology that I needed to successfully apply to and begin my years in medicine. Even more importantly though, it taught me important soft skills that have helped me to be a better listener, communicator, and team member in my clinical experiences.”

You’ll focus on anatomy, biomechanics, physiology, neuroscience, and nutrition to understand the science of the human body and human movement. Classes with Canada’s leading scientists and hands-on experiences in state-of-the-art labs – including a first-year anatomy lab examining human cadavers – will enhance your understanding of assessment, treatment, and prevention of injury and illness.

Graduate career-ready and well prepared for health-profession programs, such as medicine and physiotherapy.

TAILOR YOUR DEGREE

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

GRADUATE SUCCESS

50% in professional or graduate programs
47% working
3% travelling or job searching

Our grads, on average, one year after graduation.

uwaterloo.ca/health/grad-stats
PUBLIC HEALTH

60 first-year students

BPH Graduate with an Honours Bachelor of Public Health
“What I really like is the flexibility of the program. There are lots of electives, and the final year is entirely electives. It gives you a lot of room to pursue your interests.”

Between adding an Aging Studies Option, a Health Research Specialization, and even a Japanese Language diploma, studying Public Health has given Jason the freedom to explore his curiosity. Add to that co-op experiences in hospitals, government, and research, and his future is full of possibilities.

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 a variety of careers, from addressing pandemics to advocating for at-risk populations.

**TAILOR YOUR DEGREE**

› Health Research Specialization  
› Health Informatics Option  
› Gerontology Minor  
› Addictions, Mental Health, and Policy Minor

**GRADUATE SUCCESS**

- 40% in professional or graduate programs
- 59% working
- 1% travelling or job searching

Our grads, on average, one year after graduation.  
[ uwaterloo.ca/health/grad-stats ]

**PURSUE AN ACCELERATED MASTER’S DEGREE**

in our School of Public Health Sciences: Master of Science, Master of Public Health, Master of Health Informatics, or Master of Health Evaluation
RECREATION

Anything you do in your free time – when you’re not busy with school, work, or other obligations – is some form of leisure. Those activities are essential – and often the best parts of our lives. You’ll learn how to design and deliver those experiences and use recreation to enhance individual and community health and well-being.

Apply to Recreation and Leisure Studies and choose one of three majors.

- **110 first-year students**
- **BA** Graduate with an Honours Bachelor of Arts

---

JON

**RECREATION AND SPORT BUSINESS, CO-OP**

Experience working with industry will help you discover the breadth of the field. Jon spent a co-op work term with the Ontario Volleyball Association learning how to create the best sporting experiences for all, whether they’re on the court or in the bleachers.

“The sports industry is more than just working for a pro team. There are so many different facets of sport and we as future professionals are lucky enough to provide the best experience for athletes, spectators, and stakeholders.”

---

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, or public recreation or sport organizations.

**HOW TO APPLY**

Apply to Recreation and Leisure Studies and select Recreation and Sport Business (RSB) as your subject of major interest. You’ll start in the RSB major in your first year.

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**TAILOR YOUR DEGREE**

- Event Management Minor
- Tourism Minor

**GRADUATE SUCCESS**

- 79% working
- 18% in professional or graduate programs
- 3% travelling or job searching

Our grads, on average, one year after graduation. [uwaterloo.ca/health/grad-stats](uwaterloo.ca/health/grad-stats)

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**TOP 100** Sports-Related Subjects (QS World University Rankings by Subject 2021)
ESTHER
THERAPEUTIC RECREATION, CO-OP

Supporting children with autism during high school inspired Esther to pursue a career helping others. Now, through her classes, internships, and co-op work terms, she’s developing skills to create meaningful recreation and leisure experiences that enhance health and well-being.

“I experienced first-hand the role recreation plays in therapy, how it can bring meaning to a person’s life, and that I can make it happen.”

RECREATION AND LEISURE STUDIES

You’ll develop a detailed understanding of leisure and its relationship to health and well-being. This major is the most flexible, giving you the opportunity to add one of 12 joint majors or dozens of minors based on your interests.

HOW TO APPLY

Apply to Recreation and Leisure Studies and select Recreation and Leisure Studies (RLS) as your subject of major interest. You’ll start in the RLS major in your first year.

THERAPEUTIC RECREATION

Develop expertise to enhance the overall quality of life for individuals, communities, and specific populations, such as older adults and persons living with differing levels of ability. You’ll graduate eligible to apply for registration with Therapeutic Recreation Ontario and for certification with the National Council for Therapeutic Recreation Certification (U.S.).

HOW TO APPLY

Apply to Recreation and Leisure Studies and select Therapeutic Recreation (TR) as your subject of major interest. You’ll start in the TR major in your first year.
“Being an Orientation leader has helped me grow my confidence and feel like part of a community – all while building a positive and welcoming atmosphere for our first-year students.”

“We’re called the “people people” for a reason.

With a commitment to protecting and promoting health and well-being, our work to create a healthier world starts right here – together.

Sound like you? You’ll fit right in.

“I love the competitive environment of varsity athletics. My university experience wouldn’t be the same without my team. Having their support through the ups and downs really makes a difference.”

“There is a huge stigma surrounding mental illness. Activities like Bell Let’s Talk Day bring awareness to the topic of mental health and remind us of the resources that are available.”
“I hear so many stories and experiences from our community as the host of our podcast. I hope students find themselves a bit more connected through listening to each episode.”

“I always talk to people in my classes. Whenever I sit next to a new face, I introduce myself. It’s how I met one of my closest friends.”

“As Health’s beloved mascot, I love popping up at student events and hanging out in the lounge for study sessions.”

“The Frisbee Oath is my favourite part of Orientation. It’s more than handing out frisbees. We come together and celebrate the start of a new chapter – and it sinks in that you’re truly part of the Health family.”

MORE TO EXPLORE
Connect with a current student to get the scoop on student life.
uwaterloo.ca/future/ask/health
All Health 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.

**REGULAR, WITH AN EDGE**

Pair the consistency of September to April study and summers off with the option of completing our experiential education certificate program, EDGE. EDGE helps you make the most of your experiences inside and outside the classroom. You’ll learn how to market the skills you gain through academic courses and co-curricular opportunities to set yourself apart from the competition.

- Complete your degree in four years
- Use summer jobs, on-campus activities, 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

**SAMPLE EDGE EXPERIENCES**

**HEALTH SCIENCES**
- Education team volunteer
- COVID-19 screener
- Medicine unit volunteer
- Research volunteer

**KINESIOLOGY**
- Direct support worker
- Volunteer teaching assistant
- Student trainer
- Data collection and analysis volunteer

**PUBLIC HEALTH**
- Research intern
- Student ambassador
- Research assistant
- Front desk assistant

**RECREATION**
- Conference director
- Event operations assistant
- Summer camp director
- Marketing and communications intern

“EDGE is a great opportunity to enhance your abilities. It’s helping me develop the professional skills I need to be successful after I graduate.”

MICHELE, KINESIOLOGY
Students earned between $8,400-$13,800+ on Canadian work terms in 2020

#1 IN CANADA:
Employer-Student Connections
(QS Graduate Employability Rankings 2020)

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 job-hunt process
› Complete your degree in five years

CO-OP STUDY/WORK SEQUENCE

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<th>YR.</th>
<th>TERM</th>
<th>HEALTH SCIENCES</th>
<th>KINESIOLOGY</th>
<th>PUBLIC HEALTH</th>
<th>RECREATION</th>
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HOW TO APPLY TO CO-OP

Check the “Co-op – Yes” circle. If you’re not offered a space in co-op, you’ll automatically be considered for the regular program.

SAMPLE CO-OP JOBS

HEALTH SCIENCES
› Health research project assistant
› 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

PUBLIC HEALTH
› Community relations and events co-ordinator
› Technical writer
› Lab manager
› Research assistant
› Health and safety co-ordinator

RECREATION
› Community recreation facilitator
› Outdoor education instructor
› Communications and marketing associate
› Recreation therapist
› Special events co-ordinator
CAREERS AND ADMISSIONS

AFTER GRADUATION

You’re probably wondering what the future holds after you graduate. Here are some examples of the careers and further education our Health grads have pursued.

But remember – just like your degree, your path after graduation will be unique to you. And we’re excited to help you get there.

HEALTH SCIENCES

SAMPLE CAREERS
› Project manager, Cancer Care Ontario
› eHealth analyst, Local Health Integration Network
› Genetic counsellor, The Hospital for Sick Children
› Marketing project co-ordinator, Oncology Education
› Research co-ordinator, Hamilton Health Sciences
› Statistics data analyst, York Region Public Health
› Business analyst, Centre for Addiction and Mental Health
› Product development advisor, Public Health Ontario

COMMON FURTHER STUDIES
› Medicine
› Public Health
› Epidemiology
› Speech-Language Pathology
› Occupational Therapy

KINESIOLOGY

SAMPLE CAREERS
› Kinesiologist, North York Acute Care
› Cardiology technologist, Credit Valley Hospital
› Ergonomist, GE Canada
› Research associate, London Health Sciences Centre
› Exercise therapist, Umana Health
› Health and safety associate, City of Burlington
› Design researcher, Idea Couture
› Disability accommodation specialist, Ontario Public Service

COMMON FURTHER STUDIES
› Physiotherapy
› Medicine
› Chiropractic
› Occupational Therapy
› Neuroscience
PUBLIC HEALTH

SAMPLE CAREERS
- Health promoter, Brant County Health Unit
- Client service representative, Cancer Care Ontario
- Data analyst, Heart and Stroke Foundation
- Senior policy advisor, Health Canada
- Public health planner, Region of Waterloo Public Health
- Solutions consultant, NexJ Health
- Youth services coordinator, Reception House Waterloo Region
- Business systems analyst, RBC

COMMON FURTHER STUDIES
- Public Health
- Epidemiology
- Law
- Social Work

RECREATION

SAMPLE CAREERS
- Recreation therapist, Centre for Addiction and Mental Health
- Director of resident programs, Sienna Senior Living
- Recreation co-ordinator, Town of Halton Hills
- Live events co-ordinator, Maple Leaf Sports & Entertainment
- Recreation and fitness co-ordinator, Conestoga College
- Wellness coach, Canadian Mental Health Association
- Membership director, YMCA
- Area manager, Canmore Nordic Centre Provincial Park

COMMON FURTHER STUDIES
- Education (teachers' college)
- Occupational Therapy
- Business Administration (MBA)
- Tourism
- Recreation and Leisure Studies

2022 REQUIREMENTS

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<th>PROGRAM</th>
<th>REQUIRED</th>
<th>ADMISSION AVERAGE*</th>
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<td>Health Sciences</td>
<td>One Grade 12 U English*, Grade 12 U Biology*, Grade 12 U Chemistry*, one Grade 12 U Mathematics*</td>
<td>Low 80s (regular) Mid-80s (co-op)</td>
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<tr>
<td>Kinesiology</td>
<td>One Grade 12 U English*, one of Grade 12 U Advanced Functions*, or Calculus and Vectors*, two of Grade 12 U Chemistry*, Biology*, or Physics*</td>
<td>Low 80s (regular) Mid-80s (co-op)</td>
</tr>
<tr>
<td>Public Health</td>
<td>One Grade 12 U English*, one Grade 12 U Mathematics*</td>
<td>Low 80s (regular) Mid-80s (co-op)</td>
</tr>
<tr>
<td>Recreation and Leisure Studies</td>
<td>One Grade 12 U English*</td>
<td>Low 80s (regular and co-op)</td>
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</tbody>
</table>

*These averages are based on previous years' entering classes. Final admission averages are affected by the number of applicants and space available and will not be known until mid-May 2022.

*At least 70% normally required.
†At least 75% normally required.

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

uwaterloo.ca/future/admissions
ACKNOWLEDGEMENT OF TRADITIONAL TERRITORY

The University of Waterloo acknowledges it is situated on the Haldimand Tract, land granted to the Haudenosaunee of the Six Nations of the Grand River in the Haldimand Treaty of 1784. The Haldimand Tract and surrounding area, including our Stratford campus, is the traditional territory of the Attawandaron, Anishinaabeg, and Haudenosaunee.