DISCOVER YOUR STORY IN HEALTH
Shape a healthy future.

“You + Waterloo

“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 illness and injury, promote health, 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 health 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.
Which faculty of health program is right for you?

Know you want a career helping people live healthier and happier lives, but not quite sure which program to choose? This quiz might help!

... 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?
Are you interested in the social AND biological aspects of health?

Health Sciences might be the program for you!

Would you like to:

- START HERE
- Turn the page to learn more
... 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!

CHECK OUT PAGE 6 TO LEARN MORE

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... UNDERSTAND HOW TO IMPROVE THE HEALTH AND WELL-BEING OF COMMUNITIES?

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!

CHECK OUT PAGE 8 TO LEARN MORE

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... 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!

CHECK OUT PAGE 10 TO LEARN MORE
HEALTH SCIENCES

BSc Graduate with an Honours Bachelor of Science

200 first-year students

#1 Comprehensive University in Canada for Research (Research Infosource)
BRENDAN
HEALTH SCIENCES GRADUATE
CURRENTLY: Resident Doctor

Brendan wanted to understand the full picture of human health – not just the biological level. “My favourite part of Health Sciences was the range and variety of courses. Learning about biological science alongside social science was an amazing way to develop a well-rounded understanding of the many factors that impact human health.”

The most valuable thing Brendan learned? How to take an “upstream” approach to health and disease. “It means looking beyond the individual and examining the broader forces and structures in our society that impact human health. This perspective helps me to be more understanding of my patients and has made me a better doctor.”

Are you interested in the whole picture of human health – both social and biological? Study science (think biology, chemistry, and physiology) and the societal factors that impact peoples’ overall health and well-being (like health policy and social determinants of health).

This program gives you a unique, “cell to society” perspective. You’ll learn about prevention and treatment of disease, as well as how to promote health and improve health-care systems and services. This knowledge is extremely valuable in health-related careers, graduate studies, and clinical health profession programs like medicine, nursing, or occupational therapy.

CUSTOMIZE YOUR DEGREE

Once you’re in the program, you can pick from the options below and customize your degree to your interests and career goals!

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

GRADUATE SUCCESS

What’s it really like being a resident doctor?
SCAN TO HEAR FROM BRENDAN

56% in professional or graduate programs

42% working

2% travelling or job searching

Our Health Sciences grads, on average, one year after graduation:

uwaterloo.ca/health/grad-stats
KINESIOLOGY

TOP 50 Anatomy & Physiology (QS World University Rankings by Subject 2022)

210 first-year students
Surabhi knew she wanted to be a physiotherapist since grade 10. Plus, she loved science, human movement, exercise, sports and wanted to study something she would enjoy.

“Kinesiology was the perfect preparation for my career as a physiotherapist. The sheer variety of courses and learning opportunities in this program is incredible. This helped me explore so many different things and gave me a well-rounded understanding of the human body.”

The principles Surabhi learned in her degree still help her today. “Kinesiology taught me how adaptable and resilient the human body really is, which is important knowledge for anyone who wants to get into the medical field.”

Graduate ready to enter health-profession programs (like medicine and physiotherapy) or the workforce.

CUSTOMIZE YOUR DEGREE
Once you’re in the program, you can pick from the options below and customize your degree to your interests and career goals!

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

GRADUATE SUCCESS

What’s it really like being a physiotherapist?
SCAN TO HEAR FROM SURABHI

BSc Graduate with an Honours Bachelor of Science

51% in professional or graduate programs
46% working
3% travelling or job searching

Our Kinesiology grads, on average, one year after graduation:

uwaterloo.ca/health/grad-stats
PROGRAMS

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.

Learn to examine and improve the health of communities and populations. You’ll focus on the social, ecological, biological, political, and psychological factors that influence human health. This is a flexible degree that you can tailor to your interests.

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.

CUSTOMIZE YOUR DEGREE

Once you’re in the program, you can pick from the options below and customize your degree to your interests and career goals!

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

GRADUATE SUCCESS

４５% in professional or graduate programs
５３% working
２% travelling or job searching

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

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

Within Recreation, there are three different majors to choose from:

1. Recreation and Sport Business
2. Recreation and Leisure Studies
3. Therapeutic Recreation

HOW TO APPLY

Apply to Recreation and Leisure Studies on the Ontario Universities’ Application Centre (OUAC) and select your chosen major as your “subject of major interest.” You’ll automatically be enrolled in the required courses you need for first year (which takes the stress out of course selection for you!).

CUSTOMIZE YOUR DEGREE

Once you’re in the program, you can pick from the options below and customize your degree to your interests and career goals!

› Event Management Minor
› Tourism Minor

GRADUATE SUCCESS

77% working
20% in professional or graduate programs
3% travelling or job searching

Our grads, on average, one year after graduation.

uwaterloo.ca/health/grad-stats

1. 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 a leadership role in any commercial, non-profit, or public sector organization.

BRYCE

RECREATION AND SPORT BUSINESS GRADUATE
CURRENTLY: General Manager of an athletics facility

Bryce never imagined his co-op position would turn into a full-time job.

Now, as the General Manager of a large athletics facility, he handles everything from developing programming to managing business operations to working with industry partners. “It’s a career that requires adaptability and a huge number of different skills. I’m very confident the things I learned in class are what prepared me to be successful in this field!”

WHAT’S IT LIKE BEING THE GENERAL MANAGER OF AN ATHLETICS FACILITY?

SCAN TO HEAR FROM BRYCE
3. 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.).
COMMUNITY

A COMMUNITY LIKE NO OTHER

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

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

“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.”

JAYNA

“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.”

SERENA

“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.”

RINA
“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.”
CAREER PREPARATION

ULTIMATE CAREER PREPARATION

uwaterloo.ca/health/career-prep

All Health programs are available through the regular stream or co-op. Choose what’s right for you and your career goals. 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
› 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
CO-OP

Waterloo has the largest co-op program of its kind in the world. This means you have access to more jobs, more experiences, and more employers than anywhere else.

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.

BENEFITS
> 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
> Gain transferable skills to help you in your future career

CHALLENGES
> It can be stressful, as you’re either studying for exams or applying to and interviewing for jobs
> You might not get your dream job right away
> There is an additional fee that supports the cost of running the co-op program
> Your degree takes five years to complete rather than four
> It’s a competitive process and jobs are not guaranteed

CO-OP STUDY/WORK SEQUENCE

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<tr>
<th>YR.</th>
<th>TERM</th>
<th>HEALTH SCIENCES</th>
<th>KINESIOLOGY</th>
<th>PUBLIC HEALTH</th>
<th>RECREATION</th>
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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

Faculty of Health co-op students earned between $8,400-$13,800+ on Canadian work terms in 2021

#1 IN CANADA:
Graduate Employability
(QS Graduate Employability Rankings 2022)
You might be 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, OncologyEducation
› 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
- 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
- Manager of operations and projects, Township of Woolwich
- 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

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### 2023 REQUIREMENTS

<table>
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<th>PROGRAM</th>
<th>REQUIRED</th>
<th>ADMISSION AVERAGE*</th>
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<td>Six Grade 12 U or M courses, including all required courses</td>
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<td>Health Sciences</td>
<td>One Grade 12 U English*,</td>
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<td>Grade 12 U Biology*,</td>
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<td>Grade 12 U Chemistry*,</td>
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<tr>
<td></td>
<td>one Grade 12 U Mathematics*</td>
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<tr>
<td>Kinesiology</td>
<td>One Grade 12 U English*,</td>
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<td>one of Grade 12 U Advanced Functions*</td>
<td>Mid-80s (co-op)</td>
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<td>or Calculus and Vectors*,</td>
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<td>two of Grade 12 U Chemistry*,</td>
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<td>Biology*, or Physics*</td>
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<td>One Grade 12 U English*,</td>
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<td>one Grade 12 U Mathematics*</td>
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<tr>
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<td>One Grade 12 U English*</td>
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<td>and co-op</td>
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*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 2023.

*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](uwaterloo.ca/future/admissions)
ACKNOWLEDGEMENT OF TRADITIONAL TERRITORY

The University of Waterloo acknowledges that much of our work takes place on the traditional territory of the Neutral, Anishinaabeg, and Haudenosaunee peoples. Our main campus is situated on the Haldimand Tract, the land granted to the Six Nations that includes six miles on each side of the Grand River.

YOU+WATERLOO

Our greatest impact happens together

UNIVERSITY OF WATERLOO | FACULTY OF HEALTH
519-888-4567, EXT. 46220
health@uwaterloo.ca | uwaterloo.ca/health

200 UNIVERSITY AVE. W., WATERLOO, ON, CANADA N2L 3G1

uwaterloo.ca/future-students

Waterloo is committed to acting on the climate emergency and is working toward carbon neutrality and zero waste in our own practices. The paper this publication is printed on contains 100% post-consumer fiber, is manufactured using renewable energy and is Forest Stewardship Council® (FSC®) certified.