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Bachelor of Health Sciences – Workplace Health and Wellness

Honours Degree

Program Code: WW411

Campus: North

Length: 8 semesters

Humber's Bachelor of Health Sciences – Workplace Health and Wellness honour's degree program, the first of its kind in Canada.

Using a team approach, learners will work collaboratively with one another and with faculty to apply key principles of workplace health.

You will participate in one mandatory paid or unpaid 14-week field experience to gain full-time professional work experience. Field experience is a requirement of the program.

The field experience will enhance the theoretical learning in the program, giving you hands-on application in the field of workplace health.

Courses

Semester 1

BHSW 1001: Health and Wellness Concepts

BHSW 1002: Working in Health and Wellness

BHSW 1502: Research and Writing on Issues in Health Sciences

PSYC 1000: Introduction to Psychology

Select 1 from the following courses

DEGE: Degree Breadth Elective

Semester 2

BHSW 1500: Health Behaviour

BHSW 1503: Global and Environmental Health Issues

BHSW 1505: The Human Body

COMM 1002: Academic Writing and Critical Reasoning

Select 1 from the following courses

DEGE: Degree Breadth Elective

Semester 3

BHSW 2001: Reflective and Critical Practice

BHSW 2002: Business Communications

BHSW 2003: Health Concerns in Workplace Health and Wellness

HMTH 1111: Mathematics for Health Sciences

Select 1 from the following courses

DEGE: Degree Breadth Elective

Semester 4

BHSW 2501: Human Resources in the Workplace

BHSW 2503: Nutrition for a Healthy Workday

BHSW 2504: Physical Activity and Healthy Lifestyles

BHSW 3003: Health Literacy

Select 1 from the following courses

DEGE: Degree Breadth Elective

Semester 5

BHSW 2502: Occupational Health and Safety

BHSW 3000: Biostatistics and Research

BHSW 3001: Mental Health and Addictions

BHSW 3002: The Business Case for Workplace Health and Wellness

BHSW 3004: Marketing in Health and Wellness

Semester 6

BHSW 3500: Applied Epidemiology

BHSW 3501: Interprofessional Leadership

BHSW 3502: Ethical and Legal Issues in Workplace Health and Wellness

BHSW 3503: Digital Innovations in Workplace Health and Wellness

BHSW 3504: Professional Practice

Select 1 from the following courses

DEGE: Degree Breadth Elective

Work Experience - SEM 6C

WORK 3554: Field Experience - Workplace Health and Wellness

Semester 7

BHSW 4000: Capstone Project 1

BHSW 4001: Abilition Management