



PROGRAM PLANNING GUIDE

Name: _____

ID:

Bachelor of Health Sciences

Indigenous Health



Indigenous health is Canadian health. The health of Indigenous peoples in Canada is a complex social justice issue that can only be addressed by people who are creative, skilled, culturally competent, committed and passionate about righting historical wrongs and acting to create a more inclusive, equitable society. Learn traditional Indigenous teachings and contemporary perspectives by engaging with elders, knowledge keepers, health care professionals and other Indigenous peoples. Learn how Indigenous values, knowledge and practices foster healthy children, youth, adults, elders, families and communities.

What determines my program requirements?

Please refer to the Academic Calendar (www.ulethbridge.ca/ross/academic-calendar) for complete program information.

Calendar Year: 2025/2026 - Your calendar year is set to the academic year you are admitted (or readmitted) and you should follow the requirements for that year for the duration of your program.

Faculty/School: Faculty of Health Sciences (www.ulethbridge.ca/healthsciences)

Program(s): Bachelor of Health Sciences

Major(s): Indigenous Health

Minor: A defined set of courses, designed to provide depth in a particular discipline, study in an interdisciplinary area, or focus on a theme-related topic. To learn more about optional minors see www.ulethbridge.ca/ross/minors.

Am I admissible to this program?

Admission: www.ulethbridge.ca/ross/admissions/undergrad

Transfer: www.ulethbridge.ca/ross/transfer-resources

When/How do I apply to the University?

Deadlines: www.ulethbridge.ca/ross/admissions/undergrad/deadlines

Step-by-Step: www.ulethbridge.ca/ross/admissions/step-by-step

Where can I find information on courses?

Course Catalogue: www.ulethbridge.ca/ross/courses

Registration Guide: www.ulethbridge.ca/ross/registration-guide

When can I register for classes?

Register early! (March for Summer and Fall; November for Winter)

Registration Dates: www.ulethbridge.ca/ross/registration-dates

How can I enhance my program?

Career Bridge: www.ulethbridge.ca/career-bridge

Internship: www.ulethbridge.ca/healthsciences/practicum-aboriginal-health

Independent Study: www.ulethbridge.ca/healthsciences/independent-study

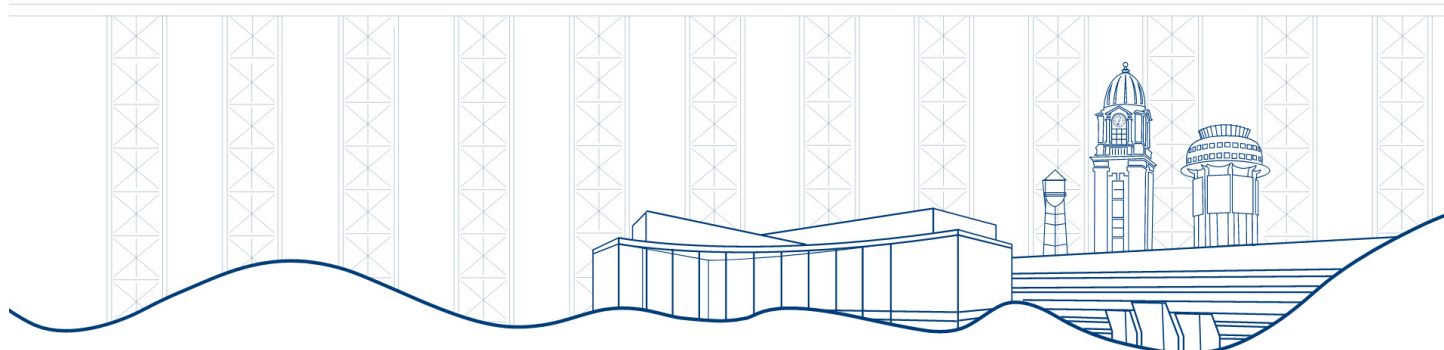
What supports are available to students?

Student Services: www.ulethbridge.ca/campus-life/student-services

Student Success Centre: www.ulethbridge.ca/student-success-centre

Accessible Learning: www.ulethbridge.ca/ross/alc

Counselling Services: www.ulethbridge.ca/counselling





PROGRAM REQUIREMENTS (2025/2026)

Required courses and notes

Core Courses

- _____ 1. Indigenous Health 1000 - Introduction to Indigenous Health
- _____ 2. Indigenous Health 2000 - Indigenous Healing and Restoration
- _____ 3. Indigenous Health 3300 - Traditional Indigenous Health Concepts
- _____ 4. Indigenous Health 3310 - Contemporary Issues in Indigenous Health
- _____ 5. Indigenous Health 3400 - Indigenous Community Development
- _____ 6. Indigenous Health 3500 - Indigenous Health Research Methods
- _____ 7.-11. Indigenous Health 4350 - Practicum in Indigenous Health (15.0 credit hours)
- _____ 12. Health Sciences 1010 - Personal Health and Wellness
- _____ 13. Health Sciences 2700/Sociology 2700 - Health and Society
- _____ 14. Health Sciences 3260 - Research in the Health Sciences
- _____ 15. Health Sciences 3450/Psychology 3450 - Applied Statistics for Clinical Practice
- _____ 16. Health Sciences 3510 - Program Planning and Evaluation
- _____ 17. Indigenous Governance and Business Management 2500 - Introduction to Indigenous Governance and Business Management
- _____ 18. Management 2081 - Professional Communications Skills
- _____ 19. Public Health 1000 - Introduction to Public Health
- _____ 20. Public Health 2000 - Population Health
- _____ 21. Public Health 2100 - Policy and Health
- _____ 22. Public Health 3420 - Public Health Ethics
- _____ 23. Sociology 1000 - Introduction to Sociology
- _____ 24. Writing 1000 - Introduction to Academic Writing

Electives

Courses with a subject code of ACCT, ADCS, AGEM, EDUC, FINC, GLBU, HLSC, HRLR, IGBM, INHL, MGT, MKTG, NURS, PUBH, or TREC may not be used to fulfill the Fine Arts and Humanities Elective, Social Science Electives, or Science Electives in the Indigenous Health major.

- _____ 25. One Fine Arts and Humanities elective
 - _____ 25. _____
- _____ 26. One Social Science elective
 - _____ 26. _____
- _____ 27.-30. Four Science electives
 - _____ 27. _____
 - _____ 28. _____
 - _____ 29. _____
 - _____ 30. _____
- _____ 31.-39. Nine Open electives
 - _____ 31. _____
 - _____ 32. _____
 - _____ 33. _____
 - _____ 34. _____
 - _____ 35. _____
 - _____ 36. _____
 - _____ 37. _____
 - _____ 38. _____
 - _____ 39. _____
- _____ 40. One 3000/4000-level course
 - _____ 40. _____

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General Requirements

- _____ Completion of 40 course equivalents (120.0 credit hours) with a GPA of at least 2.00 (on the University of Lethbridge 4.0 scale) on courses taken for credit towards the degree.
- _____ Attain a minimum cumulative GPA of 2.50 (on the University of Lethbridge 4.0 scale) on all Addictions Counselling, Health Sciences, Indigenous Health, and Public Health courses taken for credit towards the degree.
- _____ Completion of the Liberal Education List Requirement (see **School of Liberal Education** in the 2025/2026 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar).
- _____ Not more than three Independent Study courses may be taken for credit towards the degree.
- _____ Not more than 12 courses (36.0 credit hours) may be completed at the 1000 level (or lower) for credit towards the degree, excluding Activity courses (labelled PHAC and MUSE).
- _____ Residence requirement: 20 courses, including a minimum of ten from the Faculty of Health Sciences.
- _____ All degree requirements must be completed within seven years of completion of the first required course offered by the Faculty of Health Sciences.

Optional Minor: _____

Due to the structured nature of the B.H.Sc. program, students are **strongly discouraged** from declaring a minor. Completing a minor will require taking courses above the minimum degree requirements and could lengthen the duration of your program. Consult your Academic Advisor prior to declaring a minor.

For information about minors see **Minors** in the 2025/2026 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar.

- _____ 1.-6. **Minor Courses**
 - _____ 1. _____
 - _____ 2. _____
 - _____ 3. _____
 - _____ 4. _____
 - _____ 5. _____
 - _____ 6. _____



RECOMMENDED SEQUENCING PLAN (2025/2026)

Recommended Course Sequence

Name: _____

ID:

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Shown below is the recommended sequence of courses for your degree. Consult timetables for course offerings, prerequisites, and corequisites before registering each term as some courses may have limited offerings (ie. once a year, alternating years, or only offered in the Fall or Winter terms). Students are strongly encouraged to follow the sequencing plan outlined here. Not following the sequencing plan may result in extending the length of your program. Consult with an Academic Advisor in your faculty if you wish to alter this sequence with regard to the specifically listed courses.

Note that this sequence was prepared based on course scheduling at the time of publication and may change during your studies.

First Year (Fall)

- Indigenous Health 1000
- Health Sciences 1010
- Public Health 1000
- Elective
- Elective

First Year (Winter)

- Sociology 1000
- Writing 1000
- Science Elective
- Elective
- Elective

Second Year (Fall)

- Indigenous Health 2000
- Public Health 2000
- Indigenous Governance and Business Management 2500
- Fine Arts and Humanities Elective
- Science Elective

Second Year (Winter)

- Indigenous Health 3300
- Indigenous Health 3310
- Health Sciences 2700/Sociology 2700
- Management 2081
- Elective

Third Year (Fall)

- Indigenous Health 3400
- Health Sciences 3260
- Public Health 2100
- Public Health 3420
- Science Elective

Third Year (Winter)

- Indigenous Health 3500
- Health Sciences 3510
- Social Science Elective
- Elective
- Elective

Fourth Year (Fall)

- Health Sciences 3450/Psychology 3450
- 3000/4000-level elective
- Science Elective
- Elective
- Elective

Fourth Year (Winter)

- Indigenous Health 4350

Final Program Check

Request a Final Program Check at www.ulethbridge.ca/healthsciences/forms by December 1 (April completers) or by April 1 (June, August, & December completers) and after registering in your final term.

Program requirements with _____ (majors, minors, concentrations)

will be met upon successful completion of _____ currently enrolled courses

have been met

Advisor: _____ Date: _____

Health Sciences GPA: _____

Grad GPA: _____

Advisor: _____ Date: _____

