



PROGRAM PLANNING GUIDE

Name: _____

ID:

Bachelor of Health Sciences

Public Health



Public health is focused on prevention rather than the treatment of disease. It examines the overall health of a population with the aim of developing strategies to promote and protect health. Through course work and hands-on experience, the public health major at ulethbridge will provide you with the skills and tools needed to prevent disease/injury and to promote, and protect the health and well-being of Canadians and populations across the globe. The core of our work in public health is to take steps to prevent chronic and infectious disease before it occurs.

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): Public 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

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

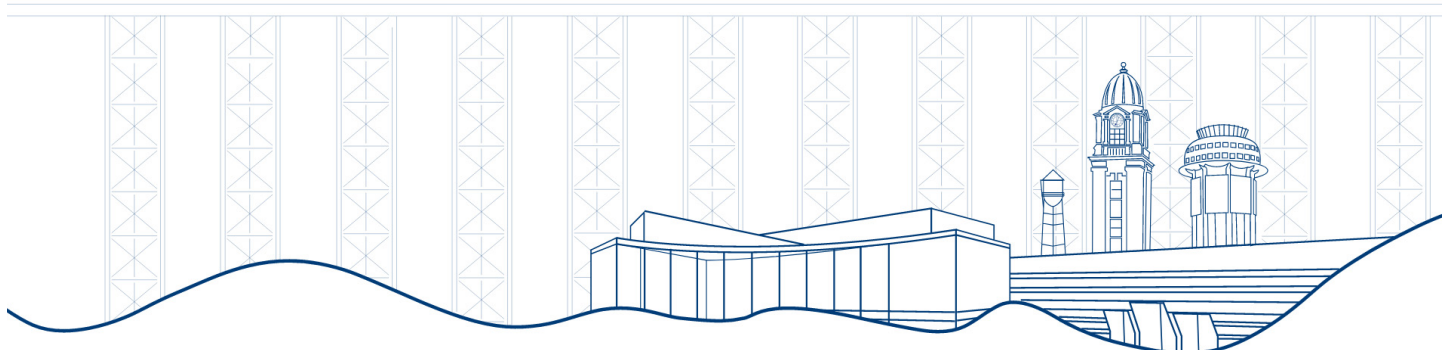
What supports are available to students?

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





Required courses and notes

Name: _____

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Core Courses

- _____ 1. Public Health 1000 - Introduction to Public Health
- _____ 2. Public Health 2000 - Population Health
- _____ 3. Public Health 2100 - Policy and Health
- _____ 4. Public Health 3000 - Canadian and Global Perspectives
- _____ 5. Public Health 3100 - Environmental Health
- _____ 6. Public Health 3420 - Public Health Ethics
- _____ 7. Public Health 4000 - Advanced Public Health
- _____ 8. Indigenous Health 1000 - Introduction to Indigenous Health
- _____ 9. Anthropology 1000 - The Anthropological Perspective
- _____ 10. Biology 1010 - Cellular Basis of Life
- _____ 11. Health Sciences 2003/Biology 2003 - Epidemiology
- _____ 12. Health Sciences 2310 - Human Nutrition
- _____ 13. Health Sciences 2400 - Medical Microbiology
- _____ 14. Health Sciences 2700/Sociology 2700 - Health and Society
- _____ 15. Health Sciences 3002 - Health Promotion
- _____ 16. Health Sciences 3260 - Research in the Health Sciences
- _____ 17. Health Sciences 3450/Psychology 3450 - Applied Statistics for Clinical Practice
- _____ 18. Health Sciences 3510 - Program Planning and Evaluation
- _____ 19. Health Sciences 3825/Management 3825 - Information in Health Care
- _____ 20. Sociology 1000 - Introduction to Sociology
- _____ 21. **One of:**
 - _____ Writing 1000 - Introduction to Academic Writing
 - _____ A university English course
- _____ 22.-26. **One of:**
 - _____ Public Health 4550 - Practicum in Public Health (15.0 credit hours)
 - _____ Five 3000/4000-level Addictions Counselling/Health Sciences/Indigenous Health/Public Health electives

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 Electives, or Science Elective in the Public Health major.

- _____ 27.-29. Three Fine Arts and Humanities electives
 - _____ 27. _____
 - _____ 28. _____
 - _____ 29. _____
- _____ 30. One Science elective
 - _____ 30. _____
- _____ 31.-40. 10 electives offered by any Faculty or School
 - _____ 31. _____
 - _____ 32. _____
 - _____ 33. _____
 - _____ 34. _____
 - _____ 35. _____
 - _____ 36. _____
 - _____ 37. _____
 - _____ 38. _____
 - _____ 39. _____
 - _____ 40. _____

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.

Note: Not more than 12 courses (36.0 credit hours) may be completed at the 1000 level for credit towards the degree. Students interested in specific career paths can find a list of suggested courses at www.ulethbridge.ca/healthsciences/phlists.

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)

- Anthropology 1000
- Biology 1010
- Public Health 1000
- Sociology 1000
- Fine arts and humanities elective

First Year (Winter)

- Health Sciences 2700/Sociology 2700
- Writing 1000
- Fine Arts and Humanities elective
- Elective
- Elective

Second Year (Fall)

- Health Sciences 2003/Biology 2003
- Health Sciences 3002
- Public Health 2000
- Public Health 2100
- Elective

Second Year (Winter)

- Indigenous Health 1000
- Health Sciences 2310
- Health Sciences 3450/Psychology 3450
- Health Sciences 3825/Management 3825
- Public Health 3000

Third Year (Fall)

- Health Sciences 2400
- Health Sciences 3260
- Public Health 3100
- Public Health 3420
- Public Health/Health Sciences elective

Third Year (Winter)

- Health Sciences 3510
- Public Health 4000
- Public Health/Health Sciences elective
- Public Health/Health Sciences elective
- Science Elective

Fourth Year (Fall)

- Fine Arts and Humanities elective
- Public Health/Health Sciences elective
- Public Health/Health Sciences elective
- Elective
- Elective

Fourth Year (Winter)

- Elective
- Elective
- Elective
- Elective
- Elective

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: _____



Customize your program or keep notes

Name: _____

ID:

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An empty program space is available below should you wish or need to create a customized program sequence. Ensure you are following the program requirements laid out on the previous pages of this guide to ensure you are meeting all program, degree, and institutional requirements.
Consult with an Academic Advisor in your faculty if you wish to customize your sequence of courses.

First Year (Fall)

First Year (Winter)

Second Year (Fall)

Second Year (Winter)

Third Year (Fall)

Third Year (Winter)

Fourth Year (Fall)

Fourth Year (Winter)

Fifth Year (Fall)

Fifth Year (Winter)

Notes

