

# Health Studies - Population Health (HBSc)

Department of Health and Society

Specialist

Major

Minor

See also co-op option

The Health Studies Major in Population Health focuses on the biological determinants of health, epidemiology, aging and the life cycle, and the importance of social and behavioural shapers of health. Students will learn about the biological determinants of health, epidemiology, aging and the life cycle, and the impact of environmental factors on health, both in a Canadian and global context. Graduates will have a strong interdisciplinary experience that will provide them with a solid understanding of the biological basis for health and disease including infectious, non communicable, environmental diseases and the social determinants of health.

**Complementary Programs:** Biology, Human Biology, Molecular Biology, Immunology and Disease, Mental Health Studies, Psychology, Neuroscience, Environmental Science, Statistics

## Make the most of your time at UTSC!

We want to help you maximize your university experience, so we've pulled together information and suggestions to get you started, although there are many more! As you review the chart on the inside pages, note that many of the suggestions need not be restricted to the year they are listed. In fact, activities such as joining a student club, engaging with faculty and seeking opportunities to gain experience should occur in each year of your study.

## Check out future career opportunities and skills acquired from completing this program:

### Competencies & Skills

- Analyze social, historical, political, and economic processes that shape health and well-being
- Identify biological, behavioural, and environmental factors that affect health
- Analyze how cultural factors mediate health practices and shape health outcomes through tradition, ritual, customs, and concepts of health, illness and disease

### Careers for Graduates

- Team Assistant in community care centres
- Customer Service Agent in biomedical products firms
- Coordinator in health services
- Clinical Research Assistant in the pharmaceutical industry
- Activationist in long-term care homes
- Project Assistant in health promotion services

### Further Education

- Public Health
- Health Science
- Epidemiology
- Gerontology
- Health/Public Policy & Administration
- Community Health or Development
- Community Education
- Medicine or Nursing
- Rehabilitation Sciences
- Regulatory Affairs



Connect with Alumni at events on **CLNx** and through **Partners in Leadership**, **10,000 Coffees**, **LinkedIn** and more!

For more information go to:  
[uoft.me/alumni-services](http://uoft.me/alumni-services)

**NEED HELP CHOOSING  
YOUR PROGRAM?**

See [uoft.me/choosing](http://uoft.me/choosing)

# Health Studies - Population Health (HBSc) Major Program Pathway

## HOW TO USE THIS PROGRAM PATHWAY

Read through each year; investigate what appeals to you here and in other Program Pathways that apply to you. Note that this Pathway is only a suggestion. **For the most up to date information, please check the UTSC Calendar.**

	YEAR 1 (0 - 3.5 Credits)	YEAR 2 (4 - 8.5 Credits)	YEAR 3 (9 - 13.5 Credits)	YEAR 4 or FINAL YEAR (14 - 20 Credits)
CHOOSE YOUR COURSES WISELY	<ul style="list-style-type: none"><li>1.5 credits as follows: [BIOA11H3 or BIOA01H3], HLTA02H3, HLTA03H3.</li><li>Explore different kinds of courses; this will also help with fulfilling breadth requirements and electives.</li><li>Use Degree Explorer to plan your courses and program of interest.</li><li>See the UTSC Calendar for course requirements.</li></ul>	<ul style="list-style-type: none"><li>2.5 credits from: [HLTB11H3 or BIOB35H3], HLTB16H3, HLTB22H3, [HLTB44H3 or PHLB09H3], [STAB22H3 or STAB23H3].</li><li>0.5 credit: HLTB015H3.</li><li>0.5 credit from: HLTB41H3, HLTB42H3, HLTB50H3.</li><li>0.5 credit from: GGRB28H3, HLTB20H3, HLTB41H3, HLTB50H3, STAB27H3.</li></ul>	<ul style="list-style-type: none"><li>0.5 credit from: ANTC67H3, HLTC27H3.</li><li>1.5 credits from: ANTC68H3, HLTC04H3, HLTC16H3, HLTC17H3, HLTC19H3, HLTC22H3, HLTC23H3, HLTC24H3, HLTC25H3, HLTC26H3, HLTC28H3, HLTC29H3, HLTC48H3, HLTC49H3, HLTC51H3.</li><li>Use Degree Explorer to ensure you are on track to graduate.</li></ul>	<ul style="list-style-type: none"><li>0.5 D-level credit in HLT courses.</li><li>Ensure you have fulfilled your breadth requirements.</li><li>Use Degree Explorer to ensure you are on track to graduate.</li><li>Register your “Intent to Graduate” on ACORN by the deadline.</li></ul>
DEVELOP YOUR ACADEMIC & RESEARCH SKILLS	<ul style="list-style-type: none"><li>Schedule an appointment with your Program Librarian for in-depth research assistance with your assignments.</li><li>Get writing support at CTL's Writing Centre.</li></ul>	<ul style="list-style-type: none"><li>Further develop your general academic skills by attending workshops offered by the Academic Advising &amp; Career Centre (AA&amp;CC) and Centre for Teaching &amp; Learning (CTL).</li></ul>	<ul style="list-style-type: none"><li>Consider entering the UTSC Library Undergraduate Poster Forum and competing for the Undergraduate Research Prize.</li></ul>	<ul style="list-style-type: none"><li>Apply for an Academic Travel Fund through Department of Student Life (DSL) to research, present at a conference, or engage with the international academic community.</li></ul>
APPLY THEORY TO PRACTICE	<ul style="list-style-type: none"><li>Attend the UTSC Faculty Mix &amp; Mingle Fair to connect with professors and learn more about their specialties.</li><li>Start building your Co-Curricular Record (CCR) and search for Experiential Learning opportunities.</li></ul>	<ul style="list-style-type: none"><li>Get involved in relevant opportunities on and/or off campus; apply to Work Study, or other part-time and summer jobs on CLNx.</li></ul>	<ul style="list-style-type: none"><li>Build on your skills and knowledge through relevant events offered through your department, student groups, DSL and the AA&amp;CC.</li></ul>	<ul style="list-style-type: none"><li>Attend the Summer &amp; Full-time Job Fair in January to meet with potential employers looking to hire students for summer and full-time positions relevant to your field.</li></ul>
BECOME AN ENGAGED CITIZEN (LOCALLY & GLOBALLY)	<ul style="list-style-type: none"><li>Get involved with the Health and Society Students' Association (HSSA); also explore other relevant student clubs and activities on campus.</li><li>Volunteer in DSL's Alternative Reading Week program to gain experience and knowledge about social change and community development.</li></ul>	<ul style="list-style-type: none"><li>Check CLNx to search for Work Study or volunteer positions on campus to gain experience and to get involved.</li></ul>	<ul style="list-style-type: none"><li>Run for an elected position in the Health and Society Students' Association (HSSA).</li><li>Look into volunteering or working overseas to expand your network through ISC's Global Learning programs.</li></ul>	<ul style="list-style-type: none"><li>Participate in the AA&amp;CC's Partners in Leadership program to learn and network with an alumni mentor about transitioning to work or further education.</li></ul>
PLAN FOR YOUR FUTURE CAREER	<ul style="list-style-type: none"><li>Volunteer with organizations to explore your interests; check listings on CLNx.</li><li>Attend the Get Experience Fair in September and register with SCSU's Volunteer Network Program to explore opportunities.</li></ul>	<ul style="list-style-type: none"><li>Considering grad school? Speak to professors and advisors early so you are on track.</li><li>Explore careers through the AA&amp;CC's Job Shadowing and In The Field programs.</li></ul>	<ul style="list-style-type: none"><li>Plan a career path with a staff member at the AA&amp;CC.</li><li>Check CLNx for networking events and employer information sessions to attend.</li><li>Attend the Graduate &amp; Professional School Fair in September.</li></ul>	<ul style="list-style-type: none"><li>Attend the AA&amp;CC's Get Hired job search conference in April/May.</li><li>Attend a Jobs for Grads orientation for a job search “crash course” and for access to full-time job listings.</li><li>Get your personal statement reviewed in the AA&amp;CC.</li></ul>

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## SERVICES AT UTSC THAT SUPPORT YOU:

To learn about resources and departments that can support you, download the UTSC Student Experience app or visit [uoft.me/StARTNow](https://uoft.me/StARTNow)

### Diversity & Inclusion

The University of Toronto Scarborough commits to intentionally foster a welcoming and supportive environment for students, faculty, and staff where diversity is valued, and every member of the community feels a sense of belonging on campus.

[utsc.utoronto.ca/edo/](https://utsc.utoronto.ca/edo/)

### Academic Integrity

The university community supports an environment of academic integrity; these are values that include honesty, trust, fairness, respect and responsibility. Learn about the university's academic rules and how to avoid accidental plagiarism by attending an Academic Integrity Matters (AIM) workshop.

[academicintegrity.utoronto.ca/](https://academicintegrity.utoronto.ca/)

### Healthy Campus

UTSC provides supportive environments, resources and services to empower students to maintain their overall physical and mental health and foster their academic success.

[uoft.me/healthycampus/](https://uoft.me/healthycampus/)

### Co-Curricular Record

The co-curricular record is an official institutional document that recognizes your involvement outside the classroom as a significant part of your U of T experience.

[clnx.utoronto.ca/ccr](https://clnx.utoronto.ca/ccr)

## FUTURE STUDENTS

For admission requirements to UTSC, check out the U of T Scarborough Viewbook or contact:

### Admissions & Student Recruitment

University of Toronto Scarborough  
Room HL104, Main Floor, Highland Hall  
416-287-7529

[admissions@utsc.utoronto.ca](mailto:admissions@utsc.utoronto.ca)

## CURRENT STUDENTS

### Departmental Contact

[dhsadvisor.utsc@utoronto.ca](mailto:dhsadvisor.utsc@utoronto.ca)

### Health Studies - Population Health Librarian

Kathryn Barrett,  
[kathryn.barrett@utoronto.ca](mailto:kathryn.barrett@utoronto.ca), 416-208-5199

### Academic Advising & Career Centre

Room AC213 | 416-287-7561

### Department of Student Life

Room SL157 | 416-208-4760

### Health and Society Student Association,

<https://www.utsc.utoronto.ca/healthsociety/health-and-society-students-association-hssa>

## DID YOU KNOW...

There's a Population Health co-op program that combines academic studies with paid work terms.



## Glossary of acronyms:

AA&CC - Academic Advising & Career Centre  
CLNx – Career & Co-Curricular Learning Network  
CCR - Co-Curricular Record  
CTL - Centre for Teaching & Learning  
DSL - Department of Student Life  
HSSA - Health and Society Students' Association  
ISC – International Student Centre  
SCSU - Scarborough Campus Students' Union