# HUMAN HEALTH

Programs (Honours) at Queen’s

**LIFE Sciences & BIOCHEMISTRY**

- Focuses on biomedical sciences and the application of laboratory approaches to solve fundamental biological questions and pressing health problems.
- Direct entry with a first-year of foundations in the sciences followed by a focused curriculum in either Life Science or Biochemistry in subsequent years.
- Option to begin your first-year studies at Herstmonceux Castle in England or to choose from multiple exchange opportunities across the globe in upper-years.
- Gain professional work experience by completing a 12-16 month paid internship through QUIP in upper-years.
- Complete a fourth-year capstone research project or an independent study in a one-on-one setting.
- Options to add a minor (in many Arts and Science disciplines) to your degree.
- With an emphasis on cells and molecules, and their involvement in a range of health issues, you can focus your studies in sub-plans that align with your specific interest.

**HEALTH Sciences**

- Focuses on the health of humans from multiple viewpoints: from global and population health to molecular biology, and everything in between.
- Bridges the life & physical sciences with the social sciences.
- A direct-entry program, either online or on-campus, enabling you to dive right into the health sciences from day one.
- One or more subjects of interest can be explored in depth, allowing for specific areas of study to appear on your transcript.
- The flipped classroom approach allows for in-depth discussions and inquiry-based learning, with an emphasis on developing skills including collaboration, communication, and advocacy.
- Gain professional work experience by completing a 12-16 month paid internship through QUIP in upper-years.
- Complete a fourth-year capstone project or an independent study, where you can complete your own research project in a one-on-one setting.
- International opportunities include: Spending first year or an upper-year term studying at Herstmonceux Castle in England or choose from multiple exchange opportunities across the globe in upper-years.

**KINESIOLOGY (KIN)**

- Direct 1st year entry into Kinesiology offers a science degree with a specialization in KIN.
- Curriculum explores the physiological, biomechanical, psychological, and sociological factors that influence human movement, athletic performance and health.
- Emphasis on experiential learning through exercise science lab courses and Athletic Therapy, Strength & Conditioning mini-streams or the community-based workplace placement.
- HEALTH STUDIES (HLTH)
  - Draws primarily from social science disciplines to explore behavioural approaches to health promotion and critical perspectives on health and society. Arts and Science students apply during Plan Selection after taking HLTH 101, Social Determinants of Health. There are Major, Medial and Minor plan options.
  - Emphasis on experiential learning through community-based workplace placement.
  - KIN & HLTH opportunities also include a Research Mini Stream that includes a lab practicum and an honours thesis; a certificate in Disability and Physical Activity; option to participate in a paid internship through QUIP; and international experience through courses on global health and disability at Herstmonceux Castle in England and multiple exchange opportunities across the globe.

**From Cells to Society.**