

HONOURS BACHELOR OF HEALTH SCIENCES

The Honours Bachelor of Health Sciences program is defined by its integrative approach for studying health. Students are provided with a foundational biosciences core, research analytical skills training in a range of quantitative and qualitative methodologies within a broader interdisciplinary context of the social and environmental determinants of health. This unique academic approach allows students to discover innovative ways to examine, measure and unravel complex health problems at all life stages, in Canada and around the world.

Future health professionals will be challenged to understand biological, environmental and social factors, both in isolation and as interactive health determinants. The curriculum contains a research methodologies core to provide students with applied, quantitative and qualitative transferrable skills for post-graduate training or employment. Three thematic programming options enable students to focus their academic trajectory in Integrative Health Biosciences, Technologies and Innovation in Healthcare or Population and Public Health, gaining theoretical and applied knowledge and skills in these domains. This program also includes select opportunities to conduct a research thesis project and participate in interdisciplinary health sciences fieldwork.

Graduates will be well-prepared to undertake health related MSc programs or pursue careers in public or private health agencies, non-governmental health organizations or in community health programs. Students are provided with the necessary foundation for further studies in medicine, rehabilitation studies, dentistry or pharmacy. Our interdisciplinary focus enhances the quality and maturity of future clinicians and health professionals.

This program is offered in English and in French.

Program Requirements

Co-operative education is available with this program.

The French immersion stream is available with this program.

Requirements for this program have been modified. Please consult the 2025-2026 calendars (<http://www.uottawa.ca/academic/info/regist/1516/calendars/>) for the previous requirements.

Compulsory courses at the 1000 level

ANP 1111	Essentials of Human Anatomy and Physiology I	3 Units
ANP 1115	Essentials of Human Anatomy and Physiology II	3 Units
BIO 1141	Introduction to Cell and Molecular Biology	3 Units
BIO 1150	BioZoo: An Introduction Laboratory in Biology	3 Units
CHM 1311	Principles of Chemistry	3 Units
ENG 1100	Workshop in Essay Writing	3 Units
HSS 1100	Microbiology and Immunology	3 Units
HSS 1101	Determinants of Health	3 Units
PSY 1101	Introduction to Psychology: Foundations	3 Units
SOC 1101	Principles of Sociology	3 Units

Compulsory courses at the 2000 level

HSS 2102	Communication and Health	3 Units
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HSS 2305	Molecular Mechanisms of Disease	3 Units
HSS 2321	Sociopolitical and Economic Perspectives in Health	3 Units
HSS 2381	Quantitative Methods in Health Sciences: Continuous Variables	3 Units
HSS 2382	Quantitative Methods in Health Sciences: Categorical Variables	3 Units
PHI 2396	Bioethics	3 Units

Compulsory courses at the 3000 level

HSS 3101	Health Research: Quantitative and Qualitative Approaches	3 Units
HSS 3103	Experience of Illness, Impairment and Disability	3 Units
HSS 3106	Pharmacology: Mechanisms and Compliance	3 Units
HSS 3110	Epidemiology	3 Units
HSS 3303	Environment and Health	3 Units
HSS 3305	Pathophysiology of Health Problems	3 Units

Compulsory courses at the 4000 level

HSS 4101	Development and Evaluation of Health Programs	3 Units
HSS 4102	Developmental Origins of Health and Disease	3 Units

Optional courses

15 optional course units in Health Sciences from the list of optional courses	15 Units
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3 science optional course units offered by the Faculty of Science	3 Units
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Electives

30 elective course units or a minor	30 Units
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Total:	120 Units
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List of Optional Courses

HSS 2104	Human Activity, Occupation and Health	3 Units
HSS 2105	Understanding Mental Health	3 Units
HSS 2121	History of Health Care	3 Units
HSS 2516	La santé des francophones en situation minoritaire	3 Units
HSS 3105	Global Citizenship and Health	3 Units
HSS 3107	Understanding Health Technology Signals	3 Units
HSS 3108	Disease Prevention and Health Promotion	3 Units
HSS 3109	Research Approaches in Health Biosciences	3 Units
HSS 3332	Technology and Health	3 Units
HSS 4107	Interdisciplinary Perspectives on Death and Dying	3 Units
HSS 4108	Methods of Health Technology Assessment	3 Units
HSS 4109	Computer Assisted Health Applications	3 Units
HSS 4110	Population and Public Health	3 Units
HSS 4111	Perspectives in Sexual and Reproductive Health	3 Units
HSS 4112	Molecular Determinants of Health and Longevity	3 Units
HSS 4312	Critical Appraisal and Evaluation of Health Research	3 Units
HSS 4313	Integrative Approaches in Health Biosciences	3 Units
HSS 4324	Selected Topics in Health Sciences	3 Units

This is a copy of the 2026-2027 catalog.

HSS 4331	International Health	3 Units
HSS 4900	Research Project	3 Units
HSS 4901	Advanced Research Project	6 Units
HSS 4902	Interdisciplinary Health Sciences Fieldwork	3 Units