



uOttawa

Faculty of  
**Health  
Sciences**

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**PROGRAM  
GUIDE  
2024**



MESSAGE FROM THE DEAN

# Welcome to the Faculty of Health Sciences at the University of Ottawa!

Choosing a program is a big step in the academic path of a future student. It's also an opportunity to discover a host of options that will allow you to thrive in the field that interests you. If you want to start your studies in a bilingual, multicultural and innovation-focused setting, the Faculty of Health Sciences is made for you! I encourage you to browse through this guide to find out more about the many unique and diverse programs the Faculty has to offer. We're breaking new ground this year with a brand-new co-op program and dual fast-track degrees that will allow you to earn two degrees more quickly, whether it be in interdisciplinary health sciences and nursing, human kinetics, food and nutrition sciences or rehabilitation sciences. We're sure you'll find a program that you'll like and that will open doors for you in the job market. We're passionate about everything that has to do with active and healthy living, and we can't wait to share this knowledge with you.

“If you want to start your studies in a bilingual, multicultural and innovation-focused environment, the Faculty of Health Sciences is made for you!”

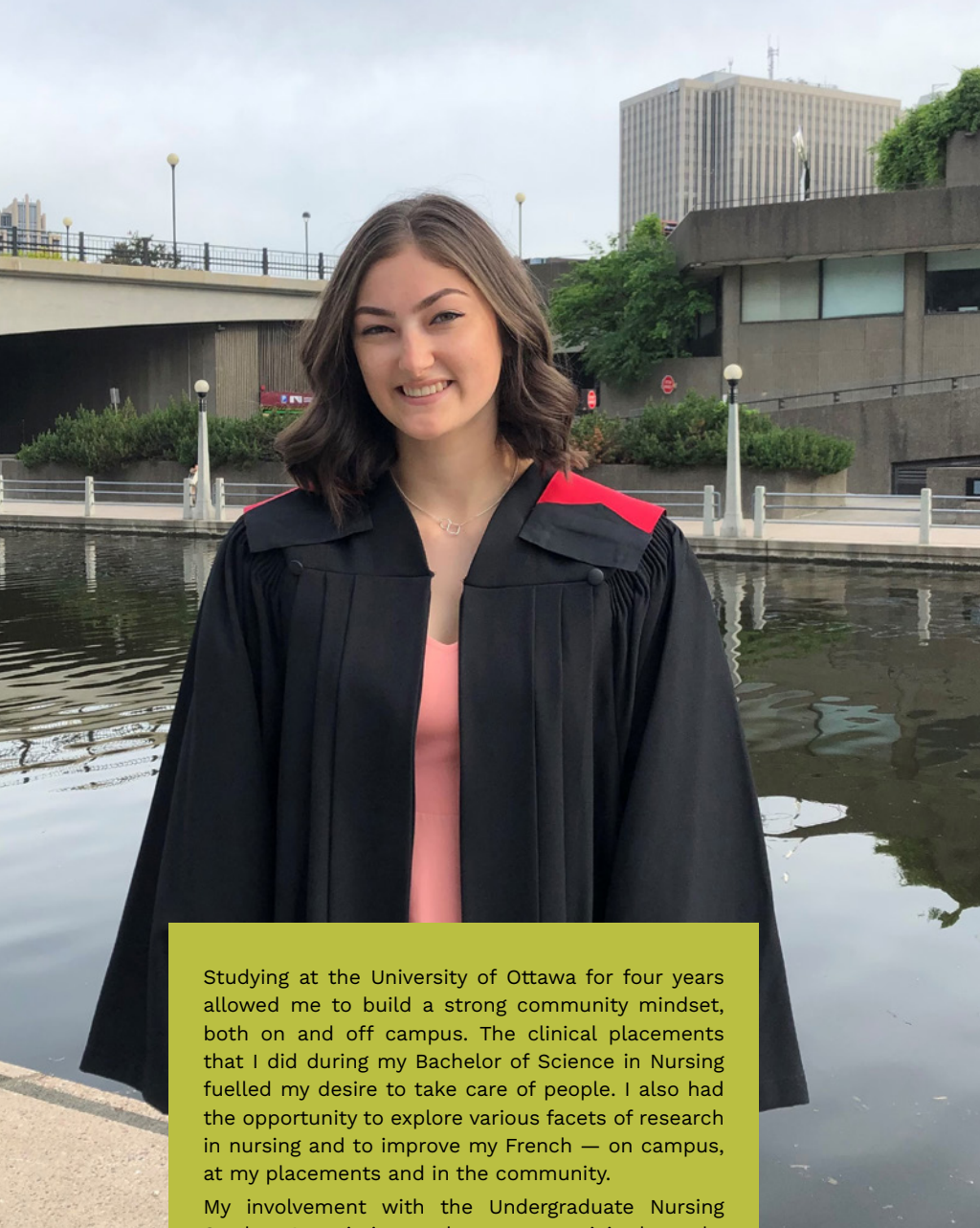
Moreover, this fall, three of our five schools have moved into a brand-new, cutting-edge, LEED Platinum-certified building overlooking the Rideau River. The facility features top-quality teaching and research labs, multipurpose and interactive learning spaces, and green areas in abundance.

Lastly, you'll find everything you need to have fun in the Ottawa area. Our faculty is connected with many partners in the local community. This will open up practical learning opportunities for you alongside people who are already working in the field that interests you. And, if you're a fan of good food, the outdoors, sports or culture, you'll be more than satisfied here! Our region has, for example, lots of restaurants, museums and festivals. There are also numerous bicycle paths along the Rideau Canal, the Rideau River and the Ottawa River, in addition to many hiking trails in Gatineau Park.

We look forward to seeing you on campus soon!

**Lucie Thibault, PhD**  
Dean, Faculty of Health Sciences





Studying at the University of Ottawa for four years allowed me to build a strong community mindset, both on and off campus. The clinical placements that I did during my Bachelor of Science in Nursing fuelled my desire to take care of people. I also had the opportunity to explore various facets of research in nursing and to improve my French — on campus, at my placements and in the community.

My involvement with the Undergraduate Nursing Student Association made me want to join the ranks of the profession and to advocate for its members. It also gave me the opportunity to talk with politicians about the future of the profession.

**Rayanna Danis, RN**  
BScN '22

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# Faculty of Health Sciences

PROGRAMS	
Food and Nutrition Sciences	H
Food and Nutrition Sciences (BFNSc) — Dietetics (offered in French for bilingual students only)	H
Health Sciences (BHSc)	H HMn Mn
Health Sciences (BHSc) — Population and Public Health Option, Integrative Health Biosciences Option, or Technologies and Innovation in Healthcare Option	HOpt HOptMn
Human Kinetics (BHK)	H HMn
Human Kinetics (BHK) — Education and Coaching	H HMn
Human Kinetics (BHK) — Recreation and Sport Management	H HMn
Nursing (BScN)	H
Science in Human Kinetics (BSCHK)	H HMn
Science in Human Kinetics (BSCHK) — Applied Studies in Kinesiology	H
Studies of Social Issues in Sport, Physical Activity, and Leisure	Mn

## Legend

<b>H</b>	Honours	<b>Mn</b>	Minor
<b>HMn</b>	Honours with minor	<b>BEd</b>	Education
<b>HOpt</b>	Honours including an option	<b>MA</b>	Master's
<b>HOptMn</b>	Honours with an option and minor		

DUAL FAST-TRACK DEGREES (PROGRAMS OFFERED IN FRENCH)	
Health Sciences + Master in Audiology	H + MA
Health Sciences + Master in Occupational Therapy	H + MA
Health Sciences + Master in Physiotherapy	H + MA
Health Sciences + Master in Speech-Language Pathology	H + MA
Health Sciences — Population and Public Health Option or Technologies and Innovation in Healthcare Option + Master in Occupational Therapy	HOpt + MA
Health Sciences — Population and Public Health Option or Technologies and Innovation in Healthcare Option + Master in Physiotherapy	HOpt + MA
Human Kinetics (BHK) + Master in Occupational Therapy	H + MA
Human Kinetics (BHK) + Master in Physiotherapy	H + MA
Science in Human Kinetics (BSCHK) + Master in Occupational Therapy	H + MA
Science in Human Kinetics (BSCHK) + Master in Physiotherapy	H + MA
Sciences de l'activité physique (B.S.A.P.) — éducation et coaching et Formation à l'enseignement (cycles primaire/moyen, moyen intermédiaire ou intermédiaire/supérieur) (B.Éd.)	H + BEd

# School of Nutrition Sciences

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**Duration:** 4 years

**Language of instruction:** English and French

**Experiential learning:** Yes

The foods we eat are essential to maintaining individual and population health. Students in the Honours Bachelor of Food and Nutrition Sciences program gain in-depth knowledge of the science underlying the production, consumption and metabolism of foods, as well as their effects on health and on disease prevention and management.

## Honours Bachelor of Food and Nutrition Sciences

This program for prospective food scientists focuses on the chemistry, microbiology and physical properties of food. As we are the only food sciences program offered at a Canadian health sciences faculty, we also examine the effects of food on health. The program is available in English and French.

### Career opportunities

- Food product developer
- Entrepreneur
- Food and nutrition sciences researcher
- Food safety technologist

### Examples of courses

- Food science
- Food analysis
- Food product development
- Food microbiology
- Food transformation

### For more information:

[Honours Bachelor of Food and Nutrition Sciences](#)

## Honours Bachelor of Food and Nutrition Sciences — Dietetics

This program for the next generation of dietitians — health professionals specializing in food and nutrition — focuses on knowledge and skills specific to dietetics. This professional program, recognized and accredited across Canada, prepares students for membership in provincial dietetic regulatory bodies. The program, taught in French, is intended for persons with the language skills in French and English to be able to understand all the concepts taught and actively participate in field placements, including in clinical settings.

### Career opportunities

- Clinical dietitian
- Community or public health dietitian
- Food service manager
- Government health promotion specialist

### Examples of courses areas

- Nutrition through the life cycle
- Public nutrition and population health
- Community nutrition
- Nutrition and metabolism
- Clinical nutrition placement

### For more information:

[Honours Bachelor of Food and Nutrition Sciences – Dietetics](#)



# School of Human Kinetics

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# BHK, BScHK

Honours Bachelor of Human Kinetics  
Honours Bachelor of Science in Human Kinetics

Our programs lead to careers in physical education, health education, sports coaching, recreation and sport management, and much more. You have the opportunity to perform community placements or engage in research under the supervision of a professor. Many of our students go on to advanced or graduate studies in medicine, teaching, coaching, sports management, rehabilitation or biophysical sciences.

## Honours Bachelor in Human Kinetics (BHK)

Our three Honours Bachelor of Human Kinetics (BHK) programs focus on the social dimensions of physical activity, sports, recreation and health. You can also become certified under the National Coaching Certification Program.

### Programs

- Honours Bachelor of Human Kinetics (BHK)
- BHK — Recreation and Sport Management
- BHK — Education and Coaching
- BHK + Master in Occupational Therapy\*
- BHK + Master in Physiotherapy\*
- B.S.A.P. — éducation et coaching/Formation à l'enseignement (B.Éd)\*
- Minor in Studies of Social Issues in Sport, Physical Activity and Leisure

\*These programs are intended mainly for students from Canadian secondary schools in provinces and territories where French is a minority language.

### Career opportunities

- Sport and recreation manager
- Sports coach
- Physical and health education teacher
- Mental performance consultant for high-calibre athletes

### Examples of courses

- Sport and recreation marketing
- Principles of coaching
- Cellular control and regulation
- Applied psychology of sport and performance

### For more information:

[Our Human Kinetics programs](#)





The School of Human Kinetics is more than just a school. It's a community, a place where you can reach your full potential and a home.

**Sarah McAllister**

Master of Science in Human Kinetics

## Honours Bachelor's of Science in Human Kinetics (BScHK)

- Both of our Honours Bachelor of Science in Human Kinetics (BScHK) programs focus on the biophysical dimension of human kinetics and, more particularly, the role that the biological, anatomical, musculoskeletal and neuromotor systems play in motor performance, as well as the impact of sport and physical activity on the body. You can also become certified by the following organizations:
- Canadian Society for Exercise Physiology (Certified Exercise Physiologist)
- College of Kinesiologists of Ontario (Registered Kinesiologist)

### Programs

- BScHK
- BScHK — Applied Studies in Kinesiology
- BScHK + Master in Physiotherapy\*
- BScHK + Master in Occupational Therapy\*

\*These programs are intended mainly for students from Canadian secondary schools in provinces and territories where French is a minority language.

### Career opportunities

- Registered kinesiologist
- Certified personal trainer
- Certified exercise physiologist
- Laboratory coordinator and assistant

### Examples of courses

- Human anatomy and physiology
- Musculoskeletal anatomy
- Motor control and learning
- Research methods in human kinetics

### For more information:

[Our Human Kinetics programs](#)

# Interdisciplinary School of Health Sciences

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**Duration:** 4 years

**Language of instruction:** English and French

**Option:** CO-OP

The Honours Bachelor of Health Sciences program takes an interdisciplinary approach to the study, analysis and innovative resolution of complex health problems that occur at all life stages, in Canada and around the world. You'll be challenged to understand the individual and interactive role of the biological, environmental and social determinants of health.

You'll acquire core knowledge in the basic sciences that will enable you to incorporate the social and environmental determinants of health in the study of communication in the areas of health, disability- and disease-related problems, and pharmacology. Courses in statistics, quantitative and qualitative research methods, epidemiology, and health program development and assessment provide a solid grounding in health research methodology. The program also offers outstanding research thesis opportunities.



### Population and Public Health Option

This option furthers your interdisciplinary health sciences education in the theories and methodologies of population and public health, the foundation of Canada's health-care system. You assess health-care scenarios from local and global perspectives, critique health frameworks, develop health-care interventions (including health promotion strategies), distinguish between structural and systemic causes of health disparities, and evaluate the contributions of intersectoral collaborations in health care.

### Technologies and Innovation in Healthcare Option

This option provides you with the theoretical knowledge and applied skills needed to examine the applications and limitations of health-care technologies. On completion of this option, you'll be able to evaluate the utility of health technologies (including computer-assisted applications for clinical research and health-care delivery), critically assess the social and ethical implications of those technologies and demonstrate proficiency in assessment methodologies.

### Integrative Health Biosciences Option

This option provides students with advanced knowledge and research approaches for investigating the cellular and molecular processes that underpin the stages of life. On completion of this option, you'll be able to grasp molecular and (patho) physiological concepts and to design research in the health biosciences.

#### **For more information:**

[Our interdisciplinary health sciences programs](https://uOttawa.ca/faculty-health-sciences/)





The Interdisciplinary Bachelor of Health Sciences offers a holistic and unique view of the field. As an aspiring health professional, I was sure that this program would satisfy my intellectual curiosity and my longing for rewarding experiences (volunteering, research). That is why I decided to study at the Interdisciplinary School of Health Sciences. Engagement, caring, humanity and problem solving are just some of the skills that I acquired over the course of my studies and that will enable me to make a real difference in society.

**Véronique Lapierre**  
BSch '23

## Minor in Health Sciences

The Minor in Health Sciences provides eligible students with an interdisciplinary health perspective that will enable them to better understand the experiences of individuals and populations, both in Canada and around the world. You'll explore the interactions between the biological, social and environmental determinants of health and their combined effects on well-being, disease, physical disability, longevity and health and health-care equity.

### Career opportunities

- Public- and private-sector health agencies
- Health-care research
- Community health programs
- Health policy research or consulting
- Social and community services
- Occupational health

### Graduate programs

- Health sciences
- Biomedical research
- Rehabilitation sciences — audiology, speech-language pathology, occupational therapy and physiotherapy
- Population and public health
- Epidemiology
- Medicine
- Dentistry
- Pharmacology

### For more information:

[Minor in Health Sciences](#)



# School of Nursing

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# BScN

## Honours Bachelor of Science in Nursing

**Duration:** 4 years

**Language of instruction:** English and French

**Placements:** Yes

The Honours Bachelor of Science in Nursing is offered in both official languages. The program in English is offered in conjunction with Algonquin College. The BScN seeks to train the next generation of nursing generalists who can provide high-quality care and take on lead roles in the health-care system.

The program provides a solid theoretical foundation that allows nurses to engage with their clients in activities that promote health, prevent illness and injury, and foster optimal recovery from, or adaptation to, illness or injury.



### Choose from one of the following three pathways:

- University of Ottawa program
- Program in English offered in partnership with Algonquin College
- Bridging program for registered practical nurses

#### Career opportunities

- Hospitals
- Public health
- Home care
- Long-term care
- Community health centres
- Industry
- Government agencies

#### Études supérieures

- Nursing
- Health systems
- Health administration
- Health policy
- Population and public health
- Global health

#### For more information:

[Honours Bachelor of Science in Nursing](https://uOttawa.ca/faculty-health-sciences/)



# School of Rehabilitation Sciences

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# School of Rehabilitation Sciences

## Professional Master and PhD programs in Rehabilitation Sciences

The School of Rehabilitation Sciences, which offers professional master's programs in audiology, occupational therapy, speech-language pathology and physiotherapy, seeks to train the next generation of bilingual health-care professionals who can meet the needs of Francophone clients in Ontario and across Canada.

Graduates will be prepared for stimulating careers in a range of settings, including health-care and rehabilitation clinics, schools, hospitals and government agencies. Although the courses are taught in French, you also take part in clinical placements in English-language settings. You must therefore have a working knowledge of both official languages.

The school also offers a doctoral program in rehabilitation sciences, in which students from different backgrounds carry out independent research and help advance knowledge in the fields of audiology, occupational therapy, speech-language pathology and physiotherapy. The four main areas of research at the school are knowledge dissemination, cognition, motricity and participation in the social environment.

## MHSc

### Master of Health Sciences: Audiology

**Duration:** 2 years (24 consecutive months)

**Language of instruction:** French

**Placements:** Yes (English- and French-language clinical settings)

The Audiology program seeks to train professionals with expertise in the normal development of hearing and who can assess and treat hearing disorders, tinnitus and balance problems.

Audiologists work in a variety of settings, such as private clinics, hospitals, rehabilitation centres and schools. They interact with people of all ages, from infants to the elderly.

Audiologists engage in a variety of professional activities, including screening, assessment, counselling, rehabilitation, training, consultation with other professionals, research, teaching and administration in the areas of hearing and balance.

The curriculum adheres to the standards set by the Council for Accreditation of Canadian University Programs in Audiology and Speech-Language Pathology.

#### **For more information:**

[Master of Health Sciences: Audiology](#)

## M.Sc.S.

### Master of Health Sciences: Speech-Language Pathology

**Duration:** 2 years (24 consecutive months)

**Language of instruction:** French

**Placements:** Yes (English- and French-language clinical settings)

The Speech-Language Pathology stream of the program seeks to train professionals with expertise in the normal development of human communication, who can assess and treat disorders of speech, language and oropharyngeal function.

Speech-language pathologists work in a variety of settings (e.g., hospitals, schools and rehabilitation centres) with people of all ages — young children, adolescents, adults and seniors.

Their professional activities include screening, assessment, counselling, rehabilitation, training, consulting with other professionals, research, teaching and administration in the area of human communication.

The curriculum adheres to the standards set by the Council for Accreditation of Canadian University Programs in Audiology and Speech-Language Pathology.

#### **For more information:**

[Master of Health Sciences: Speech-Language Pathology](#)



# MHSc

## Master of Health Sciences: Physiotherapy

**Duration:** 2 years (24 consecutive months)

**Language of instruction:** French

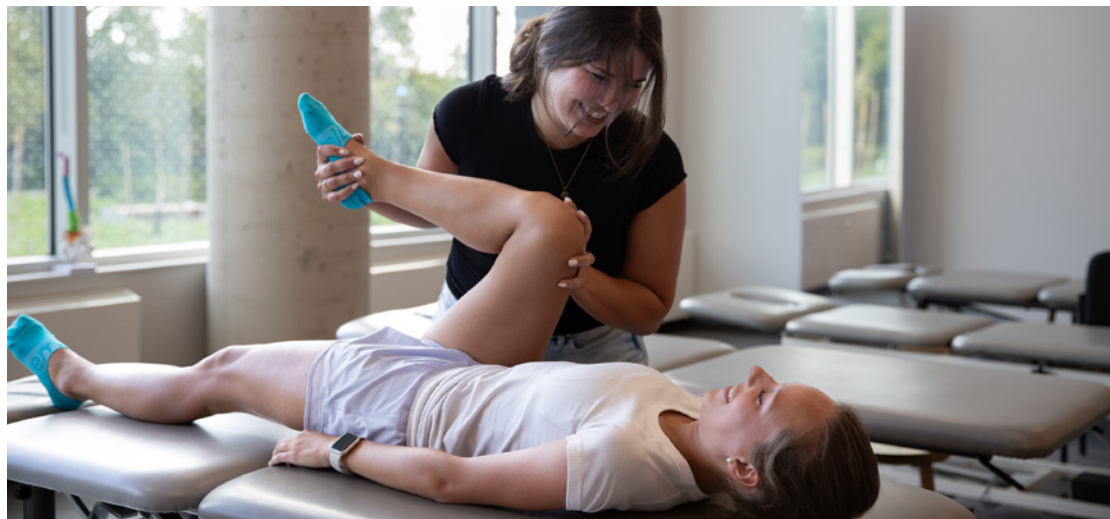
**Placements:** Yes

Physiotherapy is an autonomous, front-line, client-centred health-care profession aimed at maintaining and improving functional independence; preventing and managing pain, physical limitations, disabilities and limits to participation; and promoting physical fitness, health and well-being.

The program adheres to the curriculum guidelines established by the Canadian Council of Physiotherapy University Programs. On completion of the program, you'll have developed the skills needed to enter the profession. The program runs for six consecutive terms, that is, two years of full-time studies. It consists of 60 course units (credits) and 1,025 clinical placement hours. Placements can take place in a variety of settings, including hospitals, rehabilitation centres and private clinics.

**For more information:**

[Master of Health Sciences: Physiotherapy](#)



# MHSc

## Master of Health Sciences: Occupational Therapy

**Duration:** 2 years (24 consecutive months)

**Language of instruction:** French

**Placements:** Yes

Occupational therapy is both an art and a science whose aim is to prevent disability and to re-establish or promote activity, health and well-being. Occupational therapists work in partnership with individuals and groups to resolve and prevent occupational performance problems.

The program adheres to the standards established by the Canadian Association of Occupational Therapists (CAOT). On completion of the program, you'll have developed the skills needed to enter the profession. In addition to your coursework, you'll have completed the 1,000 placement hours required by the CAOT. These mandatory placements can take place at venues that include hospitals, schools, community organizations, the Perley Interprofessional Clinic and rehabilitation centres in and outside the Ottawa region.

**For more information:**

[Master of Health Sciences: Occupational Therapy](#)







## Contact us

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The Faculty of Health Sciences is here for you!

## Apply for admission!

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