

# BACHELOR OF HEALTH

What do health and wellbeing mean to you? The World Health Organization defines health as a state of “physical, mental, and social well-being and not merely the absence of disease or infirmity”. Wellbeing is about how we are doing as individuals, communities, and as a nation, and about how sustainable this is for the future.

The health sector in New Zealand is undergoing significant change and needs a range of skilled and agile people who are passionate about improving health and wellbeing in our communities. Through health study at Victoria University of Wellington, exciting health-sector opportunities are possible. With Wellington at the heart of New Zealand and the seat of government, the University is a great place to study health and wellbeing so you can make a real difference to health in New Zealand and internationally.

The Tohu Paetahi Hauora—Bachelor of Health (BHlth) gives students a foundational understanding of health services, health policy and strategy, the social aspects of health, and how health issues affect populations in New Zealand and beyond, with a strong focus on Māori and Pacific communities. This degree will help you to develop skills in critical and creative thinking in health subjects and enable you to communicate complex ideas effectively in a range of health-related areas.

There are four majors to choose from in the BHlth, and you can shape your personal interests by also taking courses such as Education, Psychological Science\*, or Public Policy that are offered by other faculties. Over the term of your degree, you will learn about ethical practice and working collaboratively with other health-sector professionals while developing the core knowledge and skills necessary to make improvements to the health and wellbeing of individuals, communities, and populations.

At the end of your three years’ study, there are many exciting opportunities to apply your newfound health skills and knowledge to, such as designing new health promotion initiatives, or reviewing health policies and services to improve their effectiveness.

\*Subject to regulatory approval.



## FIND OUT MORE



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[www.wgtn.ac.nz/bhlth](http://www.wgtn.ac.nz/bhlth)



[www.wgtn.ac.nz/health](http://www.wgtn.ac.nz/health)



## CAREER OPPORTUNITIES

Possible roles include health educator, health information manager, health manager, health policy analyst, health promotion practitioner, health researcher, health service designer, and Māori or Pasifika health promoter.

**i** [www.wgtn.ac.nz/careers](http://www.wgtn.ac.nz/careers)

## POSTGRADUATE STUDY

Te Kura Tātai Hauora—the School of Health offers postgraduate pathways for BHIth students in Health Psychology; Health Policy, Planning and Service Delivery; Health Promotion; and Workplace Health and Safety.

**i** [www.wgtn.ac.nz/health/postgraduate](http://www.wgtn.ac.nz/health/postgraduate)

## SCHOOL SUBJECTS

Recommended subjects to study at school are Statistics and Biology, or Science. Other useful subjects include English, Health Education, Home Economics, Physical Education, Physics, and Social Studies.

## MAJORS

**Health Informatics:** Learn about the combination of technology and information systems and explore how and when data is stored and kept confidential, how it is read and translated, and what to do with the information contained in the data. Health informatics can be applied to many areas, including electronic health records, telemedicine, healthcare standards, and health ethics. All these lead to a more affordable, flexible health system and better health outcomes for people.

**Health Promotion:** This major will introduce you to the factors that influence the health of people, and you'll develop competency in advocacy, community health, epidemiology, health communication, health education, health literacy, Māori and Pacific health, programme design and evaluation, and social change. Health promotion plays an essential role in society, assisting with the delivery of information about health and health-related topics, with the ultimate goal of improving the health of individuals and populations.

**Health Psychology:** Health psychologists examine how people deal with illness and stress by looking at life factors and behavioural patterns. This major will give you a grounding in psychology and health and wellbeing knowledge, and will prepare you to go on to postgraduate study in psychology or into employment areas such as health promotion and health education.

**Population Health, Policy and Service Delivery:** When it comes to developing health policy and planning health services, it is essential we know about the current and future health needs of diverse populations. This major will introduce you to the health and policy system in New Zealand, current health services and health policy directions, and tools to help measure health outcomes and understand underlying causal factors. Graduates will be ready to make an important contribution to health agencies in roles such as health educators, health policy advisers, and health researchers.

## DEGREE REQUIREMENTS

Three years of full-time study or equivalent in part-time study.

A total of 360 points is required:

- ▶ at least 180 points must be for courses above 100 level
- ▶ at least 240 points from the BHIth Schedule
- ▶ at least 75 points from 300-level courses, with at least 60 of those selected from the BHIth Schedule
- ▶ the BHIth must include HLWB 101, HLWB 102, HLWB 103, HLWB 104, HLWB 201, HLWB 202, HLWB 203\*, HLWB 301 or HLWB 302, STAT 193 (or QUAN 102).

The requirements for at least one major must be satisfied. Courses at 300 level may be counted towards only one major.

\*Students taking the Health Psychology major are not required to take HLWB 203.

## Other important information

You may include a second major from within the BHIth programme or another undergraduate degree.

Many courses have specific prerequisites, so you will normally need to start studying subjects you wish to major or minor in during your first year.

You should also consider using elective slots in your first year for an alternative major's prerequisites if you are undecided about your major.

The conjoint programme makes it possible to combine a BHIth with another degree in a minimum of four years.

You may also include a minor subject in an undergraduate study area for the Bachelor of Arts, Bachelor of Commerce, Bachelor of Design Innovation, or Bachelor of Science.

A minor comprises at least 60 points from the relevant subject area at 200 level or above, of which at least 15 points must be at 300 level and not counted towards a major or another minor. Certain minors have specific course requirements.

## The BHlth core

Course code	Course title
HLWB 101	Introduction to Health and Wellbeing
HLWB 102	Improving Mental and Physical Health in Communities
HLWB 103	Introduction to Human Biology for Health
HLWB 104	Introduction to Health Policy and Services
QUAN 102 or STAT 193	Statistics for Business or Statistics in Practice
HLWB 201	Global Health and Wellbeing
HLWB 202	Health and Wellbeing in Aotearoa New Zealand
HLWB 203*	Health Evaluation and Epidemiology
HLWB 301 or HLWB 302†	Research and Enquiry in Health or Health Internship

\*Students taking the Health Psychology major are not required to include HLWB 203.

†Limited entry.

## MAJOR REQUIREMENTS

### Health Informatics (HINF)

First year	Second year	Third year
HLWB 101	HLWB 201	HLWB 301 or 302†
HLWB 102	HLWB 202	INFO 302
HLWB 103	HLWB 203	INFO 360
HLWB 104	INFO 202	Two further courses from 300-level INFO or other approved courses
QUAN 102 or STAT 193	INFO 206	Two further 15-point electives
INFO 101 INFO 103	One further course from 200-level INFO or other approved courses	One further 300-level HLWB course
One further 100-level elective	Two further electives	

## Health Promotion (HPRO)

First year	Second year	Third year
HLWB 101	HLWB 201	HLWB 301 or 302†
HLWB 102	HLWB 202	HLWB 306
HLWB 103	HLWB 203	HLWB 310
HLWB 104	HLWB 206	HLWB 311
HLWB 105	SOSC 220	One 300-level elective, one 200-level elective, plus two further electives
QUAN 102 or STAT 193	One 200-level elective plus two further electives	
EDUC 141		
One further 100-level elective		

## Health Psychology (HPSY)

First year	Second year	Third year
HLWB 101	HLWB 201	HLWB 301 or 302†
HLWB 102	HLWB 202	HLWB 305
HLWB 103	HLWB 205	Two of PSYC 321/327/332
HLWB 104	PSYC 242	
HLWB 105	PSYC 232	PSYC 300 level
STAT 193	PSYC 233	Three electives
PSYC 121	One further 200-level elective plus one further elective	
PSYC 122		

## Population Health, Policy and Service Delivery (PHSD)

First year	Second year	Third year
HLWB 101	HLWB 201	HLWB 301 or 302†
HLWB 102	HLWB 202	HLWB 303
HLWB 103	HLWB 203	HLWB 304
HLWB 104	HLWB 204	HLWB 312
QUAN 102 or STAT 193	PUBL 201	One 300-level elective, one 200-level elective, plus two further electives
PUBL 113	One 200-level elective plus two further electives	
Two further electives		

†Limited entry.

## DEGREE EXAMPLES

### BHlth majoring in Health Informatics

YEAR 1		YEAR 2		YEAR 3	
1/3	2/3	1/3	2/3	1/3	2/3
HLWB 101 15 points	HLWB 103 15 points	HLWB 201 15 points	HLWB 202 15 points	300-level INFO 15 points	HLWB 301 or HLWB 302 15 points
HLWB 102 15 points	HLWB 104 15 points	HLWB 203 15 points	INFO 206 15 points	INFO 302 15 points	INFO 360 15 points
QUAN 102 15 points	INFO 103 15 points	INFO 202 15 points	200-level INFO 15 points	Elective 15 points	300-level INFO 15 points
INFO 101 15 points	Elective 15 points	200-level elective 15 points	Elective 15 points	300-level HLWB 15 points	Elective 15 points
60 points	60 points	60 points	60 points	60 points	60 points
120 points		120 points		120 points	

Total points required: 360  
Total points completed: 360

### BHlth majoring in Health Promotion

YEAR 1		YEAR 2		YEAR 3	
1/3	2/3	1/3	2/3	1/3	2/3
HLWB 101 15 points	HLWB 103 15 points	HLWB 201 15 points	HLWB 202 15 points	HLWB 306 15 points	HLWB 301 or HLWB 302 15 points
HLWB 102 15 points	HLWB 104 15 points	HLWB 203 15 points	HLWB 206 15 points	HLWB 311 15 points	HLWB 310 15 points
HLWB 105 15 points	QUAN 102 15 points	SOSC 220 20 points	200-level elective 15 points	Elective 15 points	200-level elective 15 points
EDUC 141 20 points	100-level elective 15 points	Elective 15 points	Elective 15 points	Elective 15 points	300-level elective 15 points
65 points	60 points	65 points	60 points	60 points	60 points
125 points		125 points		120 points	

Total points required: 360  
Total points completed: 370

Key:

Core	Major	Elective
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## BHlth majoring in Health Psychology

YEAR 1		YEAR 2		YEAR 3	
1/3	2/3	1/3	2/3	1/3	2/3
HLWB 101 15 points	HLWB 103 15 points	HLWB 201 15 points	HLWB 202 15 points	PSYC 300 level* 15 points	HLWB 301 or HLWB 302 15 points
HLWB 102 15 points	HLWB 104 15 points	PSYC 232 15 points	PSYC 242 15 points	PSYC 300 level* 15 points	PSYC 300 level* 15 points
HLWB 105 15 points	STAT 193 15 points	HLWB 205 15 points	200-level elective 15 points	Elective 15 points	HLWB 305 15 points
PSYC 121 15 points	PSYC 122 15 points	PSYC 233 15 points	Elective 15 points	Elective 15 points	Elective 15 points
60 points	60 points	60 points	60 points	60 points	60 points
120 points		120 points		120 points	

\*Choose one of PSYC 321, PSYC 327, PSYC 332. Students must take two of these courses.

Total points required: 360  
Total points completed: 360

## BHlth majoring in Population Health, Policy and Service Delivery

YEAR 1		YEAR 2		YEAR 3	
1/3	2/3	1/3	2/3	1/3	2/3
HLWB 101 15 points	HLWB 103 15 points	HLWB 201 15 points	HLWB 202 15 points	300-level elective 15 points	HLWB 301 or HLWB 302 15 points
HLWB 102 15 points	HLWB 104 15 points	HLWB 203 15 points	HLWB 204 15 points	HLWB 304 15 points	200-level elective 15 points
PUBL 113 20 points	STAT 193 15 points	PUBL 201 20 points	200-level elective 15 points	HLWB 303 15 points	HLWB 312 15 points
Elective 15 points	Elective 15 points	Elective 15 points	Elective 15 points	Elective 15 points	Elective 15 points
65 points	60 points	65 points	60 points	60 points	60 points
125 points		125 points		120 points	

Total points required: 360  
Total points completed: 370

**Key:**

Core	Major	Elective
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“I work in data, was raised in te ao Māori, and have experienced the health system for myself, so I can really see how I can contribute.

“I’ve found the courses really practical and relevant. In the Hauora Māori course, everyone in the class was so willing to embrace what we were learning. I can tell that the future of health in Aotearoa is going to be a lot more influenced by te ao Māori.”

## **UEKAHA DOUGLAS**

Student, Graduate Diploma in Health