



Faculty of Health Sciences

Kinesiology | Nursing | Health Sciences



Undergraduate Programs

Kinesiology

Nursing

Health Sciences

About the Faculty of Health Sciences

Western's Faculty of Health Sciences offers undergraduate programs in **Health Sciences, Kinesiology** and **Nursing**, and focuses on promoting health and wellness in all stages of life through a range of disciplines.

In all three programs, the learning experience extends beyond the walls of the classroom and into the community, across the country and around the world, all in an effort to provide students with broad views of health and wellness that will make them leaders in their chosen fields.

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Kinesiology

westernu.ca/fhs/kin

Whether you are interested in human movement and rehabilitation, fitness and exercise, sport management or the cultural impact of sport, Western Kinesiology has it covered with a balanced approach designed to help you become a leader in your field.

MAKE IT YOURS

Kinesiology at Western is not a one-size-fits-all program. Through a series of courses, modules or combined degree programs, your Kinesiology degree can include an emphasis on:

- Anatomy
- Athletic Injuries
- Biomechanics
- Ergonomics
- Exercise Nutrition
- Exercise Physiology
- Exercise, Sport & Health Psychology
- Fitness & Exercise Prescription
- Growth & Development
- History of Sport
- Law
- Motor Learning & Control
- Movement Neuroscience
- Professional Ethics
- Rehabilitation Sciences
- Sociology of Sport
- Sport Management, Leadership & Marketing

Kinesiology students at Western graduate with either a

Bachelor of Arts (BA) or Bachelor of Science (BSc) degree

PROGRAMS OFFERED:

- Bachelor of Arts (BA)
- Bachelor of Science (BSc)
- Professional Kinesiology (BA)
- Sport Management (BA)
- Fitness & Exercise Prescription (BA)
- Combined Degrees: Sport Management (BA) and Business Administration (HBA)
Offered in partnership with Ivey Business School

350 first-year students joined Western Kinesiology in September 2017.

YOUR FIRST YEAR IN KINESIOLOGY

All Kinesiology students take a common set of first-year courses before selecting a module/specialization prior to second year. The module/specialization you intend to select will determine which electives you should take in first year as each has different requirements (see below). First-year students who achieve a 70 per cent average with no mark less than 60 per cent are guaranteed to progress within Kinesiology. Progression requirements for limited enrolment programs may require a higher average.

Bachelor of Arts

- Physiology
- Psychology of Human Movement Science
- Psychomotor Behaviour
- Electives (as many as 3.0)

Bachelor of Science*

- Physiology
- Psychology of Human Movement Science
- Psychomotor Behaviour
- Sciences (up to four courses from Biology/Chemistry/Math/Physics)
- Electives (as many as 1.0)

Sport Management*

- Physiology
- Psychology of Human Movement Science
- Psychomotor Behaviour
- Business Administration
- Electives (as many as 2.0)

Fitness & Exercise*

- Physiology
- Psychology of Human Movement Science
- Psychomotor Behaviour
- Electives (as many as 3.0)

* Denotes limited enrolment program

After Graduation

If you want to explore graduate school or enter the working world, a degree in Kinesiology gives you the flexibility to explore a variety of options.

Careers in Kinesiology

- Registered Kinesiologist
- Wellness Coordinator
- Exercise Physiologist
- Strength & Conditioning

Professional/Graduate Programs

- Physical/Occupational Therapy
- Audiology/Speech-Language Pathology
- Medicine/Dentistry/Chiropractic
- Business/Education/Law

Field Experiences

Field experiences allow Kinesiology students to gain hands-on training as part of their program of study. You will work alongside industry experts to grow your skills and understanding of specific areas of Kinesiology.

Athletic Therapy

- Work as an athletic trainer for one of Western's varsity sports teams

Strength & Conditioning

- Work as a strength and conditioning coach for one of Western's varsity sports teams

Sport Management

- Learn about the administrative side of sport and entertainment through placements with local organizations such as: London Knights (OHL), Budweiser Gardens, Western Mustangs Athletics

Community Partners

- Discover the many ways Kinesiology impacts a community through placements such as: Fowler Kennedy Sport Medicine Clinic, YMCA, Canadian Centre for Activity and Aging

Activity Courses

As part of your curriculum in Kinesiology at Western, you will participate in activity courses, which connect the theory and practice of human movement. These courses will help you:

- Understand the role of goal setting in exercise and sport
- Analyze sport-specific biomechanics
- Develop leadership, communication and coaching skills
- Explore ethical issues in sport
- Plan practices and sporting events

Exchange Opportunities

The School of Kinesiology sponsors international exchange opportunities for its students wishing to take Kinesiology courses taught in English at 17 partner institutions.

- Institutions in countries such as: Australia, France, Germany, Hungary, Italy, New Zealand, United Kingdom
- Exchanges are one semester in length and are available to third- and fourth-year students

Admissions

Required Courses

For applicants with an Ontario secondary school diploma, six Ontario Grade 12 U and/or M level courses (excluding co-op), including:

- English ENG4U; Biology SBI4U

Recommended Courses

In preparation for senior Kinesiology subjects in biomechanics, research methods and statistics, it is recommended that students take a Grade 11 U or 12 U level Physics and a Grade 12 U level Math course. Students interested in the BSc are strongly encouraged to take an additional Math/Science course from: Chemistry (SCH4U)*, Calculus & Vectors (MCV4U), Advanced Functions (MHF4U), or Physics (SPH4U).

**Prerequisite for first-year Chemistry.*

Admission Average

To be considered for admission, applicants must achieve a minimum average in the mid 80s on six Ontario Grade 12 U and/or M level courses, including the required courses listed above. **Admission is competitive and achieving the minimum average does not guarantee admission.**

In Profile

Becky Dean – BSc'11, BEng'13

Becky has mastered the art of combining work and play and uses her unique background in both Kinesiology and Engineering as a Ride and Show Engineer with Universal Studios in Orlando, Florida.

Learn more about Becky's journey through the Kinesiology program on the back inside cover.



DID YOU KNOW?

Beginning in 2017, Western is offering a Professional Kinesiology module that integrates hands-on learning and health leadership with an in-depth understanding of the field of Kinesiology. This module prepares students to pursue certification by the College of Kinesiologists of Ontario.

Nursing

westernu.ca/fhs/nursing

Western's Arthur Labatt Family School of Nursing is a leader in providing nursing education for one of Canada's most in-demand professions and prepares students with the skills and knowledge to pursue careers in a variety of health care settings.

TWO LOCATIONS... ONE DEGREE... UNLIMITED POSSIBILITIES.

About the Western-Fanshawe Collaborative BScN Program

Western and London's Fanshawe College are partners in offering a four-year collaborative Bachelor of Science in Nursing (BScN) degree. This arrangement allows for more students to be accepted into the program. The first two years of the program are offered simultaneously at both Western and Fanshawe College. All students study at Western for the final two years of the program.

The curriculum offered at both sites is identical and students develop the same skills and knowledge base regardless of where they start the program. All students who complete the program successfully receive a BScN from Western.

Program Structure



Western-Fanshawe Collaborative BScN Program Curriculum

YEAR 1 (offered at both Western and Fanshawe sites)

- Foundational Concepts of Professional Nursing
- Health Promotion & Caring for Self, Colleagues and Clients
- Holistic Health Assessment
- Writing for Professional Success in Nursing
- Human Physiology
- Human Anatomy

YEAR 2 (offered at both Western and Fanshawe sites)

- Health Promotion & Caring: Families and Communities
- Professional Practice: Families and Communities
- Health Promotion & Caring: Supporting Health
- Professional Practice: Supporting Health
- Introduction to Health Informatics within Nursing
- Ways of Knowing: Research
- Pathology for Nursing
- Introductory Pharmacology & Therapeutics
- 1.0 course elective

YEAR 3 (all students at Western)

- Ways of Knowing: Data Analysis
- Health Promotion & Caring: Clients with Health Challenges
- Professional Practice: Clients with Health Challenges
- Health in Global Context
- Microbiology & Immunology for Nursing Students
- 1.5 course electives

YEAR 4 (all students at Western)

- Professional Ethical and Legal Obligations: A Critical Appraisal
- Advanced Concepts for Professional Practice
- Professional Practice: Clients with Complex Health Challenges
- Future Directions for Nursing & Health Care
- Professional Practice: Integrative Practicum
- 1.0 course elective

All students in the Western-Fanshawe Collaborative Program graduate with a:

Bachelor of Science in Nursing (BScN) degree

250 first-year students joined the Western-Fanshawe Collaborative Program in September 2017 (125 at Western, 125 at Fanshawe).

Applying to the Western-Fanshawe Collaborative Program

Prerequisite Course Requirements

Applicants with an Ontario secondary school diploma require six Grade 12 U and/or M level courses (excluding co-op), including a minimum of 65 per cent in each of:

- English ENG4U; Chemistry SCH4U; Biology SBI4U

Applicants also require a minimum of 65 per cent in one of:

- Grade 11 Math MCF3M or MCR3U*

**NOTE: For applicants not achieving 65 per cent or higher in Grade 11 (U or M level) Math, Western looks for a minimum 65 per cent in a Grade 12 U level math course.*

Admission Average

To be considered for admission, Ontario secondary school applicants must achieve a minimum average in the high 80s to low 90s on six Ontario Grade 12 U and/or M level courses, including the required Grade 12 courses listed above.

Admission is competitive and achieving the minimum average does not guarantee admission.

Indigenous Applicants

Applicants who have met the program's admission requirements but whose overall average does not meet the annual program admission average will be considered on a discretionary basis to fill four seats (two at Western and two at Fanshawe) set aside for applicants in this category.

Applicants currently/previously enrolled at a post-secondary institution

Applicants with previous post-secondary experience are considered on the basis of their university or post-secondary academic average.

University Applicants

Applicants must complete the prerequisite course requirements (or equivalent) noted above.

Applicants with one year or less of full-time study must have achieved a minimum 70 per cent overall average. Those with two or more full-time years of study must have achieved a minimum 70 per cent on the last 10 full course equivalent credits.

College of Applied Arts and Technology Applicants

Applicants must have completed a diploma program with a minimum 2.5 GPA, in addition to the prerequisite course requirements noted above.

Students who have not completed the prerequisite courses noted above may complete a set of equivalent prerequisites offered through a Pre-Health Sciences or General Arts and Science program (minimum grade of 65 per cent in each).

Mature Applicants

Applicants must meet Western's admission requirements for mature applicants – welcome.uwo.ca/admissions – and must have completed the stated prerequisite courses within the last four years with a minimum grade of 65 per cent in each course.

Did You Know?

Western also offers a **Compressed Time Frame (CTF) Nursing Program**, which allows students to complete a Bachelor of Science in Nursing (BScN) degree in 19 consecutive months. The CTF program is designed for students who already possess a university degree or those who have completed a minimum of two years of university study.

Like the Western-Fanshawe Collaborative Program, the CTF Program uses a combination of theoretical and clinical courses, combined with practice placements, and prepares students to provide the best care possible in a variety of health care settings.

Applying to the CTF Program

Applicants must have:

- Completed at least 10 university-level full course equivalents with no more than 5.0 at the introductory level
- A minimum average of 75 per cent in the last two years (10 full courses) completed with a minimum grade of 60 per cent in each of Physiology, Anatomy and Statistics

Compressed Time Frame (CTF) Curriculum

Term 1 – Sept. to Dec.

- Foundations of Nursing Practice
- Health Assessment and Promotion
- Health Assessment
- Pathology for Nursing Students
- Microbiology & Immunology for Nursing Students

Term 2 – Jan. to April

- Family and Community Health
- Professional Practice: Medication Administration
- Mental Health Care
- Introductory Pharmacology & Therapeutics
- Professional Practice: Mental Health

Term 3 – May to July

- Ways of Knowing: Research
- Clients with Health Challenges
- Professional Practice: Clients with Health Challenges

Term 4 – Sept. to Dec.

- Introduction to Health Informatics in Nursing
- Professional, Ethical and Legal Obligations: A Critical Approach
- Advanced Concepts for Professional Practice
- Professional Practice: Clients with Complex Health Challenges
- Future Directions for Nursing and Health Care
- Health in a Global Context

Term 5 – Jan. to April

- Professional Practice: Integrative Practicum

For more information about the CTF program, visit: westernu.ca/fhs/nursing

In Profile

Justin Toth – BScN'15

Justin always knew that he wanted to help people through the difficult times in their lives. A career in nursing ended up being his way of making a dream come true.

Learn more about Justin's journey through the Collaborative Nursing program on the back inside cover.



Health Sciences

westernu.ca/fhs/shs

Looking to have a positive impact on the health and wellness of people around the globe? Western's **Health Sciences** program can be your gateway to a world of opportunity. You will develop an appreciation for the world's emerging health issues and be inspired to think globally and strategically to create innovative solutions.

BUILD YOUR OWN DEGREE

Wherever your interests lie, Western's **Health Sciences** program, offered through the School of Health Studies, lets you explore health and wellness from a variety of interdisciplinary perspectives. Through a series of courses and modules, you can tailor your degree to provide an emphasis on:

- Health Sciences
- Health and Aging
- Health Sciences with Biology
- Health Promotion
- Rehabilitation Sciences
- Health Sciences and Business Administration (HBA) (5-year combined degree program)

Students in the Health Sciences program graduate with a:

Bachelor of Health Sciences (BHSc) degree

365 first-year students joined the Health Sciences program in September 2017.

YOUR FOUR YEARS IN HEALTH SCIENCES

Year 1

In the first year of the program, you, along with your classmates, will take a common set of Health Sciences courses that introduce the foundational concepts of the program and prepare you for selecting a module/specialization (see list above) prior to entering second year.

First-Year Health Sciences Courses

- Personal Determinants of Health
- Social Determinants of Health
- Biology

Electives

You have the opportunity to select as many as 3.0 elective credits in first year that allow you to explore different subject areas from across the university and complement your studies in Health Sciences.

Years 2, 3, 4

Building upon the framework of first year, as an upper-year student you will select Health Sciences courses from a wide variety of offerings that allow for your degree to be tailored to fit your interests and learning goals.

Examples of Upper-Year Courses*

- Health Issues in Aging
- Ethics in Health
- Anatomy
- Health Care Law
- Sexuality, Gender and Health
- Global Health Promotion
- Social Media in Health
- Health Innovation & Leadership

*For a comprehensive list of upper-year courses offered in the Health Sciences program, visit: uwo.ca/fhs/shs/programs/courses

After Graduation

Whether you want to further your education or get started with your career, the Health Sciences program is designed for the next generation of leaders and opens the door to countless possibilities.

Careers in Health

- World Health Organization
- Community Care Access Centre (CCAC)
- Local Health Integration Networks (LHIN)
- Public Health Units
- Hospital Administration
- Therapeutic Recreation
- Child and Youth Services
- Occupational Health and Safety

Professional Programs

- Medical, Dental and Nursing Schools
- Physical, Occupational and Respiratory Therapy
- Audiology and Speech-Language Pathology
- Law
- Education

Research and Course-Based Programs

- International/Global and Public Health
- Bioethics/Biomedical Engineering
- Health Care Ethics and Law
- Clinical Anatomy
- Environment and Sustainability
- Psychiatric Research
- Health and Rehabilitation Sciences/Health Promotion

Admissions

Required Courses

For applicants with an Ontario secondary school diploma, six Ontario Grade 12 U and/or M level courses (excluding co-op), including:

- English ENG4U; Biology SBI4U
- One of: Advanced Functions MHF4U, Calculus and Vectors MCV4U, Math of Data Management MDM4U

Recommended Courses

Grade 12 U Chemistry (SCH4U) is a prerequisite for first-year Chemistry and recommended for those planning careers in medicine/dentistry.

Admission Average

To be considered for admission, applicants must achieve a minimum average in the mid-to-high 80s on six Ontario Grade 12 U and/or M level courses, including the required courses listed above. **Admission is competitive and achieving the minimum average does not guarantee admission.**

Experiential Learning

Through a variety of options, you have the opportunity to add hands-on learning to your degree. In fourth year, practicum courses, independent studies, and experiential learning courses, give you the chance to apply classroom theory to find solutions to real-world health issues.

Gerontology in Practice

A fourth-year community service-learning course in which small teams of Health Sciences students work alongside community partners on projects targeting health and aging. Previous community partners have included:

- Alzheimer Society of London and Middlesex
- Thames Valley Family Health Team
- Victorian Order of Nurses
- London InterCommunity Health Centre
- Canadian Union of Postal Workers

Practicum Courses

Fourth-year Honors students have the opportunity to participate in a practice placement in settings such as:

- Hospitals and Long-Term Care Facilities
- Early Childhood Education Centres
- Not-for-Profit Organizations

Independent Study

Fourth-year Honors students have the opportunity to engage in an independent study course. This allows students to:

- Explore in more detail and conduct research in a subject area from a previous course that they have a particular interest in

In Profile

Saumya Krishna – BHSc'13

After earning her Bachelor of Health Sciences degree, Saumya became Western's 22nd Rhodes Scholar and studied energy policy and infrastructure delivery at Oxford University's Blavatnik School of Government.

Learn more about Saumya's journey through the Health Sciences program on the back inside cover.



Wondering about the difference between **Health Sciences, Biological Sciences** and **Medical Sciences**? See page 10 for more information.

What's the Difference?

At Western, Health Sciences, Medical Sciences and Biological Sciences (Biology) are offered as separate programs, through different faculties. While the programs have similarities, each is designed to emphasize different areas of health-related science.

Health Sciences

At Western, the Health Sciences (BHSc) program is offered by the Faculty of Health Sciences.

Modules in Health Sciences focus on the interdisciplinary study of health and wellness in an ever-changing society, in addition to domestic and international health systems.

Areas of Study (Modules)

- Health Sciences
- Health and Aging
- Health Sciences with Biology
- Rehabilitation Sciences
- Health Promotion

Medical Sciences

Western's Bachelor of Medical Sciences (BMSc) program is offered jointly by the Faculty of Science and the Schulich School of Medicine & Dentistry.

Modules offered by the Basic Medical Sciences explore the molecular, cellular and systematic organization of the human body and the biological mechanisms it uses to adapt to environmental changes and the challenge of disease.

Areas of Study (Modules)

- Biochemistry
- Epidemiology and Biostatistics
- Medical Biophysics
- Medical Cell Biology
- Medical Sciences
- Microbiology and Immunology
- Pathology and Toxicology
- Physiology
- Biochemistry and Cancer Biology

Biological Sciences

At Western, programs in Biology are offered by the Faculty of Science.

Modules offered in Biology allow for the study of organisms at different levels of biological organization – from how organisms interact with each other and the environment at the level of the ecosystem through to the study of individual genes in fruit flies in the laboratory.

Areas of Study (Modules)

- Biology
- Ecosystem Health
- Animal Behaviour
- Biology and Geology
- Genetics
- Genetics and Biochemistry

Many Honors graduates enter professional programs which include Medicine, Dentistry, Education, Veterinary Medicine, Occupational and Physical Therapy, Law and Business. It is important to remember that there is no preferred route to any of these schools. To be eligible for these programs you must have the necessary prerequisite courses. Enrolment is limited and admission is very competitive.

Western National Scholarship Program

The Western National Scholarships are intended to recognize all-round excellence. They are awarded on the basis of outstanding academic performance to candidates who demonstrate ability for creative and innovative thought and a passion for the pursuit of learning. Western National Scholarships also recognize exceptional achievement in extracurricular activities such as the arts and athletics. A special emphasis is placed on a candidate's commitment to community service through ongoing contributions to school and community life.

The Western National Scholarship Program includes the President's Entrance Scholarships, the International President's Entrance Scholarships, the National Scholarship Study Abroad Awards, the Beryl Ivey Continuing Entrance Award, the National Merit Awards, and the Faculty Entrance Scholarships – which include the

J. Howard Crocker School of Kinesiology Entrance Scholarship and the **R.C. Aikin School of Nursing Entrance Scholarship**. See the *Western Viewbook* for more details.

Meet our Graduates

Becky Dean – BSc'11, BEng'13



With degrees in both Kinesiology and Mechanical Engineering, Becky Dean jokingly calls herself a "Kin-gineer". But the unique set of skills she put together while at Western is anything but a joke.

In fact, her understanding of the biomechanical workings of the human body, combined with knowledge related to engineering design principles helped launch her career with Universal Studios in Orlando, Florida.

As a Ride and Show Engineer, Becky plays an important role in project management for engineering attractions. She works closely with technical and creative teams to develop the best attractions in theme parks, combining new technologies with unforgettable guest experiences.

Currently, Becky is working on international projects to expand Universal Studios around the world.

Justin Toth – BScN'15



Before enrolling in the Western-Fanshawe Collaborative BScN program, Justin Toth always knew he wanted to work with people and help them through difficult times in their lives. In high school, he visited his guidance counsellor often, each time presenting a new plan for his future, but each plan had one thing in common – they all focused on patient care.

His time at Western introduced him to the near limitless career possibilities that exist in nursing and through practice placements in mental health, clinical neurosciences and neurosurgery, and dialysis care, he learned about the leadership role nurses can play in the health care system.

Fast forward to today and Justin is now a Registered Nurse working in the area of adult inpatient mental health where he sees first hand the difficulties many of his patients face both in and out of hospital.

Saumya Krishna – BHSc'13



A first-year course exploring the *Social Determinants of Health* inspired Saumya Krishna to look at things in ways she had never considered before. It also placed her on a path to being Western University's 22nd Rhodes Scholar.

That course, which Saumya calls a "revelation" helped her develop an appreciation for examining issues from different perspectives and sparked an "unyielding passion to engage in public issues and make a difference."

The Rhodes Scholarship is the world's pre-eminent graduate student award, offering two years of all-expenses-paid study at Oxford University (UK), and something that Saumya describes as "a gift".

Saumya completed her studies at Oxford in 2016, earning two degrees in the process, studying energy policy, infrastructure delivery and big data. She is now an associate with McKinsey & Company, a global management consulting firm.

Visit us at Western

Fall Preview Day
Sunday, November 12, 2017

March Break Open House
Saturday, March 10, 2018

For more information, visit: welcome.uwo.ca

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