

WESTERN UNIVERSITY

# Faculty of HEALTH SCIENCES

UNDERGRADUATE VIEWBOOK 2020



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 **Kinesiology, Nursing** and **Health Sciences**, 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 uwo.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 Science (BSc) or Bachelor of Arts (BA) degree

### PROGRAMS OFFERED:

- Bachelor of Science (BSc)
- Bachelor of Arts (BA)
- Sport Management (BA)
- Clinical Kinesiology (BA)
- Combined Degrees: Sport Management (BA) and Business Administration (HBA)  
*Offered in partnership with Ivey Business School*

**335** first-year students joined Western Kinesiology in September 2019.

## YOUR FIRST YEAR IN KINESIOLOGY

All Kinesiology students take a common set of first-year Kinesiology 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 Science\*

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

### Bachelor of Arts

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

### Sport Management\*

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

### Clinical Kinesiology\*

- Physiology
- Psychology of Human Movement Science
- Psychomotor Behaviour
- Statistics
- Electives (2.5)

\*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

## Experiential Learning

Practicums 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.

### Clinical Kinesiology

- With an eight-month clinical placement built in, the Clinical Kinesiology (BA) program integrates hands-on learning with an in-depth understanding of Kinesiology. The program prepares you for certification by the College of Kinesiologists of Ontario and gives you the skills necessary to explore careers in a variety of rehabilitation settings.

### Athletic Therapy

- Work as an athletic trainer 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

## Movement Modules

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

# Nursing

[uwo.ca/fhs/nursing](http://uwo.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.

A common curriculum is offered at both sites and all students who complete the program successfully receive a Bachelor of Science in Nursing (BScN) degree from Western.

#### Program Structure



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 2019 (125 at Western, 125 at Fanshawe).

## 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

## 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).

### 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](http://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

To be considered for admission, 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
- Professional Practice: Health Assessment
- Pathology for Nursing Students
- Microbiology & Immunology for Nursing Students

#### Term 2 – Jan. to April

- Introduction to Health Informatics in Nursing
- 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.

- 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: [uwo.ca/fhs/nursing](http://uwo.ca/fhs/nursing)

## Additional Application Requirement – CASPer Test

All applicants to both Nursing programs are required to complete the CASPer Test (Computer-Based Assessment for Sampling Personal Characteristics) to assist with the selection process. CASPer is an online test which assesses for non-cognitive skills and interpersonal characteristics that are deemed by the Arthur Labatt Family School of Nursing to be important for successful students and graduates of the program, and will complement the other tools that are used for applicant screening. For more information about this test visit [takeCASPer.com](http://takeCASPer.com)

# Health Sciences

uwo.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

325

first-year students joined the Health Sciences program in September 2019.

## 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, which 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/undergraduate/courses](http://uwo.ca/fhs/shs/undergraduate/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 (WHO)
- 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.

### Aging Globally: Lessons from Scandinavia

This an international course that introduces students to health-care systems, policies and practices in Norway, Sweden and Denmark. Students explore and identify what can be learned from one of the best health-care systems in the world. The class includes a trip to Scandinavia to see classroom theory in action. Partners for this course include:

- Oslo Metropolitan University
- Karolinska Institutet
- Stockholm University
- World Health Organization (Regional Office for Europe)
- Cycling Without Age

### Practicum Courses

As a fourth-year Honours student you would 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

As a fourth-year Honours student you would have the opportunity to engage in an independent study course. This would allow you to:

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

Wondering about the difference between **Health Sciences, Biological Sciences** and **Medical Sciences**? See page 11 for more information.

# What's Next?

## Master's and PhD programs in the Faculty of Health Sciences

If you are already thinking ahead to pursuing a master's degree or a PhD, Western's Faculty of Health Sciences offers professional degree programs and a variety of research-based options that will help prepare you to be a leader in your chosen field. Our master's and PhD programs allow students to explore their individual research interests or gain the necessary skills to be a highly-qualified, health-care practitioner across a variety of professions.

### Communication Sciences and Disorders

The School of Communication Sciences and Disorders offers entry-to-practice professional master's programs (MCISc) in:

- Audiology
- Speech-Language Pathology

Research-based master's and PhD programs in Speech & Language Science and Hearing Science are available through the Graduate Program in Health & Rehabilitation Sciences.

Learn more: [uwo.ca/fhs/csd](http://uwo.ca/fhs/csd)

### Health & Rehabilitation Sciences

The Graduate Program in Health & Rehabilitation Sciences offers research-based master's and PhD programs in:

- Health and Aging
- Health Professional Education
- Health Promotion
- Hearing Science
- Measurement and Methods
- Occupational Science
- Physical Therapy
- Rehabilitation Science
- Speech & Language Science

Learn more: [uwo.ca/fhs/hrs](http://uwo.ca/fhs/hrs)

### Kinesiology

The School of Kinesiology offers a variety of research-based master's and PhD programs in areas spanning:

- Applied & Clinical Biomechanics
- Exercise Physiology
- Exercise, Sport & Health Psychology
- Leadership & Marketing
- Motor Learning & Control
- Sport History
- Sport Management
- Sport Medicine
- Sport Philosophy

Learn more: [uwo.ca/fhs/kin/grad](http://uwo.ca/fhs/kin/grad)

### Nursing

The Arthur Labatt Family School of Nursing offers three graduate program options designed to make you a leader in health-care delivery and education.

- Master of Science in Nursing (MScN)
- Master of Nursing (MN)\*
- Doctor of Philosophy (PhD)

\*Includes Nurse Practitioner Certificate program

Learn more: [uwo.ca/fhs/nursing/grad](http://uwo.ca/fhs/nursing/grad)

### Occupational Therapy

The School of Occupational Therapy offers an entry-to-practice professional master's program (MScOT).

Research-based master's and PhD programs in Occupational Science are available through the Graduate Program in Health & Rehabilitation Sciences.

Learn more: [uwo.ca/fhs/ot](http://uwo.ca/fhs/ot)

### Physical Therapy

The School of Physical Therapy offers an entry-to-practice professional master's program (MPT).

Research-based master's and PhD programs in Physical Therapy are available through the Graduate Program in Health & Rehabilitation Sciences.

Learn more: [uwo.ca/fhs/pt](http://uwo.ca/fhs/pt)

# 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
- Interdisciplinary Medical Sciences
- Medical Biophysics
- Medical Cell Biology
- Medical Health Informatics
- Microbiology and Immunology
- One Health
- Pathology and Toxicology
- Pharmacology
- Physiology

## 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
- Biodiversity and Conservation
- Genetics
- Genetics and Biochemistry

*Many Honours 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.

## Visit us at Western

Fall Preview Day  
Sunday, November 17, 2019

March Break Open House  
Saturday, March 14, 2020

For more information, visit: [welcome.uwo.ca](http://welcome.uwo.ca)

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## Apply Online

Visit [www.ouac.on.ca](http://www.ouac.on.ca)