

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 currently needs more people who are passionate about improving health and wellbeing in our communities, and 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 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. 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, Psychology, 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.

FIND OUT MORE ABOUT THIS DEGREE


 www.victoria.ac.nz/bhlth

FACULTY OF HEALTH

Level 1, Easterfield Building, Kelburn Parade, Wellington

 04 463 4750

 health@vuw.ac.nz

 www.victoria.ac.nz/health

CAREER OPPORTUNITIES

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

i www.victoria.ac.nz/careers

POSTGRADUATE OPPORTUNITIES

The School of Health offers postgraduate pathways for BHLth students. Graduates of the BHLth can continue to a Postgraduate Certificate, Postgraduate Diploma, or (with a B grade average) a Master of Health. Specialisations include Health Policy, Planning and Service Delivery, Health Promotion, and Workplace Health and Safety.

i www.victoria.ac.nz/health/postgraduate

RECOMMENDED 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 of 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 skills in health communication and programme design. 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: This major will introduce you to the health system and services in New Zealand, including health and public policy and health management, and will teach you how to evaluate the determinants of health in different people. Graduates will be ready to make an important contribution to health agencies in roles such as health educators, health policy advisers, and health researchers.

Major	Code
Health Informatics	HINF
Health Promotion	HPRO
Health Psychology	HPSY
Population Health, Policy and Service Delivery	PHSD

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 BHLth Schedule
- at least 75 points from 300-level courses, with at least 60 of those selected from the BHLth Schedule
- the BHLth 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 BHLth 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 BHLth 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 Architectural Studies, 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. See a faculty adviser for more information.

The BHLth core

Course code	Course title
HLWB 101	Introduction to Health and Wellbeing
HLWB 102	Introduction to Social and Community Health
HLWB 103	Introduction to Human Biology for Health
HLWB 104	Introduction to Health Policy and Services
STAT 193 or QUAN 102	Statistics in Practice or Statistics for Business
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

First year	Second year	Third year
HLWB 101	HLWB 201	HLWB 301 or 302*
HLWB 102	HLWB 202	INFO 354
HLWB 103	HLWB 203	INFO 360
HLWB 104	INFO 231	Two further courses from 300-level INFO or other approved courses
STAT 193 or QUAN 102	INFO 264	Two further 15-point electives
INFO 101 INFO 151	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

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
STAT 193 or QUAN 102	One 200-level elective plus two further electives	
EDUC 141		
One further 100-level elective		

Health Psychology

First year	Second year	Third year
HLWB 101	HLWB 201	HLWB 301 or 302*
HLWB 102	HLWB 202	HLWB 305
HLWB 103	HLWB 205	PSYC 325
HLWB 104	PSYC 221	PSYC 332
HLWB 105	PSYC 232	PSYC 333
STAT 193 or QUAN 102	PSYC 233	Three electives
PSYC 121	One further 200-level elective plus one further elective	
PSYC 122		

*Limited entry.

Population Health, Policy and Service Delivery

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 309
STAT 193 or QUAN 102	PUBL 201	HLWB 312
PUBL 113	One 200-level elective plus two further electives	One 200-level elective plus two further electives
Two further 15-point electives		



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 102 15 points	HLWB 201 15 points	HLWB 202 15 points	INFO 360 15 points	HLWB 301 or HLWB 302 15 points
HLWB 103 15 points	HLWB 104 15 points	HLWB 203 15 points	INFO 264 15 points	300-level INFO 15 points	INFO 354 15 points
STAT 193 15 points	INFO 151 15 points	INFO 231 15 points	200-level INFO 15 points	Elective 15 points	300-level INFO 15 points
INFO 101 15 points	100-level elective 15 points	200-level elective 15 points	Elective 15 points	Elective 15 points	Elective 15 points
			300-level HLWB course		
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 102 15 points	HLWB 201 15 points	HLWB 202 15 points	HLWB 306 15 points	HLWB 301 or HLWB 302 15 points
HLWB 103 15 points	HLWB 104 15 points	HLWB 203 15 points	HLWB 206 15 points	HLWB 310 15 points	HLWB 311 15 points
STAT 193 15 points	HLWB 105 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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DEGREE EXAMPLES

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 102 15 points	HLWB 201 15 points	HLWB 202 15 points	PSYC 332 15 points	HLWB 301 or HLWB 302 15 points
HLWB 103 15 points	HLWB 104 15 points	PSYC 232 15 points	HLWB 205 15 points	PSYC 333 15 points	HLWB 305 15 points
STAT 193 15 points	HLWB 105 15 points	PSYC 221 15 points	PSYC 233 15 points	Elective 15 points	PSYC 325 15 points
PSYC 121 15 points	PSYC 122 15 points	200-level elective 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	

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 102 15 points	HLWB 201 15 points	HLWB 202 15 points	HLWB 303 15 points	HLWB 301 or HLWB 302 15 points
HLWB 103 15 points	HLWB 104 15 points	HLWB 203 15 points	HLWB 204 15 points	HLWB 304 15 points	HLWB 309 15 points
PUBL 113 20 points	STAT 193 15 points	PUBL 201 20 points	200-level elective 15 points	200-level elective 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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TE MAPIHI

TUTUA-NATHAN

Ngāti Tūwharetoa, Ngāti Awa

Student, Bachelor of Health in Health Psychology, minor in

Te Reo Māori

“I’ve always had a desire to help people. Studying a BHLth has allowed me to learn more about the health and wellbeing of people on many levels, including mental, spiritual, and social. I find I am constantly learning something new and expanding my knowledge. The lectures are interactive, interesting, and full of relatable content.”