Welcome to the uOttawa Faculty of Health Sciences!

This program guide showcases the diverse and unique programs our Faculty has to offer. We combine state of the art facilities with the best researchers to offer an unparalleled learning experience to our students. We hope that you will be one of them soon.

From interdisciplinary health sciences to nursing to human kinetics to food sciences and nutrition, we know there is a program that is perfect for you. We are passionate about active, healthy living and are eager to share our knowledge with you.

Our Faculty has teamed up with several community partners and world-class institutions to offer you the best education possible. You will be able to benefit from hands-on learning opportunities from people who are currently working in your field of interest.

Ottawa is a great city! Originally from the area, I left for several years to pursue my career as an academic. I am so grateful to be back in the nation’s capital. Whether it’s skating on the Rideau Canal or cycling on the path beside it, hiking in Gatineau Park or eating amazing food on a patio in the Byward Market, this city has something for everyone!

Cheers,

Lucie Thibault, PhD
Dean, Faculty of Health Sciences
The Faculty offers high-quality courses for students passionate about health and physical activity who see themselves contributing to people’s well-being in the future.

Whatever your goals (nursing, rehabilitation, nutrition, kinesiology, medicine, etc.), there’s a program for you.

Be part of our big happy family — you won’t regret it!

Sarah McAllister
BHK, 2020
## FACULTY OF HEALTH SCIENCES AT A GLANCE

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DEGREE</th>
<th>DURATION</th>
<th>LANGUAGE</th>
<th>FRENCH IMMERSION</th>
<th>PLACEMENTS</th>
<th>INTERSHIPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>BFNSc Food and Nutrition Sciences with option in Food Sciences</td>
<td>HOpt</td>
<td>4 years</td>
<td>EN, FR</td>
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<tr>
<td>BIFS Integrated Food Sciences in partnership with Le Cordon Bleu</td>
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### Legend
- **H** Honours
- **HOpt** Honours including an option
- **HMn** Honours with minor
- **Mn** Minor
- **B** Bachelor's
- **P** Professional studies requiring prior postsecondary education
- **FT** Full-time (24 consecutive months)
During my studies at uOttawa, I cultivated a passion for working with marginalized populations. I gained the skills and tools required to engage in research, advocacy and networking.

After becoming a registered nurse, I obtained employment at the Sandy Hill Community Health Centre, where I had completed a clinical placement as part of my community health course.

I have since played a key role in establishing a supervised injection site at the centre and in building capacity for evidence-based care for people with substance use disorders in our community.”

Luc Cormier, RN  
BScN ’12, MSc ’15 (Nursing)
SCHOOL OF NUTRITION SCIENCES
BFNSc
Honours Bachelor of Food and Nutrition Sciences

**Duration:** 4 years
**Language:** English or French
**Placements:** Yes

The foods we eat are essential to maintaining the health of individuals and populations. Students in the Honours Bachelor of Food and Nutrition Sciences will have an in-depth knowledge of the sciences underlying the production, consumption and metabolism of food, as well as their effects on health, disease prevention and management.

**In the second year of the program, students specialize in one of the two options of their choice:**

**Food Sciences Option:**
**for future food scientists**
Starting this year, the Honours Bachelor of Food and Nutrition Sciences offers a food science option that allows future graduates to become food scientists.

Offered in a stimulating learning environment, this unique program addresses the evolving food and nutrition challenges facing individuals, the food industry and society. It is taught by dynamic professors actively engaged in food and nutrition research.

This option focuses on the acquisition of knowledge in microbiology, physico-chemical and sensory properties of food, preparing students for careers in the agri-food sector such as agri-food industries, businesses, food science research centres and government departments. As the only food science training offered in the context of a Faculty of Health Sciences in Canada, this option places greater emphasis on the health impact of food.

**CAREER OPPORTUNITIES**
- Food product developer
- Entrepreneur
- Food Science Researcher
- Food Inspector
- Quality Assurance Specialist
- Food Safety Technologist

**GRADUATE STUDIES**
- Nutrition
- Health sciences
- Food chemistry
- Education
- Population health
- Health management

Nutrition Sciences Option: for future dietitians (offered in French to bilingual students)
This option focuses on the acquisition of essential knowledge and skills related to the profession of dietitians. This program option, unique in Ontario, offered in French to bilingual students, integrates theoretical and practical training in the form of courses and placements.

Offered in a stimulating learning environment, this unique program addresses the evolving challenges facing individuals, the food industry and society. It is taught by dynamic professors actively engaged in food and nutrition research.

This dietetic education program is an accredited program recognized by the Partnership for Dietetic Education and Practice (PDEP) and prepares students for eligibility for registration with a provincial dietetics regulatory body. Upon graduation, students are eligible to write the examination for admission to the profession of dietitian in Canada.

CAREER OPPORTUNITIES

Dietitian working in:
- Clinical settings
- Community and public health organisations
- Food service management
- Communications and media
- Research
- Industry

GRADUATE STUDIES
- Nutrition
- Health Sciences
- Food Chemistry
- Medicine
- Epidemiology
- Education
- Business
- Population health
- Health management

“I’m studying nutrition at the University of Ottawa because it’s a field I’m passionate about, in a faculty that supports its students. The research opportunities and integrated placements give me an advantage in my field and allow me to grow both professionally and academically.”

Alexandra Potts
BFNSc, 4th year student
BIFS
Bachelor of Integrated Food Sciences

Duration: 3 years  Language: English  Placements: Yes
Tuition fees: $40,000 CAD per year

The Bachelor of Integrated Food Sciences, the first of its kind in Canada, is an outstanding multidisciplinary program delivered jointly by the University of Ottawa and Le Cordon Bleu International. The program will prepare future graduates to take on leadership roles in any industry where food innovation plays a key role, including health care, education, hospitality, business, or research and development.

Graduates of this program will have a broad, comprehensive understanding of food and nutrition-related practices and will be equipped to provide strategic leadership and operational guidance in commercial settings.

The School of Nutrition Sciences and Le Cordon Bleu Ottawa worked together to create an innovative curriculum including culinary art courses to be taught by world-renowned chef lecturers. Culinary techniques, menu planning, food service administration and management, and gastronomy will complement the science and management education that form part of the degree program.

This is a competitive program and only admits 14 students per year.

Program delivered in two locations:
Faculty of Health Sciences, School of Nutrition Sciences
Main campus

Le Cordon Bleu Ottawa
(15 min walk from main campus)

CAREER OPPORTUNITIES
- Food innovation/design consultant
- Food industry manager
- Food and nutrition research and development
- Nutrition consultant
- Molecular gastronomist
- Food and nutrition manager

GRADUATE STUDIES
- Health sciences
- Nutrition
- Food sciences
- Population health
- Health management
- Education
- Business

health.uottawa.ca/undergraduate-bachelor-integrated-food-sciences-bifs
BHK
Honours Bachelor of Human Kinetics

Duration: 4 years  Language: English or French  Internships: Yes

This program emphasizes the social sciences aspects of physical activity, sport, active leisure and health. It provides the knowledge and skills required to play a leading role in developing, promoting and implementing programs, policies and positive lifestyle behaviours for different populations in a variety of settings. Students will have the opportunity to do experiential education internships in a community venue, organization, or do a research project supervised by a faculty member.

Graduates of this program will gain theoretical and applied knowledge from disciplines such as sociology, psychology, pedagogy/coaching, leisure studies and administration, as well as foundational understandings of the biophysical aspects of human movement. This degree can lead to graduate studies in human kinetics and teacher education, and to certifications from the Coaching Association of Canada and the Canadian Society for Exercise Physiology (personal trainer).

Career Opportunities
- Sport and recreation management
- Development of recreation services and fitness programs in the community
- Health and physical activity promotion
- Coaching
- Physical and health education teacher
- Mental performance consultant of high-performance athletes
- Government
- Non-profit and for-profit organization

Graduate Studies
- Human Kinetics
- Sports Management
- Intervention and Consultation
- Education
- Sociocultural studies of sport, recreation and physical activity

health.uottawa.ca/undergraduate-honours-bachelor-science-human-kinetics-bhk
Minor in Studies of Social Issues in Sport, Physical Activity and Leisure

Open to all eligible uOttawa students, the Minor in Studies of Social Issues in Sport, Physical Activity and Leisure offers an opportunity to improve your knowledge and skills in critical analysis of sport, physical activity and leisure to help you become an actor of social change in, and through, sport, physical activity and leisure.

BScHK
Honours Bachelor of Science in Human Kinetics

Duration: 4 years  Language: English or French  Internships: Yes

The Honours Bachelor of Science in Human Kinetics emphasizes the biophysical sciences of human kinetics, with a focus on the role that biological, anatomical, musculoskeletal, and neuro-motor systems have on motor performance, and the impact of sport and physical activity on the body.

It provides the knowledge, skills and techniques required for you to play a leading role in developing and implementing evidence-based approaches that maintain and improve human movement and lead to positive health outcomes for different populations in a variety of settings.

While the program focuses on disciplines such as anatomy, biomechanics, exercise physiology, motor control and psychomotor behaviour, it also provides an understanding of how the social sciences contribute to human movement and performance. Students have the opportunity to do experiential education internships in a community venue or do a research project supervised by a faculty member.

You can obtain potential additional certifications:
- College of Kinesiologists of Ontario (Registered Kinesiologist)
- Canadian Society for Exercise Physiology (Certified Personal Trainer, Certified Exercise Physiologist)
Applied Studies in Kinesiology Option

Students will acquire knowledge and have opportunities to apply what they learn in the various capacities of a kinesiologist. Kinesiology involves the application of principles from biomechanics, physiology, and motor behaviour to improve people's functional movement, motor performance, and to manage and prevent injury and disease. Students will be offered courses oriented towards the core competencies required by the College of Kinesiologists of Ontario to pursue a professional career as a Registered Kinesiologist (R Kin).

NEW: The Applied Studies in Kinesiology Option is recognized by the College of Kinesiologists of Ontario (COKO) and provides direct entry to the professional examination after your studies.

In Human Kinetics, I can develop relationships with professors and I’m able to ask many more questions.

Mohamed Gemae
BScHK, 4th year student

health.uottawa.ca/undergraduate-honours-bachelor-science-human-kinetics-bschk
INTERDISCIPLINARY SCHOOL OF HEALTH SCIENCES
The Honours Bachelor of Health Sciences program enables students to study health from an interdisciplinary perspective. This unique approach allows students to discover innovative ways to examine, measure and unravel complex health problems at all life stages, in Canada and around the world. These future health professionals will be challenged to understand biological, environmental and social factors, both in isolation and as interactive health determinants.

Students will build on a biosciences foundation to integrate social and environmental health determinants in the study of health communication, disability and illness, and pharmacology. We provide significant training in health research methodologies through courses in statistics, quantitative and qualitative approaches to research, epidemiology and health program development and evaluation. Students may specialize their education in one of the three health sciences options described below. This program also includes select opportunities to conduct research thesis projects.

**Technologies and Innovation in Healthcare Option**

This option will provide students with theoretical knowledge and applied skills to examine the applications and limitations of health technologies. Upon completion of this option, students will be able to evaluate the utility of health technologies including computer-assisted applications to both clinical research and health services delivery, demonstrate skills in health technology assessment methodologies and critically appraise the social and ethical implications of health technologies.

**Population and Public Health Option**

This option will further students’ interdisciplinary health sciences training grounded in population health and public health theories and methodologies that remain the foundation of Canada’s health care system. Students will appraise health scenarios from local and global perspectives, critique health frameworks, develop health interventions including health promotion strategies, distinguish structural and systemic causes of health disparities, and evaluate contributions of intersectoral collaborations in health.

**Integrative Health Biosciences Option**

This option will provide students with advanced knowledge and research approaches to investigate the cellular and molecular processes that underlie the life-trajectory. Upon completion of this option, students will be able to integrate molecular and (patho)physiological concepts and design research in the field of health biosciences.

health.uottawa.ca/interdisciplinary
INTERDISCIPLINARY SCHOOL OF HEALTH SCIENCES

CAREER OPPORTUNITIES

- Public or private health agencies
- Non-governmental health organizations
- Community health programs
- Health policy researcher and consultant
- Social and community service worker
- Occupational health officer/inspector

GRADUATE STUDIES

- Health Sciences
- Rehabilitation studies in physiotherapy, occupational therapy, speech pathology or audiology
- Population and public health
- Medicine
- Dentistry
- Epidemiology
- Pharmacy
- Biomedical research

Minor in Health Sciences

Open to all eligible uOttawa students, the Minor in Health Sciences provides students with an interdisciplinary health perspective to better understand the experiences of individuals and populations both in Canada and around the world. Students are exposed to the interactions of bioscience, social and environmental health determinants and their combined influences on health, disease, disability, longevity and health equity.
I chose to study health sciences because I am passionate about health and dream of a career in this field. At the Interdisciplinary School of Health Sciences, I have the opportunity to study the biological, environmental and social determinants of health, which gives me an overview and a better understanding of the various issues.

Each year, I face challenges that allow me to develop my sense of collaboration, critical thinking and research skills.

Marielle Racette
BHS, 2020
BScN
Honours Bachelor of Science in Nursing

Duration: 4 years  Language: English or French  Placements: Yes

The Honours Bachelor of Science in Nursing is offered jointly with two Ottawa-area colleges in both official languages. The program seeks to prepare the next generation of nurses to offer high-quality nursing care and assume leadership roles within the health care system.

It provides a solid theoretical foundation to enable you to engage with clients in activities that promote health, prevent illness and injury, and foster optimal recovery from or adaptation to illness or injury.

**You can complete the Honours Bachelor of Science in Nursing through the following paths:**
- The uOttawa program
- A collaborative program with Algonquin College
- A collaborative program with La Cité offered on the uOttawa campus
- The Bridging program for registered practical nurses (including Internationally educated nurses with RPN qualifications in Canada)
- The Bridging program for registered practical nurses

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

**GRADUATE STUDIES**
- Nursing
- Health informatics
- Health administration
- Health policy
- Population and public health
- Global health

“What I love most about my program right now is learning in small groups. It means you get to know your classmates and can ask questions one on one.”

Melanie Jones
BScN, 4th year student

[health.uottawa.ca/undergraduate-bachelor-science-nursing-bscn](http://health.uottawa.ca/undergraduate-bachelor-science-nursing-bscn)
Rehabilitation Sciences
Professional Master’s Programs

Offering professional master’s programs in audiology, occupational therapy, speech-language pathology and physiotherapy, the School of Rehabilitation Sciences educates bilingual health care professionals to meet the needs of francophone communities in Ontario and within the country’s bilingual and multicultural context.

Students are prepared for fulfilling careers in health care across a wide variety of settings (hospitals, clinics, community-based services, schools, private practice, governmental agencies, etc.). While French is the language of instruction, some clinical placements, however, take place in French, bilingual and English settings. Students must therefore have a working knowledge of English.

The School also offers an interdisciplinary doctoral program in rehabilitation sciences where students from various backgrounds are educated to carry out independent research to improve the knowledge base in rehabilitation sciences. Expert researchers fall within four main areas: knowledge transfer, cognition and motor skills, social participation and interaction with the social environment.

For full admission requirements, go to
» uottawa.ca/graduate-studies/programs-admission/apply

» health.uottawa.ca/rehabilitation
MHSc
Master of Health Sciences in Audiology

Duration: 2 years (24 consecutive months)  Language: French  Placements: Yes

The audiology program trains professionals with expertise in the field of normal development of hearing and who assess and treat hearing disorders, tinnitus and balance problems.

Audiologists work in a variety of settings such as hospitals, schools, rehabilitation centers and private clinics. They work with people of all ages, from infants to the elderly. Audiologists provide a variety of services including screening, assessment, counseling, rehabilitation, training, consultation with other professionals, research, teaching and administration.

The curriculum follows the standards established by the Council for Accreditation of Canadian University Programs in Audiology and Speech-Language Pathology (CACUP-ASLP).

MHSc
Master of Health Sciences in Speech-Language Pathology

Duration: 2 years (24 consecutive months)  Language: French  Placements: Yes

The speech-language pathology program trains professionals who have expertise in the field of normal and disordered development of human communication and who evaluate and treat disorders of speech, language, communication and oropharyngeal function.

Speech-language pathologists work in a variety of settings, such as hospitals, schools, and rehabilitation centers. They work with preschool and school-aged children as well as with adolescents, adults, and seniors. Their professional activities include testing, assessment, counseling, managing care, rehabilitation, training, consulting with other professionals, research, teaching and administration.

The curriculum follows the standards established by the Council for Accreditation of Canadian University Programs in Audiology and Speech-Language Pathology (CACUP-ASLP).
**MHSc**

Master of Health Sciences Physiotherapy

**Duration:** 2 years *(24 consecutive months)*  
**Language:** French  
**Placements:** Yes

Physiotherapy is a self-governing profession that promotes fitness, health and wellness. The profession provides frontline client-centered health care services to help clients maintain and improve their functional independence; and prevent and manage pain, physical limitations, disabilities, and limits to participation in their activities *(Canadian Physiotherapy Association, 2000)*.

The program follows the national physiotherapy curriculum guidelines established by the Canadian Council of Physiotherapy University Programs. Upon completing their education, graduates who wish to register with the College of Physiotherapists of Ontario must successfully complete the Canadian physiotherapy competency examination *(Canadian Alliance of Physiotherapy Regulators)*.

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**MHSc**

Master of Health Sciences in Occupational Therapy

**Duration:** 2 years *(24 consecutive months)*  
**Language:** French  
**Placements:** Yes

Occupational therapy is both an art and a science whose aim is to prevent handicap situations, re-establish or promote occupation (everyday activities that people do), health, and well-being of individuals. Occupational therapists work in collaboration with individuals or groups of individuals to prevent or address occupational performance difficulties.

The occupational therapy program follows the standards developed by the Canadian Association of Occupational Therapists *(CAOT)*. This allows students to develop the skills and competencies needed to practice their profession upon graduation. In addition to the coursework, students complete 1,000 placement hours as required by CAOT. These mandatory placements can take place in Ottawa-area hospitals, schools, community organizations, the interprofessional university clinic and rehabilitation centres or at locations outside the National Capital Region.

health.uottawa.ca/rehabilitation
Ready to apply?
Visit uOttawa.ca/admission for more information about how to apply.

The Faculty of Health Sciences is ready to support you, remotely! Keep an eye on our Services of the Dean's Office page: health.uottawa.ca/coronavirus-services.

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