Brock University

Applied Health Sciences

Break through at Brock.

2022-2023

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Dean's message

Peter Tiidus
Dean
Faculty of Applied Health Sciences

Welcome to the Faculty of Applied Health Sciences

Our Brock community is truly working to improve the health and well-being of individuals, families and communities, in Niagara and around the world.

The Faculty of Applied Health Sciences is proud of its many community connections throughout the Niagara Region and beyond, which enables us to facilitate unique experiential education opportunities for our students.

We are a Faculty with five departments: Nursing, Health Sciences, Sport Management, Recreation and Leisure Studies, and Kinesiology. These departments offer diverse perspectives on the broad nature of the science and the art of health, sport and physical activity, and their related professions in a variety of contexts.

Our faculty members have a rich history of excellence and innovation in education with many winning national awards for their work. We are leaders in experiential education, as a vital adjunct to classroom learning, and all of our students have opportunities to apply the knowledge they acquire in the classroom in practical, laboratory and real-life situations.

Our faculty members conduct world class research, serving to advance knowledge in the many fields in which we work. These outstanding scholars also ensure that our students have the best education possible. Every day, our undergraduate and graduate students have opportunities to learn from and be inspired by these leading scholars who are advancing the health and well-being of individuals and making the world a better place to live.

We are a welcoming community with a diverse student population, coming from many backgrounds. As you decide the academic and career path that is right for you, we are pleased to offer you a variety of programs and opportunities that will help you shape your life.

Associate Dean's message

Kirsty Spence
Associate Dean
Teaching & Undergraduate Studies
Faculty of Applied Health Sciences

Greetings,

We are excited you are considering studying within one of the many exemplary programs in the Faculty of Applied Health Sciences (FAHS) at Brock University. Being a FAHS student is life changing for so many and we look forward to getting to know you as you arrive and succeed in your chosen degree program at Brock.

Through my role as Associate Dean, I liaise with students, faculty and staff, always with an aim of providing support and helping to make the FAHS a great teaching and learning experience for all.

One of the most fulfilling aspects of change I have seen during my time at Brock is that our FAHS student body has become more diverse; and, with greater diversity, FAHS faculty, staff and students are striving to create an inclusive, welcoming space through many initiatives, through which all students are provided with the tools necessary to be successful.

We know FAHS students arrive at Brock from all over and once you have arrived, we want to welcome you and cultivate your interests while providing you with a transformative learning experience.

I encourage you to get involved in the many clubs and special interest groups waiting for your contribution. Get to know your professors and instructors. Brock faculty are world class in their academic discipline and in many cases, are industry leaders. Ask questions as you engage in this important time of decision-making for your academic program of study. We at Brock are eager to support your decision making.

When choosing to be a FAHS student at Brock, you're also choosing to be part of the Brock community, one that takes pride in giving back. We'd love to welcome you and support your transition to becoming a Badger!

Highlights

Your career can start Day 1 at Brock by cultivating faculty-based relationships and partaking in the many academic and experiential learning opportunities that arise.

Mentorship

Student leaders within the FAHS Student Association (FAHSSA) have developed an amazing mentorship program where you can find support as a first-year mentee.

Then, in your upper years, you can experience leadership and mentorship as a senior year FAHSSA Mentorship Program representative.

Diversity and Inclusion

We aim to increase representation of and support for Black, Indigenous and People of Colour (BIPOC) students enrolled in the Faculty's programs.

Fostering a culture of diversity and inclusivity across the University starts with our commitment to Brock's Institutional Strategic Plan.

In response, we have launched several initiatives including a new award, named the Faculty of Applied Health Sciences Diversity and Inclusion Award. These awards will be granted to FAHS students who self identify as BIPOC or under-represented to increase inclusion and representation.

Yosif Al-Haswani Lecture

Since the tragic death of Brock University student, Yosif Al-Haswani in 2017, FAHS has organized an annual lecture in his memory aimed at promoting racial justice in health care. Each year, the organizing committee invites an expert in health-equity and racism to educate and engage in public discussions with students and the community with the goal to improve the quality of service and reduce barriers to care.

Brock was built on the philosophy of being a university for the community, a place for Niagara students to attend, and a place that gives back to the community.

State-of the-art Facilities

“

The opportunity for students to work in the cadaver lab, work with the Anatomage table and compare what they are seeing with newly purchased anatomy models provides a full range of learning resources that are unique to Brock’s undergraduate program.”

— Associate Professor REBECCA MacPHERSON

Anatomy and Cadaver Labs

Brock University students have access to the most technologically advanced visualization system for anatomy education of any undergraduate program in Canada.

As the first comprehensive university in Canada to have an Anatomage Table for undergraduate anatomy classes, our students interact with anatomy in a functional way, resulting in an enhanced learning experience.

The table features human micro and macroscopic 3D anatomy systems, allowing students to see the organ, muscle and bone on the table, while at the same time seeing the tissues’ cellular structures.

Starting in first-year, Health Sciences, Kinesiology and Physical Education students take a systemic and musculoskeletal anatomy class, which includes a cadaver lab every other week.

Through a partnership with McMaster's Medical School satellite program, located on Brock’s campus, first-year students work in the cadaver lab to observe and investigate, with an opportunity for manipulation of the specimens.

Newly purchased Anatomy Lab models for Health Sciences, Kinesiology and Physical Education students, include:

- Brain with cranial nerves and Circle of Willis
- Functional larynx
- Ankle joint with ligaments
- Wrist and hand joint with ligaments
- Elbow and wrist joints with ligaments
- Deep lumbar spinal muscle model
- Deep cervical spinal muscle model
- Spinal cord and peripheral nerve model

Wet Labs

At Brock, we offer a breadth of wet labs, to further enhance student engagement throughout their academic journey.

Students get to tailor their education by choosing different experiences, such as visualizing the human body at the macroscopic and cellular level; running physiology and immunology experiments to understand human systems; studying the mechanics of body movement or getting immersed in the microbial world.

For example, pathology students access pathological specimens brought in each week from McMaster University, as well as lab consumables in Brock's 573 Glenridge Lab. We have recently invested in more microscopes and slides of "normal" and pathological tissues, as well as slides for the students to stain samples of themselves to enhance experiential learning.

Newly purchased Wet Lab equipment, includes:

- Monochromator Plate Reader for spectrophotometric measurements of samples by colour
- Various equipment used for conducting protein analysis in immune-cancer cell interactions (e.g. electrophoresis chambers)
- Light Microscopes for blood smear viewing
- Consumables for use at the lab bench (antibodies, chemicals and biologicals for cell treatments and assay measurements, media for growing cells, various sterile plastics)

Cairns Family Health & Bioscience Research Complex

The Cairns Family Health and Bioscience Research Complex (CFHBC) is advancing Canada's science and technology infrastructure. It houses world-class work by researchers in areas like cancer, infectious diseases, and bone and muscle health. It is a hub for innovative research and knowledge transfer. Students interested in research will have the opportunity to work in the CFHBC in upper years.

Learn more about our more than 45 labs at:

brocku.ca/applied-health-sciences/faculty-research/research-labs

Child Health

Bachelor of Child Health (BCH)

Would you like to work professionally with children?

Are you interested in exploring child health from multiple perspectives?

A Child Health degree from Brock University is for individuals who seek careers working with children and adolescents in health-related professions.

The program draws on the strengths of the departments of Health Sciences and Child and Youth Studies to explore child health from a multidisciplinary perspective. Students gain an understanding of the physical, mental, social, and emotional components of child health, as well as practical steps needed to optimize the health of children.

The practicum in Child Health offers valuable experiences in clinical, community, and/or population-based settings.

Where can you go from here?

- Child Health Educator
- Health Communications Specialist
- Health Event Coordinator
- Health Program Coordinator
- Research Coordinator

With Further Study

- Behavioural Analyst
- Child Life Specialist
- Midwife
- Medical Doctor
- Naturopath
- Pediatric Occupational Therapist
- Social Worker
- Speech Pathologist

"Brock's Interprofessional Education for Quality Improvement Program (I-EQUIP) provided me with the opportunity to work on a site plan for the Welland COVID-19 Vaccination clinics. There were so many things to consider, but when our draft blueprint was done, it was sent to Niagara Region Public Health for review. We then created a clinic managers' manual and a frequently asked questions document. I know lots of people who have been to the Welland clinic that we helped design. It was so great to help people in my neighbourhood."

— MARISSA RASO
(Child Health '21)

Sample Schedule

Year 1 Courses	Year 2	Year 3	Year 4
• Health Sciences • Statistics • Child and Youth Studies • Humanities context credit	• Biostatistics • Health in Canadian Society • Research Methods in Health • Nutrition	• The Health of Children • Health & Behaviour • Health Promotion	• Child Mental Health • Physical Activity in Child Health and Disease • Constructing Health Campaigns

Learn more at:

brocku.ca/applied-health-sciences/health-sciences/virtual-open-house

Community Health

Bachelor of Arts (BA) Community Health

Do you want to help improve the health of your community?

Brock's three-year degree in Community Health provides you with foundational knowledge leading work in health-related fields.

This program is ideal if you are interested in receiving a broad, well-rounded understanding of health and wellness at individual, community and societal levels.

Students gain a solid understanding of health theories and how to apply models underpinning health promotion and disease prevention. They learn about the Canadian health system, as well as important determinants of human health, including social, biological and environmental.

Courses in health research and statistics prepare students to understand health patterns and trends in different populations.

After obtaining this degree, you are prepared for the job market, but you can also continue your education with additional training to become specialized in a health-related field.

Where can you go from here?

- Health Communications Specialist
- Health Educator
- Event Coordinator
- Wellness Consultant

With Further Study

- Dental Hygienist
- Early Childhood Educator
- Health Inspector
- Massage Therapist
- Occupational Health and Safety Manager
- Pharmacy Technician

> **"What made this program unique for me was my ability to pair my study at Brock with a diploma in Dental Hygiene from Niagara College."**
>
> — STEPHANIE KLOK (Community Health '14)

Sample Schedule

Year 1 Courses	Year 2
• Health Sciences • Statistics • Humanities context credit • Sciences context credit	• Biostatistics • Health in Canadian Society • Research Methods in Health • Health and Behaviour

Year 3
• Constructing Health Campaigns • Qualitative Research in Health Sciences • Health Promotion

Learn more at:

brocku.ca/applied-health-sciences/health-sciences/virtual-open-house

Kinesiology

In Ontario, Kinesiology is a regulated health profession under the College of Kinesiologists of Ontario.

A Kinesiology degree from Brock University provides graduates with the foundation for other advanced degrees related to human movement and exercise therapy including sport medicine, physiotherapy, occupational therapy, prosthetics/orthotics, osteopathy, chiropractic and other advanced research degrees.

Bachelor of Kinesiology (BKin)

Our Bachelor of Kinesiology (BKin) program emphasizes the biophysical, behavioural and socio-cultural aspects of kinesiology, including exercise prescription and rehabilitation, fitness programming, nutrition for sport and health, and clinical assessment.

This flexible program can prepare students for a successful career as a health professional or for working in clinical or educational settings.

Brock's Department of Kinesiology has a strong reputation for its teaching and research and is well recognized by other health professional schools.

Bachelor of Science (BSc) in Kinesiology

Our Bachelor of Science in Kinesiology (BScKin) degree program provides a highly competent science background, with an emphasis on research skills and theoretical knowledge. This program is designed for those who wish to study Kinesiology while concentrating most of their electives in the sciences.

Kinesiology - Accelerate into Master's (AIM)

This one-of-a-kind program in Canada is designed for students wanting to work in kinesiology and related health care professions.

Students applying to this program from high school will gain entry to both the 4-year undergraduate BKin degree and the 1-year Master of Professional Kinesiology program at Brock University.

Come for a Bachelor's, leave with a Master's

This concurrent entry program trains students as leading practitioners and health professionals transferring theory into practice, with the confidence and skills gained from hands-on experience working with professionals in real-world settings.

Core competencies include human anatomy and physiology, exercise physiology, neuroscience, biomechanics, psychology and ergonomics to understand the role of physical activity in promoting, maintaining, and rehabilitating health and well-being.

In the fifth year, students take courses in the professional practice of Kinesiology and entrepreneurship to prepare them for the workplace. They also complete three different placements (450 hours total) with diverse populations in Brock and community settings, working under the supervision of a registered health professional.

"My studies at Brock were never easy. I had to work hard to reach my end goal, which is to become a Certified Athletic Therapist. The reason I chose Kinesiology was because it was the only thing that directly connected me to sports. I'm in the process of building my resume by volunteering at events as a student therapist."

— SHAELEY BARRIOS (BKIN '21)

Sample Schedule

Year 1 Courses	Year 2
• Foundations in Anatomy • Research Design • Health Promotion • Biology • Calculus (for BSc) • Physics (for BSc)	• Motor Behaviour • Physiology • Human Growth and Development • Musculoskeletal and Systemic Anatomy (with lab component access to cadaver lab) • Sport Psychology • Sociology of Sport • Statistics • Research Design (for BSc)
Year 3	**Year 4**
• Fitness Assessment • Exercise Prescription • Motor Learning • Biomechanics • Environmental Physiology • Clinical Biomechanics • Statistics (for BSc)	• Human Factors • Occupational Ergonomics • Health Care Ethics • Clinical Biomechanics • Choice of Coaching, Athletic Injuries, Aging and Health, Spinal Cord Injury, Disability Studies
Year 5	
• Professional Practice in Kinesiology • Advanced Clinical Musculoskeletal Anatomy • Physiological Assessment of Human Performance • Functional and Ergonomic Assessment • Entrepreneurship	• Seminars in Professional Kinesiology • Professional Development in Kinesiology • 2 electives* • 3 practicum courses – 150 hours each

** AIM sample elective opportunities: Injury Assessment and Rehabilitation, Pain Modalities for Kinesiologists, Lifestyle Counselling for Kinesiologists, Functional Capacity Evaluations in Kinesiology.*

***Note: Students have the option of adding a minor to their degree, in one of Gerontology, Adaptive Physical Activity or Sport Injury Management*

Learn more at:

brocku.ca/applied-health-sciences/kinesiology/virtual-open-house

Do you like helping people?

We offer all of the necessary prerequisite courses for admission to programs in occupational therapy and physical therapy.

Brock's Department of Kinesiology has a

STRONG REPUTATION

for its teaching and research and is well recognized by other health professional schools

We offer

EXPERIENTIAL LEARNING

designed to meet competency standards of the College of Kinesiologists of Ontario

Course components meet entrance requirements for

ADVANCED HEALTH DEGREES

including rehabilitation and medicine, and advanced research degrees

Medical Sciences

Bachelor of Science (BSc) in Medical Sciences

Are you looking for a program that will prepare you to pursue a medical career?

Brock's BSc in Medical Sciences has been developed for those who want to continue studies in medicine, dentistry, pharmacy, chiropractic, physiotherapy, and other allied health professions.

This program allows students to focus on the biomedical foundations of human health, with courses in: anatomy, physiology, microbiology, immunology, cardiology, epidemiology, biostatistics, and the applied public health sciences. In addition, students receive a strong foundation in the factors that shape and influence health.

This degree focuses on human health, and the electives allow students to tailor the program to obtain prerequisites in order to further education at multiple schools. Several courses have integrated wet lab components that provides experience relevant to clinical and research settings.

This program prepares you for a career in health care and is designed to help you meet entrance requirements for North American schools of Medicine, Dentistry, Chiropractic, Occupational Therapy, Optometry, Pharmacy and Naturopathy.

Pair your studies with

MED PLUS

OUR

INNOVATIVE HEALTH PREP CO-CURRICULAR PROGRAM

Where can you go from here?

- Clinical Coordinator
- Data Analyst
- Health Analyst
- Hospital Administrator
- Pharmaceutical Sales Representative
- Program Evaluator
- Research Coordinator
- Workplace Health Consultant

With Further Study

- Biostatistician
- Chiropractor
- Dentist
- Epidemiologist
- Genetics Counsellor
- Laboratory Technician
- Medical Doctor
- Midwife
- Naturopath
- Occupational Therapist
- Pharmacist
- Dietitian
- Physiotherapist
- Speech Pathologist
- Health Inspector

“As a Medical Sciences student, I spent a lot of time studying diseases from different perspectives (physiology, pathology, endocrinology). When we were sent home because of the COVID-19 pandemic, right away I began to help in my community of Kapuskasing. I had successfully completed Brock’s Med Plus program, and soon took a role as a personal support worker (PSW). Working in a hospital and caring for patients put together all the pieces for me.”

— JANE KEATING (Medical Sciences ’20)
accepted to the Northern Ontario School of Medicine

Sample Schedule

Year 1 Courses	Year 2
• Health Sciences • Biology I and II • Chemical Principles and Properties I and II • Statistics	• Human Systems Anatomy • Musculoskeletal Anatomy • Human Physiology • Research Methods in Health • Biostatistics
Year 3	**Year 4**
• Health in Canadian Society • Medical Microbiology • Nutrition • Immunology • Endocrinology • Pharmacology • Cardiac Pathophysiology	• Research Methods in Epidemiology • Human Pathology • Diversity and Health • Clinical Epidemiology

**Students have opportunities to participate in practica and faculty supervised research projects.*

Learn more at:

brocku.ca/applied-health-sciences/health-sciences/virtual-open-house

Nursing

Bachelor of Science in Nursing (BScN)

Brock's Nursing program is known for its diverse clinical placements and outstanding simulation labs.

The Canadian Association of Schools of Nursing (CASN) has recognized Brock University's commitment to excellence in nursing education by granting our nursing program a five-year accreditation term.

Our new, state-of-the-art Clinical Simulation Lab enables students to practice clinical skills as they prepare for clinical placements in health care facilities.

Students engage in clinical experiences every year of the program and have many opportunities for varied practical experiences, which means Nursing graduates leave Brock with a well-regarded reputation for excellence and have the knowledge and skills to be health care leaders in Niagara and beyond.

An exciting career awaits you in nursing

There are two ways to become a nurse at Brock:

1. Four-year Bachelor of Science in Nursing degree
2. 20-month Concurrent Bachelor of Nursing/Master of Nursing degree. For more information visit: **brocku.ca/applied-health-sciences/nursing/bn-mn**

"As a nurse, you need to learn skills like inserting an IV and giving medications, but you also need to know how to speak with somebody and how to listen to them. It's always those little moments that we were always taught are really important to build those relationships."

— SIERRA SMITH (BScN' '22)
employed at Toronto's SickKids Hospital

Sample Schedule

Year 1 Courses	Year 2
• Professional and Therapeutic Communications • Nursing and Health Promotion: Canadian Context • Human Anatomy and Physiology • Introduction to Biology I and II • Foundations of Psychology • Nursing Theory: Experiencing Illness and Hospitalization • Nursing Practice: Experiencing Illness and Hospitalization • Health Assessment	• Nursing Theory: Care of the Acutely Ill Client • Nursing Practice: Care of the Acutely Ill Client • Physiological Responses to Physical Activity • Principles of Pharmacology • Nursing Theory: Nursing Care of the Young Family • Nursing Practice: Nursing Care of the Young Family • Pathophysiology • Nursing Research • Nutrition
Year 3	**Year 4**
• Quantitative Analysis • Experiencing Chronicity • Promoting Mental Health • Nursing Ethics • Nursing Theory: Experiencing Chronicity • Nursing Practicum: Experiencing Chronicity • Nursing Theory: Mental Health • Nursing Practicum: Mental Health • Medical Microbiology • Health Education • Nursing Practicum Intersession*	• Community Health Nursing • Leadership in Nursing and Management • Applied Nursing Research • Trends and Issues in Professional Nursing • Nursing Practicum: Pre-graduation I and II**

**Takes place during Spring semester*
***Takes place during Winter semester*

Learn more at:

brocku.ca/applied-health-sciences/nursing/virtual-open-house

Brock BScN grads are eligible to write the

NCLEX-RN EXAM

Students begin

CLINICAL PRACTICE

courses in their first year of study

Significant learning using

PATIENT SIMULATORS

programmed to replicate the same physical responses as live patients

Physical Education

Bachelor of Physical Education (BPhEd)

Do you want to teach children how to grow into healthy active individuals?

Are you interested in developing activity programs for physical literacy?

Physical Education at Brock leads to many opportunities

Our Bachelor of Physical Education (BPhEd) program offers outstanding opportunities for those interested in cultivating awareness of the importance of human movement and inclusive involvement in physical activity, across the lifespan.

This program is designed to educate students about physical education programming and teaching. We offer courses in coaching, disability studies, fitness assessment and prescription, pedagogy, socio-cultural perspectives, and sport injury prevention and care.

The program includes theory and activity-based courses, as well as experiential learning opportunities through field placements and practica in both educational and other settings.

Also offered through Brock's Concurrent Education program:

- 6-year BPhEd/Bachelor of Education (Junior/Intermediate grades 4-10)
- 6-year BPhEd/Bachelor of Education (Intermediate/Senior grades 7-12)

"My Brock education taught me important theory and practical experience in real life, which has allowed me to develop not only as a student, but as a future physical educator."

— COLIN MCCAUGHEY (BPhEd '17, BEd '17)

Supporting Neurodiversity through Adaptive Programming (SNAP) is a developmentally appropriate, movement education-based embedded curriculum, offered to children and youth with disabilities in the Niagara region.

In collaboration with the school boards and a number of disability services organizations, SNAP offers 1:1 facilitated instruction in physical activity contexts. This experiential learning opportunity helps students develop skills in organization, behaviour and conflict management, leadership, problem-solving and adaptability.

Sample Schedule

Year 1 Courses	Year 2
• Foundations of Anatomy • Biology • Movement Studies (with lab)	• Musculoskeletal and Systemic Anatomy (with lab component access to cadaver lab) • Motor Behaviour • Physiology • Human Growth and Development • Research Design • Health Promotion • Fundamental Movement Skills
Year 3	**Year 4**
• Responses to Physical Activity • Biomechanics • Sport Psychology • Sociology of Sport • Statistics • Formal Games • Dance • Gymnastics • Fitness Activities • Outdoor Education • Disability Studies	• Motor Learning • Sport Ethics • Exercise Prescription • Activity Across the Lifespan • Choice of Coaching, Athletic Injuries, Aging and Health, Spinal Cord Injury

**Note: Students have the option of adding a minor to their degree, in one of Gerontology, Adaptive Physical Activity or Sport Injury Management.*

Learn more at:

brocku.ca/applied-health-sciences/kinesiology/virtual-open-house

Search our online course calendar to view course options for every program.

brocku.ca/webcal

The **Children's Movement Program** has helped to facilitate children's physical, cognitive, and social skills through an inclusive movement-based program for more than 20 years. This experiential learning opportunity combines theoretical knowledge with real life application to assist students as they progress through their studies and develop their own capacity, working with children ages 1-12.

Public Health

Bachelor of Public Health (BPH)

Do you want to create a society that promotes and values health for all?

Brock's Bachelor of Public Health degree provides students with outstanding education and experiential opportunities in a highly sought-after area of health specialization. The innovative courses and professional experiences in our program prepare students for rewarding careers in diverse areas of public health.

Our program addresses individual, community and population health. Students explore emerging health issues such as mental health, infectious diseases, and health disparities. They examine how health promotion, health administration and health policy can be used to improve health—locally, nationally, and globally.

Interesting courses that reflect the multi-disciplinary nature of health address the biological, mental, social and environmental determinants of health and prepare graduates to meet Canada's core competencies for public health practitioners.

Students have the option to pursue co-op, as well as research training and experiential learning, such as our one-of-a-kind Interprofessional Education for Quality Improvement Program (I-EQUIP).

Where can you go from here?

- Health Care Manager
- Health Communications Specialist
- Public Health Promoter
- Health Event Coordinator
- Data Analyst
- Health Policy Analyst
- Health Program Coordinator
- Hospital Administrator
- Manager of Health and Safety Operations
- Research Coordinator

With Further Study

- Biostatistician
- Dietitian
- Epidemiologist
- Health Inspector
- Medical Doctor
- Midwife
- Naturopath

"Brock is a place where success is not defined as an individual achievement, rather, a community one. The Public Health program afforded me the ability to further understand the impact of system-level policy and led me to learn how quality improvement and quality assurance in health care can be an effective tool for change."

— HARROOP AHUJA (Public Health '21)

Public Health - ACCELERATE INTO MASTER'S (AIM)

Unique to Brock, this exciting dual-degree program lets high-achieving students earn a Bachelor and Master of Public Health in just 5 years. Students acquire a rich, multi-disciplinary understanding of the theory and practice of public health. They gain the advanced skills needed for competitive entry into public health careers or doctoral level studies.

AIM students enter the four-year Bachelor of Public Health (BPH) (delivered face-to-face) with their position in the one-year Master of Public Health (MPH) (delivered completely online) already secured. They can choose to pursue both degrees, or exit the program after their BPH degree if their career or academic aspirations change.

The BPH program offers exceptional opportunities for research training and experiential learning. A co-op option is also available. With courses in mental health, gerontology, global and indigenous health, epidemiology and biostatistics, health promotion and administration, and human sexuality, students gain knowledge and skills to improve the health of their community, their country, and their world. The MPH program allows students to pursue their passion, or explore new areas of inquiry: infection control, emergency preparedness, Indigenous health, health equity, social marketing and communications, and policy-making. A 32-week practicum—completed in Canada or internationally—enriches students' theoretical knowledge, builds valuable skills, and expands students' professional networks.

This opportunity, along with the focus on core competencies throughout the BPH and MPH degrees, ensure graduates are ideally-positioned for careers of their choice.

Career Opportunities

- Health Policy and Promotion Officer
- Health System Planner
- Public Health Management
- Health Systems Analyst
- Research Coordinator

Sample Schedule

Year 1 Courses	Year 2
• Health Sciences • Statistics • Humanities context credit • Sciences context credit	• Biostatistics • Health in Canadian Society • Research Methods in Health • Health and Behaviour • Public Health and Society
Year 3	**Year 4**
• Constructing Health Campaigns • Health Campaigns in Action Biostatistics II • Issues in Canadian Health Policy • Qualitative Research in Health Sciences • Health Promotion	• Health Administration • Global Issues in Infectious Diseases • Public Health Capstone • Research Methods in Epidemiology • Diversity and Health
Year 5**	
• Quality Health Systems Through Collaboration and Partnership • Qualitative Research: Interviewing and Beyond • Epidemiology • Critical Foundations of Public Health	• Biostatistics in Public Health • Policy and Practice: Critical Evaluation and Synthesis in Program Planning • Public Health Practicum

**Students have opportunities to participate in faculty-supervised research projects.*

*** Programs Plus sample elective opportunities: Infection Control and Environmental Health, Global Issues and Health Equity, Public Health Emergency Preparedness, Social Marketing and Health Communication, Environmental and Occupational Health, Health Economics, Leading Change in Public Health*

Learn more at:

brocku.ca/applied-health-sciences/health-sciences/virtual-open-house

I-EQUIP

Interprofessional Education for Quality Improvement Program

Participate in an applied educational experience in health quality improvement via this unique hands-on initiative.

iequip.ca

Students have opportunities to participate in

INTERNSHIPS & GAIN PRACTICAL EXPERIENCE

in a health-related profession of their choice

Recreation & Leisure Studies

Bachelor of Recreation and Leisure Studies (BRLS)

Are you interested in leadership opportunities in your community or the natural environment?

Do you want to support wellness initiatives for individuals across the lifespan or become an agent of change for inclusive and accessible leisure service delivery?

A degree in Recreation and Leisure Studies from Brock University provides a diverse set of educational and experiential learning opportunities for students in three areas of concentration.

- Community recreation
- Outdoor recreation
- Therapeutic recreation

This program is designed to qualify graduates for a wide range of positions in the rapidly evolving field of recreation and leisure services.

Graduates will acquire the skills needed to take on leadership roles within community groups and organizations, wilderness settings, allied health services, and commercial, municipal and not-for-profit sectors.

Our commitment toward respecting diversity and inclusiveness, while valuing the importance of recreation and leisure in society, is our foundation for imaginative and innovative scholarship in teaching, learning and research.

“

The most memorable experience within the Recreation and Leisure Studies program has been with my placement opportunities. Being able to have hands-on experience within the field allowed me to have a clearer understanding of what my career interests are.

Students in the Therapeutic Recreation concentration graduate prepared to write the National Council for Therapeutic Recreation Certification (NCTRC) exam to become a Certified Therapeutic Recreation Specialist (CTRS).

A 15-week internship under the supervision of a recreation therapist in your final term, provides you with hands-on work experience in the field.

I worked with experts that shared their advice and knowledge. I had placements with 3 different agencies and with each of them, I met people that have made a positive impact on my university experience."

— LORAMHEL MATEO (BRLS '22)

Sample Schedule

Year 1 Courses	Year 2
• Introduction to Recreation and Leisure Studies • Leadership in Recreation	• Recreation Programming • Foundations of Community Recreation, Outdoor Recreation, and Therapeutic Recreation • Research Design and Evaluation
Year 3	**Year 4**
• Social Psychology of Leisure • Courses in Program Concentration (CR, OR, TR) • Sociology of Leisure • Research Methods (Qualitative and Quantitative) • Courses in Program Concentration (CR, OR, TR)	• Undergraduate Thesis and/or Agency Placement • Courses in Program Concentration (CR, OR, TR) • Internship

Courses in Community Recreation Concentration (CR):
Child and Youth Work, Marketing, Human Resources Management, Finance, Community Development, Facilities Management, Health Promotion, Master Planning, Leisure and Aging

Courses in Outdoor Recreation Concentration (OR):
Outdoor Leadership Practices, Risk Management, Wilderness Trip Planning, Adventure-Based Education, Wilderness Philosophies, Outdoor Resource Management, Outdoor Education and Interpretation, Inclusive Outdoor Recreation

Courses in Therapeutic Recreation Concentration (TR):
Anatomy and Physiology, Leisure Education, Abnormal Psychology, TR Programming, Assessment, Leisure and Behavioural Health, Facilitation, Leisure and Physical Rehabilitation, Leisure and Disabilities

Learn more at:

brocku.ca/applied-health-sciences/recreation-leisure/virtual-open-house

We are the only university in Canada offering a

3-YEAR DEGREE

in Recreation and Leisure Studies

Transfer agreements with more than

A DOZEN ONTARIO COLLEGES

Sport Management

Bachelor of Sport Management (BSM)

Are you passionate about sport?

Do you want to pursue a career in the multi-faceted sport industry?

Are you interested in expanding your understanding of sport within the global community?

Brock offers a world-renowned, specialized Bachelor of Sport Management degree that will lead you to a world of opportunity.

The Sport Management program at Brock focuses on the application of theory, principles and practices of business to the sport industry. We offer students a cutting-edge program where you'll thrive through academic challenges and experiential learning opportunities. Field placements and internships in your third and fourth years offer significant career-building experiences and course credit towards your degree.

The sport industry in Canada works closely together and as a result, relationship building is key. We maintain active connections with our Sport Management alumni, providing our classes with guest lecturers and key networking, internship and employment opportunities.

At graduation, you'll be prepared to be hired directly into the sport industry or to pursue postgraduate studies in the Arts, Business, Law, or Social Sciences (e.g., political science, labour studies). The range of career opportunities extend throughout the private, public and not-for-profit sectors of all sports. Our graduates are employed around the world within the broad business of sport.

Learn more at:

brocku.ca/applied-health-sciences/sport-management/virtual-open-house

Where can you go from here?

Our alumni have successful careers across the spectrum of the sport industry.

- Directors, GMs, CEOs, Managers, Coordinators
- Professional sport (CFL, MLSE, NHL, NBA, MLB, NLL, OSEG, OHL)
- International and provincial sport governing bodies
- International multi-sport organizations (Olympic, Pan Am, Commonwealth, Canada Games)
- Sport marketing, fan experience, corporate partnerships, community relations, event/venue operations, media relations
- Post-graduate/professional degrees – MBA, MA, PhD, Law School, Teacher Education

Career opportunities across the public, not-for-profit and commercial sectors in sport

- **Vice President, Business Operations**
- Assistant of International Scouting and Informatics
- GM/AGM/VP of major league franchises
- Director of Community, Marketing & Sales
- Manager Game Operations, Communications & Events
- Director of Corporate Partnerships

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I have gained a great deal of experience as an intern and now Coordinator with Brock University’s Centre for Sport Capacity. It has been an exciting experience to support the growth of a research centre and be an active part of the Brock and Niagara Community. The chance to also work alongside the Niagara 2022 Canada Games and the great researchers and faculty involved with the Brock-Canada Games Academic Committee has been a once in a lifetime experience. I wouldn’t be in this position without the support of the FAHS faculty and the Sport Management Internship opportunity”

— JESS CROSTHWAITE (BSM ’22)

Sample Schedule

Year 1 Courses	Year 2
• Introduction to Sport Management • Understanding Sport Industry Sectors • Professional Engagement for the Sport Industry • Research Design and Evaluation • Diversity and Inclusion in Sport Management	• Sport Policy in Canada • Organizational Behaviour in Sport Organizations • Introduction to Sport Finance • Sport Marketing • Sport and Law • Sport Event Management • Entrepreneurship Basics
Year 3	**Year 4**
• Management Concepts in Non-Profit Sport Organizations • Quantitative Analysis • Qualitative Analysis • Managing Human Resources in Sport Organizations • Advanced Sport Finance • Sport Sponsorship • Governance in Sport • Professional preparation for internship • Sport Discrimination and the Law *elective**	• 2.0 SPMA credits from 4alpha00 to 4alpha99 • 1.0 SPMA credits from 3alpha90 to 4alpha99 *Note: Credit opportunities in fourth year include internships, thesis, special projects, field experiences and course work.* ***Complete an internship in fourth year in an approved sport or sport-related organization.*

**Elective opportunity for SPMA experiential learning course credit in year three in partnership with Brock Athletics.*

Business International Magazine has ranked Brock's Sport Management program as one of the

BEST IN THE WORLD

In-class work focuses on the application of

BUSINESS PRACTICES

contextualized for the Sport Industry

Connect with alumni through a structured

MENTORSHIP PROGRAM

to develop skills for success in the Sport Industry

Hear from and network with professionals

STARTING IN YEAR ONE

through development conferences and events

Experiential Learning

Brock is known for the breadth and depth of its experiential education and learning. We offer courses in the upper years that further enhance your training experiences.

Community Partners

The Faculty of Applied Health Sciences (FAHS) has more than 350 active community partners dedicated to providing students with opportunities in experiential learning and research.

Of our Faculty's more than 4,120 undergraduate students, more than 75% of them participate in experiential learning prior to graduating. This adds up to more than 4 million hours of community service work completed by FAHS undergraduate students annually. As a result, our students, not only report a greater understanding of what they are learning, but also discover which passions will guide their future career paths.

Specific Skills

Employers expect university graduates to have specific knowledge and competencies relevant to your career path. The experience you gain during your undergraduate training at Brock will provide you with a strong foundation for a vast range of career possibilities in your chosen program.

Visit our Degree Exploration Guides help you discover what you can do with your degree.

Learn more at

brocku.ca/ccee/career-education/campus/what-can-i-do-with-my-degree/#AHS

Gain experience without leaving campus.

We are home to some of the longest-running experiential learning opportunities for students at Brock.

Placements range from athletic injury management, to supporting children and youth participation in inclusive and adaptive physical activities.

Work with Brock athletes or help to provide seniors and individuals with spinal cord injuries, multiple sclerosis, and amputations with exercise programs specific to their individual needs.

There are many rewarding experiences waiting for you.

Brock-Niagara Centre for Health and Well-Being

Bridging academic and community health innovations, the Brock-Niagara Centre for Health and Well-Being pursues multi-disciplinary research and provides supervised community exercise programs to improve health and quality-of-life in older adults, cardiac patients, and individuals with spinal cord injury, multiple sclerosis, Parkinson's and amputees.

The Brock-Niagara Centre provides the opportunity for students interested in pursuing careers in rehabilitation, medicine, physiotherapy and other health care related professions with the chance to develop professional skills in dealing with specific populations in real-life situations.

Fit Link

Interested in pursuing a career in health rehabilitation?

Fit Link is a one-year co-curricular program which runs concurrently with students' academic study. Learn about and build experience through this unique co-curricular program that includes networking with industry professionals, skill development workshops and intensive volunteering. In partnership with the Brock-Niagara Centre for Health and Well-Being, the Faculty of Applied Health Sciences and Career Education, Fit Link will assist you in building your knowledge of careers in rehabilitation sciences.

Students who complete Fit Link go on to pursue further education in physical activity and health-related careers.

brocku.ca/fit-link

Med Plus

Planning to attend medical school or pursue a health-related career?

Med Plus is a competitive, four-year, limited-enrolment program that runs concurrently with your academic studies. The curriculum includes skill-development workshops, volunteer placements, job shadows, observational visits, networking with industry professionals, mentoring, one-on-one career coaching and interview prep for professional school applications. This program will help you develop a competitive edge when applying to Medical School and other post-graduate programs and employment opportunities.

Get Involved in Research

Throughout your Brock journey you may become interested in participating in research. We have several opportunities for students in upper years.

These may include working one-to-one with a professor you find inspiring or whose area of expertise is interesting to you, being a part of a small research team working in the community or becoming involved with our Research Centres.

Research Centres are collaborative hubs which encourage scholarly research and creativity. Getting involved means you will be helping to make significant contributions towards enhancing the health of individuals, families, organizations, and communities.

- Brock-Niagara Centre for Health & Well-Being
- Brock-Niagara Centre of Excellence in Inclusive & Adaptive Physical Activity
- Centre for Bone and Muscle Health
- Centre for Healthy Youth Development through Sport
- Centre for Sport Capacity

Learn more at

brocku.ca/ applied-health-sciences/ faculty-research/research-centres

Educational Pathways

Where can you go from here?

As you complete your four-year undergraduate degree, you may decide you want to keep learning. The Faculty of Applied Health Sciences offers several graduate program options:

- Applied Gerontology (MAG)
- Applied Health Sciences (MA/MSc) (PhD)
- Business Administration & Public Health Concurrent degrees (MBA/MPH)
- Nursing, Concurrent degrees (BN/MN)
- Professional Kinesiology (MPK)
- Public Health (MPH)

Learn more at

brocku.ca/applied-health-sciences/programs

“Growing up in Niagara Falls, I witnessed the ongoing expansion of Brock and always heard wonderful things about the school. The ability to live at home with family, save money and participate in first year clinical experiences were all very attractive to me. From a young age, I was also witness to what Alzheimer’s can do to a person and a family. This left an imprint, guiding my career path first into Brock Nursing and then to the Master of Applied Gerontology program for a geriatric speciality.

— SYDNEY PULLIA
(BScN ’19, MAG ‘21)

Admission Criteria

Ontario secondary school applicants

Reading the admissions chart

OUAC code: The program code you will place on your application at **ouac.on.ca**

Programs and degrees: The name of the program and the degree conferred upon graduation.

Co-op: Indicates if Co-op is available.

Required Grade 12 subjects: These courses will be included in the calculation of your admission average.

Recommended courses: These courses are NOT required for admission, but may be beneficial in preparing for program content. No admissions preference will be given to students with these courses.

Expected admissions average: These ranges are based on admission averages from previous years. Exact cut-offs for 2023 entry will be determined according to program availability and the quality and quantity of applications received. Achieving the minimum percentage listed does not guarantee admission.

Faculty of Applied Health Sciences

OUAC code	Programs and degrees	Co-op	Required Grade 12 subjects	Recommended subjects (not required for entry)	Competitive admission average 2023
BHL	Child Health (BCH)		ENG4U, SBI4U	One 3U math	mid 70s
BAH	Community Health (BA)		ENG4U, one of SBI4U or SCH4U	SNC4M or one of PSE4U or PSK4U, 3U math	mid 70s
BKM	Kinesiology (BKin) and Master of Professional Kinesiology (MPK)		ENG4U, SBI4U, one 4U math (MHF4U preferred)	PSE4U or PSK4U, MHF4U	high 80s
BPK	Kinesiology (BKin)		ENG4U, SBI4U, one 4U math (MHF4U preferred)	PSE4U or PSK4U, MHF4U	mid 70s
BSK	Kinesiology (BScKin)		ENG4U; MHF4U or MCV4U (min. 70%); SBI4U	SPH4U, or one of PSE4U or PSK4U, SCH4U	mid 70s
BSH	Medical Sciences (BSc)		ENG4U, SBI4U, SCH4U (min. 70%), one 4U math (MDM4U preferred)	PSE4U or PSK4U, MDM4U	low 80s
BNS	Nursing (BScN)		ENG4U, SBI4U, SCH4U, one 4U math (min. 75% in each required course)		low 90s
BP	Physical Education (BPhEd)		ENG4U, SBI4U, one 4U math	PSE4U or PSK4U	mid 70s
BHM	Public Health (BPH) and Master of Public Health (MPH)	☑	ENG4U, one of SBI4U or SCH4U	SNC4M or one of PSE4U or PSK4U, 3U math	high 80s
BPU	Public Health (BPH)	☑	ENG4U, one of SBI4U or SCH4U	SNC4M or one of PSE4U or PSK4U, 3U math	mid 70s
BW	Recreation and Leisure Studies (BRLS)		ENG4U		mid 70s
BSM	Sport Management (BSM)		ENG4U, one 4U math		mid 80s

Brock University

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