

School of Nursing & Health Studies

# BACHELOR OF ARTS IN HEALTH STUDIES

**W**  
**BOTHELL**

## CREATING HEALTHIER COMMUNITIES TOGETHER

Do you believe that health is a human right?

The Bachelor of Arts in Health Studies degree provides students with the knowledge and skills to improve health outcomes for individuals and communities. Throughout the program, you will learn and apply a range of health concepts to support the needs of diverse populations.

Areas of study include social and biological predictors of health, policy analysis, health education and community engagement strategies, and global health perspectives.

### PREPARING FOR YOUR FUTURE

Earning this degree will position you for careers in public health, global health, health management and administration, nonprofit services, community organizing, mental health services, and health care outreach.

The program will also prepare you for advanced study in public health, clinical health work, social work, and other health professions.

### OUR PROGRAM DISTINCTIONS

- > **AN UPSTREAM APPROACH TO STUDYING HEALTH** to recognize how social, political, economic and geographical trends can shape outcomes.
- > **COMMUNITY-ENGAGED LEARNING** to provide hands-on skill building to deepen understanding of health systems.
- > **SOCIAL JUSTICE FRAMEWORK** to better understand and address health inequities and systems of oppression with local and global perspectives.
- > **HYBRID FACE-TO-FACE AND ONLINE COURSES** that fit your unique schedule.
- > **CUSTOMIZEABLE ELECTIVES** that resonate with your academic and career interests.

**Learn more or connect with an advisor at [uwb.edu](http://uwb.edu).**

### FIELDWORK AT BLOODWORKS NORTHWEST

"Fieldwork presented me with the opportunity to try something new — designing a curriculum. This was different than being in a classroom because I could apply the concepts I had learned and incorporate my ideas into a real project that could make a difference.

My project challenged my creativity and made me gain a true appreciation for community outreach and education. Working so closely with the curriculum content, I wanted to become a regular donor myself.

I was also able to learn more about Bloodworks Northwest as a local, community-based, nonprofit organization that supports students and future public health professionals. I established a relationship with a great preceptor who gave me the privilege of inviting me back to continue the next step in my project after graduation.

My fieldwork project proved the lasting impact that health education can have on promoting health individually and for the community. I value preventative healthcare and believe in health education as a vital component of positively changing poor health behaviors and outcomes."



Emily Saeyang, 2022 Health Studies  
BA graduate

# MAJOR REQUIREMENTS

## 90 credits total

### 7 Core Courses

**35 credits**

BHS 201 Intro to Public Health	5
BHS 210 Community Health & Promotion	5
BHS 300 Principles of Health Research	5
BHS 302 Social Dimensions of Health	5
BHS 305 Intro to Healthcare Policy & Systems	5
BHS 403 Intro to Epidemiology	5
BHS 496 Fieldwork in Health	5

### Health Studies Electives

**35 credits**

10 credits minimum from courses offered by the School of Nursing & Health Studies  
25 credits from other approved elective courses offered by other schools on campus

### Upper Division Electives

**15 credits**

Any UW 300-400 level courses of your choice

### Statistics

**5 credits**

## MAJOR APPLICATION REQUIREMENTS

- Pre-requisite courses in-progress or complete
- Well written one-to-two-page personal statement that demonstrates motivation and understanding of Health Studies

## MAJOR APPLICATION OPENS

- February: Applications open to enter the major in autumn quarter.
- August: Applications open to enter the major in winter quarter.
- November: Applications open to enter the major in spring quarter.



Donna Trejo, a B.A. Health Studies alum (right) along with colleagues from Snohomish Public Health Abigail Sauer (middle) and Savannah Sandlin (left) participating in Advocacy Day in Olympia, WA.

## YOUR NEXT STEPS

### VISIT

[www.uwb.edu/nhs](http://www.uwb.edu/nhs) to RSVP for a virtual information session, schedule an appointment and submit your application.

### CURRENT STUDENT PRE-MAJOR APPLICATION

[admissions.uwb.edu/apply](http://admissions.uwb.edu/apply)

### TRANSFER APPLICATION

[www.uwb.edu/admissions/apply/transfer](http://www.uwb.edu/admissions/apply/transfer)

### CONNECT WITH AN ADVISOR

First Year & Pre-Major Program advisor at [uwbadvise@uw.edu](mailto:uwbadvise@uw.edu)

Transfer admissions counselor at [uwbinf@uw.edu](mailto:uwbinf@uw.edu)