



Bachelor of Health

What does health mean to you? What about wellbeing? While most people have a good idea of the basics of health, both health and wellbeing are a lot more complex than just eating well, exercising, and getting enough sleep. To be healthy includes looking after our bodies but also our wairua (spirit), whānau, and communities. The health sector in Aotearoa New Zealand needs people who are passionate about improving health and wellbeing in our communities. Studying health at Te Herenga Waka opens doors to exciting career opportunities, allowing you to make a real difference to health in New Zealand and internationally.

The Tohu Paetahi Hauora—Bachelor of Health (BHIth) gives you a broad understanding of health services, health policy and strategy, the social aspects of health, and how health issues affect populations in New Zealand and beyond, with a strong focus on Māori and Pacific communities. 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 five majors to choose from in the BHIth, and you can tailor the degree to your personal interests by taking additional courses in Education, Psychological Science, or Public Policy. Throughout your degree, you'll learn how to work 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, you might find roles working in new health promotion initiatives or reviewing health policies and services to improve their effectiveness.

Studying health also gives you a perfect foundation for becoming a health psychologist or a registered nurse. With extra postgraduate training on top of this degree, you could enter the workforce as a registered psychologist or an advanced nursing leader.

CAREER OPPORTUNITIES

Possible roles include clinic manager, health educator, health information manager, health manager, health policy analyst, health promotion practitioner, health researcher, health service designer, Māori or Pasifika health promoter, or mental health support worker.

i wgt.ac.nz/careers

POSTGRADUATE STUDY

Te Kura Tātai Hauora—School of Health offers postgraduate pathways for BHIth students in Health Psychology; Health Policy and Innovation; Health Promotion; Physical Activity and Hauora; and Workplace Health and Safety.

i wgt.ac.nz/health/postgraduate

SCHOOL SUBJECTS

If you want to study health, we recommend you take 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 how technology and information systems contribute to, and interfere with, human health. The use of healthcare technologies is expanding globally, bridging workforce shortages, funding gaps, and contributing to increased life spans and improved health. Digital health impacts all of us—millions of people download mental health or wellbeing apps every year, and data analytics are revolutionising how we understand and treat disease. Information systems are increasing safety and efficiency across health and social systems. At the same time, there are many questions we need to resolve about

how to use information systems and technology safely. A major in health informatics covers the full scope of health and wellbeing from electronic health records, telemedicine, and healthcare standards to health ethics. All these lead to a more affordable, flexible health system and better health outcomes for people. (Note: This major may undergo a name change to Digital Health for 2026, subject to regulatory approval.)

Health Policy and Innovation: The study of Health Policy and Innovation looks at the various factors that influence different people's health over their lifespan. You'll explore strategies to develop policies and services that lead to the improved health and wellbeing of communities. Health Policy and Innovation graduates may work as administrators, business or service designers, consultants, community workers and coordinators, policy analysts and researchers, project coordinators, or training and development advisers.

Health Promotion: Are you passionate about making a difference in people's lives? This major will ignite your drive to promote health and wellbeing, while championing social justice for all. You'll dive deep into the factors that shape people's health, and develop skills in advocacy, community health, epidemiology, health communication, health education, health literacy, Māori and Pacific health, and programme design and evaluation, and help drive social change. Health promotion is a key force in society, empowering individuals and communities by providing the knowledge and resources they need to thrive. This major prepares you to create lasting, positive change that improves the health of people everywhere. Potential roles include as a community health worker, health educator, health or mental health promoter, or youth worker.

Health Psychology: Discover how health and wellbeing are shaped by our personal, social, and global contexts. In Health Psychology, you'll focus on the ways the mind and body are connected, and look at how biological, cultural, environmental, psychological, social, and spiritual factors all influence people's health and illness. If you're interested in a career in the health sector, potential roles include health or mental health promoter, health researcher, policy adviser, psychologist (further qualifications required), wellbeing adviser, or youth worker.

Physical Activity and Hauora: Physical activity is an important part of the health sector ecosystem in Aotearoa New Zealand. In this major, you will gain an understanding of how physical activity, exercise, fitness, and sport interconnect in Aotearoa and globally. You will explore the factors that enable equity in physical activity participation and look at approaches to the inclusive promotion of physical activity across all population groups. Using mātauranga Māori alongside traditional theories of physical activity promotion, you will develop skills in planning effective initiatives for addressing individual, whānau, cultural, and societal influences on physical activity participation, hauora, and wellbeing.

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 BHIth schedule

- ▶ at least 75 points from 300-level courses, with at least 60 of those selected from the BHIth schedule
- ▶ the BHIth must include HLWB 101, HLWB 102, HLWB 103, HLWB 104, HLWB 201, HLWB 202, HLWB 203[†], HLWB 301 or HLWB 302 (PAAH 301 or PAAH 302 replace HLWB 301 or HLWB 302 for the Physical Activity and Hauora major), 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

All the BHIth majors share a set of core courses. This means if you aren't sure which major to take, you can easily switch between the Health majors that interest you.

You also have the option to combine your Health major with a second major, either from within the BHIth programme or another undergraduate degree outside Health. Or you could combine your BHIth with another degree (this takes a minimum of four years to complete). If you're interested in pursuing another subject but don't want to add a second degree or major, you could include a minor in a subject from the Bachelor of Arts, Bachelor of Commerce, Bachelor of Design Innovation, Bachelor of Psychology, or Bachelor of Science.

Talk to a future student adviser to plan a programme that suits you.

The BHIth core

Course code	Course title
HLWB 101	Introduction to Health and Wellbeing
HLWB 102	Hauora—Population and Community Approaches to Health and Wellbeing
HLWB 103	Biology for Health
HLWB 104	Evidence, Politics and Power—Introducing Health Policy
QUAN 102 or STAT 193	Introductory Applied Statistics for Business or Statistics in Practice
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 [‡] OR PAAH 301 or PAAH 302 [^]	Research and Enquiry in Health or Health Internship OR Research and Enquiry in Physical Activity and Wellbeing or Internship in Physical Activity and Wellbeing

[†]Students taking the Health Psychology major are not required to include HLWB 203.

[‡]Limited entry.

[^]PAAH 301 or PAAH 302 replace HLWB 301 or HLWB 302 for the Physical Activity and Hauora major.



FIND OUT MORE

- ✉ info@vuw.ac.nz
- 📍 wgtn.ac.nz/bhlth
- 📍 wgtn.ac.nz/health

MAJOR REQUIREMENTS

Health Informatics (HINF)

First year	Second year	Third year
HLWB 101	HLWB 201	HLWB 301 (or HLWB 354)†
HLWB 102	HLWB 202	INFO 360
HLWB 103	HLWB 203	Two further courses from 300-level INFO or other approved courses
HLWB 104	INFO 202 (or INFO 231)	Four further 15-point electives
QUAN 102 or STAT 193	INFO 206 (or INFO 264)	
INFO 101	One further course from 200-level INFO for students enrolled in BHLth	
INFO 103 (or INFO 151)	Two further electives	
One further 100-level elective		

Health Promotion (HPRO)

First year	Second year	Third year
HLWB 101	HLWB 201	HLWB 301 or HLWB 302†
HLWB 102	HLWB 202	HLWB 306
HLWB 103	HLWB 203	HLWB 310
HLWB 104	HLWB 206	HLWB 311
HLWB 105	One from (EDUC 141, HLWB 204, HLWB 220, HLWB 304, MARK 212, MARK 316, PAAH 101, SCIS 101, SOSC 220)	One from (EDUC 141, HLWB 204, HLWB 220, HLWB 304, MARK 212, MARK 316, PAAH 101, SCIS 101, SOSC 220)
QUAN 102 or STAT 193	Three further 200-level electives	Three further electives
One 100-level course from (EDUC 141, HLWB 204, HLWB 220, HLWB 304, MARK 212, MARK 316, PAAH 101, SCIS 101, SOSC 220)		
One further elective		

Health Policy and Innovation (HPIN)

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 312
QUAN 102 or STAT 193	PUBL 201	One 300-level elective, one 200-level elective, plus two further electives
PUBL 113	One 200-level elective plus two further electives	
Two further electives		

†Limited entry.

Health Psychology (HPSY)

First year	Second year	Third year
HLWB 101	HLWB 201	HLWB 301 or 302†
HLWB 102	HLWB 202	HLWB 305
HLWB 103	HLWB 205	Two courses from PSYC 321, PSYC 327, PSYC 332
HLWB 104	PSYC 242	
HLWB 105	PSYC 232	15 further 300-level PSYC points
STAT 193 (or QUAN 102)	One of PSYC 201 or PSYC 233	Three electives
PSYC 121	Two electives	
PSYC 122		

Physical Activity and Hauora (PAAH)

First year	Second year	Third year
HLWB 101	HLWB 201	PAAH 301 or PAAH 302
HLWB 102	HLWB 202	PAAH 303
HLWB 103	HLWB 203	HLWB 310
HLWB 104	PAAH 201	HLWB 311
QUAN 102 or STAT 193	PAAH 202	Four further electives
PAAH 101	Three further 200-level electives	
MAOR 123		
One further 100-level elective		

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 103 15 points	HLWB 201 15 points	HLWB 202 15 points	300-LEVEL INFO 15 points	HLWB 301 OR HLWB 354+ 15 points
HLWB 102 15 points	HLWB 104 15 points	HLWB 203 15 points	INFO 206 15 points	ELECTIVE 15 points	INFO 360 15 points
INFO 101 15 points	INFO 103 15 points	INFO 202 15 points	200-LEVEL INFO 15 points	ELECTIVE 15 points	300-LEVEL INFO 15 points
ELECTIVE 15 points	QUAN 102 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 Health Policy and Innovation

YEAR 1		YEAR 2		YEAR 3	
1/3	2/3	1/3	2/3	1/3	2/3
HLWB 101 15 points	HLWB 103 15 points	HLWB 201 15 points	HLWB 202 15 points	HLWB 304 15 points	HLWB 301 OR HLWB 302 15 points
HLWB 102 15 points	HLWB 104 15 points	HLWB 203 15 points	HLWB 204 15 points	HLWB 303 15 points	HLWB 312 15 points
PUBL 113 20 points	STAT 193 15 points	PUBL 201 20 points	200-LEVEL ELECTIVE 15 points	300-LEVEL ELECTIVE 15 points	200-LEVEL ELECTIVE 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

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 103 15 points	HLWB 201 15 points	HLWB 202 15 points	HLWB 306 15 points	HLWB 301 OR HLWB 302 15 points
HLWB 102 15 points	HLWB 104 15 points	HLWB 203 15 points	HLWB 206 15 points	HLWB 311 15 points	HLWB 310 15 points
HLWB 105 15 points	QUAN 102 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

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 103 15 points	HLWB 201 15 points	HLWB 202 15 points	PSYC 332 15 points	HLWB 301 OR HLWB 302 15 points
HLWB 102 15 points	HLWB 104 15 points	PSYC 232 15 points	PSYC 242 15 points	PSYC 300 LEVEL* 15 points	PSYC 321 15 points
HLWB 105 15 points	STAT 193 15 points	HLWB 205 15 points	200-LEVEL ELECTIVE 15 points	ELECTIVE 15 points	HLWB 305 15 points
PSYC 121 15 points	PSYC 122 15 points	PSYC 233 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	

*Choose one of PSYC 321, PSYC 327, PSYC 332. Students must take two of these courses.

Total points required: 360
Total points completed: 360

BHlth majoring in Physical Activity and Hauora

YEAR 1		YEAR 2		YEAR 3	
1/3	2/3	1/3	2/3	1/3	2/3
HLWB 101 15 points	HLWB 103 15 points	HLWB 201 15 points	HLWB 202 15 points	HLWB 311 15 points	PAAH 301 OR PAAH 302 15 points
HLWB 102 15 points	HLWB 104 15 points	PAAH 201 15 points	HLWB 203 15 points	PAAH 303 15 points	HLWB 310 15 points
STAT 193 15 points	PAAH 101 15 points	ELECTIVE 15 points	PAAH 202 15 points	ELECTIVE 15 points	ELECTIVE 15 points
MAOR 123 20 points	ELECTIVE 15 points	ELECTIVE 15 points	ELECTIVE 15 points	ELECTIVE 15 points	ELECTIVE 15 points
65 POINTS	60 POINTS	60 POINTS	60 POINTS	60 POINTS	60 POINTS
125 POINTS		120 POINTS		120 POINTS	

Total points required: 360
Total points completed: 365

KEY: CORE MAJOR ELECTIVE



"This degree has opened up a new realm of knowledge for me. I've been motivated to be a part of the change towards better and more equitable health outcomes in Aotearoa New Zealand. My passion lies in making sustainable changes to health and bridging the equity gap between Māori and non-Māori."

Sarah (Ngāti Kahungunu, Ngāti Kuia, Ngāti Raukawa, Ngāti Wehi Wehi)
Student, Bachelor of Health in Health Promotion and Health Psychology