



VICTORIA UNIVERSITY OF
WELLINGTON
TE HERENGA WAKA

TOHU PAETAHI HAUORA

**BACHELOR OF
HEALTH**

2027



Ready to make a difference
in your community?
Shape a healthy future?
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Te Herenga Waka—Victoria University of Wellington has an overall five-stars-plus rating in the QS Stars university rating system, one of only 24 universities worldwide to do so. The University gained a total score of 966 out of a possible 1,000 points across eight audited categories, including maximum points for the employability and inclusiveness categories. Maximum points were awarded for 25 of the more than 30 indicators, including overall student satisfaction; further study; graduate employment rate; international diversity, support, and collaborations; academic reputation; satisfaction with teaching; campus facilities; accreditations; art and cultural investment and facilities; disabled access; scholarships and bursaries; low-income outreach; and student cohort diversity.

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TOHU PAETAHI HAUORA

BACHELOR OF HEALTH

Te Herenga Waka—Victoria University of Wellington's Bachelor of Health will prepare you for a rewarding career contributing to the health and wellbeing of diverse communities in Aotearoa New Zealand, with a strong focus on Māori and Pacific communities.

SHAPE A HEALTHY FUTURE

The health sector in Aotearoa is undergoing significant change and needs a range of skilled and agile people who are passionate about improving health and wellbeing in our communities. This degree is designed to provide pathways to a variety of possible careers in the health sector. Graduates go on to work in health roles in both the private and public sectors or to pursue higher education for more clinical roles.

CHOOSE YOUR MAJOR

We have a diverse group of majors to meet your interests and provide you with a broad skill set. In your first year, you will learn about each major, giving you the best opportunity to find your area of passion in health. Whichever major you choose, you'll develop an in-depth understanding of the field you're passionate about, laying the groundwork for many possible careers or further postgraduate study.

APPLY YOUR SKILLS

In the third year, choose from a research project or an internship* relevant to your major.

*Limited entry.



"Te Puna Hauora—School of Health embraces diversity of learning to promote and lead the improvement of health and wellbeing in Aotearoa New Zealand. We uphold Te Tiriti o Waitangi principles in our teaching and learning and strengthen the transformation of students' theoretical knowledge to practice to ensure equity and equality of service delivery to our communities."

Dr Aliitasi Su'a-Tavila
Senior lecturer
Te Puna Hauora—School of Health

OUR SUBJECTS

DIGITAL HEALTH

Digital Health is the application of information technology to the business of healthcare. The aim is to improve healthcare through the effective management and utilisation of health information, data, and systems, and to use the knowledge gained to solve problems and make decisions about healthcare and services. All this leads to a more affordable, flexible health system and better health outcomes for people.

The Digital Health major combines the study of technology and information systems, and considers how and when data is stored and kept confidential, how it is read and translated, and what to do with the information the data contains.

HEALTH POLICY AND INNOVATION

When it comes to developing health policy and planning health services, it is essential we know about the current and future health needs of diverse populations. National populations are made up of different communities and population groups. These groups are commonly defined by geography, but can also be defined by other shared characteristics such as ethnicity or disability, or other factors such as age. Health Policy and Innovation takes a broad perspective on what influences health outcomes within different populations over time. It provides tools to help measure health outcomes and understand underlying causal factors. It also examines the application of this knowledge and current thinking and approaches to action and policies that will lead to real and lasting improvements in the health and wellbeing of communities. This major will introduce you to the health and policy system within Aotearoa New Zealand as well as current health services and health policy directions.

HEALTH PROMOTION

Do you want to use your skills to advocate for others? Do you want to develop action plans that increase equity within populations and help people to improve their health and wellbeing? The Health Promotion major is designed to create work-ready graduates who understand health issues and can design and implement promotion initiatives to combat these.

This major will introduce you to a range of factors that influence people's health, and you will develop competency in Māori and Pacific health, epidemiology, health education, health literacy, community health, advocacy, social change, health communication, and programme design and evaluation. You will learn about the needs of different groups and how health promotion initiatives can be tailored for diverse groups.

HEALTH PSYCHOLOGY

In Health Psychology, you will study how our social world shapes physical and psychological health and wellbeing. Health Psychology examines how society shapes health alongside interpersonal relationships and individual thoughts, feelings, and behaviour. Those who are trained in health psychology understand how people respond to health and illness as well as the social determinants of health. They explore the challenges people experience caring for their health and learn about the importance of resources to enhance health and wellbeing for individuals, families, and communities.

Health Psychology can be applied in many settings, including private practices, hospitals, government agencies, non-government agencies, and community groups, and in areas such as pain management, professional communication, rehabilitation, and smoking cessation.

PHYSICAL ACTIVITY AND HAUORA

Physical activity is an important part of the health sector ecosystem in Aotearoa. 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.



“When it came to finding a job, it came back to why I started the Bachelor of Health to begin with. I really love working with people, I want to feel like I am making a difference, and I want to be out in the community.

“Emergency management is so not what I thought I would be doing when I started, but it meets all those things I care about.”

Katie

Graduate, Bachelor of Health in Health Promotion and Health Psychology

Emergency management adviser (community resilience), Wellington Region Emergency Management Office

DEGREE STRUCTURE

Find out more about the courses you'll take at wgtn.ac.nz/explore/degrees/health

YEAR 1					
Core courses	HLWB 101 Introduction to Health and Wellbeing	HLWB 102 Improving Mental and Physical Health in Communities	HLWB 103 Introduction to Human Biology for Health	HLWB 104 Introduction to Health Policy and Services	QUAN 102 Statistics for Business or STAT 193 Statistics in Practice*
Digital Health	HLWB 109 Digital Health	INFO 101 Me and My Digital Life			
Health Policy and Innovation	PUBL 113 Social and Public Policy: Values and Change				
Health Promotion*	HLWB 105 Introduction to Health Psychology				
Health Psychology	HLWB 105 Introduction to Health Psychology	PSYC 121 Introduction to Psychology 1	PSYC 122 Introduction to Psychology 2		
Physical Activity and Hauora	PAAH 101 Introduction to Physical Activity and Wellbeing	MAOR 123 Māori Society and Culture			

*Health Psychology students are recommended to take STAT 193.

*Health Promotion students must choose three further courses from the approved list to complete their major.

YEAR 2				
Core courses	HLWB 201 Global Health and Wellbeing	HLWB 202 Health and Wellbeing in Aotearoa New Zealand	HLWB 203 Health Evaluation and Epidemiology†	
Digital Health	INFO 202 Digital Systems Delivery	INFO 203 Business and System Analysis	INFO 206 Organisational Analytics	
Health Policy and Innovation	HLWB 204 AdvancedHealth Policy and Services	PUBL 201 Introduction to Public Policy		
Health Promotion	HLWB 206 Foundations of Health Promotion			
Health Psychology	HLWB 205 Theory and Research in Health Psychology	PSYC 232 Survey and Naturalistic Research Methods	PSYC 233 Brain and Behaviour	PSYC 242 Experimental Research Methods
Physical Activity and Hauora	PAAH 201 Equity and the Determinants of Physical Activity	PAAH 202 Physical Activity and the Physical Environment		

†Not required for Health Psychology majors.

YEAR 3				
Core courses	HLWB 301 Research and Enquiry in Health or HLWB 302 Health Internship [*]			
Digital Health	HLWB 304 Contemporary Issues in Health and Social Services	INFO 302 Digital Platform and Business Model Analysis	INFO 307 Designing and Evaluating Applications	One further course from INFO 300–399 or other approved courses
Health Policy and Innovation	HLWB 303 Advanced Health Statistics and Epidemiology	HLWB 304 Contemporary Issues in Health and Social Services	HLWB 312 Integrated Care	
Health Promotion	HLWB 306 Health Promotion Practice	HLWB 310 Hauora Māori—Māori Health Development	HLWB 311 Pacific Health within the Aotearoa New Zealand Context	
Health Psychology	HLWB 305 Health Psychology Applications and Interventions	Two courses from PSYC 321, PSYC 327, or PSYC 332	15 further points from PSYC 300–399	
Physical Activity and Hauora	PAAH 301 Research and Enquiry in Physical Activity and Wellbeing or PAAH 302 Internship in Physical Activity and Wellbeing	PAAH 303 Physical Activity Promotion Practice in Aotearoa New Zealand	HLWB 310 Hauora Māori—Māori Health Development	HLWB 311 Pacific Health within the Aotearoa New Zealand Context

^{*}Limited entry. Physical Activity and Hauora students choose from PAAH 301 or PAAH 302 instead.

In addition to these core courses and major requirements, students will need to satisfy degree requirements and take elective courses to make up a total of at least 360 points. Students intending to pursue postgraduate Psychology or Clinical Psychology should seek course planning advice from their student success adviser.

WHERE CAN YOUR DEGREE TAKE YOU?

Often when people think about a career in health, they think of medical professionals such as doctors and nurses. However, nearly 50 percent of the health workforce is non-clinical.

A whole range of skills and professions are crucial to the operation and development of the sector, and they make a significant contribution to the health and wellbeing of all people who live in New Zealand. Bachelor of Health students will have a range of career pathways and options for postgraduate study, such as community public health agencies, government agencies, non-governmental organisations, primary health organisations, and the private sector.



“The health sector is really big. This means there will be people who are passionate about the same things that you are and opportunities that may align with your strengths and skills—both the knowledge that you gain in your degree and the interpersonal and communication skills that come with it.”

Jess
Graduate, Master of Health Research

Senior adviser mental wellbeing, Health Promotion, Health New Zealand—Te Whatu Ora



CAREERS AND GRADUATE PATHWAYS

DIGITAL HEALTH

Employment and postgraduate study options

JOB OPPORTUNITIES
<ul style="list-style-type: none">▶ Business analyst—health intelligence▶ Business analyst—national patient flow▶ Clinical informatics specialist▶ Health informatics analyst▶ Health informatics project leader▶ Health information analyst▶ Health information manager▶ Health IT developer▶ Health researcher▶ Health technology designer▶ Project manager▶ Solutions developer—health intelligence
EMPLOYERS
<ul style="list-style-type: none">▶ Health software companies such as Cerner, Health Metrics, Medtech Global, Momentum Healthware▶ Government agencies such as Callaghan Innovation, the Ministry of Health, New Zealand Trade and Enterprise
POSTGRADUATE STUDY OPTIONS
<ul style="list-style-type: none">▶ Postgraduate Certificate of Health▶ Postgraduate Diploma of Health▶ Master of Health▶ Bachelor of Commerce with Honours▶ Master of Commerce▶ Master of Global Business▶ PhD

HEALTH POLICY AND INNOVATION

Employment and postgraduate study options

JOB OPPORTUNITIES
<ul style="list-style-type: none">▶ Health educator▶ Health manager▶ Health policy adviser or analyst▶ Health researcher▶ Project manager▶ Public health adviser▶ Services portfolio manager
EMPLOYERS
<ul style="list-style-type: none">▶ Community health providers▶ Health New Zealand—Te Whatu Ora▶ Kaupapa Māori health services▶ Ministry of Health▶ Non-governmental organisations such as the New Zealand Cancer Society, Heart Foundation, and Mental Health Foundation▶ Pasifika health services▶ Primary health organisations▶ Public health units▶ Whaikaha—Ministry of Disabled People
POSTGRADUATE STUDY OPTIONS
<ul style="list-style-type: none">▶ Postgraduate Certificate in Health▶ Postgraduate Diploma in Health▶ Master of Health▶ Master of Health Research▶ Master of Public Management▶ Master of Public Policy▶ PhD

HEALTH PROMOTION

Employment and postgraduate study options

JOB OPPORTUNITIES
<ul style="list-style-type: none">▶ Community development roles▶ Community health worker▶ Community Māori health promoter▶ Community Pasifika health promoter▶ Health promoter▶ Health promotion practitioner▶ Health researcher▶ Policy and drug information adviser▶ Programme designer and evaluator▶ Project or account manager▶ Youth health lead
EMPLOYERS
<ul style="list-style-type: none">▶ Community services▶ Government agencies▶ Kaupapa Māori health services▶ Local and regional government▶ Non-governmental organisations such as the New Zealand Cancer Society, Drug Foundation, Heart Foundation, and Mental Health Foundation▶ Pasifika health services▶ Public health organisations
POSTGRADUATE STUDY OPTIONS
<ul style="list-style-type: none">▶ Postgraduate Certificate in Health▶ Postgraduate Diploma in Health*▶ Master of Health*▶ PhD

*Health Promotion specialisation available.



“I work in data, was raised in te ao Māori, and have experienced the health system for myself, so I can really see how I can contribute.

“I’ve found the courses really practical and relevant. In the Hauora Māori course, everyone in the class was so willing to embrace what we were learning—I can tell that the future of health in Aotearoa is going to be a lot more influenced by te ao Māori.”

Uekaha

Student, Graduate Diploma in Health
Māori adviser in the public sector

HEALTH PSYCHOLOGY

Employment and postgraduate study options

JOB OPPORTUNITIES
<ul style="list-style-type: none">▶ Behavioural specialist▶ Case leader—residential services▶ Case manager▶ Health promoter▶ Health psychologist (requires postgraduate study)▶ Health researcher▶ Wellbeing adviser or counsellor▶ Youth worker
EMPLOYERS
<ul style="list-style-type: none">▶ Community services▶ Government agencies such as ACC, the Ministry of Defence, the Ministry of Justice▶ Non-governmental organisations▶ Pasifika health services▶ Universities
POSTGRADUATE STUDY OPTIONS
<ul style="list-style-type: none">▶ Postgraduate Certificate in Health Psychology▶ Postgraduate Diploma in Health Psychology▶ Postgraduate Diploma in Health Psychology Practice*▶ Master of Health Psychology▶ Master of Science in Psychology▶ PhD

*Limited entry.

PHYSICAL ACTIVITY AND HAUORA

Employment and postgraduate study options

JOB OPPORTUNITIES
<ul style="list-style-type: none">▶ Community development officer▶ Health promoter▶ Play development officer▶ Policy analyst▶ Recreation coordinator▶ Workplace wellbeing adviser
EMPLOYERS
<ul style="list-style-type: none">▶ Ministry of Education▶ Ministry of Health▶ Ministry of Social Development▶ New Zealand Transport Agency Waka Kotahi▶ Office for Seniors▶ Oranga Tamariki—Ministry for Children▶ Public Health Agency—Te Pou Hauora Tūmatanui▶ Schools▶ Sport New Zealand Ihi Aotearoa
POSTGRADUATE STUDY OPTIONS
<ul style="list-style-type: none">▶ Postgraduate Certificate in Physical Activity and Hauora▶ Postgraduate Diploma in Physical Activity and Hauora▶ Master of Physical Activity and Hauora▶ Postgraduate Certificate in Health▶ Postgraduate Diploma in Health▶ Master of Health▶ Master of Health Research▶ PhD



▼
“I had absolutely no idea what health promotion was when I started studying. Learning about it really changed my whole perspective on healthcare.

“I was recently hired as a health promoter for the National Bowel Cancer Screening Programme, where I’ve been able to apply all my learning. It’s all about supporting our community to look at health as a whole. Many people in our community have never seen anything like what we do before.”

Kylah
Student, Bachelor of Health majoring in Health Promotion

FIND OUT MORE

- 📍 wgtn.ac.nz/health
- 📍 wgtn.ac.nz/apply

ADMISSION AND ENROLMENT

You can apply for admission up to two years in advance of the year you plan to start studying. Apply through our student portal, Pūaha. Once you have met the requirements, you will receive either a conditional or an unconditional Offer of Place.

After receiving your Offer of Place, you will be invited to select your courses once course enrolment is open. You select courses for one academic year at a time.

- 📍 wgtn.ac.nz/puaha

ENTRY REQUIREMENTS

Entry into the Bachelor of Health requires standard New Zealand University Entrance or equivalent.

There are no prerequisite secondary school subjects for the Bachelor of Health, but useful subjects to prepare for this degree include Biology, English, Health, Home Economics, Physical Education, Science, Social Studies, and Statistics.

CONTACT US

Student Service Centre
Ground Floor, Cotton Building, Kelburn Campus
☎ 0800 04 04 04
✉ info@vuw.ac.nz
📍 wgtn.ac.nz/health

COURSE PLANNING

For help with course planning, contact Te Kahupapa—Future Students.

- ☎ 0800 04 04 04
- ✉ future-students@vuw.ac.nz
- 📍 wgtn.ac.nz/courses

OTHER STUDENT RESOURCES

Disability support

- 📍 wgtn.ac.nz/disability

Māori student support

- 📍 wgtn.ac.nz/awhina

Pasifika student success

- 📍 wgtn.ac.nz/pasifika

Rainbow student support

- 📍 wgtn.ac.nz/rainbow

Refugee-background student support

- 📍 wgtn.ac.nz/refugee-background-students

Scholarships

- 📍 wgtn.ac.nz/scholarships

Student services and support

- 📍 wgtn.ac.nz/student-support





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