PUBLIC AND POPULATION HEALTH
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FIVE REASONS TO STUDY PUBLIC AND POPULATION HEALTH AT UOW

1. TACKLE HEALTH ISSUES ON A BIG SCALE
Public health is the art and science of promoting population health. As a public health practitioner you will contribute to improving population health by promoting healthy people, places and policies.

2. CHOOSE FROM 6 EXCITING MAJORS
These majors offer specialist knowledge and skills that are central to a range of diverse public health positions, including health communication, health promotion, health management, and health analytics.

3. ON-THE-JOB PRACTICAL EXPERIENCE
Our degrees include multiple opportunities to develop your practical public health skills and professional networks, so that you are career-ready when you graduate.

4. BE INVOLVED IN RESEARCH
The public health team at UOW is home to public health researchers who are leaders in their field in Australia and internationally. Our academics can supervise you to build your own research career through our public health projects and our research seminar series. High achieving students can also undertake an Honours year to further develop and apply their research skills.

5. SUPPORTIVE STAFF
UOW is a regional university that cares about its students and their future careers. As well as being leaders in their field of public health, staff are very accessible and approachable, and will support your learning needs and future career aspirations.

WE’RE GOING PLACES
UOW is one of the best modern universities in Australia. We connect over 30,000 students from more than 130 nations to learn and discover. We’re young, we’re smart and we work hard enough to be ranked in the top 2% of universities in the world. Join us and see how far you can go.

YOU’RE IN CONTROL
Take control of your life like never before at UOW. Choose your degree. Choose a major. Choose elective subjects, and make exactly the study program you want.

THE TIME OF YOUR LIFE
Study where the brightest people take the time to learn your name. You’ll be more than a number at UOW, and be taught by world famous educators and researchers. Outside of class, you’ll be part of a campus culture defined by fun and friendship.

OUR GRADS GET JOBS
UOW graduates have the skills employers want. We’ve been rated in the top 100 in the world by employers for nearly a decade. You’ll learn how to learn, how to turn theory into practice, and how people with different skills work together.

BE SOMEONE YOU’RE PROUD OF
Challenge yourself and come out on top at UOW. Tackle big ideas in your degree, push yourself and travel the world on international exchange, bring your learning to life with a UOWx program such as mentoring local students.

STUDY AT ONE OF THE WORLD’S BEST UNIVERSITIES

5-STAR RATING FOR GETTING A FULL-TIME JOB
TOP 2% OF UNIVERSITIES IN THE WORLD
TOP 50 UNIVERSITIES UNDER 50 YEARS OLD
TOP 100 FOR GLOBAL GRADUATES

1. Good Universities Guide 2015
2. QS World University Rankings 2014/2015
3. QS Top 50 Under 50 Rankings 2014
4. QS World University Graduate Employers Survey 2014/2015

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Societies and populations all over the world now face huge disease burdens, with increasing chronic disease and lifestyle-related conditions, such as obesity.

There are also widening health inequities, with the most socially disadvantaged groups experiencing the greatest risk of death and disease. Much of this disease burden is preventable, and this prevention of illness, injury and disability is the core business of public health.

As a public health graduate you will work with communities and populations to improve health outcomes, and contribute to an equitable, healthy and sustainable global community. This is an exciting time to be part of the public health workforce, with real opportunities to make a difference to population health.

I work in public health as it is such an exciting professional area that makes a real difference to the health of individuals, families and communities.

I’m Head of School and President of the Public Health Association of Australia.

My work takes me across the country and around the world, as opportunities to effect change are everywhere. Public health is incredibly diverse—hence our program offers several exciting majors of study. One will be a good fit for you, especially if you want to include work experience or overseas travel in your program.

Nutrition, sustainable environments, effective health services—these are all big issues that affect everyone’s lives, from local to global levels. Our innovative and world leading research includes: assessing the health impacts of programs, policies, our environment and social media; understanding how global companies are impacting everyday lives; and working with communities for better health outcomes.

Our staff, leaders in public health, will support you to develop your future public health career.

**PROFESSOR HEATHER YEATMAN**
Professor of Public and Population Health, UOW
Head, School of Health & Society
President, Public Health Association of Australia

Public health is a growing field with a wide range of career opportunities. My major in Health Promotion has a practical and outward focus. I have gained knowledge in subjects from exercise science and nutrition to disease control, psychology and social marketing. I have been able to make friends from different courses, and explore major health issues from different angles.

**MICHAEL LEAR**
Bachelor of Public Health (Health Promotion)
Bachelor of Public Health

The Bachelor of Public Health is an ideal first degree for those interested in a career that enhances the health of the community. Core knowledge and skills obtained relate to: the science of behaviour change; understanding, analysing and reporting health data; current population health issues; health promotion and research skills. Additional skills will be developed based on the major area of study selected.

PROGRAM STRUCTURE

The degree is structured around 6 majors, including:

HEALTH PROMOTION MAJOR

The Health Promotion stream is a foundation area of study for work and research that identifies health needs and targets strategies at an individual, community and population level. Core areas of study include the theory and practice of health promotion, and skills in planning, managing and evaluating health programs or projects.

POPULATION AND ENVIRONMENT MAJOR

The population and environment stream has growing importance in an era where populations, and skills in obtaining, reviewing and analysing health information.

EPIDEMIOLOGY MAJOR

The epidemiology stream is an important area of public health, in which the causes and determinants of disease are investigated. Core areas of study include understanding the health of populations, and skills in obtaining, reviewing and analysing health information.

HEALTH COMMUNICATION AND MARKETING STUDIES MAJOR

The Health Communication & Marketing Studies stream is underpinned by the growing value of using sophisticated forms of social marketing for population health intervention. Core areas of study include health promotion, social marketing and health communication, and planning and managing health programs.

INDIGENOUS HEALTH MAJOR

The major in Indigenous Health is ideal for those interested in working in public health and the health of Aboriginal and Torres Strait Islander people. In growing recognition of the need to 'close the gap' there is an increasing need to provide population health strategies to improve the health of the Aboriginal and Torres Strait Islander people of Australia. Core areas of study include understanding the health of indigenous populations, skills in obtaining, reviewing and analysing health information, planning and managing health programs; and health promotion and indigenous community development. This major is open to people from both Indigenous and non-Indigenous backgrounds.

HEALTH ADMINISTRATION MAJOR

The Health Administration stream provides knowledge and skills in the organisational processes and practices of complex health service and health policy/monitoring organisations. Core areas of study include management, human resources and economics, as they apply to the health sector.

Dean’s Scholar available go.uow.edu.au/bscholarships

DEAN’S SCHOLAR

The Bachelor of Public Health (Dean’s Scholar) is a program for high-achieving students who wish to continue their studies through honours and research degrees. As a Dean’s Scholar you will make a scholarly contribution to your field of study and to UOW. You will have access to an academic mentor, extended library privileges, invitations to attend School workshops and seminars, and networking events. There is also the opportunity for casual employment in the UOW Faculty of Social Sciences, community research, or projects supervised by leading practitioners or scholars for 15 hours per year.

HONOURS PROGRAM

You can apply for the Honours program, which is an additional fourth year involving a research project under academic supervision. Entry to honours is based on application and merit.

PROFESSIONAL RECOGNITION

Graduates can apply to be a full member of the Public Health Association of Australia.

Bachelor of Public Health Nutrition

The Bachelor of Public Health Nutrition combines both the science of nutrition and the principles of public health, to build skills development in public health nutrition. Core knowledge and skills obtained relate to understanding human body functions and the impact of nutrition on health, particularly among different sub-populations. The degree takes a community and public health approach to supporting healthy lifestyles in different groups and public policies that enable healthy choices as the easy choices.

PROGRAM STRUCTURE

This degree includes a mix of science based subjects which support nutrition, including physiology and biochemistry, combined with the principles of public health, including health promotion, epidemiology and research methods.

HONOURS PROGRAM

You can apply for the Honours program, which is an additional fourth year involving a research project under academic supervision. Entry to honours is based on application and merit.

PROFESSIONAL RECOGNITION

Graduates may seek registration as an Associate Nutritionist with the Nutrition Society of Australia, and with a further three years of relevant work experience and/or postgraduate qualifications, may apply as a Registered Nutritionist or Registered Public Health Nutritionist. Graduates can also apply to be a full member of the Public Health Association of Australia.

Professional experience in both the BPH and BPHN

There are multiple opportunities for professional experience and work-integrated learning throughout the Public Health and Public Health Nutrition degrees. All students undertake a Public Health project in their final semester, which provides experience in delivering a Public Health program and/or conducting Public Health research. This placement is an ideal opportunity to build students’ professional networks and to gain practical hands-on experience in the field. Students can also elect to incorporate other workplace-based training into their degree to develop their business acumen and professional skills.
Bachelor of Social Science

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<th>ATAR</th>
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<tr>
<td>STARTS</td>
<td>Autumn (March)</td>
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<td>CRICOS</td>
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<tr>
<td>LOCATION</td>
<td>Wollongong (UAC 755300) Shoalhaven (UAC 755301)</td>
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*Dean's Scholar

go.uow.edu.au/bsocsci-ds

Social science helps transform the lives of individuals, families and communities by understanding, explaining, predicting and changing human behaviour and environments. To do this Social Science students engage in interdisciplinary study about human behaviour, including foundations in psychology, social policy, sociology, human geography, research methodology, indigenous studies, and social determinants of health and wellbeing.

PUBLIC HEALTH MAJOR

Public health is a social science that aims to improve health and quality of life (positive states that go beyond freedom from disease or deprivation), based on the scientific analysis of populations. With a strong focus on the social determinants of health, themes include the exploration of health as a human experience mediated by individual, societal and global contexts; a reflexive and critical evaluation of factors affecting health and its representations; and an ability to engage actively in the discourses surrounding these concepts.

HEALTH PROMOTION MAJOR

Health promotion is directed at enabling people to increase control over the determinants of their health and also changing social, environmental, political and economic conditions to reduce their impact on the health of communities. You learn how to plan, implement and evaluate health policies and projects, undertake health education initiatives, use media, engage with communities and develop advocacy strategies. Most of all, you learn how to make a difference in people's everyday lives.

YOUR DEGREE, YOUR STUDY PATHWAY

Students will be able to build a unique study pathway. From a strong common foundation of compulsory core Social Science subjects in first year, you will choose and complete a specialty area/major, which is then complemented by your choice of elective subjects from any area of UOW offering cross-faculty enrolment. You can build a subspecialty/minor or choose any electives.

FIELD, RURAL OR INTERNATIONAL EXPERIENCE

As part of the program you will be given opportunities to complete work integrated learning. You will gain vital community experience in local, rural or international areas. You are given the choice to study abroad, stay local or undertake research, including as part of our Global Challenges program.

DEAN’S SCHOLAR

The Bachelor of Social Science (Dean’s Scholar) is a program for high-achieving students who wish to continue their studies through honours and research degrees. As a Dean’s Scholar you will make a scholarly contribution to your field of study and to UOW. You will have access to an academic mentor, extended library privileges, invitations to attend School workshops and seminars, and networking events. There is also the opportunity for casual employment in the UOW Faculty of Social Sciences, community research, or projects supervised by leading practitioners or scholars for 15 hours per year.

As a Public Health Sociologist, I have had the opportunity to work on some of the most pressing health issues of the modern era, including obesity, mental health, and the harm caused by gambling on individuals and communities. Most recently, my research has focussed on the powerful impact that industry marketing tactics from corporations such as alcohol, food and gambling, have had on the health of the most vulnerable members of our communities. My research in this area is regularly reported in the media, and has been used in testimony to parliamentary inquiries. In research, it is exciting to see the range of cutting edge projects that our students are undertaking, and the opportunities they have to use their research to advocate for the improved health of our communities.

ASSOCIATE PROFESSOR SAMANTHA THOMAS
School of Health and Society
OTHER DEGREES
YOU MAY LIKE

This booklet is just a sample of the degrees on offer at UOW. Here are a few more from different study areas that may interest you.

Bachelor of Medical and Health Sciences

Medical and health scientists are involved in the development of therapies, treatments and health services in both private industry and hospital settings. In your first year you will cover Human Biology, Physiology, Biochemistry and Anatomy. Then you’ll have the chance to customise your program of study with elective subjects that include specialised areas within chemistry, anatomy, bioethics and public health.

go.uow.edu.au/bmhs

Bachelor of Exercise Science

Exercise scientists design, implement and evaluate exercise and physical activity for healthy people. They provide programs for improving general health, preventing chronic diseases, and enhancing sports performance. You will gain an understanding of the anatomical and physiological basis of human motion and the effect of exercise, injury and disease on human performance in sport, industry and in daily living.

go.uow.edu.au/bexsci

Bachelor of Arts

Studying Arts at UOW allows you to tailor a degree specifically to your interests. Our flexible options let you choose the direction your program takes, such as specialising in a political, historical, international or creative discipline. The degree is made up of subjects with origins in the humanities: history, literature, languages and philosophy—and the disciplines of social sciences: cultural studies, sociology and politics.

go.uow.edu.au/barts

GRADUATE OUTCOMES

As a public health graduate you will be able to:

- Identify and explain the broad determinants of illness, health and wellbeing
- Discuss major local, national, and global health challenges
- Distinguish the interconnectedness among the physical, social, policy and environmental aspects of population health
- Recognise social and cultural diversity and apply principles of social equity and fairness in all aspects of public health practice
- Understand the primacy of conducting high quality research and the process for undertaking robust scientific enquiry
- Confidently obtain, review and analyse population health data
- Access, critically appraise and apply the best available evidence to address public health issues
- Develop, implement and evaluate public health programs
- Communicate health information to a wide range of audiences through diverse media
- Demonstrate professional skills, including problem-solving, team work, reflective practice and ongoing learning and professional development

For students undertaking the Bachelor of Public Health Nutrition these skills and knowledge will specifically apply to the dietary and food aspects of health and wellbeing.

CAREER POSSIBILITIES

There are many avenues of progression in a career in public health, including in government health departments, health and medical research, community health promotion, environmental health, public service, disease prevention and research. The range of speciality areas is equally broad and can include nutrition and physical activity promotion, tobacco control, injury prevention, and even infectious disease control and much more.

Some potential graduate-level job titles include:

- Health promotion officer
- Indigenous health officer
- Environmental health officer
- Public health nutritionist
- Public health program coordinator
- Public health project manager
- Public health research officer
- Epidemiologist

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LEARN MORE

SEE US FOR YOURSELF
This book is just a part of who we are and what we do. Come and meet us face to face, and we'll show you why UOW is the place for you.

2015 UOW OPEN DAY Saturday 15 August
FREE CAMPUS TOURS Every Friday, 10am and 3pm

GET IN BRIGHT AND EARLY
Would you like to secure your place at UOW before you sit your HSC exams? Our Early Admission program can help you get there.

uow.edu.au/future/early-admission

FACULTY OF SOCIAL SCIENCES
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