



Te Whare Wānanga o Ōtāgo  
NEW ZEALAND

YOUR PLACE IN THE WORLD

# health sciences first year

## Take the First Step



The Health Sciences First Year programme (HSFY) is the foundation year for the five professional programmes: dentistry, medical laboratory science, medicine, pharmacy and physiotherapy. HSFY is taught by departments across the University that excel in their areas of expertise, making it an excellent way to begin a degree in Biomedical Science or any of the broad range of biological sciences at Otago. HSFY is great preparation for students seeking admission to the degree programmes in Oral Health, Dental Technology or Medical Radiation Therapy.

*"The great thing about taking Health Sciences First Year was that I got to keep my options open while I was finding out what I was really interested in."*

**Nicola Flaherty** BMLS<sup>c</sup>  
Medical Laboratory Scientist

UNIVERSITY OF  
**Otago**

Division of Health Sciences

[www.otago.ac.nz/healthsciences](http://www.otago.ac.nz/healthsciences)

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Health Sciences First Year should be your first year of university study. If you are considering tertiary study before enrolling in the Otago Health Sciences First Year programme you are strongly advised to contact the Health Sciences Admissions Office beforehand. Failure to do so could jeopardise your enrolment into this programme.

## What is the Health Sciences First Year programme?

Health Sciences First Year is a programme only available at Otago, to be completed in its entirety in the first year of your university study. HSFY consists of seven compulsory papers plus the option to take an eighth paper in Humanities. It is a busy year and the timetable includes lectures, tutorials, laboratories, assignments, tests and readings every week.

## What will I study?

The compulsory papers cover a wide range of fields in science and biological science and are taught by staff from departments across the university. The papers in the HSFY programme collectively give a strong foundation in the biological sciences and teach you about how the normal healthy body functions at various levels: from the physical, chemical, biochemical, molecular and cellular levels, through to functional organ systems and factors affecting health and disease in human populations.

## Compulsory papers

BIOC 192	Foundations of Biochemistry
CELS 191	Cell and Molecular Biology
CHEM 191	The Chemical Basis of Biology and Human Health
HEAL 192	Foundations of Epidemiology
HUBS 191	Human Body Systems I
HUBS 192	Human Body Systems II
PHSI 191	Biological Physics

All HSFY students will be required to pass a compulsory English diagnostic test in the first semester. Students who fail the test will be required to take ENGL 126 English for University Purposes.

## Optional Eighth paper

Students may also study an optional Humanities paper during Semester Two, selected from the Approved List on [www.otago.ac.nz/healthsciences](http://www.otago.ac.nz/healthsciences).

## Background required

There are no subject requirements for entry into HSFY, but we strongly recommend you take chemistry, physics and biology at Year 13.

## Dispensation for prior university study

If an application for enrolment to HSFY is made by someone who has prior university study, a dispensation may be granted, but only if that study has not duplicated any portion of the material in the HSFY programme.

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## Career Opportunities

The Health Sciences First Year is the gateway to a career in healthcare or medical and biomedical research. These careers provide opportunities to work in private practice, community clinics, hospitals, academia, research institutions, industry and the emergency services.

By the end of the Health Sciences First Year, you should have developed:

- ~ a sense of the interconnectedness between different fields of knowledge in the health sciences.
- ~ a sound understanding of broader principles and concepts underpinning all of the biomedical and life sciences.
- ~ a strengthened understanding, commitment, excitement, and enthusiasm for science and the scientific method.
- ~ an awareness of why this knowledge is relevant to the study of ill-health.

## What next?

During HSFY you may apply for admission into any of the five professional programmes so you can become a doctor, dentist, pharmacist, physiotherapist or medical laboratory scientist. Applications for entry for these programmes close on 1 October each year.

If you are seeking a career in Dental Technology, Oral Health or Medical Radiation Therapy you can use HSFY as a pathway for admission. Applications for the Bachelor of Oral Health and Bachelor of Dental Technology programmes close on 1 November each year; and applications for entry into the Medical Radiation Therapy programme close on 15 September each year.

You may find that as you explore the wide range of subjects presented during HSFY you discover new areas of interest. There are many opportunities at Otago after HSFY, as papers from the programme can be credited towards a vast range of sciences, commerce, law and arts degrees.

## How do I apply for entry to a professional programme?

Application information for entry into the Health Sciences professional programmes is available at [www.otago.ac.nz/healthsciences](http://www.otago.ac.nz/healthsciences). Information is distributed to HSFY students upon enrolment and throughout the year. Each professional programme has specific criteria for admission from HSFY. Apart from HSFY, there are also alternative pathways of seeking admission to the professional programmes. Contact the Health Sciences Admissions Office or visit the website for information about these options.

## Regulations

The HSFY and the admission to the Health Sciences professional programmes are governed by university regulations that are contained in the University of Otago Calendar and updated annually. Students should read these regulations and be familiar with the policies and procedures used to implement them.

## International Applications

Persons who do not hold New Zealand citizenship or permanent residence should address any enquiries to the University's International Office, PO Box 56, Dunedin, 9054, New Zealand.

For questions about Health Sciences First Year  
Tel 0800 80 80 98  
Email [university@otago.ac.nz](mailto:university@otago.ac.nz)

[www.otago.ac.nz/healthsciences](http://www.otago.ac.nz/healthsciences)

# profile

## EMMA KEAST

Emma Keast would not have been described as a science-only student at high school. Her Year 13 subjects included two humanities subjects, a maths and two science subjects.

However, it was during Year 13 that she decided she wanted a science-based career and so enrolled in the Health Sciences First Year programme – that way she could keep her science options open. "HSFY was my main idea in Year 13 with a view to apply for medicine," Emma explains.

Emma enjoyed the HSFY, "it is a very large class, which can be overwhelming, though often it was a good thing – it felt very university to me.

"The labs are great! All the lab demonstrators are really helpful and because they are senior students from specific subject areas like Anatomy I learnt heaps from them about those subject areas offered compared with the professional programmes," she says.

The professional programmes in the end appealed to Emma who applied for three programmes and was successful in being offered a place in all three. It was a difficult choice and "it took forever to make to make a decision," but finally Emma accepted a place in Physiotherapy.

"I really enjoyed the HUBS papers (Human Body Systems) and so Physiotherapy was one of the options that appealed. In the end it came down to a lifestyle choice and I thought that Physiotherapy would suit me best."

Emma is looking forward to the challenges that the Physiotherapy programme presents, getting to know her classmates better, and graduating with a degree she can take around the world.



## Health Sciences Admissions Office

PO Box 647  
Dunedin 9054  
Tel 03 479 7428  
Fax 03 479 5058  
Email [health-sciences@otago.ac.nz](mailto:health-sciences@otago.ac.nz)

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