This thesis deals with the global topology of tangent distributions. Within the space of all possible distributions, the main objects of study are two: Engel structures and foliations with a leafwise contact or symplectic structure. First, I will put the thesis into context by reviewing some of the history of contact and symplectic topology and foliation theory, stressing the role that the h-principle has played in their study. Then, I will go over the results of the thesis, explaining how they lead to new directions of research. The main theorem provides an h-principle method for constructing Engel structures.