Bachelor of Exercise and Movement Science/ Bachelor of Health Science (Public Health) (HL21)

Year offered: 2010
Admissions: Yes
CRICOS code: 070082B
Course duration (full-time): 4 years
Domestic fees (indicative): 2010: CSP $3,087 (indicative) per semester
Domestic Entry: February
International Entry: February
Past rank cut-off: 74
Past OP cut-off: 13
OP Guarantee: Yes
Total credit points: 384
Course coordinator: All course enquiries to: (Ex&MovementSc); email: enquirieshms@qut.edu.au or phone: 07 3138 4697, (PubHealth), Ms Melinda Service

Overview
HL21 Bachelor of Exercise and Movement Science/ Bachelor of Health Science (Public Health) will replace HL48 Bachelor of Applied Science (in Human Movement Studies)/ Bachelor of Health Science (Public Health) from 2010 for all commencing students.

The Bachelor of Exercise and Movement Science/ Bachelor of Health Science (Public Health) will prepare you as a multi-skilled professional who will have an understanding of both exercise and movement science and public health. Graduates may work in the area of physical activity to develop policy and programs to improve the health of the public and to help prevent and manage chronic disease.

The exercise and movement science component develops skills for careers in health and wellness, clinical health, fitness and rehabilitation, workplace health, fitness and safety. Teaching clinics give students practical experience in various areas such as activity and weight management, health and fitness, and exercise prescription.

The public health component provides the knowledge and skills to address major health issues both nationally and internationally with a focus on assessment of a population's health needs and strategies to meet them. Students gain an understanding of health care planning, community health, health promotion, the health needs of Indigenous Australians and project management.

Career outcomes
Graduates of this four-year program pursue a broad range of careers including those in corporate and community health, wellness and fitness, and sports performance, or to work in local and state government and in family and community service organisations, as physical activity program planners, policy analysts, project managers, health promotion officers, and physical activity program evaluators.

Pathways
Graduates can apply for admission to the HM44 Bachelor of Clinical Exercise Physiology if they should wish to achieve full Exercise Physiologist status.

Professional recognition
Graduates will be eligible for membership of the Public Health Association of Australia (PHAA), and the Australian Health Promotion Association (AHPA).

Further information
For more information about this course, please contact the School of Human Movement Studies on +61 7 3138 4697 or email enquirieshms@qut.edu.au or the School of Public Health on +61 7 3138 3368 or email sph.studentcentre@qut.edu.au

Course structure

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Published on: 16 May 2011
HMB273  Exercise Physiology 1
PUB201  Food and Nutrition
PUB215  Public Health Practice

**Year 3, Semester 1**

HMB382  Principles of Exercise Prescription
PUB530  Health Education and Behaviour Change
PUB557  Health Needs of Indigenous Australians and Other Populations

Elective Exercise and Movement Science (from List A or List B). Note: Students must undertake 2 List A electives. The third elective may be taken from List A or List B.

**Year 3, Semester 2**

HMB275  Exercise and Sport Psychology
HMB282  Resistance Training
PUB461  Qualitative Inquiry in Public Health

Elective Public Health (from List C)

**Year 4, Semester 1**

PUB514  Contract/Project Management
PUB545  Health Policy, Planning and Advocacy
HMB470  Practicum 1

Elective Exercise and Movement Science (from List A or List B). Note: Students must undertake 2 List A electives. The third elective may be taken from List A or List B.

**Year 4, Semester 2**

HMB276  Research in Human Movement
PUB406  Health Promotion Practice
PUB875  Professional Practice

Elective Exercise and Movement Science (from List A or List B). Note: Students must undertake 2 List A electives. The third elective may be taken from List A or List B.

**List B - Exercise and Movement Science Electives**

Students will elect to undertake one List B elective or a third List A unit.

- HMB338  Wellness Processes and Strategies
- HMB339  Health and Wellness in Organisations
- HMB347  Performance Analysis
- HMB348  Applied Sport and Exercise Psychology
- HMB349  Training and Skill Development in Sport

**List C - Public Health Electives**

- PUB336  Women's Health
- PUB611  Risk Management
- PUB565  International Health
- PUB436  Evidence Based Practice
- PUB644  Health Promoting Schools
- PUB632  Independent Study
- PYB208  Counselling Theory and Practice 1

**Health Unit prerequisites/corequisites**

For information on prereqs & coreqs visit:
www.hlth.qut.edu.au/study/forcurrentstudents/

**Potential Careers:**
Community Education Officer, Community Health Officer, Fitness Assessor/Personal Trainer, Health Educator, Health Policy Officer, Health Promotion Officer, Sports Scientist.

**UNIT SYNOPSES**

**HMB171 FITNESS HEALTH AND WELLNESS**
The dimensions and interrelationships of health, physical activity and wellness are studied. Basic principles of conditioning and exercise prescription necessary to demonstrate the impact of physical activity on lifestyle diseases, health behaviours and wellness are examined. Principles and theory of behaviour change are employed.

**Credit points:** 12  
**Contact hours:** 3-4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-1

**HMB172 NUTRITION AND PHYSICAL ACTIVITY**
This unit is an introduction to principles of nutrition in relation to the physical activity setting, and the role of nutrition and physical activity in weight management. This unit also covers the essential elements of child growth and development (auxology) in relation to nutrition and health.
The unit is designed to underpin studies in exercise physiology and sports nutrition.

**Credit points:** 12  
**Contact hours:** 3 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

**HMB271 FOUNDATIONS OF MOTOR CONTROL, LEARNING AND DEVELOPMENT**

This unit introduces students to the behavioural and neural bases of movement control through an examination of the central nervous and neuromuscular systems, hierarchical control, human information processing and dynamical systems. It covers elements of sensory mechanisms related to movement. Foundations of motor learning and adaptation are introduced, linking underlying mechanisms of learning with principles that may be applied in teaching, coaching and rehabilitation.

**Prerequisites:** LSB131 or LSB231 or LSB255  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-1

**HMB272 BIOMECHANICS**

This unit includes the application of mechanics as they apply to Human Movement including: kinematics and dynamics of human body models; quantitative analysis; impact; work and power; fluid dynamics; material properties.

**Prerequisites:** LSB131  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

**HMB273 EXERCISE PHYSIOLOGY 1**

This unit describes the immediate physiological responses to exercise, and the adaptations that occur with long-term exercise training. Exercise places a demand on the human body to provide sufficient energy to perform. The metabolic, hormonal, cardiovascular and pulmonary systems must adapt to meet the challenge of homeostasis. The active skeletal muscle must increase extraction and utilisation of oxygen and other fuels, the cardiovascular system must respond to improved gas and fuel transport, and lung function must change to facilitate increased respiratory gas exchange.

NOTE for Summer Semester students: Teaching will not commence until January 2010, but some unit information will be available from 16 November 2009.

Students wishing to enrol up to the beginning of January will need to email enquirieshms@qut.edu.au

**Prerequisites:** LSB231 or LSB142  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SUM-2, 2010 SEM-2 and 2010 SUM-1

**HMB274 FUNCTIONAL ANATOMY**

This unit includes the following: surface anatomy of the trunk and upper and lower limb; morphological and mechanical properties of bone, muscle-tendon units with implications for physical activity; joint structure and function; analyses of movement tasks including walking and running; cinematography and electromyography in functional anatomy of movement tasks.

**Prerequisites:** LSB131 or LSB255  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-1

**HMB275 EXERCISE AND SPORT PSYCHOLOGY**

This unit includes the following: introduction to the psychological factors which influence performance, participation and adherence to both sport and exercise programs; personality and the athlete; attention and arousal; relaxation theory and practice; aggression and psychosocial development; leadership and team cohesion.

**Prerequisites:** PYB100 or PYB012 or EDB002  
**Credit points:** 12  
**Contact hours:** 3 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

**HMB276 RESEARCH IN HUMAN MOVEMENT**

This unit includes principles of research: purposes, philosophy, applications. It addresses quantitative research including basic statistics, descriptives, ANOVA, correlation, regression and non-parametrics, and basic research design hypothesis testing. Qualitative research includes methodology, data collection, and theory building. Research presentation includes: writing a research report and developing conclusions. This unit also considers application of research, examples in human movement, related literature, computer data analysis, and information retrieval.

**Credit points:** 12  
**Contact hours:** 3 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

**HMB282 RESISTANCE TRAINING**

This unit aims to equip students with the basic knowledge, skills and competencies required for exercise prescription in resistance training for muscular fitness. Students build on prior knowledge of biomechanics, anatomy, physiology and motor control to develop understanding of the mechanical and physiological determinants of muscular fitness. The unit incorporates a blend of theoretical background, practical knowledge and skills in the main areas of muscular hypertrophy, strength, power and endurance. This understanding is then used to critically analyse resistance training programs.

**Prerequisites:** LSB131  
**Credit points:** 12  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

**HMB361 FUNCTIONAL ANATOMY 2**

This is a project-based unit designed to enable students with a background in functional anatomy to develop greater expertise in one or a combination of the following areas:
electromyography; orthopaedic biomechanics; kinesiology of sport and work; comparative functional anatomy; locomotion and posture; research techniques in functional anatomy.

**Prerequisites:** HMB274  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

**HMB362 BIOMECHANICS 2**

This unit includes the following: measurement techniques within biomechanics; analysis of force systems; photographic, goniometric andaelectographic analysis of movement; an introduction to viscoelasticity and biological materials; material properties; mass and inertial characteristics of the human body; applied aspects of biomechanics undertaken from a research project perspective

**Prerequisites:** HMB272 and HMB274  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-1

**HMB371 MOTOR CONTROL AND LEARNING 2**

This is an advanced unit which provides an in-depth view of theories and concepts in motor learning and control; how we control actions in both everyday and skilled behaviours, and how this capability is acquired. This course provides a multidisciplinary perspective, drawing on research from psychology, neuroscience, biomechanics, robotics, neural networks and medicine. The unit is organised around the theme of sensorimotor integration as related to posture and balance, locomotion and arm movements such as reaching, grasping and pointing.

**Prerequisites:** HMB271  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

**HMB381 EXERCISE PHYSIOLOGY 2**

This unit examines the integrated regulation of the organ system examined in Exercise Physiology 1. Within this integrated perspective current research areas will be highlighted, including but not limited to (1) exercise performance and environmental stress, (2) special aids to exercise training and performance, and (3) limitations to exercise in healthy normal individuals, elite athletes and selected patient populations.

**Prerequisites:** HMB273  
**Credit points:** 12  
**Contact hours:** 3-4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-1

**HMB382 PRINCIPLES OF EXERCISE PRESCRIPTION**

In this unit, students examine the physiological principles and methods used in training and conditioning programs at all levels of physical activity. The integration of fitness assessment and exercise prescription is a major component of the unit, introducing the student to these requirements in the context of aerobic conditioning, resistance training, weight loss and flexibility. There is a strong emphasis on putting theory into practice, including the development and utilisation of appropriate practical skills in both fitness assessment and exercise prescription.

**Prerequisites:** HMB273 and HMB282  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-1

**HMB470 PRACTICUM 1**

In the first of the Human Movement dedicated practicum units, students undertake in-depth experience at two different workplaces (40 hours each) while maintaining ongoing involvement in the School's clinics (20 hours). The student is provided with an extended opportunity to apply classroom learned knowledge and skills under the supervision of Human Movement Practitioners. Workplace involvement is preceded by a vocational skill seminar and workshop program while an interactive analysis program is instigated post practicum.

**Prerequisites:** HMB382  
**Credit points:** 12  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-1 and 2010 SEM-2

**LSB111 UNDERSTANDING DISEASE CONCEPTS**

This unit introduces the structure and function of the body, reviews the body systems and links those to mechanisms of disease. Systems and topics covered are: integumentary, skeletal, muscular, nervous, endocrine, blood, heart and circulation, lymphatic, immune, respiratory, digestive (including nutrition and metabolism), urinary, reproductive, concepts of growth and development, genetics. Examples of diseases introduced are: heart disease and hypertension, cancers (lung, breast, skin, colon, prostate, testicular, cervical), diabetes, depression, Parkinson's disease, asthma and chronic obstructive lung diseases.

**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Gardens Point  
**Teaching period:** 2010 SEM-1

**LSB131 ANATOMY**

This unit includes basic concepts of anatomy: an overview of the structure of cells, body tissues, and body systems; aspects of surface anatomy which are relevant to human movement; musculoskeletal systems.

**Antirequisites:** LSB142, LSB182, LSB258  
**Equivalents:** LSB145  
**Credit points:** 12  
**Contact hours:** 5 per week  
**Campus:** Gardens Point  
**Teaching period:** 2010 SEM-1

**LSB231 PHYSIOLOGY**

This unit covers the general physiological principles such as homeostasis and how all systems in the body contribute to it. Topics include cells, transport processes, cardiovascular system, cardiac electrical activity, cardiac output, regulation of blood pressure, respiratory system, endocrine system, pulmonary ventilation and its function.
Antirequisites: LSB250  Equivalents: LSB245  Credit points: 12  Contact hours: 4 per week  Campus: Gardens Point  Teaching period: 2010 SEM-2

**PUB201 FOOD AND NUTRITION**
This unit includes the following: an introduction to the history of food and nutrition in Australia; the food system; the food supply; proteins, carbohydrates, fats, vitamins and minerals; food grouping systems; dietary guidelines; the recommended dietary intakes; nutrition through the life cycle; food and nutrition problems; nutrition as a public health issue; and international nutrition issues.

**Credit points:** 12  **Contact hours:** 4 per week  **Campus:** Kelvin Grove and External  **Teaching period:** 2010 SEM-2

**PUB209 HEALTH, CULTURE AND SOCIETY**
This unit is concerned with the social and cultural dimensions of health and illness and how they relate to health status and patterns of behaviour. The unit introduces students to thinking about health from sociological and anthropological perspectives, drawing on relevant concepts and theory to examine selected public health issues. Identifying and addressing social and cultural factors that shape people’s health experiences of health, illness and health systems are integral parts of public health practice in terms of reducing health inequalities, delivering appropriate services, and ultimately improving population health outcomes.

**Credit points:** 12  **Contact hours:** 3 per week  **Campus:** Kelvin Grove  **Teaching period:** 2010 SEM-2

**PUB215 PUBLIC HEALTH PRACTICE**
**Credit points:** 12  **Teaching period:** 2010 SEM-2

**PUB251 CONTEMPORARY PUBLIC HEALTH**
This unit provides an introduction to the following: the philosophy and approach of public health; the traditional public health process; the multidisciplinary nature of public health; and health policy and its impact on public health. Recent reformulations of traditional public health approaches including health promotion, intersectoral action for health and healthy public policy are examined. The role of public health in Australia and overseas, its main discipline components and some of the constraints faced by public health is also addressed. This unit considers groups with special needs and contemporary issues.

**Antirequisites:** PUN106  **Credit points:** 12  **Contact hours:** 4 per week  **Campus:** Kelvin Grove and External  **Teaching period:** 2010 SEM-1 and 2010 SEM-2

**PUB326 EPIDEMIOLOGY**
Epidemiology is the core scientific method of public health. It is the study of the distribution of health and disease in the population and includes research into causes of disease and the effectiveness of public health programs. Epidemiological methods are used to generate the evidence base for clinicians, health promotion specialists, health educators, occupational and environmental health officers and health service managers.

**Antirequisites:** HLN710  **Assumed knowledge:** Successful completion of 96cp is assumed prior knowledge  **Credit points:** 12  **Contact hours:** 3 per week  **Campus:** Kelvin Grove and External  **Teaching period:** 2010 SEM-1

**PUB332 SUSTAINABLE ENVIRONMENTS FOR HEALTH**
**Antirequisites:** PUB107  **Credit points:** 12  **Teaching period:** 2010 SEM-1

**PUB336 WOMEN'S HEALTH**
This unit explores the data and current health issues related to women’s health and critically evaluates health related policies, systems and practices in terms of their impact on women’s health, internationally and in Australia. The social, economic, cultural and political influences on women’s health, and the specific needs of sub-populations of women are examined.

**Credit points:** 12  **Contact hours:** 3 per week  **Campus:** Kelvin Grove  **Teaching period:** 2010 SEM-2

**PUB406 HEALTH PROMOTION PRACTICE**
This unit ties together the fundamental health promotion knowledge and constructs covered in earlier units in the public health subject area. It builds upon this basis to introduce students to the range of strategies available to a health promotion practitioner. The unit promotes an appreciation of the strengths and weaknesses of different approaches, as well as related administrative factors. Students undertake a small health promotion project in groups of 3-4. This is an essential field of study for those students who wish to work in a health promotion or related field.

**Prerequisites:** PUB251 or PUB530  **Credit points:** 12  **Contact hours:** 3  **Campus:** Kelvin Grove  **Teaching period:** 2010 SEM-2

**PUB436 EVIDENCE BASED PRACTICE**
**Credit points:** 12  **Teaching period:** 2010 SEM-2

**PUB461 QUALITATIVE INQUIRY IN PUBLIC HEALTH**
Qualitative methods are essential to generate knowledge of people’s lived experiences, the meanings they ascribe to them, and to the social dimension of health. The nature and complexities of many public health problems require a mix of research methods and the contributions of qualitative inquiry are increasingly recognised. The practical skills acquired in this unit can be applied to a wide range of public health works, including community based program evaluation, international health and health social science
research.

Credit points: 12  Contact hours: 3 per week  Campus: Kelvin Grove  Teaching period: 2010 SEM-2

PUB514 CONTRACT/PROJECT MANAGEMENT
This unit aims to prepare students for participation in contract and project management in the health sector. The unit provides advanced undergraduate students with an opportunity to develop an understanding of health project contract management using both theoretical and practical examination of current state and national contracts and projects.

Credit points: 12  Contact hours: 4 per week  Campus: Kelvin Grove and External  Teaching period: 2010 SEM-1

PUB530 HEALTH EDUCATION AND BEHAVIOUR CHANGE
Antirequisites: PUB329, PUB341  Credit points: 12  Teaching period: 2010 SEM-1

PUB545 HEALTH POLICY, PLANNING AND ADVOCACY
Antirequisites: PUB511  Credit points: 12  Teaching period: 2010 SEM-1

PUB557 HEALTH NEEDS OF INDIGENOUS AUSTRALIANS AND OTHER POPULATIONS
The unit examines the health needs of a range of population groups, particularly the health needs of indigenous Australians. Health is viewed in its social and economic context. The unit allows a recognition and focus on particular health concerns that might not be considered significant in an examination of broad patterns of health. It forces a consideration of how strategies to improve health, including important questions of access and equity. The unit provides an overall picture of health patterns of indigenous Australians and other specific populations.

Prerequisites: PUB251  Credit points: 12  Contact hours: 3 per week  Campus: Kelvin Grove  Teaching period: 2010 SEM-1

PUB565 INTERNATIONAL HEALTH
International health will broaden student’s understanding of global health systems and programs, providing an advanced level analysis that explores systems and methods that have been devised to address population health problems in developing and developed countries. Students examine the historic context of the international health movement from the early 1900s to recent changes in global health systems, explore the diversity of services between and within countries, and consider issues of globalisation, economic reform, health equity and ethics. This unit is particularly relevant to students who are interested in international health development work.

Prerequisites: PUB251  Assumed knowledge: At least two years of study in health area, including PUB326 is

assumed knowledge.  Credit points: 12  Contact hours: 3 per week  Campus: Kelvin Grove  Teaching period: 2010 SEM-1

PUB611 RISK MANAGEMENT
Note: This unit is available externally only for Second Semester 2010.
This unit provides students with the knowledge and skills for the assessment and quantification of risk in the workplace. It considers the various models available to investigate and analyse accidents and propose strategies to prevent similar incidents in the future. Various hazard identification techniques such as HAZOP, Fault Tree Analysis and FMEA are discussed. The unit provides students with the ability to position occupational health and safety within an organisation’s strategic decision making process.

Credit points: 12  Contact hours: 3 per week  Campus: Kelvin Grove and External  Teaching period: 2010 SEM-2

PUB632 INDEPENDENT STUDY
Independent study allows students to study a topic which is not otherwise available as a formal unit. Students have the opportunity to pursue their studies relatively independently and to develop and practise skills in problem identification, evaluation and critical thinking. The study may be for example a literature review or a placement in a particular setting. The process and outcomes are negotiated in a contract with a supervisor.

Assumed knowledge: Completion of 192 credit points, a GPA >5 and an approved supervisor are assumed knowledge and requirements for enrolment in this unit.

Credit points: 12  Campus: Kelvin Grove and External  Teaching period: 2010 SEM-2

PUB644 HEALTH PROMOTING SCHOOLS
This subject is designed to extend students' understanding of health promotion in a school setting. The learning objectives for this course are designed to reinforce the links between education and health, in relation to the planning, implementation and evaluation of a school based health promotion intervention. It also addresses some of the management issues that underlie such an approach to the promotion of health and well being in the school community. Case studies or activities offer a range of opportunity for reflection and investigation.

Credit points: 12  Campus: External  Teaching period: 2010 SEM-2

PUB875 PROFESSIONAL PRACTICE
This unit is undertaken by students in the public health, and nutrition and dietetics strands of the BHlthSc. It provides students with the opportunity of working in one or a number of placements in a professional capacity in an area of interest to the student. It provides an opportunity for students to apply the knowledge and skills acquired through
their course to a practical problem or workplace situation.

**Prerequisites**: PUB514  
**Antirequisites**: PUB645  
**Assumed knowledge**: Completion of 240 credit points of study is assumed knowledge.  
**Credit points**: 12  
**Contact hours**: 4 per week  
**Campus**: Kelvin Grove  
**Teaching period**: 2010 SEM-2

**PYB012 PSYCHOLOGY**

The body of knowledge which defines Psychology as a discipline is basic to an understanding of human behaviour and interaction. Psychological theories, concepts and methods of investigation provide ways of evaluating personal and professional practice. Informed practice can then seek to meet the needs of individuals, groups and communities. All professional people need to have frameworks for understanding their own behaviour and that of others. This unit provides students with essential knowledge as a basis for their personal and professional effectiveness. It is the foundation for understanding further study in psychology and its many applications.  
**Equivalents**: PYB100, PYB101  
**Credit points**: 12  
**Contact hours**: 3 per week  
**Campus**: Gardens Point and Kelvin Grove  
**Teaching period**: 2010 SEM-1 and 2010 SEM-2

**PYB208 COUNSELLING THEORY AND PRACTICE 1**

This unit develops the student's knowledge of the counselling process and skills and provides practice in changing the ways in which people express, conceptualise and respond to their concerns. It builds upon the communication skills and concepts introduced in PYB007 and introduces a range of counselling approaches. It emphasises skills in solution oriented approaches but also covers a range of models and skills for workers in crisis situations. It provides a basis for further studies in counselling in clinical settings requiring psychotherapeutic intervention, and other modes of delivery such as couple, family or group work.  
**Prerequisites**: PYB007 or PYB074 or HHB113 or SWB104 or PYB111 or PUB209  
**Credit points**: 12  
**Contact hours**: 3 per week  
**Campus**: Kelvin Grove  
**Teaching period**: 2010 SEM-2