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

Year offered: 2011
Admissions: Yes
CRICOS code: 070082B
Course duration (full-time): 4 years
Domestic Fees (indicative): 2011: CSP $3,156 (indicative) per semester
International Fees (indicative): 2011: $12,000 (indicative) per semester
Domestic Entry: February
International Entry: February
QTAC code: 425142
Past rank cut-off: 76
Past OP cut-off: 12
OP Guarantee: Yes
Assumed knowledge: English (4, SA) and Maths B (4, SA) and at least one of: Chemistry, Physics, or Biological Science (4, SA)
Preparatory studies: For information on acquiring assumed knowledge visit http://www.qut.edu.au/assumed-knowledge
Total credit points: 384
Course coordinator: Enquiries to enquirieshms@qut.edu.au, phone 07 3138 4697; or sph.studentcentre@qut.edu.au, phone 07 3138 3368
Campus: Kelvin Grove

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

Deferment
Domestic students can defer their offer in this course for one year. In exceptional circumstances up to 12 months of additional deferment may be granted.

Find out more on deferment.

Course structure - for students commencing in 2011 or later

Year 1, Semester 1
LSB111 Understanding Disease Concepts
LSB131 Anatomy
HMB171 Fitness Health and Wellness
PUB251 Contemporary Public Health

Year 1, Semester 2
LSB231 Physiology
HMB172 Nutrition and Physical Activity
PUB209 Health, Culture and Society
PYB100 Foundation Psychology

Year 2, Semester 1
HMB271 Foundations of Motor Control, Learning and Development
HMB274 Functional Anatomy
PUB326 Epidemiology
PUB332 Sustainable Environments For Health

Year 2, Semester 2
HMB272 Exercise Physiology 1
HMB282 Resistance Training
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
HMB272 Biomechanics
HMB275 Exercise and Sport Psychology
PUB461 Qualitative Inquiry in Public Health
Elective Public Health (from List C)
Year 4, Semester 1

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>PUB514</td>
<td>Contract/Project Management</td>
</tr>
<tr>
<td>PUB545</td>
<td>Health Policy, Planning and Advocacy</td>
</tr>
<tr>
<td>HMB470</td>
<td>Practicum 1</td>
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</tbody>
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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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>HMB276</td>
<td>Research in Human Movement</td>
</tr>
<tr>
<td>PUB406</td>
<td>Health Promotion Practice</td>
</tr>
<tr>
<td>PUB875</td>
<td>Professional Practice</td>
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</tbody>
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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 A - Exercise and Movement Science Electives

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>HMB361</td>
<td>Functional Anatomy 2</td>
</tr>
<tr>
<td>HMB362</td>
<td>Biomechanics 2</td>
</tr>
<tr>
<td>HMB371</td>
<td>Motor Control And Learning 2</td>
</tr>
<tr>
<td>HMB381</td>
<td>Exercise Physiology 2</td>
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List B - Exercise and Movement Science Electives

<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>HMB338</td>
<td>Wellness Processes and Strategies</td>
</tr>
<tr>
<td>HMB339</td>
<td>Health and Wellness in Organisations</td>
</tr>
<tr>
<td>HMB347</td>
<td>Performance Analysis</td>
</tr>
<tr>
<td>HMB348</td>
<td>Applied Sport and Exercise Psychology</td>
</tr>
<tr>
<td>HMB349</td>
<td>Training and Skill Development in Sport</td>
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List C - Public Health Electives

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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>HLB300</td>
<td>Independent Study</td>
</tr>
<tr>
<td>PUB336</td>
<td>Women's Health</td>
</tr>
<tr>
<td>PUB436</td>
<td>Evidence Based Practice</td>
</tr>
<tr>
<td>PUB565</td>
<td>International Health</td>
</tr>
<tr>
<td>PUB611</td>
<td>Risk Management</td>
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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: 2011 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: 2011 SEM-1 and 2011 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: 2011 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: 2011 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 enquiries@qut.edu.au
Prerequisites: LSB231 or LSB142  Credit points: 12  Contact hours: 4 per week  Campus: Kelvin Grove  Teaching period: 2011 SEM-2

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: 2011 SUM-2 and 2011 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 psycho-social development; leadership and team cohesion.
Prerequisites: PYB100 or PYB012 or EDB002  Credit points: 12  Contact hours: 3 per week  Campus: Kelvin Grove  Teaching period: 2011 SEM-2

HMB276 RESEARCH IN HUMAN MOVEMENT
This unit includes principles of research: purposes, philosophy, applications. It addresses quantitative research including basic statistics, descriptive, 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.
Prerequisites: LSB131  Credit points: 12  Contact hours: 3 per week  Campus: Kelvin Grove  Teaching period: 2011 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: 2011 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

HMB362 BIOMECHANICS 2
This unit includes the following: measurement techniques within biomechanics; analysis of force systems; photographic, goniometric and electrographic 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: 2011 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:** 2011 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:** 2011 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:** 2011 SEM-1

**HMB470 PRACTICUM 1**

In the first of the Human Movement dedicated practicum units, students undertake in-depth experiences 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 pracicum. [Designated unit]

**Prerequisites:** HMB382 and HMB385. HMB385 can be taken in the same study period.  
**Credit points:** 12  
**Campus:** Kelvin Grove  
**Teaching period:** 2011 SEM-1 and 2011 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.

**Antirequisites:** LSB321, LSB365, LSB365, LSB475  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Gardens Point  
**Teaching period:** 2011 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:** 2011 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:** 2011 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  
**Teaching period:** 2011 SEM-1 and 2011 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: 2011 SEM-2

PUB215 PUBLIC HEALTH PRACTICE
In this unit students will gain an understanding of: the structure of the Public Health workforce; the professional frameworks and future career pathways available; the 'Practice Profiles' of graduates specialising in specific fields in Public Health; the ways in which Public Health graduates work collaboratively with other professionals in this field; and the workplace experience including professional roles, ethical responsibilities and practical skills of graduates.

Credit points: 12  Campus: Kelvin Grove  Teaching period: 2011 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: PUB116  Credit points: 12  Contact hours: 4 per week (KG and Ext Sem 1; KG Sem 2)  Campus: Kelvin Grove and External  Teaching period: 2011 SEM-1 and 2011 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 (Ext PU40 Pub Hlth students only)  Campus: Kelvin Grove and External  Teaching period: 2011 SEM-1

PUB332 SUSTAINABLE ENVIRONMENTS FOR HEALTH
This unit provides an overview of environmental health and introduces the importance of achieving environments that are able to sustain human health. In particular, the unit covers the practice of environmental health, its scientific foundations, and its integral place in the overarching discipline of public health.

Antirequisites: PUB107  Credit points: 12  Campus: Kelvin Grove  Teaching period: 2011 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: 2011 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: 2011 SEM-2

PUB436 EVIDENCE BASED PRACTICE
This unit equips students with the skills to identify, critically analyse and evaluate evidence, and to implement evidence-based practice within their chosen profession.

Credit points: 12  Campus: Kelvin Grove and External  Teaching period: 2011 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: 2011 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:** 2011 SEM-1

**PUB530 HEALTH EDUCATION AND BEHAVIOUR CHANGE**

This unit gives students the skills to bring about change in health-related behaviours through educational interventions. Topics covered include key health education and behaviour change theories, frameworks, strategies; approaches to bring about change in different contexts; research and design of educational interventions to suit different target populations in different settings, using evidence-based practice; and health literacy as a function of health education.

**Antirequisites:** PUB329, PUB341  
**Credit points:** 12  
**Campus:** Kelvin Grove  
**Teaching period:** 2011 SEM-1

**PUB545 HEALTH POLICY, PLANNING AND ADVOCACY**

This unit consolidates knowledge of health policy development and reform and the processes that translate policy into public health practice. Topics covered include translating a health policy into a plan for professional practice; critical examination of advocacy processes and the impact on policies; planning and evaluating the impact of programs; and policy strategies in collaborative teams.

**Antirequisites:** PUB511  
**Credit points:** 12  
**Campus:** Kelvin Grove and External  
**Teaching period:** 2011 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:** 2011 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:** 2011 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:** 2011 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

**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.

[Designated unit]

Prerequisites: Completion of 240 cp including PUB514

Antirequisites: PUB645, PUB821

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: 2011 SEM-2

PYB100 FOUNDATION PSYCHOLOGY

This unit provides an introduction to the major content areas of psychology, including an introduction to psychological research and report-writing, for students intending to pursue further studies in psychology.

Psychology is a broad-ranging and multifaceted discipline which encompasses the scientific study of human behaviour, and the systematic application of knowledge gained from psychological research to a broad range of applied issues. The goal of this introductory unit is to introduce you to the major subfields and perspectives in psychology, and to develop your understanding of the research methods and report-writing conventions used in psychological research.

Antirequisites: PYB012

Equivalents: PYB101

Credit points: 12

Contact hours: 3 hours per week

Campus: Kelvin Grove  
Teaching period: 2011 SEM-1, 2011 SEM-2 and 2011 SUM-1

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: 2011 SEM-2