Bachelor of Health Science (Podiatry)/Bachelor of Applied Science (Human Movement Studies) (HL43)

Year offered: 2010
Admissions: No
CRICOS code: 047455C
Course duration (full-time): 5 years
Domestic fees (indicative): 2010: CSP $3,800 (indicative) per semester
International Fees (indicative): 2010: $11,500 (indicative) per semester
Domestic Entry: February
QTAC code: 425172
Past rank cut-off: 87
Past OP cut-off: 8
Assumed knowledge: English (4, SA), Maths B (4, SA), and Chemistry (4, SA)
Preparatory studies: For information on acquiring assumed knowledge visit http://www.studentservices.qut.edu.au/apply/ug/info/knowledge.jsp
Total credit points: 528
Course coordinator: Podiatry: Mrs Melinda Service; Human Movement Studies: Dr Ian Renshaw. Course enquiries should be sent to: Podiatry - sphstudentcentre@qut.edu.au or HMS - enquirieshms@qut.edu.au
Campus: Kelvin Grove

Overview
This course is being discontinued from 2010. No new admissions will be accepted.

This double degree will prepare you to be a multi-skilled professional who meets current requirements for employment as a podiatrist and in a range of exercise and sports science professions.

Why choose this course?
This double degree will prepare you for a career in the exercise, health, rehabilitation, podiatry and sports science industries, where you will work with people from a variety of professions.

This course will provide you with the necessary theoretical background, complemented by practical skills obtained from a variety of practicum placements. Practicum locations can include rehabilitation and hospital clinics, family and community services, corporate health and fitness, local and state government agencies, universities and colleges, institutes of sport, and the health and fitness industry. Opportunities exist to pursue these practicum placements at local, state, national and international locations.
For information about this course, please call the School of Public Health on +617 3138 3368 or email sph.studentcentre@qut.edu.au, and/or School of Human Movement Studies on +617 3138 4520 or email enquirieshms@qut.edu.au

**Course structure (full-time)**

### Year 1, Semester 1
- **LSB131** Anatomy
- **SCB113** Chemistry for Health and Medical Science
- **PUB251** Contemporary Public Health
- **HMB171** Fitness Health and Wellness

### Year 1, Semester 2
- **PYB012** Psychology
- **HMB272** Biomechanics
- **LSB235** Advanced Anatomy
- **LSB275** Biomolecular Science
- **LSB475** Disease Processes 4

### Year 2, Semester 1
- **LSB451** Human Physiology
- **HMB313** Socio-Cultural Foundations of Physical Activity
- **PUB326** Epidemiology
- **PUB339** Podiatric Medicine 1

### Year 2, Semester 2
- **HMB172** Nutrition and Physical Activity
- **LSB492** Microbiology
- **PUB437** Pharmacology
- **PUB438** Medicine
- **PUB439** Podiatric Medicine 2

### Year 3, Semester 1
- **HMB271** Foundations of Motor Control, Learning and Development
- **HMB274** Functional Anatomy
- **PUB537** Radiographic Image Interpretation
- **PUB539** Podiatric Medicine 3

### Year 3, Semester 2
- **HMB273** Exercise Physiology 1
- **HMB275** Exercise and Sport Psychology
- **HMB282** Resistance Training
- **PUB638** Orthopaedics and Sports Medicine

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For information on prerequisites/ corequisites visit: [www.hlth.qut.edu.au/study/forcurrentstudents/](http://www.hlth.qut.edu.au/study/forcurrentstudents/)

**Potential Careers:**
- Exercise Physiologist, Podiatrist, Rehabilitation Professionals.

**UNIT SYNOPSISES**

**HMB171 FITNESS HEALTH AND WELLNESS**
The dimensions and interrelationships of health, physical activity and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. Basic principles of health and wellness are studied. 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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.

**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.

**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.

**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.

**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 homoeostasis. 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.

**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.

**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.

**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.

**HMB277 EXERCISE AND SPORT NUTRITION**
This unit considers the relationship between nutrition and
exercise and physical activity. Areas covered include dietary
and energy requirements in exercise and sport and
substrate utilisation at the cellular level during exercise.
The influence that nutrition has on performance via changes in
body composition, fuel utilisation, blood biochemistry and

**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 SEM-1

**Prerequisites:** LSB131 or LSB255  Credit points: 12
Contact hours: 4 per week  Campus: Kelvin Grove
Teaching period: 2010 SUM-2, 2010 SEM-2 and 2010
SUM-1

**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
ergogenic aids will also be covered. Nutritional supplements and water and electrolyte balance in exercise and sport are also part of this unit.

**Prerequisites:** HMB172 or PUB201  
**Credit points:** 12  
**Contact hours:** 3 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-1

**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

**HMB313 SOCIO-CULTURAL FOUNDATIONS OF PHYSICAL ACTIVITY**  
This unit lays a foundation in the disciplines of the socio-cultural areas which underpin the study of human movement. It serves as an introduction to the historical, sociological, philosophical, anthropological and cultural foundations of sports, games and leisure activities.

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

**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 andaelectrographic 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

**HMB379 DISORDERS OF HUMAN MOVEMENT**  
This unit introduces a selection of disorders and disease states that limit or alter the capacity for movement and physical activity. Each is described in terms of relevant epidemiology and pathophysiology, emphasising the relationship between each disorder and movement or activity, together with factors affecting this relationship. The unit provides students with a basic knowledge of a selection of movement-related disorders, as a foundation for subsequent applications, whether in research, working with special populations, in rehabilitation, or in other clinical settings. The unit also enhances the ability of students to independently study disorders not covered in the unit.

**Prerequisites:** HMB271  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-1

**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

**HMB384 INJURY PREVENTION AND REHABILITATION**
This unit considers the following: epidemiology and nature of common injuries that occur at home, school, work and during sporting activities; current philosophies of preventative measures and strategies for the treatment and rehabilitation of injuries; the role of health training, exercise and fitness in injury prevention, treatment and rehabilitation regimes; the pathology of injuries and repair processes highlighted by examining specific examples.  
**Prerequisites:** HMB274  
**Credit points:** 12  
**Contact hours:** 3 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

**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

**HMB475 PRACTICUM 2**
This unit includes a comprehensive vocational experience undertaken as a supervised full-time internship. Students are supervised in the performance of operational tasks including clinical, management and administration and further develop independent professional skills and knowledge. The internship is followed by a comprehensive reflective analysis of the experience.  
**Prerequisites:** HMB470  
**Credit points:** 36  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-1 and 2010 SEM-2

**HMB480 ADVANCED EXERCISE PRESCRIPTION**
This is a companion unit to HMB382, and extends the understanding of how fitness assessment and exercise prescription can be applied to an individual. A number of different disease states, special populations and scenarios are used to examine the potential role of physical activity and appropriately prescribed exercise to maintain and improve functional capacity. A strong emphasis is placed on identifying the problems faced in fitness assessment and exercise prescription for special cases and conditions, and finding appropriate solutions.  
**Prerequisites:** HMB382  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2
Antirequisites: LSB321, LSB361, LSB367  
Credit points: 12  
Contact hours: 4 per week  
Campus: Gardens Point and Kelvin Grove  
Teaching period: 2010 SEM-2

LSB492 MICROBIOLOGY  
This is an introductory core unit of microbiology for students of optometry and podiatry with an introduction to microorganisms, control of microbial populations and clinical conditions relevant to optometry and podiatry.  
Assumed knowledge: Basic biological and chemical knowledge is assumed  
Credit points: 12  
Contact hours: 4 per week  
Campus: Gardens Point  
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: PUB106  
Credit points: 12  
Contact hours: 4 per week (KG and Ext Sem 1; KG Sem 2)  
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 (Ext PU40 Pub Hlth students only)  
Campus: Kelvin Grove and External  
Teaching period: 2010 SEM-1

PUB339 PODIATRIC MEDICINE 1  
This unit provides an introduction to the clinical, theoretical and professional aspects of podiatry practice. Students entering the unit begin the transition to the unique and challenging role of clinician, as well as continuing academic learning. Students are required to apply previous background knowledge, ie advanced anatomy, biochemistry, etc, in the clinical setting. Student are also involved in the care of patients attending the university clinic. The unit is particularly designed to encourage the development of essential graduate skills such as a self-directed approach to learning, the ability to work as part of a team and the ability to engage in peer review.  
Prerequisites: HMB272, and LSB235 and LSB250  
Corequisites: pub362  
Credit points: 12  
Contact hours: 16 (including clinic work)  
Campus: Kelvin Grove  
Teaching period: 2010 SEM-1

PUB437 PHARMACOLOGY  
This unit is designed to ensure students understand the basic drug therapies their patients may be using, the groups of drugs used for specific diseases, and their application and relevance to podiatry. Emphasis is placed on drug groups and their use for specific disease, rather than proprietary brands. Students learn to recognise the drug groups and know the system they are acting on in the body. In addition, differentiation between the different categories within one group of systemic drugs and why they are used for a condition is emphasised, along with discussion of contraindications and drug interactions.  
Prerequisites: LSB275, LSB451, LSB475 and PUB438  
Credit points: 12  
Contact hours: 3 per week  
Campus: Kelvin Grove  
Teaching period: 2010 SEM-2

PUB438 MEDICINE  
Following completion of this unit, students should be able to recognise and understand the clinical features, pathogenesis and significance of common conditions affecting the lower limbs. For example infectious diseases, nervous system disorders, endocrine/metabolic and deficiency states, renal disorders, cardiology, respiratory disorders, immunology, hepatobiliary disorders, musculoskeletal disorders, haematology/lymph, inherited/genetic conditions. The diagnosis and management of dermatological disorders is also covered.  
Prerequisites: LSB451, or LSB250 and LSB475  
Corequisites: PUB437  
Credit points: 12  
Contact hours: 3 per week  
Campus: Kelvin Grove  
Teaching period: 2010 SEM-2

PUB439 PODIATRIC MEDICINE 2  
This unit aims to increase proficiency in the examination and treatment of patients who have common foot problems with particular emphasis on aged care and diabetes. Topics covered include: clinical biomechanics, the elderly and the ageing foot, the management and of the diabetic foot, wound healing and wound care products, footwear construction, assessment and prescription, foot orthoses.  
Prerequisites: PUB339 and LSB384. LSB384 can be studied in the same teaching period.  
Credit points: 12  
Contact hours: 15 (includes clinic work)  
Campus: Kelvin Grove  
Teaching period: 2010 SEM-2
PUB522 PODIATRIC ANAESTHESIOLOGY
This unit provides an understanding of the science of anaesthetics as applicable to the practice of podiatry. Students are required to understand the pharmacology of local anaesthetics and their clinical usage, and be competent in injection techniques, including local infiltration and local nerve block in the lower limbs.
Prerequisites: PUB437, PUB438, PUB439 and PUB538
Credit points: 12  Contact hours: 3 per week  Campus: Kelvin Grove  Teaching period: 2010 SEM-1

PUB537 RADIOGRAPHIC IMAGE INTERPRETATION
This unit is designed to give the student of podiatric medicine an understanding and ability to recognise normal and abnormal foot radiographs. It also enables the student to utilise radiology as an important diagnostic tool in foot pathology.
Prerequisites: PUB439  Corequisites: PUB539  Credit points: 12  Contact hours: 4 per week  Campus: Kelvin Grove  Teaching period: 2010 SEM-1

PUB538 REHABILITATION MEDICINE AND PHYSICAL THERAPIES
This unit introduces a wide range of diagnostic and physical treatment modalities used in modern podiatric practice. Students gain understanding in uses, applications, contraindications and limitations of each modality studied in direct connection with ongoing clinical studies and theoretical components of podiatric medicine.
Prerequisites: LSB235  Credit points: 12  Contact hours: 3 per week  Campus: Kelvin Grove  Teaching period: 2010 SEM-1

PUB539 PODIATRIC MEDICINE 3
This unit develops professional understanding of the general and specific effects of medical and surgical conditions on the human foot. It also expands the concept of total case management in terms of the interdisciplinary approach, including physical, mechanical and surgical techniques. Completion of this unit should enable students to consolidate the podiatrist's role in the health care team across the spectrum of practice.
Prerequisites: PUB438, PUB437, PUB537 and PUB439  Credit points: 12  Contact hours: 12  Campus: Kelvin Grove  Teaching period: 2010 SEM-1

PUB635 PODIATRIC SURGERY
This unit addresses the implementation of podiatric surgical techniques based on strong theoretical knowledge. On completion, students should understand the principles and techniques of lower limb surgery. Students are taught minor surgical techniques and review some of the more common major surgical procedures including the foot and ankle.
Prerequisites: PUB522, PUB523, PUB624  Credit points: 12  Contact hours: 3 (including surgical work)
through external placements. Students complete clinical rotations not attempted in PUB738 Advanced Clinical Studies 1.

Prerequisites: PUB739 and PUB738  
Corequisites: PUB839  
Credit points: 12  
Contact hours: 9 per week  
Campus: Kelvin Grove

PUB839 PODIATRIC MEDICINE 6
The aim of this unit is to ensure students are able to demonstrate adequate knowledge and skills expected for entry into the podiatry profession.

Antirequisites: PUB840  
Credit points: 12  
Campus: Kelvin Grove  
Teaching period: 2010 SEM-2

PUB862 TRANSITION TO THE CLINICAL PROFESSION
Health professionals work within financial, legal, ethical and professional frameworks. Practice in public and private settings requires knowledge of accounting, marketing, human resources, project management and professionalism in the health context. This unit prepares students for the transition to practice by exploring these concepts and their relationship to employment/practice.

Credit points: 12  
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

SCB113 CHEMISTRY FOR HEALTH AND MEDICAL SCIENCE
A challenging chemistry unit designed for students undertaking health and/or medical science degrees. A range of topics from sub-discipline areas of general, physical and organic chemistry are covered. General/physical chemistry content includes atomic and molecular structure, electronic structure, bonding, molecular geometry, stoichiometry, thermochemistry, gases, kinetics, equilibrium, acids, bases, buffers, and electrochemistry. Organic chemistry content includes functional group chemistry, reaction mechanisms, stereochemistry, chirality as well as topics of biological significance including the chemistry of peptides, sugars and DNA. The unit is complemented by a practical program involving a range of experiments illustrating important chemical concepts.

Antirequisites: SCB111, SCB121  
Credit points: 12  
Contact hours: 5 per week  
Campus: Gardens Point  
Teaching period: 2010 SEM-1