Bachelor of Applied Science (Human Movement Studies) (HM42)

Year offered: 2011
Admissions: No
CRICOS code: 012659B
Course duration (full-time): 4 Years
Domestic Fees (indicative): 2011: CSP $3,878 (indicative) per semester
International Fees (indicative): 2011: $11,375 (indicative) per semester
Domestic Entry: February
International Entry: February
QTAC code: 425422
Past rank cut-off: 75
Past OP cut-off: 13
OP Guarantee: Yes
Assumed knowledge: English (4, SA)
Preparatory studies: For information on acquiring assumed knowledge visit http://www.qut.edu.au/assumed-knowledge
Total credit points: 384
Standard credit points per full-time semester: 48
Course coordinator: Enquiries to enquirieshms@qut.edu.au or telephone: 07 3138 4697
Campus: Kelvin Grove

Overview
This course was replaced by HM44 Bachelor of Clinical Exercise Physiology from first semester 2010.

Professional Recognition
The course has provisional accreditation with Exercise and Sports Science Australia (ESSA) until 31 December 2011.

Electives
Electives are available in various areas including psychology of rehabilitation, anatomy, physiology, biomechanics, motor control and learning, children in sport, sociology of sport and exercise prescription. Students must choose at least 4 out of the 6 units listed in LIST A. The other elective options should be taken as advised by the Course Coordinator to comply with accreditation requirements.

Honours
A degree with honours may be awarded to students who have recorded outstanding achievement in the four-year program.

Recommended Study
One of Maths B, Maths C, Biological Science, Chemistry, Physics, Health Education or Physical Education.

Other course requirements
blue card As required by the Commission for Children and Young People and Child Guardian Act (2000), students must undergo a criminal history check and be issued with a Blue Card before commencing clinical practice/field experience/practicum in an organisation where they may work with children or young people. For more information, visit http://student.qut.edu.au/studying/jobs-and-work-experience/work-experience-and-placements/blue-cards.

additional costs There are additional costs associated with this course including the purchase of the practicum shirt (approximately $50), the attainment of a current First Aid Certificate prior to the commencement of third year. Attendance at the orientation camp is highly recommended though not compulsory (approximately $165).

Limits on grades of 3
A new policy concerning grades of 3 came into effect from 1 January 2009 (QUT MOPP C/5.2). With effect from this date grades of 3 are no longer considered a conceded or low pass but are classified as a fail grade. Any grades of 3 awarded prior to 1 January 2009 retain the conceded pass status and will be counted for graduation purposes up to the maximum number of grades of 3 permitted for your course. Grades of 3 incurred in units that commence after 1 January 2009 will not count towards your degree. Further information is available on the Student Services website.

Further Information
For information about this course, please call the School of Human Movement Studies on +61 7 3138 4697 or email enquirieshms@qut.edu.au

Full-Time Course structure

<table>
<thead>
<tr>
<th>Year 1, Semester 1</th>
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<tbody>
<tr>
<td>HMB110</td>
<td>Introduction to Exercise and Movement Science</td>
</tr>
<tr>
<td>HMB171</td>
<td>Fitness Health and Wellness</td>
</tr>
<tr>
<td>LSB131</td>
<td>Anatomy</td>
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<tr>
<td>PUB220</td>
<td>Medical Terminology</td>
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<table>
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<tr>
<th>Year 1, Semester 2</th>
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<tbody>
<tr>
<td>HMB172</td>
<td>Nutrition and Physical Activity</td>
</tr>
<tr>
<td>LSB231</td>
<td>Physiology</td>
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</tbody>
</table>
PYB007  Interpersonal Processes and Skills
PYB012  Psychology
PYB100  Foundation Psychology

Year 2, Semester 1

HMB271  Foundations of Motor Control, Learning and Development
HMB274  Functional Anatomy
HMB277  Exercise and Sport Nutrition
HMB313  Socio-Cultural Foundations of Physical Activity

Year 2, Semester 2

HMB272  Biomechanics
HMB273  Exercise Physiology 1
HMB275  Exercise and Sport Psychology
HMB282  Resistance Training

Year 3, Semester 1

HMB378  Neurological, Psychological and Musculoskeletal Disorders
HMB379  Disorders of Human Movement
HMB382  Principles of Exercise Prescription
Elective
Elective

Year 3, Semester 2

HMB276  Research in Human Movement
HMB470  Practicum 1
Elective
Elective

Year 4, Semester 1

Elective
Elective
Elective
Elective

Year 4, Semester 2

Elective
HMB475  Practicum 2

**HMS Electives Lists**

**List A Electives (four to be completed)**

HMB361  Functional Anatomy 2
HMB362  Biomechanics 2
HMB371  Motor Control And Learning 2
HMB373  Cardiorespiratory and Metabolic Disorders
HMB378  Neurological, Psychological and Musculoskeletal Disorders
HMB381  Exercise Physiology 2
HMB384  Injury Prevention and Rehabilitation
HMB480  Advanced Exercise Prescription
HMB481  Clinical Exercise for Cardiorespiratory and Metabolic Disorders
HMB482  Clinical Exercise for Neurological, Psychological and Musculoskeletal Disorders

**List B Electives (five to be completed)**

HMB361  Functional Anatomy 2
HMB362  Biomechanics 2
HMB371  Motor Control And Learning 2
HMB376  Motor Development in Children
HMB381  Exercise Physiology 2
HMB384  Injury Prevention and Rehabilitation
HMB480  Advanced Exercise Prescription
ECG COURSE
BSB110  Accounting
BSB126  Marketing
BSB115  Management
LSB111  Understanding Disease Concepts
LSB658  Clinical Physiology
PUB201  Food and Nutrition
PUB251  Contemporary Public Health
PUB332  Sustainable Environments For Health
PUB326  Epidemiology
PYB208  Counselling Theory and Practice 1
SCB113  Chemistry for Health and Medical Science

List B electives may be selected from other QUT undergraduate courses. Students also have the option to undertake a university-wide unit set. Unit sets comprise 4 units covering a specific area of study and those offered by the
Faculty of Health and the Faculty of Business may be of particular interest.

Students who have successfully completed 288 credit points and have met the general requirements for a three year degree, may graduate with a Bachelor of Applied Science after seeking approval through the School of Human Movement Studies on (07) 3138 4697.

Potential Careers:
Fitness Assessor/Personal Trainer, Health Information Manager, Rehabilitation Professionals, Sports Scientist.

UNIT SYNOPSES

BSB110 ACCOUNTING
Accounting data is the basis for decision making in any organisation. Accordingly, the aim of this unit is to provide students with a basic level of knowledge of modern financial and managerial accounting theory and practice so that they can understand how accounting data is used to help make decisions in organisations. The unit covers financial procedures and reporting for business entities, analysis and interpretation of financial statements and planning, control and business decision making.

Antirequisites: BSD110, CNB293, UDB342
Equivalents: BSX110, CTB110
Credit points: 12
Contact hours: 3 per week
Campus: Gardens Point and Caboolture
Teaching period: 2011 SEM-1, 2011 SEM-2 and 2011 SUM

BSB115 MANAGEMENT
The unit provides an introduction to the theories and practice of management and organisations. Emphasis is on the conceptual and people skills that are needed in all areas of management and in all areas of organisational life. The unit acknowledges that organisations exist in an increasingly international environment where the emphasis will be on knowledge, the ability to learn, to change and to innovate. Organisations are viewed from individual, group, corporate and external environmental perspectives.

Antirequisites: BSD115
Equivalents: BSX115, CTB115
Credit points: 12
Contact hours: 3 per week
Campus: Gardens Point and Caboolture
Teaching period: 2011 SEM-1, 2011 SEM-2 and 2011 SUM

BSB126 MARKETING
This introductory subject examines the role and importance of marketing to the contemporary organisation. Emphasis is placed on understanding the basic principles and practices of marketing such as the marketing concept, market segmentation, management information systems and consumer behaviour. The unit explores the various elements of the marketing mix, with special reference to product, price, distribution, and promotion, including advertising and public relations. By way of introduction only, key issues relating to services marketing, e-marketing and strategic marketing are also canvassed.

Antirequisites: BSB116, BSD126
Equivalents: BSX126, CTB126
Credit points: 12
Contact hours: 4 per week
Campus: Gardens Point and Caboolture
Teaching period: 2011 SEM-1, 2011 SEM-2 and 2011 SUM

HMB110 INTRODUCTION TO EXERCISE AND MOVEMENT SCIENCE
This unit introduces students to the field of exercise and movement science and allows students to develop knowledge and academic skills required both for undergraduate study and professional practice. Students will undertake structured tutorial activities on selected topics in exercise and movement science that include measurement and observation, analysis, and the preparation of reports.

Credit points: 12
Teaching period: 2010 SEM-1

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  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 enquirieshms@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 psychological 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, 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: 2011 SEM-2

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 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: 2011 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: 2011 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:** 2011 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

**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-1

**HMB373 CARDIORESPIRATORY AND METABOLIC DISORDERS**  
This unit builds on foundation units to examine selected disorders of human movement that have a cardiorespiratory or metabolic basis. The unit identifies major features of each disease together with assessment methods, and forms the basis for subsequent units in clinical exercise prescription.  
**Prerequisites:** HMB271, HMB272, HMB273, HMB274  
**Credit points:** 12  
**Campus:** Kelvin Grove  
**Teaching period:** 2011 SEM-1

**HMB376 MOTOR DEVELOPMENT IN CHILDREN**  
This unit includes the theoretical perspective of normal and abnormal motor development, incorporating maturational, descriptive and behavioural aspects and the underlying sensory, perceptual, neurological and cognitive changes which influence motor development in children. A theoretical understanding of developmental differences and development delay in children with intellectual, sensory or physical disability. Experience is obtained in developmental and adapted physical activity programs.  
**Credit points:** 12  
**Contact hours:** 4 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2011 SEM-1

**HMB378 NEUROLOGICAL, PSYCHOLOGICAL AND MUSCULOSKELETAL DISORDERS**  
This unit builds on foundation units to examine selected disorders of human movement that have a neurological, psychological or musculoskeletal basis. The unit identifies major features of each disease together with assessment methods, and forms the basis for subsequent units in clinical exercise prescription.  
**Prerequisites:** HMB271, HMB272, HMB273, HMB274  
**Credit points:** 12  
**Campus:** Kelvin Grove  
**Teaching period:** 2011 SEM-1

**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:** 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

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

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. [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

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. [Designated unit]
Prerequisites: HMB470  Credit points: 36  Campus: Kelvin Grove  Teaching period: 2011 SEM-1 and 2011 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

HMB481 CLINICAL EXERCISE FOR CARDIORESPIRATORY AND METABOLIC DISORDERS
This unit covers the whole range of activities associated with the assessment and programming of exercise and activity for individuals with cardiorespiratory and metabolic disorders. The unit focuses on the screening, assessment, prescription and evaluation of exercise and activity in the treatment and management of these disorders, including disease-specific considerations.
Prerequisites: HMB373 and HMB382. HMB373 can be studied in the same teaching period.  Credit points: 12  Campus: Kelvin Grove  Teaching period: 2011 SEM-2

HMB482 CLINICAL EXERCISE FOR PSYCHOLOGICAL AND MUSCULOSKELETAL DISORDERS
This unit covers the whole range of activities associated with the assessment and programming of exercise and activity for individuals with neurological and musculoskeletal disorders. The unit focuses on the screening, assessment, prescription and evaluation of exercise and activity in the treatment and management of these disorders, including disease-specific considerations.
Prerequisites: HMB378  Credit points: 12  Campus: Kelvin Grove  Teaching period: 2011 SEM-1

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: Kelvin Grove  Teaching period: 2011 SEM-1
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

LSB658 CLINICAL PHYSIOLOGY
The aims of this unit are to help you develop a full understanding of how the pathophysiology of the major disorders of the human body derives from a knowledge and understanding of anatomy and physiology, and critical thinking and complex reasoning skills that provide you with a strong basis for cogently discussing and understanding case histories, their diagnoses and treatments.
Prerequisites: (LSB255 or LSB142 or LSB131) AND (LQB388 or LSB250 or LSB451 or LSB231)  Corequisites: LQB488  Antirequisites: LSB467  Assumed knowledge: Students should enrol in LQB488 in the same semester if not previously completed  Credit points: 12  Contact hours: 5 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

PUB220 MEDICAL TERMINOLOGY
This unit explores the language of medicine and analyses medical terms into Latin and Greek word roots, prefixes, suffixes and combining forms. Medical terms which relate to specific body systems are defined, spelled and pronounced accurately. Common abbreviations and symbols used in medicine are identified. Abstracts from patient records are explained and interpreted in non-technical language.
Credit points: 12  Contact hours: 3 per week  Campus: Kelvin Grove

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 (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

PYB007 INTERPERSONAL PROCESSES AND SKILLS
Psychology is generally a people-based profession with many positions involving not only understanding and testing people but communicating with them. More broadly however in most areas of modern work, and indeed within personal relationships, people need developed interpersonal skills and the ability to conceptualise interactive processes. The
microskills for communication are also the foundation for helping relationships and counselling.  

**Antirequisites:** PYB074, HHB113, PYB111  
**Credit points:** 12  
**Contact hours:** 3 per week  
**Campus:** Gardens Point and Kelvin Grove  
**Teaching period:** 2011 SEM-1 and 2011 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

**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

**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:** PQB105, SCB111 and SCB121  
**Credit points:** 12  
**Contact hours:** 5 per week  
**Campus:** Gardens Point  
**Teaching period:** 2011 SEM-1