Bachelor of Health Science (Nutrition) (PU40)

Year offered: 2010
Admissions: Yes
CRICOS code: 022142D
Course duration (full-time): 3 years
Domestic fees (indicative): 2010: CSP $3,180 (indicative) per semester
International Fees (indicative): 2010: $11,250 (indicative) per semester
Domestic Entry: February
International Entry: February
QTAC code: 425332
Past rank cut-off: 79
Past OP cut-off: 11
OP Guarantee: Yes
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: 288
Standard credit points per full-time semester: 48
Course coordinator: Ms Melinda Service
Discipline coordinator: Ms Danielle Gallegos
Campus: Kelvin Grove

Overview
Nutritionists work with the wider population to influence dietary patterns and behaviours as well as the wider food supply. They can work in a range of settings as diverse as public health and community nutrition, indigenous nutrition and health, consumer and public health, and promotion of nutrition through the media as journalists and editors.

Why choose this course?
The study of public health with a major in human nutrition involves understanding the promotion of health, as well as the prevention of diet related disease. The course is strongly grounded in a study of scientific principles and research methods, which are then applied to influence the wider environment affecting food supply, policy and eating behaviours.

The course gives graduates an understanding of human physiology and biochemistry, public health principles and policies, health promotion principles, public health nutrition, health service and project management. Students will be expected to undertake practical placement outside the university in real world settings. This course can lead on to study or research at the postgraduate level in nutrition and dietetics, health service management, environmental health, public health nutrition and public health generally.

Professional Recognition
Graduates of this three year full-time program are eligible to apply for membership of the Public Health Association of Australia (PHAA), Sports Medicine Australia (SMA), the Nutrition Society and other bodies, and Associate membership of the Dietitians Association of Australia (DAA).

Career options
Nutrition graduates can work in a variety of areas, including community health centres and public health areas; as service consultants to industry, government and both public and private institutions; in government, educational institutions, research, occupational health and the food industry.

The Bachelor of Health Science (Nutrition) also allows entry to other health-related and graduate positions.

Electives
Electives include clinical science, counselling, exercise science, health management and health promotion, public health and research.

Course structure
Year 1
You will begin to develop a theoretical knowledge base in chemistry, anatomy, food science, principles of food and nutrition and be introduced to contemporary health services and public health issues which will be relevant to you in your future careers in the health sector. Tutorials, workshops and a range of resources and activities will also facilitate the development of practical skills.

Year 2
Building on the foundational studies from your first year, you will develop a more consolidated and in-depth knowledge of biochemistry, physiology and nutritional science. You will also be introduced to nutrition in chronic disease, as well as epidemiology and evidence based practice.

Year 3
You will now apply and contextualise more the knowledge and skills gained in the first 2 years in relation to the health needs of varying population groups. You will learn the principles of project management and then actually undertake projects working with and assisting practitioners in real world settings such as community health centres, schools or business organisations. You are also able to choose electives in areas of interest to further develop your knowledge and skills in a range of areas.
Deferment

All domestic applicants offered admission to undergraduate award courses may apply to defer commencement of their study. A deferment application will not normally be considered for courses where specific admission requirements apply, for example submission of folios or undertaking auditions. Applicants are not entitled to hold a deferred place and hold a place in another QUT course for the same period.

Find out more on deferment.

Further Information

For more information about this course, please call the School of Public Health Student Centre on +617 3138 3368 or email sph.studentcentre@qut.edu.au

Full-Time Course Structure

<table>
<thead>
<tr>
<th>Year 1, Semester 1</th>
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<tbody>
<tr>
<td>LSB142  Human Anatomy and Physiology</td>
<td>PUB104  Australian Health Care Systems</td>
</tr>
<tr>
<td>PUB251  Contemporary Public Health</td>
<td>SCB111  Chemistry 1</td>
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<table>
<thead>
<tr>
<th>Year 1, Semester 2</th>
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<tbody>
<tr>
<td>LQB488  Medical Physiology 2</td>
<td>PUB201  Food and Nutrition</td>
</tr>
<tr>
<td>SCB121  Chemistry 2</td>
<td>PUB209  Health, Culture and Society</td>
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<thead>
<tr>
<th>Year 2, Semester 1</th>
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<tbody>
<tr>
<td>LQB381  Biochemistry: Structure and Function</td>
<td>LQB388  Medical Physiology 1</td>
</tr>
<tr>
<td>PUB326  Epidemiology</td>
<td>PUB474  Food Science</td>
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<th>Year 2, Semester 2</th>
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<tbody>
<tr>
<td>LQB481  Biochemical Pathways and Metabolism</td>
<td>PUB405  Nutrition Science</td>
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<tr>
<td>PUB436  Evidence Based Practice</td>
<td>PUB648  Diet, Nutrition and Chronic Disease</td>
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<tr>
<th>Year 3, Semester 1</th>
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<tbody>
<tr>
<td>PUB509  Community and Public Health Nutrition</td>
<td>PUB514  Contract/Project Management</td>
</tr>
<tr>
<td>PUB557  Health Needs of Indigenous Australians and</td>
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Other Populations

| PUB530  Health Education and Behaviour Change |

<table>
<thead>
<tr>
<th>Year 3, Semester 2</th>
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<tbody>
<tr>
<td>PUB875  Professional Practice</td>
<td>PUB875  Minor Elective</td>
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<td>PUB875  Minor Elective</td>
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Elective Lists

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<tbody>
<tr>
<td>You must ensure that you satisfy all prerequisites and that only one of the electives is at an introductory level.</td>
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Clinical Science

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<thead>
<tr>
<th>LSB658  Clinical Physiology</th>
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<tr>
<td>LSB365  Pathology</td>
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<tr>
<td>LSB438  Immunology 1</td>
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<tr>
<td>LSB492  Microbiology</td>
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<tr>
<td>LSB508  Advanced Metabolism</td>
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Counselling

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<thead>
<tr>
<th>PYB007  Interpersonal Processes and Skills</th>
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<tbody>
<tr>
<td>PYB208  Counselling Theory and Practice 1</td>
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<tr>
<td>PYB356  Counselling Theory and Practice 2</td>
</tr>
<tr>
<td>PYB359  Introduction to Family Therapy</td>
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<tr>
<td>PYB360  Interventions for Addictive Behaviours</td>
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Exercise

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<thead>
<tr>
<th>HMB273  Exercise Physiology 1</th>
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<tr>
<td>HMB274  Functional Anatomy</td>
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<tr>
<td>HMB277  Exercise and Sport Nutrition</td>
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<tr>
<td>HMB379  Disorders of Human Movement</td>
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<tr>
<td>HMB381  Exercise Physiology 2</td>
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Health Management

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<tr>
<th>PUB480  Health Administration Finance</th>
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<tr>
<td>PUB545  Health Policy, Planning and Advocacy</td>
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<tr>
<td>PUB609  Health Resource Allocation</td>
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<td>PUB611  Risk Management</td>
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Health Promotion

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<tr>
<th>PUB332  Sustainable Environments For Health</th>
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<td>PUB336  Women's Health</td>
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UNIT SYNOPSES

HMB273 EXERCISE PHYSIOLOGY 1
This unit describes the immediate physiological responses to exercise, and the adaptations that occur with long-term exercise training. Exercise places a demand on the human body to provide sufficient energy to perform. The metabolic, hormonal, cardiovascular and pulmonary systems must adapt to meet the challenge of homeostasis. The active skeletal muscle must increase extraction and utilisation of oxygen and other fuels, the cardiovascular system must respond to improved gas and fuel transport, and lung function must change to facilitate increased respiratory gas exchange.

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

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

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

HMB274 FUNCTIONAL ANATOMY
This unit includes the following: surface anatomy of the trunk and upper and lower limb; morphological and mechanical properties of bone, muscle-tendon units with implications for physical activity; joint structure and function; analyses of movement tasks including walking and running; cinematography and electromyography in functional anatomy of movement tasks.

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

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: 2010 SEM-1

HMB333 CHILD AND ADOLESCENT HEALTH
This unit focuses on the wide range of factors that impact on the health of individuals in the two crucial stages of life: childhood and adolescence. An analysis is made of knowledge, beliefs and skills required for promoting health-enhancing behaviours during these ages and experience is provided on some of the skills needed to assess and maintain the health status of children and adolescents.

Credit points: 12 Contact hours: 3 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
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

LQB381 BIOCHEMISTRY: STRUCTURE AND FUNCTION
This unit extends basic organic chemistry theory to the level of the biological macromolecules. A clear understanding of the structure and function of these molecules is essential to a student’s understanding of the metabolism of living cells. Hence this biomolecular unit is a fundamental prerequisite for all advanced units in the various disciplines in the field of life sciences.
**Prerequisites:** (SCB121 and SCB122) or (SCB111 and SCB121) or SCB113  **Antirequisites:** LSB275 and LSB325 and LSB308  **Credit points:** 12  **Contact hours:** 4 per week  **Campus:** Gardens Point  **Teaching period:** 2010 SEM-1

LQB388 MEDICAL PHYSIOLOGY 1
This unit deals specifically with the physiological systems that are responsible for the maintenance of health in humans. In the course of the semester students will investigate half the systems that constitute the human body (with the remainder having been dealt with in the first semester unit Physiology 1 [LQB388]). The unit offers a useful frame of reference for students enrolled in courses such as animal biology, biochemistry, microbiology, molecular biology, nutrition and human movements. Together with Physiology 1 [LQB388] this unit is a prerequisite to the third level units, Applied Physiology [LQB588] and will be of particular interest to students considering medicine as a postgraduate career option.
**Prerequisites:** LSB131, LSB142, LSB255, LSB258, NRB270, or SCB120  **Corequisites:** LSB658  **Antirequisites:** LSB458  **Credit points:** 12  **Contact hours:** 4 per week  **Campus:** Gardens Point  **Teaching period:** 2010 SEM-2

LSB142 HUMAN ANATOMY AND PHYSIOLOGY
The aim of this unit is to provide grounding in the principles of human anatomy and physiology. Following an introduction to the structure of the cell and the organisation of tissues, each of the major systems that constitute the human body are examined by the integrated study of their anatomy and physiology.
**Antirequisites:** LSB131, LSB182, LSB258  **Credit points:** 12  **Contact hours:** 4 per week  **Campus:** Gardens Point  **Teaching period:** 2010 SEM-1

LSB365 PATHOLOGY
Pathology introduces students to the study of the disease processes underlying the major diseases of human organ systems. General disease processes of the major specific diseases of the organ systems are introduced, and then become the focus in systematic pathology. An understanding of general and systematic pathology is fundamental to the application of basic biomedical knowledge to clinically relevant states and the major diseases. This unit provides students with the foundation knowledge needed for subsequent clinical semesters. On completion of this unit, students should know, understand and be able to apply facts, concepts and terms related to disease processes and the major diseases occurring in the organ systems.
**Prerequisites:** LSB250 and LSB255  **Credit points:** 12
Contact hours: 5 per week    Campus: Gardens Point
Teaching period: 2010 SEM-1

LSB438 IMMUNOLOGY 1
The mechanisms of the immune process including the nature of antigens, antibodies, antigen-antibody reactions, antibody formation, control of the humoral and cell-mediated immune responses, and immunisation of humans against infections are addressed in this unit.
Prerequisites: LQB386 and LSB250    Antirequisites: LSN438
Credit points: 12    Contact hours: 5 per week    Campus: Gardens Point    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

LSB508 ADVANCED METABOLISM
Detailed information is provided in this unit on the catabolic and anabolic pathways for the major molecules in mammalian systems. Important aspects of non-mammalian metabolism are described. Advanced concepts in bioenergetics and thermodynamics are described in the context of cellular metabolism. Integration of metabolism including production of mixed conjugates of biological significance such as amino-sugars and lipopolysaccharides, and hormonal regulation of metabolism are included.
Prerequisite(s): LSB408
Credit points: 12    Contact hours: 5 per week    Campus: Gardens Point    Teaching period: 2009 SEM-1

LSB658 CLINICAL PHYSIOLOGY
In this unit students explore the physiological basis, pathogenesis, clinical features and treatment rationale of the major disorders of the cardiovascular, respiratory, haematological, renal, gastrointestinal, nervous and endocrine systems. One of the objectives of the unit is to develop critical thinking and apply this to the discussion of pathophysiological cases.
Prerequisites: (LSB255 or LSB142 or LSB131) AND (LQB388 or LSB250 or LSB451 or LSB231)
Corequisites: LSB488
Assumed knowledge: Students should enrol in LSB488 in the same semester if not previously completed
Credit points: 12    Contact hours: 5 per week    Campus: Gardens Point    Teaching period: 2010 SEM-2

PUB104 AUSTRALIAN HEALTH CARE SYSTEMS
This is an important unit for students entering or planning to enter the health industry as it is designed to give a broad overview of systems of health care in Australia and their methods of operation. This unit introduces the role of health service managers as members of the health care team, the basic principles of health service management in health care facilities and beyond, and the functions of health service managers.
Credit points: 12    Contact hours: 3 per week    Campus: Kelvin Grove and External    Teaching period: 2010 SEM-1

PUB201 FOOD AND NUTRITION
This unit includes the following: an introduction to the history of food and nutrition in Australia; the food system; the food supply; proteins, carbohydrates, fats, vitamins and minerals; food grouping systems; dietary guidelines; the recommended dietary intakes; nutrition through the life cycle; food and nutrition problems; nutrition as a public health issue; and international nutrition issues.
Credit points: 12    Contact hours: 4 per week    Campus: Kelvin Grove and External    Teaching period: 2010 SEM-2

PUB209 HEALTH, CULTURE AND SOCIETY
This unit is concerned with the social and cultural dimensions of health and illness and how they relate to health status and patterns of behaviour. The unit introduces students to thinking about health from sociological and anthropological perspectives, drawing on relevant concepts and theory to examine selected public health issues. Identifying and addressing social and cultural factors that shape people's health experiences of health, illness and health systems are integral parts of public health practice in terms of reducing health inequalities, delivering appropriate services, and ultimately improving population health outcomes.
Credit points: 12    Contact hours: 3 per week    Campus: Kelvin Grove    Teaching period: 2010 SEM-2

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: 2010 SEM-1 and 2010 SEM-2
PUB326 EPIDEMIOLOGY
Epidemiology is the core scientific method of public health. It is the study of the distribution of health and disease in the population and includes research into causes of disease and the effectiveness of public health programs. Epidemiological methods are used to generate the evidence base for clinicians, health promotion specialists, health educators, occupational and environmental health officers and health service managers.

Antirequisites: HLN710  
Assumed knowledge: Successful completion of 96cp is assumed prior knowledge

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

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

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

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

PUB405 NUTRITION SCIENCE
Nutrition science examines a range of nutrient components in our food supply, including the biochemical pathways and physiological effects in the body, possible health implications of deficiency or toxicity and important dietary sources. It integrates nutritional knowledge with the science of biochemistry and clinical physiology and provides the foundation on which further studies in nutrition can be built.

Prerequisites: (LSB308 or LQB381) and PUB201 and (LQB481 or LSB408). (LQB481 or LSB408) can be enrolled in the same teaching period.

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

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

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

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

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

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

PUB474 FOOD SCIENCE
To fulfill their needs as future professionals working in food and nutrition related areas, students explore the nature of foods and their constituents, studying the underlying scientific principles related to the manufacture, preservation, distribution and the final production of food items for consumption. This unit is available ONLY in courses where it is listed as a core unit.

Credit points: 12  
Contact hours: 5 per week  
Campus: Kelvin Grove  
Teaching period: 2010 SEM-1

PUB480 HEALTH ADMINISTRATION FINANCE
This unit addresses the following: financial administration and resource/financial distribution within the Commonwealth and State governments; financial management in the health industry; financial analysis; planning and budgeting; working capital management in the health industry; health care financial performance and evaluation; and methodologies for costing health services.

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

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

Credit points: 12  
Contact hours: 4 per week  
Campus:
Kelvin Grove and External  

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

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

**PUB557 HEALTH NEEDS OF INDIGENOUS AUSTRALIANS AND OTHER POPULATIONS**  
The unit examines the health needs of a range of population groups, particularly the health needs of indigenous Australians. Health is viewed in its social and economic context. The unit allows a recognition and focus on particular health concerns that might not be considered significant in an examination of broad patterns of health. It forces a consideration of how strategies to improve health, including important questions of access and equity. The unit provides an overall picture of health patterns of indigenous Australians and other specific populations.  
Prerequisites: PUB251  
Credit points: 12  
Contact hours: 3 per week  
Campus: Kelvin Grove  
Teaching period: 2010 SEM-1

**PUB561 STATISTICAL METHODS IN HEALTH**  
The ability to analyse and interpret quantitative data is an important skill for all graduates in public health. This unit builds upon PUB326 Epidemiology and complements analytical methods learned in PUB461 Qualitative Enquiry in Public Health. Through critical review of the literature, and worked examples from a range of topic areas, students become familiar with the process of summarising and describing data, defining and testing hypotheses, univariate methods and tests of bivariate associations, the concept of adjustment and the interpretation and presentation of analytical results.  
Prerequisites: PUB326  
Antirequisites: PUN105  
Credit points: 12  
Contact hours: 3 per week  
Campus: Kelvin Grove  
Teaching period: 2010 SEM-1

**PUB565 INTERNATIONAL HEALTH**  
International health will broaden student's understanding of global health systems and programs, providing an advanced level analysis that explores systems and methods that have been devised to address population health problems in developing and developed countries. Students examine the historic context of the international health movement from the early 1900s to recent changes in global health systems, explore the diversity of services between and within countries, and consider issues of globalisation, economic reform, health equity and ethics. This unit is particularly relevant to students who are interested in international health development work.  
Prerequisites: PUB251  
Assumed knowledge: At least two years of study in health area, including PUB326 is assumed knowledge.  
Credit points: 12  
Contact hours: 3 per week  
Campus: Kelvin Grove  
Teaching period: 2010 SEM-1

**PUB609 HEALTH RESOURCE ALLOCATION**  
This unit aims to prepare students for participation in health sector decision making as underpinned by a range of health specific evaluation activities. The unit provides students with a grounding in the methodologies of health evaluation and resource allocation.  
Credit points: 12  
Contact hours: 3 per week  
Campus: Kelvin Grove and External  
Teaching period: 2010 SEM-2

**PUB611 RISK MANAGEMENT**  
Note: This unit is available externally only for Second Semester 2010.  
This unit provides students with the knowledge and skills for the assessment and quantification of risk in the workplace. It considers the various models available to investigate and analyse accidents and propose strategies to prevent similar incidents in the future. Various hazard identification techniques such as HAZOP, Fault Tree Analysis and FMEA are discussed. The unit provides students with the ability to position occupational health and safety within an organisation’s strategic decision making process.  
Credit points: 12  
Contact hours: 3 per week  
Campus: Kelvin Grove and External  
Teaching period: 2010 SEM-2

**PUB632 INDEPENDENT STUDY**  
Independent study allows students to study a topic which is not otherwise available as a formal unit. Students have the opportunity to pursue their studies relatively independently and to develop and practise skills in problem identification, evaluation and critical thinking. The study may be for example a literature review or a placement in a particular setting. The process and outcomes are negotiated in a contract with a supervisor.  
Assumed knowledge: Completion of 192 credit points, a GPA >5 and an approved supervisor are assumed knowledge and requirements for enrolment in this unit.  
Credit points: 12  
Campus: Kelvin Grove and External  
Teaching period: 2010 SEM-2

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

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

**PYB648 DIET, NUTRITION AND CHRONIC DISEASE**
This unit explores the most common and significant nutrition related chronic diseases of the world and introduces previous and current strategies aiming to prevent or manage these diseases. Psychosocial, cultural, political and economics factors will be discussed. Diseases overed include micronutrient deficiencies, obesity, diabetes, cardiovascular disease, cancer, dental disease and osteoporpsis. 

**Prerequisites:** PYB201 and PYB405. PYB405 can be enrolled in the same teaching period.  
**Credit points:** 12  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

**PYB875 PROFESSIONAL PRACTICE**
This unit is undertaken by students in the public health, and nutrition and dietetics strands of the BHlthSc. It provides students with the opportunity of working in one or a number of placements in a professional capacity in an area of interest to the student. It provides an opportunity for students to apply the knowledge and skills acquired through their course to a practical problem or workplace situation. 

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

**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:** 2010 SEM-1 and 2010 SEM-2

**PYB208 COUNSELLING THEORY AND PRACTICE 1**
This unit develops the student’s knowledge of the counselling process and skills and provides practice in changing the ways in which people express, conceptualise and respond to their concerns. It builds upon the communication skills and concepts introduced in PYB007 and introduces a range of counselling approaches. It emphasises skills in solution oriented approaches but also covers a range of models and skills for workers in crisis situations. It provides a basis for further studies in counselling in clinical settings requiring psychotherapeutic intervention, and other modes of delivery such as couple, family or group work. 

**Prerequisites:** PYB007 or PYB074 or HHB113 or SWB104 or PYB111 or PUB209  
**Credit points:** 12  
**Contact hours:** 3 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

**PYB356 COUNSELLING THEORY AND PRACTICE 2**
This unit focuses on the common facilitative factors within a counselling process paying attention to the person of the therapist and the counselling relationship. In order to respond appropriately and therapeutically to the needs of their clients, counsellors must have a clear understanding of the social and interactive processes which occur. Consideration of verbal, non-verbal, social, emotional, gender, psychological and social dimensions enables counsellors to develop effective, functional and client-focused relationships and to control biases, needs and possible exploitive practices. 

**Prerequisites:** PYB208  
**Credit points:** 12  
**Contact hours:** 3 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-1

**PYB359 INTRODUCTION TO FAMILY THERAPY**
Family therapy, based on a systemic or relationship understanding of human problems, has been one of the most significant influences in the fields of counselling and psychology in recent times. With the increasing emphasis on the family as a focus for social policy, support services, research, and intervention, it is important for counsellors and psychologists to have some familiarity with the basic concepts and skills of this broad approach. This unit focuses on providing basic skills and concepts from one particular approach which will be called ‘Constructive Therapy’, combining aspects of solution-focused therapy, possibility therapy, narrative therapy and reflecting team practice. 

**Prerequisites:** PYB208  
**Credit points:** 12  
**Contact hours:** 3 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

**PYB360 INTERVENTIONS FOR ADDICTIVE BEHAVIOURS**
Addictive behaviours, in the form of alcohol-dependence, substance abuse and gambling, are recognised as major problems nationally and internationally. This unit focuses predominantly on psychological aspects of addictive behaviours. To establish a framework for learning, classes initially review issues relating to psychological models of addiction and methods of studying addictive behaviours. Issues pertaining to the symptomatology, etiology and assessment of addictive behaviours, as well as the theoretical underpinnings of a range of therapeutic interventions are also discussed. This unit encourages...
critical thinking and analysis with the aim of enhancing students' understanding of the complex issues relating to management of addictive behaviours.

**Prerequisites:** PYB159 or PYB158 or PYB260 or NSB223  
**Credit points:** 12  
**Contact hours:** 1 week intensive between semesters 1 & 2  
**Campus:** Kelvin Grove  
**Teaching period:** 2010 SEM-2

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**SCB111 CHEMISTRY 1**
This unit covers the fundamentals of general and physical chemistry. Topics include atomic and molecular structure, introduction to chemical bonding, reaction stoichiometry, thermochemistry, gas phase chemistry, reaction kinetics, equilibrium, acids, bases, buffers, oxidation, reduction and electrochemistry. The practical program involves experiments illustrating a range of chemical reaction types including precipitation reactions, acid-base chemistry and redox chemistry using analytical experimental methods. A comprehensive tutorial program (CHELP) complements the lectures and is designed to assist students to develop the problem solving skills required for further study in chemistry and related sciences.

**Antirequisites:** SCB113  
**Credit points:** 12  
**Contact hours:** 4.5 per week  
**Campus:** Gardens Point  
**Teaching period:** 2010 SEM-1 and 2010 SEM-2

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**SCB121 CHEMISTRY 2**
Chemistry is the central science. This is a unit of fundamental importance as it covers the background and general principles that underpin understanding in many Science and Health related disciplines, particularly in regards to the chemistry of life. In this unit students will be introduced to fundamental aspects of chemistry including the electronic structure of atoms, chemical bonding and molecular structure. From this basis students will develop an understanding of the fundamentals of organic chemistry including chirality, functional groups and organic reactions which will lead to important bio-inorganic molecules and coordination complexes.

**Prerequisites:** (SCB111 or PCB142) . SCB111 can be studied in the same teaching period  
**Antirequisites:** SCB113  
**Credit points:** 12  
**Contact hours:** 4.5 per week  
**Campus:** Gardens Point  
**Teaching period:** 2010 SEM-1 and 2010 SEM-2