Faculty of Health

Year offered: 2011
Admissions: Yes

If your course rules allow, you may be able to choose to study a minor from another area of the University. Minors are sets of related units in a particular study area.

The introductory units in each minor have no prerequisites. Later units may have earlier units as prerequisites. Depending on class timetabling it may not be possible to complete all units in a University Wide Minor. Consult with your course coordinator and relevant discipline coordinators prior to undertaking interfaculty studies.

The units you complete in a University Wide Minor will appear on your academic transcript but the successful completion of a minor will only be shown if it exists as an option in your course.

Studies in Behaviour and Health unit set

PYB100  Foundation Psychology
PYB159  Alcohol and Other Drug Studies
PYB202  Social and Organisational Psychology
PYB203  Developmental Psychology
PYB307  Health Psychology

Studies in Behavioural Science unit set

PYB100  Foundation Psychology
PYB007  Interpersonal Processes and Skills
PYB110  Psychological Research Methods
PYB159  Alcohol and Other Drug Studies
PYB202  Social and Organisational Psychology
PYB203  Developmental Psychology
PYB204  Perception and Cognition
PYB208  Counselling Theory and Practice 1
PYB215  Forensic Psychology and the Law
PYB304  Physiological Psychology

Studies in Child, Youth and Families unit set

PYB007  Interpersonal Processes and Skills
SWB204  Child and Family Services: Introduction
SWB207  Services to Young People: Introduction
SWB211  Casework and Case Management
SWB216  The Human Dimensions of Space
SWB305  Community and Youth Corrections

Studies in Contemporary Social Issues unit set

PYB007  Interpersonal Processes and Skills
SWB103  Contemporary Social and Community Issues
SWB105  Introduction to Human Rights and Ethics
SWB211  Casework and Case Management
SWB219  Ethical and Legal Dimensions of Human Services and Social Work

Studies in Counselling unit set

PYB007  Interpersonal Processes and Skills
PYB159  Alcohol and Other Drug Studies
PYB208  Counselling Theory and Practice 1
PYB257  Group Work
PYB359  Introduction to Family Therapy

Studies in Health, Fitness and Wellness unit set

HMB171  Fitness Health and Wellness
HMB172  Nutrition and Physical Activity
HMB277  Exercise and Sport Nutrition
HMB313  Socio-Cultural Foundations of Physical Activity
HMB333  Child and Adolescent Health

Studies in Human Rights unit set
Studies in Human Rights unit set
Four units to be selected from:
EDB041 Indigenous Australia: Country, Kin and Culture
SWB105 Introduction to Human Rights and Ethics
SWB206 Disability Services: Introduction
SWB218 Social Change, Politics, Policy and Activism
SWB219 Ethical and Legal Dimensions of Human Services and Social Work

Studies in Public Health unit set
PUB251 Contemporary Public Health
PUB326 Epidemiology
PUB406 Health Promotion Practice
PUB530 Health Education and Behaviour Change

Studies in Organisational Behaviour unit set
PYB007 Interpersonal Processes and Skills
PYB100 Foundation Psychology
PYB202 Social and Organisational Psychology
PYB302 Industrial and Organisational Psychology

Studies in Road User Behaviour and Traffic Safety unit set
PYB100 Foundation Psychology
Plus three from:
PYB202 Social and Organisational Psychology
PYB371 Introduction to Road Safety
PYB372 Traffic Psychology and Behaviour
PYB374 Applying Traffic Psychology

UNIT SYNOPSES
EDB041 INDIGENOUS AUSTRALIA: COUNTRY, KIN AND CULTURE
This unit aims to expand understanding of issues of importance to Indigenous people and to relate those issues to the practices in human service agencies. The Oodgeroo staff and leaders from the Indigenous community will work with staff from Social Work and Human Services in presenting this unit.

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

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

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

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

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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:** 2011 SEM-2

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

**Antirequisites:** PUB329, PUB341  **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

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

**Prerequisites:** PUB251 or PUB530  **Credit points:** 12  **Contact hours:** 3  **Campus:** Kelvin Grove  **Teaching period:** 2011 SEM-2

**PUB530 HEALTH EDUCATION AND BEHAVIOUR CHANGE**
This unit gives students the skills to bring about change in health-related behaviours through educational interventions. Topics covered include key health education and behaviour change theories, frameworks, strategies; approaches to bring about change in different contexts; research and design of educational interventions to suit different target populations in different settings, using evidence-based practice; and health literacy as a function of health education.

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

**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

**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

**PYB110 PSYCHOLOGICAL RESEARCH METHODS**
This unit includes the following: an overview of the purposes and strategies of research; elementary research design;
operationalising variables; descriptive statistics; distributions; measures of central tendency and spread; standard scores and percentiles; understanding relationships between variables through correlation and regression; an introduction to hypothesis-testing procedures using t-tests.

NOTE for Summer 2010 students:
Teaching will not commence until January 2011.
Students should set aside the full 2 weeks + 1 day for the unit. Final exam will be on Friday 28 January.

Credit points: 12  Contact hours: 3 per week   Campus: Kelvin Grove    Teaching period: 2011 SUM-2 and 2011 SEM-2

PYB159 ALCOHOL AND OTHER DRUG STUDIES
This unit aims to give students an understanding of the extent of substance abuse in our community: who uses what, where and when; the models that have been advanced for understanding substance abuse; the intervention and therapeutic models utilised within the field; the effects of substance abuse, physiologically, socially and psychologically.

Assumed knowledge:
Introductory psychology unit and 96 credit points of first year units are assumed knowledge.

Credit points: 12
Contact hours: 3 per week  Campus: Kelvin Grove  Teaching period: 2011 SEM-1

PYB202 SOCIAL AND ORGANISATIONAL PSYCHOLOGY
People are social beings. Their thoughts, feelings and actions are influenced by the real, imagined or implied presence of others. To obtain greater insight into people's behaviour, it is essential to investigate scientifically the relationship between the individual and the group. We will study the effects of the individual within the group and the group within the individual and also consider the influence of these processes in the organisational setting.

Prerequisites: (PYB100 or PYB102 or PYB101) or (Admission into PY08)  Credit points: 12  Campus: Kelvin Grove  Teaching period: 2011 SUM-2 and 2011 SEM-2

PYB203 DEVELOPMENTAL PSYCHOLOGY
This unit provides an introduction to life span developmental psychology. It unit covers the major theories of life span development and includes biological, social and cognitive aspects of development from birth through to old age. It emphasises the interdependency of all aspects of development and the importance of the physical, family, socio-cultural and historical contexts within which development occurs. The unit aims to develop the student's understanding of general patterns of human development and of the ways in which the development of particular individuals and groups may vary from these general patterns.

Prerequisites: (PYB012 or PYB101 or PYB102 or PYB100) or (Admission into PY08)  Credit points: 12  Contact hours: 3 per week  Campus: Kelvin Grove  Teaching period: 2011 SEM-2

PYB204 PERCEPTION AND COGNITION
Cognitive psychology is a major empirical and theoretical area of psychology which explores the processes and structures involved at each stage of information processing within the brain. The structures and processes involved in perception provide the brain with its basic information about both the external world and many of the current states of the individual. Higher level cognitive processes and structures provide the foundation upon which more complex aspects of behaviour are based. The unit is placed in second semester of second year so that students following the normal course structure have an adequate background in research design and data analysis.

Prerequisites: ((PYB100 or PYB101 or PYB102) and PYB110) or (Admission into PY08)  Credit points: 12  Campus: Kelvin Grove  Teaching period: 2011 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: 2011 SEM-2

PYB215 FORENSIC PSYCHOLOGY AND THE LAW
Forensic Psychology is readily acknowledged as one of the fastest growing areas of psychology in the world. Psychologists are now involved significantly in policing, judicial procedures and correctional processes. By its very nature the study of psychology and law draws from a wide multi-disciplinary base for the application of specialised knowledge. As a student of this discipline area, you will need a broad introductory appreciation of (and a critical
perspective on) what the study of psychology and the law involves and what it has to offer across the three criminal justice domains of the police, the courts, and corrections. **Prerequisites:** PYB012, PYB101, PYB102 or PYB100  
**Assumed knowledge:** 96 credit points of first year units is assumed knowledge.  
**Credit points:** 12  
**Contact hours:** 3 per week  
**Campus:** Gardens Point  
**Teaching period:** 2011 SEM-1

**PYB257 GROUP WORK**
This unit provides an opportunity for experiential group learning, either intensively or in regular program times. It examines types of groups and varieties of group experiences: the importance and uniqueness of group medium; understanding behaviour in the group context; theories and models of group development; leader and member behaviours; planning; implementing and evaluating group methods; establishing groups and planning group approaches; the group as a therapeutic community; evaluating group work; ethical issues.  
**Prerequisites:** PYB007 or PYB074 or HHB113 or PYB111  
**Antirequisites:** HHB214 and SWB214  
**Credit points:** 12  
**Contact hours:** 1 week intensive between semesters 1 & 2  
**Campus:** Kelvin Grove  
**Teaching period:** 2011 SEM-2

**PYB307 HEALTH PSYCHOLOGY**
This unit examines the psychological dimension of physical illness, health, and health care. There is a strong focus on health psychology in an Australian context with particular emphasis on cross-cultural and indigenous health-related issues. The unit examines definitions of health and health psychology; the role of health psychology; the determinants of health behaviours (e.g., cognitive, attitudinal, motivational, personality, social, developmental); medical settings and patient behaviour; patient and practitioner communication; stress, illness, and coping; pain and pain management; chronic and terminal illness in childhood and adulthood.  
**Prerequisites:** PYB100, PYB101 or PYB102  
**Assumed knowledge:** Successful completion of all first and second year units is assumed knowledge.  
**Credit points:** 12  
**Campus:** Kelvin Grove  
**Teaching period:** 2011 SEM-2

**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:** 2011 SEM-2

**PYB371 INTRODUCTION TO ROAD SAFETY**
This unit introduces the key principles and practices in road safety. Special emphasis is given to the broad context of road use/transport in society and the economic and social implications of road crashes. It introduces the basics of information retrieval, road crash analysis and interpretation, and the strategic development of road safety countermeasures.  
**Credit points:** 12  
**Contact hours:** 3 per week  
**Campus:** Kelvin Grove  
**Teaching period:** 2011 SEM-1

**PYB372 TRAFFIC PSYCHOLOGY AND BEHAVIOUR**
This unit reviews the wide range of factors that influence the behaviour of road users, particularly those that contribute to the incidence of road crashes or exacerbate their severity. It
collaborative technologies. There are a number of interesting options open for assessment. [SWB105 is incompatible with HHB114]

**Antirequisites:** HHB114  Credit points: 12  Campus: Gardens Point and Kelvin Grove  Teaching period: 2011 SEM-1 and 2011 SEM-2

**SWB204 CHILD AND FAMILY SERVICES: INTRODUCTION**
This unit is designed to introduce second year students to child and family welfare studies and focuses on approaches to supporting families and promoting change. Initially students will gain an overview of issues facing contemporary Australian families that contribute to family adversity and examine responses to the welfare needs of children and families, including Indigenous families. Students will then critically examine characterisations of successful family relationships and parenting, theories on causes and effects of domestic violence and child maltreatment and the effect of maltreatment on children. [SWB204 is incompatible with HHB204]

**Antirequisites:** HHB204  Credit points: 12  Campus: Kelvin Grove

**SWB206 DISABILITY SERVICES: INTRODUCTION**
This unit links social justice, human rights and empowerment philosophies underpinning courses in the School. It examines the implications of these broad principles in the lives of people with disabilities. The unit explores the theoretical, social and political frameworks for analysing and understanding disability, the principles underpinning current service provision and their impact on the lives of people with disabilities using the service. Also explored are the cultural values and assumptions about disability, and the processes by which these values are translated into human service activity. Finally, the unit examines individual program planning and skill development practices. [SWB206 is incompatible with HHB206]

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

**SWB207 SERVICES TO YOUNG PEOPLE: INTRODUCTION**
This unit provides an introduction to human services practice with young people. It gives students an overview from both theoretical and operational perspectives. The various theoretical and popular understandings about 'youth' or 'adolescence' which condition human services provision to young people will be critically explored. Diversity and marginalisation among young people in relation to socio-economic status, gender, race and ethnicity, disability, sexual identity, and geographic location will be examined. The unit briefly overviews contemporary policies, services, and practice frameworks oriented to young people.
[SWB207 is incompatible with HHB207]
Credit points: 12  Campus: Kelvin Grove

SWB211 CASEWORK AND CASE MANAGEMENT
Casework and case management are the predominant human services practice methods and involve a range of processes and skills to ensure that service outcomes are effective and efficient. This unit compares and contrasts casework and case management strategies and approaches across a variety of practice contexts and scenarios. Students explore and analyse primary skills, tasks and roles including assessment, referral, brokering, review, advocacy, record keeping and workload management. Key learning strategies include problem based learning and the review, design and modification of a case management system for a particular practice context. Assessment is a scenario based exam and project paper. [SWB211 is incompatible with HHB211]
Antirequisites: HHB211  Credit points: 12  Campus: Kelvin Grove  Teaching period: 2011 SEM-2

SWB216 THE HUMAN DIMENSIONS OF SPACE
This unit is a component of the Community Studies major and covers the role of space in contemporary societies: key types of spaces and patterns in their usage; spaces as sites for cultural and symbolic expression; understanding the way inequality can and is reproduced through the configuration and management of space; understanding the way particular public spaces are used and experienced by particular sections of the community eg young people; key issues in public space configuration, management and policy eg enhancing social inclusion, safety and security; links between the economic and social, new urbanism; emerging theory and ideas about good practice in the development or reconfiguration of public and community accessed public spaces. [SWB216 is incompatible with HHB216]
Antirequisites: SWB212  Credit points: 12  Campus: Kelvin Grove  Teaching period: 2011 SEM-2

SWB218 SOCIAL CHANGE, POLITICS, POLICY AND ACTIVISM
Social activists, including social workers and human service practitioners, commonly work with and on behalf of disadvantaged persons, vulnerable groups and marginalised communities. While multi-causal, the life circumstances of the disadvantaged, vulnerable and marginalised are heavily influenced by the exercise of political power and policies of government. Accordingly, professional practitioners engaged in social activism need to have a thorough understanding of the structure and processes of government and an appreciation of the ‘art’ of real world politics - ‘realpolitik’ - and how this shapes policy change. This unit provides you with an introduction to power, politics and government and serves as a foundation for a range of other units. It explores the relationship between political power and disadvantage and encourages you to consider the political sphere of your profession. [SWB218 is incompatible with HHB218]
Antirequisites: SWB208  Credit points: 12  Campus: Kelvin Grove  Teaching period: 2011 SEM-2

SWB219 ETHICAL AND LEGAL DIMENSIONS OF HUMAN SERVICES AND SOCIAL WORK
This unit aims to produce graduates who have a comprehensive knowledge of the ethical and legal dimensions of human service practice and an understanding of the relevance of such dimensions for professional practice and the empowerment of the disadvantaged. [SWB219 is incompatible with HHB277]
Prerequisites: SWB100 and SWB105  Antirequisites: HHB277  Credit points: 12  Campus: Kelvin Grove  Teaching period: 2011 SEM-2

SWB305 COMMUNITY AND YOUTH CORRECTIONS
This unit recognises the need for an overview and understanding of the Queensland community and youth correction systems by Human Service and Social Work practitioners. It provides the legislative framework and structures, processes and principles of the youth and criminal justice system. It explores evidence based interventions and provides practice models and assessment frameworks.
It provides theory and practice skills for working with Indigenous people and examines the role of practitioners in Youth Justice Services and the Department of Corrective Services. The unit requires all students to engage in independent and group activity through seminars, to engage in case studies, critical reflection and active discussions. [SWB305 is incompatible with HHB305]
Credit points: 12  Campus: Kelvin Grove  Teaching period: 2011 SEM-1