

# SCHOOL OF EXERCISE BIOMEDICAL AND HEALTH SCIENCES

## COURSE PLANNER

### BACHELOR OF HEALTH SCIENCE: HEALTH PROMOTION (E70) – 2009

This Course planner provides a step-by-step guide to help you program your future studies. If you encounter any difficulties in using the Course Planner please seek advice from the School Student Support Officer on 6304 5997.

#### GENERAL INFORMATION

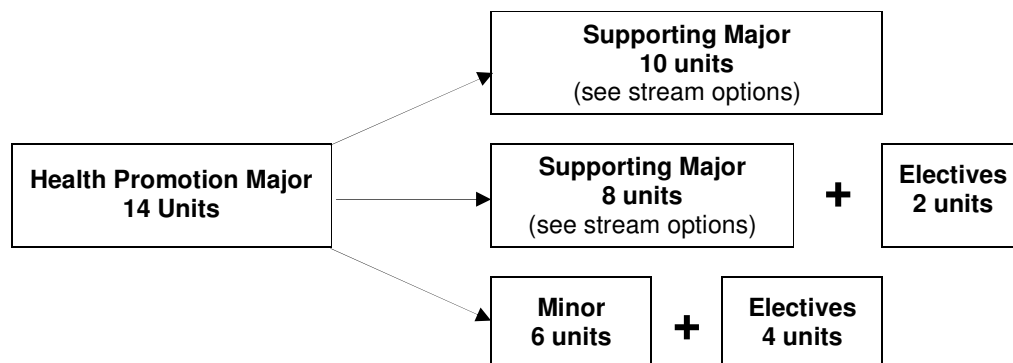
Course Code for Bachelor of Health Science: E70

The degree requires 24 units (**360 Credit Points for graduation**).

Each unit from the Bachelor of Health Science = 15 Credit Points.

Within the 360 Credit Points of the Bachelor of Health Science, there cannot be more than 150 Credit Points obtained from Level I units.

Bachelor of Health Science: Health Promotion students take a 14 unit Major in Health Promotion and either a 10 unit Supporting Major (in the specialist streams) OR 8 unit Supporting Major (in the specialist streams) + 2 unit electives OR a 6 unit minor (from the below list or other approved minor) + 4 unit electives.



A **Supporting Major** program of 10 units or 8 units + 2 Electives may be taken. These approved majors include: Addiction Studies, Leisure Sciences, Nutrition, Biomedical Science, Occupational Safety and Health, Sport Science.

**OR**

A **Minor** program of 6 units & 4 **Electives** may be taken. These approved minors include Addiction Studies, Children and Family Studies, Leisure Sciences, Nutrition, Occupational Safety and Health, Psychology, Sports Science, Youth Work.

NOTE: PROGRAMS (SUPPORTING MAJOR OR MINOR) OUTSIDE THESE MUST SEEK APPROVAL FROM COORDINATOR.

Units from outside the School of Exercise, Biomedical and Health Sciences may not hold the same Credit Point weighting.

**Course Schedule Planner:** The recommended Course Schedule below will assist you. Please note units are only in the semester indicated below.  
**Full-time study: 3-4 units per semester. Part-time study: 1-2 units per semester**

### BACHELOR OF HEALTH SCIENCE (HEALTH PROMOTION) - Full-Time Study Program

Unit Code	Unit Name	Pre-requisites	Campus Availability	Unit Code	Unit Name	Pre-requisites	Campus Availability
<b>YEAR ONE</b>							
<b>Semester 1</b>				<b>Semester 2</b>			
HST1121	Personal Health	NIL	OL, JO	MAT1114	Introductory Statistics	NIL	OL, JO
HST1124	Health Communication	NIL	OL, JO	HST1122	Health in Society	NIL	OL, JO
HST1120	Introduction to Health Promotion	NIL	OL, JO	HST1109	Epidemiology	NIL	OL, JO
	Minor unit				Minor unit		
<b>YEAR TWO</b>							
<b>Semester 1</b>				<b>Semester 2</b>			
HST2122	Health Research Methodology	NIL	OL, JO	HST2120	*Community Development in H.P.	NIL	OL, JO
HST2220	H.P. Planning and Administration	HST1120	OL, JO	HST2100	*Health Promotion: Practicum 1	HST1120	OL, JO
	Minor unit				Minor unit		
	Elective unit				Elective unit		
<b>YEAR THREE</b>							
<b>Semester 1</b>				<b>Semester 2</b>			
HST3150	Intro to Health Services Management	HST1120	OL, JO	HST3200	Health Promotion Practicum 2	HST2120	OL, JO
HST3104	Rural Health	NIL	OL, JO	HST3501	Health Research Project	HST2122	OL, JO
	Minor unit				Minor unit		
	Elective unit				Elective unit		

Recommended Minors:	Relevant Electives:
Addiction Studies	HST1150 Fundamental Principles of Occupational Safety & Health
Biomedical Science	HST2184 Communicable Diseases Control
Nutrition	HST2185 Environmental Diseases
Sports Science	HST2222 School Health
Children & Family Studies	HST3213 Women's Health Issues
Leisure Sciences	ADS1151 Addiction Studies: Fundamental Concepts
Psychology	ADS3355 Addiction Studies: Social Action
Youth Work	SCH1134 Human Structure and Function
Occupational Safety and Health	PSY1101 Introduction to Psychology
	PHR1102 Critical Thinking
	NUT1111 Food & Nutrition
	MKT3232 Social Marketing
	CMM2113 Health Journalism

\*HST2120 and HST2100 should be taken during 2<sup>nd</sup> year of the course and not to be attempted by 1<sup>st</sup> year students.

**JO = on-campus      OL = on-line**

Course Planners 2009 Health Promotion

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## BACHELOR OF HEALTH SCIENCE: HEALTH PROMOTION – Unit Description

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### **MAT1114 – Introductory Statistics**

This unit deals with the methods and skills of organising, summarising and presenting numerical data. The concepts of estimation and hypothesis testing are studied, with the emphasis on analysing real data. Calculators and the computer packages EXCEL and MINITAB are used throughout the unit.

### **HST1109 – Epidemiology**

This unit provides an introduction to the epidemiological concepts necessary for studying the distribution and determinants of disease in human populations.

### **HST1120 – Introduction to Health Promotion**

This unit introduces the philosophical basis, current theories, practical applications and basic strategies, methods and evaluation of health promotion.

### **HST1121 – Personal Health**

This unit will examine some major influences on personal health, such as human relationships, coping with stress, depression, grief and loss, youth suicide, disease prevention including cancer, cardiovascular disease, nutrition, and the use of alcohol and tobacco. Emphasis is placed on health maintenance and the adoption of a healthy lifestyle.

### **HST1122 – Health in Society**

The aim of this unit is to analyse the social context of health and health promotion. The unit is designed to introduce students to an understanding of the social and cultural factors which influence health and health behaviour. Sociological concepts and theories will be studied to provide frameworks for the analysis of health in society.

### **HST1124 - Health Communication**

This unit is an introduction to communication strategies essential to working in the health professions. It examines written, verbal and group communication strategies in various settings.

### **HST2100 – Health Promotion Practicum 1**

*Prerequisite :*

*HST1120 Introduction to Health Promotion*

Students further their understanding of theoretical concepts of health promotion by undertaking at least 60 hours of work experience in a health promotion agency.

### **HST2120 – Community Development in Health Promotion**

This unit studies community development theory and action, and the application of such approaches to health promotion issues.

### **HST2122 – Health Research Methodology**

*Prerequisite :*

*MAT1114 Introduction Statistics*

In this unit the emphasis is on the development of quantitative and qualitative research skills which have direct relevance to community health issues. It will equip students with the ability to apply a range of practical research methodologies to health programs and the capacity to critically evaluate health projects.

### **HST2220 – Health Promotion Planning and Administration**

*Prerequisite :*

*HST1120 Introduction to Health Promotion*

This unit introduces the concepts central to health promotion planning and administration. It examines the planning and administration requirements prior to, and during implementation of health promotion programs, and evaluation during and after implementation of such programs.

**HST3104 – Rural Health**

*Prerequisite :*

*HST1120 Introduction to Health Promotion*

Health and health care delivery can differ significantly in rural and remote areas of Australia. This unit examines the principles of equity and equality, highlighting their particular importance for understanding rural and remote health issues in Australia. The relationships between health, social, economic and political issues are analysed and the implications for health professionals and health services in rural areas are outlined.

**HST3150 – Introduction to Health Services Management**

This unit provides students with a range of management theories and approaches, and stimulates consideration of their appropriateness and application within health care organisations. Students will also be introduced to the processes of planning, control, decision-making and communication.

**HST3200 – Health Promotion Practicum 2**

*Prerequisite :*

*HST2120 Community Development in Health Promotion*

Students further their understanding of theoretical concepts of health promotion by undertaking at least 60 hours of work experience in a health promotion agency.

**HST3501 – Health Research Project**

*Prerequisite :*

*HST2122 Health Research Methodology*

This unit is designed to consolidate research skills through the production of an independent research report. Specifically students will pursue in depth an area of interest in health science by conducting a health research project.