Diploma Of Health Sciences

Course Outline

Campus	Melbourne Burwood Campus / Geelong Waurn Ponds Campus
Intake	March, June, October
CRICOS	059996G
Course Duration	The duration of the Diploma course is three trimesters (12 months). There is an option, however, to fast track the course and complete it in two trimesters (8 months).
Teaching Methods	Instruction for all units is classroom based. Generally, four hours of class contact per week are allocated to each unit. Some units have additional laboratory hours/practical classes.
Assessment	Assessment for all units is ongoing and continuous consisting of tests, assignments and case study analysis. Most units have a final two-hour examination.
Course Structure	Eight units must be completed and passed to be awarded the Diploma.
Units	HBS107 Understanding Health HBS108 Health Information and Data HBS109 Human Structure and Function HBS110 Health Behaviour HPS111 Psychology A: Fundamentals of Human Behaviour ♓ HPS121 Psychology B: Individual and Social Development ♓ HSE101 Principles of Exercise and Sport Science† ♓ HSE102 Functional Human Anatomy ♓ HSH111 Introduction to Public Health and Health Promotion HSH112 Local and Global Environments for Health HSN101 Foundations of Food, Nutrition and Health ♓ HSN103 Food: The Environment and Consumers ♓ HSN107 Physiology of Human Growth and Development SEP122 Physics for Life Sciences♓ SLE111 Cells and Genes ‡ ♓ SLE115 Essential Skills in Bioscience ♓ SLE133 Chemistry in Our World ‡ SLE132 Biology: Form and Function ‡ SLE155 Chemistry for the Professional Sciences ‡ *

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	♓ This unit may not be offered every trimester. ‡ All students who study these units must complete a Laboratory and Fieldwork Safety Induction Program (SLE010 for SLE units), which is a compulsory safety training program. † All students who study this unit must complete a Level 2 First Aid course at their own expense. * You must successfully complete SLE133 Chemistry in our World before enrolling in SLE155 Chemistry for the Professional Sciences (Pre-requisite)
Transfer to Deakin University	The following transfer criteria apply: • You must complete and pass eight Deakin College Diploma of Health Sciences units*. • You must achieve the required Weighted Average Mark (WAM) for your Deakin College diploma taking into account all units attempted at Deakin College (required WAM's are included under each Deakin University degree on the following pages). * Transfer to some degrees requires specific Deakin College units to be completed in order to receive the appropriate credits (see Deakin University degrees below).

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Bachelor of Health Sciences B G W T1 T2

International Students WAM: **B** 50 **G** 50 **W** 50
Australian Students WAM: **B** 50 **G** 50 **W** 50
Credits for Transfer: 8

Majors
Environmental Health B
Core units: ● HBS107 ● HBS108 ● SLE111 ● HSN101

Exercise Science B G
Core units: ● HBS107 ● HBS108 ● HSE102 ● HBS109

Family Society and Health B
Core units: ● HBS107 ● HBS108

Food Studies B
Core units: ● HBS107 ● HBS108 ● HSN101

Health and Sustainability B
Core units: ● HBS107 ● HBS108 ● HSH112

Health Promotion B G W
Core units: ● HBS107 ● HBS108 ● HBS110

Medical Biotechnology G
Core units: ● HBS107 ● HBS108

Nutrition B G W
Core units: ● HBS107 ● HBS108 ● HSN101 ● HBS109

People, Society and Disability B
Core units: ● HBS107 ● HBS108

Physical Activity and Health B G W
Core units: ● HBS107 ● HBS108 ● HBS110

Psychology B G W
Core units: ● HBS107 ● HBS108 ● HPS111 ● HPS121

Sport Coaching B
Core units: ● HBS107 ● HBS108

Note: If choosing to major in Family Society and Health, Food Studies, Health and Sustainability, Medical Biotechnology, People, Society and Disability and Sports Coaching, students will be required to take additional first year degree units when they transfer to Deakin University. The degree may therefore take longer to complete.

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Bachelor of Biomedical Science B G T1 T2
International Students WAM: **B** 50 **G** 50
Australian Students WAM: **B** 70 **G** 60
Credits for Transfer: 8

Majors

Cell and Molecular Biology B
Core units: ● SEP122 ● SLE111 ● SLE115 ● SLE132 ● SLE133 ● SLE155

Environmental Health B
Core units: ● HBS107 ● HSN101 ● SEP122 ● SLE111 ● SLE115 ● SLE132 ● SLE133 ● SLE155

Infection and Immunity G
Core units: ● SEP122 ● SLE111 ● SLE115 ● SLE132 ● SLE133 ● SLE155

Medical Biotechnology G
Core units: ● SEP122 ● SLE111 ● SLE115 ● SLE132 ● SLE133 ● SLE155

Note: If choosing to major in Infection and Immunity or Medical Biotechnology, students will be required to take additional first year degree units when they transfer to Deakin University. The degree may therefore take longer to complete.

Bachelor of Exercise and Sport Science B G T1 T2
International Students WAM: **B** 50 **G** 50
Australian Students WAM: **B** 50 **G** 50
Credits for Transfer: 8

Majors

Exercise Physiology B G
Core units: ● HBS108 ● HBS109 ● HBS110 ● HSE101 ● HSE102

Physical Activity and Health B G
Core units: ● HBS107 ● HBS108 ● HBS109 ● HBS110 ● HSE101 ● HSE102

Sports Coaching B
Core units: ● HBS108 ● HBS109 ● HBS110 ● HSE101 ● HSE102

Sports Nutrition B
Core units: ● HBS108 ● HBS109 ● HBS110 ● HSE101 ● HSE102 ● HSN101

Note: You will need to take HSE103 as an additional first year degree unit when you transfer to Deakin University. The degree may therefore take longer to complete. Students wishing to major in Sports Coaching at Deakin University will also need to undertake HSE105 and HSE106.
Students awarded any Credit for Prior Learning in Deakin University's Bachelor of Exercise and Sport Science course may not be eligible for immediate accreditation with Exercise and Sport Science Australia (ESSA).

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Bachelor of Food and Nutrition Sciences B T1 T2
International Students WAM: **B** 50
Australian Students WAM: **B** 50
Credits for Transfer: 8

Majors

Food Science (highly recommended) B
Core units: ● HBS109 ● HSN101 ● HSN103 ● HSN107 ● SLE133 ● SLE155*

Exercise Science B
Core units: ● HBS109 ● HSE102 ● HSN101 ● HSN103 ● HSN107 ● SLE133 ● SLE155*

Health Promotion B
Core units: ● HBS109 ● HBS110 ● HSN101 ● HSN103 ● HSN107 ● SLE133 ● SLE155*

Physical Activity and Health B
Core units: ● HBS107 ● HBS109 ● HBS110 ● HSN101 ● HSN103 ● HSN107 ● SLE133 ● SLE155*

Psychology B
Core units: ● HBS109 ● HPS111 ● HPS121 ● HSN101 ● HSN103 ● HBS107 ● SLE133 ● SLE155*

Note: You will need to take HSN104 and HSN106 as additional first year degree units when you transfer to Deakin University. The degree may therefore take longer to complete.

*Recommended elective unit for the Bachelor of Food and Nutrition Sciences course. This unit is essential for students interested in undertaking future studies in Deakin University's Master of Dietetics course.

Bachelor of Psychological Science B G W T1 T2
International Students WAM: **B** 50 **G** 50 **W** 50
Australian Students WAM: **B** 50 **G** 50 **W** 50
Credits for Transfer: 8

Core Units: ● HBS107 ● HBS108 ● HBS110 ● HPS111 ● HPS121

Bachelor of Public Health and Health Promotion B T1
International Students WAM: **B** 50
Australian Students WAM: **B** 50 **G** 50
Credits for Transfer: 8

Core Units: ● HBS107 ● HBS108 ● HBS110 ● HSH111 ● HSH112

Note: You will need to take HSH113 as an additional first year degree unit when you transfer to Deakin University. The degree may therefore take longer to complete.

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Bachelor of Sport Development B T1
International Students WAM: **B** 50
Australian Students WAM: **B** 60
Credits for Transfer: 4

Core Units: ● HBS107 ● HBS109

Additional Units (2): Students should choose two from the following:
● HBS108 ● HBS110 ● HSE102 or HPS121
And any (4) Electives

Note: You will need to take ●HSE105 ●MMS101 ●MMS100 ●MMK277 and ● MMM240 as additional first year degree units when you transfer to Deakin University. The degree may therefore take longer to complete.

Deakin University Campuses and Trimester codes
B Melbourne Burwood Campus **G** Geelong Waurn Ponds Campus **W** Warrnambool Campus
T1 Trimester 1 entry **T2** Trimester 2 entry
NOTE: for Australian students entry is for T1 only. T2 entry is subject to availability of places.

CRICOS Codes: Bachelor of Arts (Psychology) 077384J, Bachelor of Biomedical Science 058793E, Bachelor of Exercise and Sport Science 045332G, Bachelor of Food and Nutrition Sciences 079318C, Bachelor of Health Sciences 052823G, Bachelor of Nursing 018327G, Bachelor of Psychological Science 079316E, Bachelor of Public Health and Health Promotion 012753D, Bachelor of Sport Development 058665B

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Unit Outlines

PLEASE ENSURE YOU CHECK THE TRIMESTER 3 2015 UNIT OUTLINE FOR ANY CONTENT AND ASSESSMENT UPDATES.

HBS107 Understanding Health

This interdisciplinary unit examines the diversity of media and other images of health and meanings attributed to health, interactions that influence the health of individuals and populations, health issues in urban and rural Australia (and global contexts) and explores a range of models and approaches and their impact on health outcomes.

Assessment: 20% readings review, 30% research assignment, 50% final examination

HBS108 Health Information and Data

In this unit you will learn about using online resources to search for, retrieve and evaluate a range of health information and data. The emphasis in this unit is the comprehension and critical appraisal of health information. This unit will introduce you to measuring health and disease in populations, qualitative methods, finding health information and data, research study designs, understanding research statistics and an introduction to evidence based practice and critical appraisal.

Assessment: 50% trimester assignments, 50% final examination

HBS109 Human Structure and Function

This unit provides an overview of the basic sciences of human anatomy and physiology, exploring issues of relevance to the health sciences. The unit covers the human body, chemical and structural bases of cell function, body tissues, support and movement through an understanding of the musculo-skeletal system and the maintenance of key systems.

Assessment: 40% practical class quizzes, 20% intra trimester tests, 40% final examination

HBS110 Health Behaviour

This multidisciplinary unit examines the impact of lifestyle factors and behaviours on health. Students undertake experiential and reflective learning approaches to engage with the strategies and principles of successful behaviour change and maintenance.

Assessment: 55% trimester assignments, 45% final examination

HPS111 Psychology A: Fundamentals of Human Behaviour

This unit explores the fundamental biological underpinning of human psychology. This includes the genetic and neurological bases of behaviour, including how these processes are influenced by various environmental factors. It explores the processes that make us human, ranging from primitive and adaptive functions, such as motivation and emotion, to higher order concepts such as intelligence. The unit explores the notion of consciousness and what it means to think, and how memory and learned experiences influence who we are and how we behave. The focus is primarily on the individual elements that contribute to our understanding of human behaviour. The content is designed to allow students to reflect on their own experience with the world, and to encourage them to derive meaning from understanding the psychological processes at play.

Assessment: 50% trimester assessment, 50% final examination

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HPS121 Psychology B: Individual and Social Development

This unit focuses on the science of the human individual in context. Different theoretical perspectives of psychological concepts relating to how we function as individuals in a social world are contrasted and evaluated throughout the unit. We begin by looking at how we – as both biological and social beings – develop throughout the lifespan as we explore the complex interaction between biological and environmental influences. Various theoretical perspectives are applied to explore what makes up our individual personalities and how personality is assessed. The impact of psychological disorders on individual and societal wellbeing is considered, and the different therapeutic approaches used to treat these disorders are analysed. We then examine the power of situational, societal and cultural influences on behaviour.

Assessment: 40% laboratory reports, 60% final examination

HSE101 Principles of Exercise and Sport Science

The unit introduces students to the historical, philosophical and sociological perspectives of sport and exercise science. They will examine how and why science informs professionals in sport, exercise and health related occupations. Students are introduced to the disciplines of exercise physiology, motor learning, biomechanics, sport and exercise psychology and nutrition.

Assessment: 20% fact sheet, 30% lab reports, 50% final examination. Hurdle requirement: completion of Level 2 First Aid course at student's expense.

HSE102 Functional Human Anatomy

This unit is designed to provide students with a comprehensive overview of the structure and function of the musculoskeletal system and how it relates to normal and abnormal human movement. A detailed analysis of the functional anatomy of the skeletal, articular, neural and muscular systems is explored.

Assessment: 20% practical worksheets, 10% class test, 30% practical exam; 40% final examination

HSH111 Introduction to Public Health and Health Promotion

This unit is designed to provide students with an understanding of the principles of public health and health promotion. Topics include: the evolution of public health and health promotion, its milestones, achievements and champions; approaches including biomedical, behavioural, social, ecological, empowerment, other; settings for action including physical, social, ecological, and political environments; the new public health/health promotion in developing countries; current and emerging trends, issues, and at risk groups; public health/health promotion in practice: realities versus the theory in local contexts; mapping public health/health promotion action and the core competencies required to participate in and lead such action; the role of research to inform public health/health promotion practice and to shift agendas.

Assessment: 40% essay, 40% group presentation, 20% reflective journal

HSH112 Local and Global Environments

This unit introduces key concepts around environmental health and explores the relationship between the natural, built, social, economic and political environments and human health. This unit also introduces the concepts of sustainable development, ecosystem health and environmental justice. Humans do not exist in isolation, whether from other humans (who constitute and create the social, economic and political environment) or from their physical, chemical, geographic, biological, ecological or climatic surrounds. These different forms of environment have many impacts on human health.

Assessment: 30% reflective learning journals, 20% multiple choice test, 50% major group presentation

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HSN101 Foundations of Food, Nutrition and Health

This unit is an introduction to the broad areas related to food including how culture, society, and the environment influence the foods we eat. In addition the relationship between food and science is explored and how the relationship is used to develop new foods. The intention is to provide students with an overview of key areas of current interest in how the foods we eat today developed.

Assessment: 10% multiple-choice tests, 40% assignment, 50% final examination

HSN103 Food: The Environment and Consumers

This unit introduces students to food consumers and the influences of their food purchasing and consumption behaviours. There are two main themes: 1) situational and psychological influences consumers' food behaviours; 2) Global influences on behaviour.

Assessment: 50% assessment, 50% final examination

HSN107 Physiology of Human Growth and Development

This unit aims to develop student's knowledge of the biological and physiological basis of human growth and development across the lifespan. Fundamentals of cell biology and metabolism will be applied to physiological changes occurring during foetal life, followed be the postnatal, infancy, childhood, adolescence and ageing life stages. The fundamentals of genetics and inheritance of human traits will be developed with an emphasis on inborn errors of metabolism and polymorphisms affecting nutrient needs..

Assessment: 20% multiple choice tests, 30% assignment, 50% final examination

SEP122 Physics for the Life Sciences*

This unit gives an introduction to basic physics, with examples relevant to biological and medical systems. Topics addressed in this unit are: basic mechanics, work and energy, heat and thermal properties, fluid properties, waves, sound and hearing, optics, light and the eye, electric fields and potential, atoms, introduction to modern physics. Applications in biological fields are discussed.

Assessment: 32% assignments, 18% laboratory work, 50% final examination

SLE111 Cells and Genes*

This unit will introduce students to the characteristics of life. The structure and function of cells will be examined including cell reproduction, membrane organization, cell communication and cell metabolism. Classical and molecular aspects of genetics will be examined including patterns of inheritance, molecular structure of DNA, mechanisms and control of gene expression and the basic principles of DNA technology. Genetic control of development of multicellular organism will be introduced.

Assessment: 15% Class test, 7% bioinformatics assignment, 33% practical exercises, 45% final examination.
To obtain a pass in the unit, students must submit and pass at least 4 of the 5 practical class assessments.

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SLE115 Essential Skills in Bioscience

This unit is the first of a sequence of professional practice units designed specifically for students in the first year of biosciences. The unit will focus on development of generic skills which will be of practical value to students in their bioscience studies. It will draw upon and the scientific content of other first year units and utilise this context for skill-building exercises. These exercises will include data analysis and presentation, library research methods, scientific writing and referencing, mathematics and statistics. The unit introduces basic concepts in pharmacology and encourages students to investigate the broad range of career options available to them in the field of bioscience

Assessment: 20% mid-trimester test, 30% three assignments, 50% final examination

SLE132 Biology: Form and Function*

This unit provides an introduction to plant and animal systems. The first topic explores the relationships between animal structures and their functions, and investigates the physiological processes that enable animals to adjust to environmental changes. The second topic examines the structure and functions of plants and will include morphology and growth, reproductive biology, nutrient acquisition and transport. While the focus is on flowering plants, other plant groups and the non-plant eukaryotes fungi and algae will be discussed.

Assessment: 15% class tests, 30% practical exercises, 10% assignments; 45% final examination

SLE133 Chemistry in Our World*

This introductory unit is intended for students with minimal chemistry background. You will learn about substances in the world around us. You will learn about chemical measurement and how to perform calculations related to the amount of substance; simple concepts of how atoms are bonded together to form molecules, and ions, and how their bonding affects properties like intermolecular interactions, boiling points, ease of evaporation and the ability of substances to dissolve in water. You will apply these concepts of bonding, chemical change and measurement to the acidity and basicity of substances and the formation of buffers. You must have completed SLE010 in the current or a previous trimester, before you can attend any laboratory sessions.

Assessment: 20% in-class quizzes, 30% laboratory exercises and reports, 10% active tutorial participation, 40% final examination.
To be eligible to obtain a pass in this unit students must achieve at least 50% in the laboratory component.

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SLE155 Chemistry for the Professional Sciences*

In this unit, you will build on your previous chemistry knowledge about atoms, molecules, properties, reactions, measurement and acidity. You will extend your knowledge to more advanced chemical naming, structures, and hypervalent bonding. You will be introduced to chemical equilibria, solution chemistry, simple organic compounds, chirality and thermochemistry. This unit will lead to further studies in biochemistry, chemistry and related areas like food and nutrition, forensic science, molecular biology and science education. This unit can also be taken as an elective unit for students who want a greater knowledge of chemistry to enhance their degree and broaden their sphere of employability.

Students are advised to first complete SLE131 or SLE133. You must have completed SLE010 in the current or a previous trimester, before you can attend any laboratory sessions.

Assessment: 20% weekly in-class quizzes, 30% laboratory exercise, 10% active tutorial participation, 40% final examination.
To be eligible to obtain a pass in this unit students must achieve at least 50% in the laboratory Component

SLE010 Laboratory and Fieldwork Safety Induction Program

This zero credit point unit is a program of safety information for students involved in scientific laboratory work and fieldwork. The program encompasses biological and chemical hazards, building evacuation procedures, laboratory accident management and first aid procedures and safety work procedures particular to laboratory and fieldwork.

Assessment: 100% multiple-choice examination (60 minutes). To be eligible to obtain a pass in this unit students must achieve a minimum mark of 70%. Multiple attempts at the quiz are allowed and students will print a certificate which is valid for three years.

** Enrolment in these units is subject to OH+S training currently conducted via SLE010 Laboratory and Fieldwork Safety Induction Program*

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