

# UNDERGRADUATE GUIDE

## HEALTH & HUMAN SCIENCES 2017



BIOMEDICAL SCIENCE  
OSTEOPATHIC STUDIES

PSYCHOLOGICAL SCIENCE  
SPORT & EXERCISE SCIENCE



David Szumowski, graduate. See story page 7.

**It's all about U**

[scu.edu.au/healthscience](http://scu.edu.au/healthscience)

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## SCHOOL OF HEALTH & HUMAN SCIENCES

The School of Health and Human Sciences produces capable and creative health practitioners and researchers, prepared for work in Australia's growing health and human sciences sector.

Courses are innovative and industry-relevant, and developed in conjunction with professional organisations to ensure they meet appropriate accreditation requirements.

The School is committed to ensuring students undertake professional experience placements in the industry, as an integral part of their course, to provide them with a practical understanding of their chosen field and the opportunity to gain experience working in clinical teams in multidisciplinary settings.

The University also operates the SCU Health Clinic at the Lismore and Gold Coast campuses, providing health services to students, staff and the general public as well as a facility for students to undertake clinical practice under the supervision of qualified practitioners.

### Studying at SCU

Studying at Southern Cross University involves a range of learning experiences. It can vary based on your course of study, your location and your mode of study.

You may take part in face-to-face lectures, workshops and tutorials, video-conferenced lectures, podcasts, online units and discussion forums using cutting-edge technologies. You can bring your own device onto campus and use SCU's extensive wireless network or access study materials off-campus as long as you have an internet connection.

Students in all health degrees have access to world-class facilities featuring specialised labs for tuition, practical hands-on training and research. The mobile laboratory (Sim Truck) and accommodation trailers are also used when necessary, to support students on workplace training in rural or remote areas.

For a short video about the School of Health and Human Sciences, visit: [scu.edu.au/healthscience](http://scu.edu.au/healthscience)

## Why study at SCU?

★ Ranked in the top 500 universities in the world.  
*Times Higher Education World University Rankings 2015-2016*



★ Outstanding research achievements. Rated 'at world standard' or above in 24 research areas.  
*Excellence in Research for Australia 2015 (ERA)*  
visit: [scu.edu.au/era](http://scu.edu.au/era)

★ Rated 'well above world standard' in Nursing; and Complementary and Alternative Medicine. Rated 'above world standard' in Human Movement and Sports Science; and Medical and Health Sciences.

★ Degrees accredited with professional and statutory bodies.

★ Hands-on experience and technical support in specialist health laboratories and simulated wards.

★ Supervised practical placements in clinical settings and professional workplaces.

## Degrees which put you in the workplace

Students in the **biomedical science** degree will complete approximately 300 hours of professional placement in various settings.

**Osteopathy** students in the clinical sciences degree undertake about 800 hours of supervised professional placements, treating a diverse range of patients.

**Sport and exercise science** students undertake a 120-hour placement under professional supervision in settings such as health and fitness centres, sporting institutes and recreation centres.

Professional experience placements require students to fulfil certain prerequisites prior to attending placement (e.g. a working with children check and National Police Certificate). Prior to applying for a course offered by the School of Health and Human Sciences, please consider the important information regarding these requirements, available at [scu.edu.au/healthplacements](http://scu.edu.au/healthplacements)

# BACHELOR OF BIOMEDICAL SCIENCE

The Bachelor of Biomedical Science provides a scientific understanding of the structure and function of the human body and the interrelationships between health and disease. Students develop problem solving skills, and learn how to apply those skills to their chosen discipline. A number of electives are available to enable students to learn about their chosen fields of study from both scientific and health perspectives.

Graduates of this degree may qualify for entry into a range of graduate health professional programs including postgraduate medicine, pharmacy and physiotherapy.

## Major areas of study

This course enables students to gain knowledge and understanding of human health and the connection between disease processes and scientific laboratory investigations. Units include biochemistry, human physiology, anatomy, immunology, neuroscience, microbiology, clinical bacteriology, health law and ethics, research methods, and other areas relevant to biomedical science.

## Professional placement

The course structure includes about 300 hours of professional placement for students to gain workplace experience in health and research facilities, such as pathology labs or medical research labs, visit: [scu.edu.au/healthplacements](http://scu.edu.au/healthplacements)

## Facilities and resources

Specialist facilities include fully equipped scientific laboratories including the chemistry lab for biomedical sciences and biochemistry, and state-of-the-art facilities for human anatomy and physiology, visit: [scu.edu.au/healthlabs](http://scu.edu.au/healthlabs)

## Your career

Positions in biomedical, health, university and government research; hospital, veterinary and pathology laboratories and scientific sales; quality assurance, health departments and pharmaceutical and cosmetic industries. Graduates may also pursue postgraduate studies in the medical field.

## Summary

**Location:** Gold Coast

**Duration:** 3 years full-time or 6 years part-time

**UAC code:** 335165

**QTAC code:** 059661

**Total units:** 24 | **Indicative ATAR:** 68 | **Indicative OP:** 14

## Joseph Teege, international exchange Bachelor of Sport and Exercise Science, Bachelor of Laws

Joseph spent a semester in the US on exchange with the California Lutheran University (CLU).

SCU International helped arrange an International Student Exchange Program scholarship (thanks to the Australian Government) to cover some of his expenses.

“During my time studying abroad I took classes suited to the sports management aspect of my degree. Learning different content at CLU was exciting. A lot of concepts were quite new to me as the majority of the units I’d done at SCU were exercise science and law related.

“Studying at CLU helped me to develop contacts through networking with people in the sport management and law professions. This was amazingly advantageous for me as it has always been an interest of mine to work in the United States. Networking has made this goal much more realistic once I finish my degree at SCU.

“Socially, it was great catching up with the American friends I shared with at Orion College student accommodation (when they were studying at SCU Lismore). They acted as my tour guides the whole time. I immersed myself in American culture and sport.

“I went to my first NBA (basketball) game, Disneyland and did Halloween. I checked out local West Coast beaches like Malibu and Ventura. I visited the world famous Venice Boardwalk and Santa Monica Pier where movies like Titanic, Iron Man and Forrest Gump were filmed. In New York, I saw Times Square, Broadway, the Statue of Liberty and the World Trade Centre Memorial. One of the big highlights was watching an NFL football game.

“Studying abroad has given me a greater understanding and appreciation of a different culture. You learn so much about another country’s culture and customs by living it every day. It’s the sort of thing nobody can teach you. Not only do you learn so much about others and what makes them so unique, you learn a lot about yourself and who you really are.”



# BACHELOR OF CLINICAL SCIENCES (OSTEOPATHIC STUDIES)

The Bachelor of Clinical Sciences (Osteopathic Studies) has a strong clinical focus and provides students with a comprehensive grounding in biomedical science and health.

During the course, students gain the knowledge and skills required to continue postgraduate studies in osteopathic medicine. To become a registered osteopath, successful completion of the Bachelor of Clinical Sciences (Osteopathic Studies) and the Southern Cross University Master of Osteopathic Medicine is required.

## Major areas of study

Students are introduced to the philosophical and biological underpinnings of the osteopathic concept of health. They develop foundational skills in diagnosis and technique that are utilised in osteopathic clinical practice.

The course includes the study of advanced levels of anatomy and physiology, particularly the structure and function of the muscular and nervous systems.

## Professional recognition

In Australia, entry level training in osteopathic medicine is accredited by the Osteopathy Board of Australia and this pathway is currently undergoing the accreditation process which is due to be completed late 2016. Registration in Australia gives mobility across all states and territories and New Zealand.

## Professional placement

Professional placements provide students with about 800 hours of experience in the practice of safe and effective manual therapy and the application of a wide range of treatment and management plans. Students have opportunities to work with a diverse range of patients in areas including injury and illness prevention and management, rehabilitation and health promotion. Clinical practice-based learning is also undertaken at the SCU Health Clinic, at the Lismore campus.

Visit: [scu.edu.au/healthplacements](http://scu.edu.au/healthplacements)

## Facilities and resources

Specialist facilities include fully-equipped scientific laboratories for biomechanics and biochemistry, the anatomy and physiology lab, anatomy cadaver lab, chemistry lab and manual therapies lab, visit: [scu.edu.au/healthlabs](http://scu.edu.au/healthlabs)

## Your career

Provides a pathway into graduate entry osteopathy. The Bachelor of Clinical Sciences (Osteopathic Studies) together with the SCU Master of Osteopathic Medicine provides a professional, entry-level program that produces graduates who are eligible to register as practitioners of osteopathic medicine. Total full-time duration for both courses (undergraduate and Master) is four years.

## Summary

**Location:** Lismore

**Duration:** 3 years full-time or 6 years part-time

**UAC codes:** 335115

**QTAC codes:** 055111

**Total units:** 24 | **Indicative ATAR:** 68 | **Indicative OP:** 14

## Brad McCarthy

**Principal Osteopath and Director,  
Allied Osteopathy Integrative Health Clinic  
Bachelor of Clinical Sciences (majors Human  
Structure and Function; Osteopathic Studies)  
Master of Osteopathic Medicine**

Brad says his SCU degree has prepared him well to be an osteopath.

“My business is a very visible osteopathy clinic – and that’s deliberate. I want to create a successful business where people in the community can experience osteopathy and see where it fits in conjunction with other allied health modalities.

“We offer an holistic approach to health care covering the mind, body and nutrition. Allied Osteopathy is a five-room, multi-modality clinic where all the practitioners – osteopath, massage therapist, naturopath, dietitian, diabetes educator, psychologist, and clinical psychologist – work together, at times on the same patient.

“I believe in talking people through their osteopathic treatment so they have knowledge to help themselves outside the treatment room. I believe it can be beneficial if people develop a further understanding about what’s happening with their body.

“The degree was more than I expected. I can’t say enough about the course structure and the lecturers. It was put together fantastically and well-delivered. There was plenty of hands-on clinical time in the SCU Health Clinic, plus I worked extra hours with an osteopath for the duration of the course.”



# BACHELOR OF PSYCHOLOGICAL SCIENCE

The Bachelor of Psychological Science provides the first three years of full-time (or part-time equivalent) study and training required to prepare graduates for employment in a range of careers that require critical thinking and an understanding of human psychological factors. Many graduates pursue postgraduate training to become registered psychologists to provide clinical services, while others work in psychological research or other community settings. The degree focuses on providing a thorough knowledge of the theoretical basis of psychological science and prepares students to conduct an independent research project.

Upon completion of the degree, eligible students may undertake a fourth year of study by enrolling in the accredited Bachelor of Psychological Science with Honours. Completion of this fourth year of study is the minimal educational qualification to apply for conditional registration as a postgraduate intern in psychology in Australia.

The course strikes a balance between research, theory and application to provide skills relevant to the public and private sectors. Indigenous material is integrated into the curriculum.

## Major areas of study

The course aims to equip students with analytical skills in solving human, organisational and community-wide problems; competency in the design of research and interpretation of research findings; and a comprehensive understanding of statistical methods.

The structure moves from basic theory to application, with a strong emphasis on acquisition of an understanding of the scientific principles leading to effective professional practice. Some second and third year units involve applied skills (e.g. personal reflection, demonstration of testing methods and other assessment techniques and methods for facilitating behaviour change) while others emphasise areas in experimental psychology, statistics and research methods.

## Professional recognition

The course has Australian Psychology Accreditation Council (APAC) accreditation for entrance into postgraduate training.

## Facilities and resources

The psychology labs provide a library of psychological tests and equipment to conduct research into various aspects of human behaviour and brain function including social and cross-cultural psychology, cognitive neuroscience, language and reading, executive function and emotion, biological motion, learning, eye movements, motor control, auditory perception, visual perception, visual motion and virtual reality, visit:

[scu.edu.au/healthlabs](http://scu.edu.au/healthlabs)

## Your career

In government departments, particularly those connected with health, social and disability services, youth services and corrective services; the armed services, research agencies such as the CSIRO, and in education. Private industry is also a large employer of those with psychology degrees who receive further specialised training for work in management, human resources and corporate consultancy services.

## Summary

**Locations:** Coffs Harbour, Distance Education

**Duration:** 3 years full-time or 6 years part-time

**UAC codes:** 335152

**QTAC codes:** 055351

**Total units:** 24 | **Indicative ATAR:** 68 | **Indicative OP:** 14

## Alira Bayndrian

**Clinical Psychologist, Australian Psychology and Wellness Centre**

**Bachelor of Psychology with Honours**

*Now Bachelor of Psychological Science (3 years) plus the Bachelor of Psychological Science with Honours (1 year)*

**First Class Honours – Australian Psychological Society prize winner 2007**



After gaining her psychology qualifications, Alira Bayndrian moved to Alice Springs in the Northern Territory to work for the Department of Health, providing therapeutic services to children, young people and their families with moderate to severe mental health issues.

“I worked primarily as a clinician for the first 12 months before taking on the management of the Child and Youth Mental Health Team, later managing the team while maintaining my clinical role seeing clients. I saw children up to age 18 who had experienced significant amounts of trauma. The position also incorporated remote work, flying or driving up to 800 kilometres to visit families in remote Aboriginal communities.

“SCU provides a good learning environment because it’s not intimidating and there are modern psychological science facilities and equipment. The statistics units proved useful when I was managing the mental health team in the Northern Territory. I was able to interpret data and report to management.”

Now living on the NSW Mid North Coast, Alira works at the Australian Psychology and Wellness Centre, where her client base includes adults as well as children. She also runs a child psychology clinic once a fortnight at Coffs Harbour’s Galambila Aboriginal Health Service Inc.

# BACHELOR OF SPORT AND EXERCISE SCIENCE

The Bachelor of Sport and Exercise Science gives students the required knowledge, skills and attitudes to practise as professionals in the field of sport and exercise science. The degree equips graduates for diverse employment opportunities across a range of sport and health-related areas. It enables students to focus their study through the choice of specialised majors to meet their career aspirations as well as areas of personal interest. Field experience is a feature of the course and provides the opportunity for students to apply theory and knowledge in practical industry settings. This enables students to develop a professional approach to their training and career education.

## Majors

Core content contains areas such as anatomy, physiology, biomechanics, exercise physiology, motor control/learning, fitness and performance assessment, exercise programming and prescription, exercise psychology, nutrition, and research methods and statistics.

Students select one major from the following:

**Education:** this major offers graduates a pathway to an SCU degree in secondary teaching, potentially leading to registration as a PDHPE teacher for eligible students (L).

**Exercise Science:** this major enables students to study at a more advanced level in subject areas such as exercise biochemistry and sport and exercise psychology. It also covers areas related to the operation and management of sport and fitness organisations (GC, L, CH).

**Nutrition:** this major examines food and nutrition in the context of exercise science, human health, disease processes and social issues. It includes content such as biochemistry, food science, nutritional science, and nutrition across the lifespan (GC, L, CH).

GC – Gold Coast L – Lismore CH – Coffs Harbour

## Professional recognition

The Bachelor of Sport and Exercise Science delivered from the Lismore campus is accredited by Exercise and Sport Science Australia (ESSA) at the Exercise Science level. The course is also recognised by the National Strength and Conditioning Association (NSCA) of America. Under current ESSA procedures, accreditation for Gold Coast and Coffs Harbour campuses will be completed in 2017 and 2018, respectively. Subject to successful accreditation, all graduates, regardless of the major completed, will be eligible for full membership as Exercise Scientists with ESSA. Visit: [www.essa.org.au](http://www.essa.org.au)

Graduates of the Bachelor of Sport and Exercise Science may undertake further postgraduate study at SCU to gain registration as an Accredited Exercise Physiologist (AEP).

All graduates are eligible to receive the Certificate III and IV in Fitness through TAFE NSW, and to apply for Exercise Professional Registration with Fitness Australia (FA). Graduates meet the requirements of the Level 1 Australian Strength and Conditioning Association (ASCA) coaching accreditation, making them eligible to register as Level 1 Strength and Conditioning Coaches.

The Nutrition major is designed to meet curriculum prerequisites for entry into several accredited postgraduate programs leading to registration as an Accredited Practising Dietitian (APD). Students interested in this pathway should refer to universities offering accredited postgraduate dietetic programs regarding enrolment requisites. Graduates of the Bachelor of Sport and Exercise Science who have completed the Nutrition major may be eligible to become an Associate Nutritionist with the Nutrition Society of Australia.

## Professional placement

Students complete a 120-hour placement of their choice during their third-year studies and some students have the option of an additional placement. These normally occur during the breaks between teaching sessions. Field experience provides the opportunity to apply theory and knowledge in practical settings.

Placements are undertaken under professional supervision in health and fitness centres, sporting organisations or clubs, schools, academies and institutes of sport, or sport and recreation centres. The types of positions can include, but are not limited to, assisting personal trainers, health educators, strength and conditioning or sports coaches, sporting event coordinators or recreation officers. Students may also work as research assistants for sport products, manufacturing or business.

## Facilities and resources

Specialist facilities include fully equipped scientific laboratories to study anatomy, exercise physiology, biomechanics and biochemistry, as well as facilities for analysing human movement, strength and conditioning, visit: [scu.edu.au/healthlabs](http://scu.edu.au/healthlabs)

## Your career

As exercise scientists in sports coaching, strength training and conditioning, sport development, performance testing and talent identification, personal training and gym instruction, health promotion, occupational rehabilitation and sports or recreation management. Some graduates also choose to pursue further study at postgraduate or graduate entry level to become an allied health professional in areas such as clinical exercise physiology, physiotherapy, occupational therapy, nutrition/dietetics or to become a PDHPE teacher.

## Summary

**Locations:** Gold Coast, Lismore, Coffs Harbour

**Duration:** 3 years full-time or 6 years part-time

**UAC codes:** GC – 338160; L – 335100; CH – 335154

**QTAC codes:** GC – 056181; L – 055001; CH – 055551

**Total units:** 24 | **Indicative ATAR:** 68 | **Indicative OP:** 14

# DOUBLE DEGREE

Double degrees give students the opportunity to study two disciplines concurrently. Students who undertake a double sport and exercise degree with law are candidates for both degrees.

By electing to study your sport and exercise science degree as a double degree with law, you have the opportunity to gain an understanding of the law as it applies to the health, sport, fitness or leisure industries through a comprehensive suite of law electives and a range of sport and exercise science units.

The Bachelor of Laws fulfils the academic requirements for admission to the legal profession. Professional admission

authorities also require law graduates of all universities to complete practical legal training or similar to be eligible to practise as a lawyer. Students who intend to practise law outside Australia should check with the relevant country's admission body to confirm their practising requirements.

Applicants who do not have the required entry mark for a double degree with law are encouraged to apply for the single, partner degree. If those students achieve the required grade point average during that course, they may then apply for transfer into the double degree.

## Summary

Degree	Locations	UAC codes	QTAC codes	Indicative ATAR and OP	Duration
Bachelor of Sport and Exercise Science, Bachelor of Laws**	Gold Coast, Lismore	GC – 336163, L – 336106	GC – 056861, L – 056081	Indicative ATAR: 89 Indicative OP: 6	5 years full-time or 10 years part-time.

Please note that some majors and units may not be available at each location. Unit availabilities are published for each study period and may vary from year to year.

\*Please note that some units in this course are only available to study by distance education.

^Both distance education and on-campus students attend compulsory workshops for some law units. Visit: [scu.edu.au/lawworkshops](http://scu.edu.au/lawworkshops)

## David Szumowski

Newcastle Cricket Chief Executive Officer and Northern NSW Development Leader, Cricket NSW

Bachelor of Human Movement Science

Now Bachelor of Sport and Exercise Science



As the national cricket coach of France for three years, David Szumowski helped develop cricket there and took the team from sixth to fourth in Europe's 2nd division. Returning to Australia in 2009, David served as the Cricket NSW Development Manager – North Coast before being put in charge of cricket in Newcastle and across northern NSW.

“Cricket has been my lifelong passion. I got my first taste of the Sydney Cricket Ground as a 16-year-old Inverell kid at the Cricket NSW country boys’ coaching class. That same year I represented NSW in under-18s indoor cricket. That love of cricket put me in the mindset of doing sport at SCU.”

David majored in sport management at the Lismore campus. After graduation, he was manager at a Gold Coast indoor cricket centre and then moved overseas for several years.

“When I decided I was staying in France, I Googled ‘cricket in France’ and stumbled across the European Cricket Council which is part of the ICC (International Cricket Council). I got the job as the French national coach; no doubt being an Aussie and our success at the game helped. At the same time, I was a sports teacher at an international school in Lille, doing cricket and a few other sports. The Bachelor degree gave me guidelines for structuring sports programs and session plans.”

As EO of Newcastle Cricket, David’s priority is to address the need for a combined, single focus to grow and promote cricket in Newcastle and the surrounding areas.

“In this role, I’m drawing on all my experience as coach, development leader and in particular what I learned in my postgraduate study at SCU. The Master of International Sport Management degree was fantastic and having that type of practical qualification is important if you want to be an effective sports administrator. I learned about sport as a business. As long as you understand the principles of business you can take that into any sporting organisation.”

## Key dates for 2017 entry

SCU has a teaching calendar of three sessions. Depending on the course of study, this can enable students to spread their study load, or to accelerate and complete their degree in less time than the usual duration indicated on the course pages.

**All dates in the table opposite are provisional only and may be subject to change.** For the most up-to-date information visit the SCU teaching calendar page at: [scu.edu.au/teachingcalendar](http://scu.edu.au/teachingcalendar)

UAC and QTAC dates may also be subject to change. For the latest information visit:

[www.uac.edu.au](http://www.uac.edu.au)

[www.qtac.edu.au](http://www.qtac.edu.au)

Also note that late UAC and QTAC applications incur an extra fee.

### CAMPUS TOURS AVAILABLE ALL YEAR ROUND

T: 1800 626 481 E: [campustours@scu.edu.au](mailto:campustours@scu.edu.au)

Rising Stars Scholarship applications for 2017	Open July 2016 Check website for closing dates: <a href="http://scu.edu.au/scholarships">scu.edu.au/scholarships</a>
UAC and QTAC on time applications for 2017 entry (Session 1)	Open early August 2016 Close late September 2016
<b>STAR Entry Scheme opens</b>	Early July 2016
<b>STAR Entry Scheme offers</b>	Early December 2016
<b>SCU Info Days</b>	2, 7 and 9 December 2016
<b>UAC and QTAC main round offers</b>	Mid January 2017 <i>For the full list of offer rounds visit the UAC and QTAC websites</i>
<b>Session 1 teaching dates</b>	27 February – 26 May 2017
Orientation	22 – 24 February 2017
<b>Session 2 teaching dates</b>	10 July – 6 October 2017
Orientation	5 – 7 July 2017
<b>Session 3 teaching dates</b>	6 November 2017 – 31 January 2018
Orientation	1 – 3 November 2017

## 5 steps to SCU

### 1 Choose a course



[scu.edu.au/courses](http://scu.edu.au/courses)

### 2 Find out more



[campustours@scu.edu.au](mailto:campustours@scu.edu.au)

[scu.edu.au/yourfuture](http://scu.edu.au/yourfuture)

E: [futurestudent@scu.edu.au](mailto:futurestudent@scu.edu.au)

Freecall: 1800 626 481

### 3 Apply



To study on campus (full-time or part-time) apply via

UAC [www.uac.edu.au](http://www.uac.edu.au) or QTAC [www.qtac.edu.au](http://www.qtac.edu.au)

To study by distance education, apply online direct to SCU.

[scu.edu.au/howtoapply](http://scu.edu.au/howtoapply)

### 4 Accept your offer



[scu.edu.au/gettingstarted](http://scu.edu.au/gettingstarted)

### 5 Enrol in units



[scu.edu.au/enrol](http://scu.edu.au/enrol)

## International students

Southern Cross University welcomes international students. This guide however is not intended for their use. International students should contact SCU International.

W: [scu.edu.au/international](http://scu.edu.au/international)

E: [intoff@scu.edu.au](mailto:intoff@scu.edu.au)

T: 02 6620 3876



School of Health & Human Sciences

The information in this brochure was correct at the time of publishing (April 2016). All University courses are subject to change by the University and the information provided in this brochure should be used as a guide only. To the extent permitted by law, SCU excludes all liability arising from the use of, or reliance on, the information contained in this brochure.