

UNDERGRADUATE GUIDE

HEALTH & HUMAN SCIENCES 2018



MIDWIFERY & NURSING

PSYCHOLOGICAL SCIENCE

SPEECH PATHOLOGY

BIOMEDICAL SCIENCE

SPORT & EXERCISE SCIENCE

PEDORTHICS & PODIATRY

OSTEOPATHY

OCCUPATIONAL THERAPY



scu.edu.au/healthscience

CRICOS Provider: 01241G

Eliza-Lee Plant
Bachelor of Occupational Therapy
graduate



Why study with us?

- ★ Ranked in the top 150 universities under 50 years old in the world.

Times Higher Education Young University Rankings



- ★ Outstanding research achievements – rated ‘at world standard or above’ in 24 key research areas.

Excellence in Research for Australia 2015 (ERA)

- ★ Rated ‘well above world standard’ in Nursing.

- ★ Rated ‘well above world standard’ in Complementary and Alternative Medicine.

- ★ Rated ‘above world standard’ in Medical and Health Sciences.

- ★ Rated ‘above world standard’ in Human Movement and Sports Science.

- ★ Rated ‘at world standard’ in Biological Sciences.

- ★ Degrees accredited by professional bodies.

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

- ★ Supervised practical placements in clinical settings and professional workplaces.

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 with Southern Cross University

Studying with us involves a range of learning experiences which may 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, and collaborative peer projects. Courses may include interactive video-conference lectures, podcasts and discussion forums. You can bring your own device onto campus (or use one of our on-campus computers) and tap into our extensive wireless network.

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

Some health degrees include inherent requirements, which all students must meet. For details of these requirements visit: scu.edu.au/ir

For a short video about the School of Health and Human Sciences visit:

scu.edu.au/healthscience

Southern Cross University acknowledges the Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of the lands where we live, learn and work.

HEALTH & HUMAN SCIENCES DEGREES

Degrees	Career Opportunities	Gold Coast	Lismore	Coffs Harbour	Online	UAC/QTAC codes	Units	Duration (years) F: full-time P: part-time
Indicative ATAR/OP								
B Midwifery ATAR: 90 OP: 6	Registered midwives may practise midwifery in various capacities in public and private hospitals and community, maternity and neonatal healthcare settings in urban, rural and remote areas. They can practise as group practice midwives, clinical midwifery consultants, midwifery educators, midwifery unit managers, community midwives, researchers, and as independent midwives (with further training). They can work in any state of Australia and in New Zealand.	✓		✓		UAC: GC 335167 CH 335153 QTAC: GC 055861 CH 055451	24	3F/6P
B Nursing ATAR: 68 OP: 13	As a registered nurse in a range of public and private health settings. Nurses typically deliver acute and chronic disease management in clinical settings such as paediatrics, and in community and primary healthcare and education. They can work as a practice nurse in GP clinics, in mental health, with children and adolescents, in aged care, perioperative care, Indigenous health, rural and remote area healthcare, emergency departments and in critical care.	✓	✓	✓		UAC: GC 335164 L 335101 CH 335151 QTAC: GC 055471 L 055011 CH 055151	24	3F/6P
B Nursing <i>For Enrolled Nurses</i> ATAR and OP: <i>not applicable</i>	This pathway program enables an enrolled nurse to become a registered nurse. Advanced standing is granted for previous study at Diploma level.	✓	✓	✓		Apply online scu.edu.au/ howtoapply	15	2F/4P
B Biomedical Science ATAR: 68 OP: 13	Graduates find 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.	✓				UAC: 335165 QTAC: 059661	24	3F/6P
B Clinical Sciences (Osteopathic Studies) ATAR: 68 OP: 14	Provides a pathway into graduate entry osteopathy. The Bachelor of Clinical Sciences (Osteopathic Studies) together with our Master of Osteopathic Medicine provides a professional, entry-level program that produces graduates who are eligible to register as practitioners of osteopathic medicine.	✓	✓			UAC: GC 330167 L 335115 QTAC: GC 059761 L 055111	24	3F/6P
B Psychological Science ATAR: 68 OP: 13	In government departments, particularly those connected with health, social and disability services, youth services, 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.			✓	✓	UAC: 335152 QTAC: 055351	24	3F/6P
NEW IN 2018 B Psychology, B Laws <i>(University approval pending)</i>	Career opportunities include: as barristers or solicitors; or in law related areas in private, corporate, or government organisations. There are a range of career opportunities in government departments, particularly those connected with health, social and disability services, youth services, corrective services, the armed services, research agencies such as the CSIRO, and in education.		✓	✓	✓	UAC: CH 336150 L 336105 QTAC: CH 056151 L 056201	40	5F/10P

Degrees	Career Opportunities	Gold Coast	Lismore	Coffs Harbour	Online	UAC/QTAC codes	Units	Duration (years) F: full-time P: part-time
Indicative ATAR/OP								
B Sport and Exercise Science ATAR: 68 OP: 13	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. With postgraduate study, typical career paths could be in clinical exercise physiology, physiotherapy, occupational therapy, nutrition or as a PDHPE teacher.	✓	✓	✓		UAC: GC 338160 L 335100 CH 335154 QTAC: GC 056181 L 055001 CH 055551	24	3F/6P
B Sport and Exercise Science, B Laws ATAR: 89 OP: 6	Graduates can pursue career opportunities that combine knowledge of health, sport, fitness or leisure industries and law; and those specific to each discipline.	✓	✓			UAC: GC 336163 L 336106 QTAC: GC 056861 L 056081	40	5F/10P
B Occupational Therapy ATAR: 72 OP: 12	As an occupational therapist in diverse fields that may include aged care, hospitals, community health, mental health services, schools, industrial environments, private practice and a variety of health, education and disability centres and services.	✓				UAC: 335168 QTAC: 055961	32	4F/8P
B Speech Pathology ATAR: 79 OP: 10	Speech pathologists work in diverse settings including private practice, the corporate sector, schools, community health centres, nursing homes, mental health services, acute and rehabilitation hospitals, and in research centres. They work independently and also with other health and education specialists in interdisciplinary and multidisciplinary teams.	✓				UAC: 330168 QTAC: 059861	32	4F/8P
B Pedorthics ATAR: 68 OP: 13	As a pedorthist – a healthcare professional who specialises in the improvement of human movement, in particular gait and better foot function. A pedorthist conducts a comprehensive assessment that may lead to them manufacturing corrective footwear, orthoses or other supportive devices. Pedorthists work with adults, children, people with disabilities and athletes. They can also use their skills to make fashion footwear.	✓				UAC: 335065 QTAC: 055561	24	3F/6P
B Podiatry ATAR: 72 OP: 13	As a podiatrist, working individually or as part of a team, in varied settings and with clients of all ages. The majority of podiatry employment is in private practice, but podiatrists also have the opportunity to work in community health settings; in hospitals and with specialised health teams such as in diabetic care; in health promotion and education; with children, athletes and older people; or to undertake research.	✓				UAC: 330169 QTAC: 059961	32	4F/8P
Associate Degree of Health	Graduates may find work in para-professional roles in a range of health settings. Graduates can proceed to Bachelor degrees in biomedical science, pedorthics, podiatry, speech pathology, occupational therapy, sport and exercise science or psychological science.	✓	✓		✓	UAC: GC 335361 L 335319 QTAC: GC 055761 L 059901	16	2F/4P

GC = Gold Coast L = Lismore CH = Coffs Harbour



Bachelor of Midwifery

Midwives are responsible for the care of women and babies during pre-pregnancy, pregnancy, labour, birth and the early infancy period. They provide direct clinical care and support for healthy women and babies and work collaboratively with doctors and other members of a multidisciplinary healthcare team when there are risks or complications.

The Bachelor of Midwifery is specifically designed to develop graduates for entry to professional midwifery practice. The course prepares graduates with skills, knowledge and attitudes to provide high quality woman-centred care through safe and effective midwifery practice in accordance with the Australian Nursing and Midwifery Council National Competency Standards for the Midwife.

Graduates are equipped to apply sound evidence-based reasoning skills to their midwifery practice; work in continuity-of-care models in partnership with women; and collaborate effectively in multidisciplinary teams to promote effective outcomes. The degree aims to produce graduates with the capability, confidence and flexibility to adapt to changes and contribute to innovation in the midwifery profession and the healthcare system, focusing on women and their needs through a primary health approach.

A pathway exists for some Registered Nurses to complete the Bachelor of Midwifery in a shorter time.

Visit: scu.edu.au/courses and search Bachelor of Midwifery.

Major areas of study

Studies include:

- **Anatomy and physiology**
- **Midwifery theory and practice**
- **Primary healthcare**
- **Psychosocial sciences**
- **Women's health.**

Professional recognition

The Bachelor of Midwifery is approved by the Nursing and Midwifery Board of Australia and provides the necessary qualification for graduates to be eligible to register and practise as a midwife in Australia. (Further training is required to work as a privately practising midwife.)

Professional placement

Students are required to undertake about 1,000 hours of supervised placements that will enable them to focus on woman-centred care and provide continuity-of-care with women throughout their pregnancies; attend antenatal and postnatal assessments/visits with women; provide direct care to women during labour; assist women during birth; support women and their babies with diverse needs across pregnancy, labour and birth, and the postnatal period; and experience the full scope of midwifery practice.

For more information, including prerequisites for attending placements, visit: scu.edu.au/healthplacements

Facilities and resources

Students access electronic resources, medical technology, and the anatomy and physiology lab. The midwifery birth suites are designed to simulate childbirth environments from natural childbirth to high dependency births. Students utilise highly specialised equipment and practise on anatomical/simulation models, including the high fidelity SimMum interactive mannequin. Students also have access to a purpose-built neonatal care environment, visit: scu.edu.au/healthlabs

Bachelor of Nursing

The Bachelor of Nursing provides a combination of foundational science, professional knowledge and clinical experiences to comprehensively prepare graduates for a career in nursing and health. The degree aims to produce graduates with the competence, confidence and flexibility to adapt to changes and contribute to innovation in the nursing profession and the healthcare system.

Graduates are equipped to apply sound evidence-based reasoning skills to their nursing practice, provide therapeutic care to patients, coordinate and lead nursing care for individuals and groups, and work independently as well as collaborate in multidisciplinary teams for effective person-centred outcomes.

An opportunity for a specialised professional experience placement is offered in the final year of the course to expose students to career choices.

Major areas of study

The course is responsive to contemporary nursing practices and provides content and clinical experiences as follows:

Professional areas: nursing knowledge and development, critical thinking and analysis, provision and coordination of person-centred care, independent and collaborative care, primary healthcare, mental health, acute and complex care, chronic disease management, palliative care, leadership and care management, and aged care.

Biological sciences: anatomy, physiology, patho-physiology and pharmacology.

Social sciences: Australian healthcare system, Indigenous studies, psychology and sociology for health sciences, legal and ethical studies, and research methods.

Professional placement

Supervised clinical placements provide students with experiences of nursing (totalling 840 hours) in settings relevant to their areas of study, in public and private hospitals and health agencies. These may include acute and low care health facilities; community settings; mental health facilities; extended residential aged care; GP practices; health promotion and education; intensive care; health clinics; accident and emergency; palliative care; primary healthcare settings and related nursing and health services within metropolitan, regional and rural areas throughout NSW and QLD and may include national or international opportunities.

For more information, including prerequisites for attending placements, visit scu.edu.au/healthplacements

Professional recognition

The degree is accredited by the Australian Nursing and Midwifery Accreditation Council and provides the necessary qualification for graduates to be eligible to become a Registered Nurse in Australia.

Facilities and resources

A range of online and electronic technologies are used to conduct and support the delivery of this course. Students have access to state-of-the-art clinical and electronic teaching resources. High and low fidelity simulations are used to replicate clinical environments for safe rehearsal of clinical reasoning and skill development. Students also have access to science, anatomy and physiology laboratories that provide a range of scientific and diagnostic equipment and interactive software.

Visit: scu.edu.au/healthlabs

Bachelor of Nursing (EN-RN)

This pathway program is for Enrolled Nurses – graduates of the HLT51612 Diploma in Nursing (Enrolled Division 2 Nursing) or equivalent qualification, from 2012 onwards. The course requires current APHRA registration as an Enrolled Nurse. A specifically designed course of study acknowledges previous learning and enables Enrolled Nurses to complete the Bachelor degree in two years full-time or four years part-time. Students who qualify for admission will receive advanced standing (credit) in recognition of their diploma study and complete the equivalent of four specifically designed conversion units alongside the remaining second year units of study.

Major areas of study

The course is responsive to contemporary nursing practices and provides content and clinical experiences similar to the Bachelor of Nursing, excluding nursing knowledge and development.

All students are required to attend an intensive teaching block at the Gold Coast campus and possibly at Coffs Harbour campus.

Professional placement

Supervised clinical placements (totalling 600 hours) provide students with experiences of nursing in settings relevant to their areas of study in public and private hospitals and health agencies. For more information please read Bachelor of Nursing description.

Professional recognition

Please see Bachelor of Nursing.

Facilities and resources

Please see Bachelor of Nursing.



Kearra Lord, RN

Bachelor of Nursing

Registered Nurse; Acting Coordinator – Aged Care Funding Instrument, The Whiddon Group, Kyogle

Each shift, Kearra manages the care of 40 residents and leads six care staff.

“We make a huge difference to the lives of others at what can be a vulnerable time in their lives. The residents and clients put their trust in us to provide the care they need, in a way that suits them. In a hospital you may have a patient for a few days but in an aged care home facility you have the privilege of caring for them for months or years. They become like family and you care for them in many ways, including through support and friendship.

“I have a passion for aged care and the work I do. Our residents have diverse care needs. Important skills I need to have include time management and communication.

“My role includes liaising with residents, doctors and families to ensure the best client care possible. It is also imperative that there is strong and clear communication across the team, as each staff member plays an important role in caring for our residents and clients.”

As ACFI coordinator, Kearra assesses the care needs of clients and submits funding proposals to the federal government.

Kearra is also a clinical teacher for Southern Cross University's

third-year nursing students who are undertaking a leadership placement in aged care.

“I love giving back to students. I enjoy training and mentoring them, sharing my knowledge and experience and opening their eyes to a very rewarding career.”

She has been at Whiddon Kyogle for more than a decade, starting as an assistant nurse after finishing high school.

“Whiddon has been extremely supportive during my journey with them. From assistant nurse (AIN) to enrolled nurse (EN) to registered nurse (RN), I have been given fantastic learning and professional opportunities and wonderful support to become a more confident nurse.”

Kearra received Whiddon's VW Bro George Albert Edward Gow-Gates PDGIW Scholarship Award, worth \$30,000 over three years, to support her while studying nursing at Southern Cross.

“As a practitioner, the course content and pracs were great as they underpinned my existing knowledge. The lecturers and teachers were fantastic; very supportive of my previous nursing experience and knowledge but they also encouraged me to go further.”

Bachelor of Biomedical Science

The Bachelor of Biomedical Science provides students with the 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.

Graduates of this degree may qualify for entry into a range of postgraduate degrees such as 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. Students can select units in 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 300 hours of professional placement for students to gain workplace experience in health and research facilities, such as pathology labs or medical research labs.

For more information, including prerequisites for attending placements, visit: scu.edu.au/healthplacements

Professional recognition

Southern Cross University is applying for accreditation with the Australian Institute of Medical Scientists (AIMS).

Facilities and resources

Specialist facilities include access to 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

Zac Hakes (Osteopathy)

Bachelor of Clinical Sciences
*(now Bachelor of Clinical Sciences
(Osteopathic Studies))*

Master of Osteopathic Medicine
Osteopath, Ballina Osteopathic & Chiropractic Centre, Ballina

Zac is an independent practitioner at the Ballina Osteopathic & Chiropractic Centre.

“I’m a second generation osteopath, following in the footsteps of my father. The positive changes he achieved in people’s lives as an osteopath, acted as a catalyst to undertake study at Southern Cross University.

“A great aspect of my study experience was being surrounded by like-minded people who shared a common interest in health, wellness and learning. The facilities, lecturers and course curriculum were excellent. The osteopathic techniques we learned, underpinned by current orthopaedic, neurological and functional testing, proved invaluable for preparing us for osteopathic practice and provided us with the foundations necessary to safely and effectively enter into the workforce.

“The hands-on practical classes at Southern Cross remain to this day the foundation and cornerstone of the knowledge that underpins my current osteopathic practice.”



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 placement

Professional placements provide students with about 800 hours (made up of 320 hours at the Bachelors level and 480 hours at the Masters level) 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, located at the Lismore and Gold Coast campuses.

For more information, including prerequisites for attending placements, visit: scu.edu.au/healthplacements

Professional recognition

In Australia, entry level training in osteopathic medicine is accredited by the Osteopathy Board of Australia. This course is fully accredited with the Board for the purposes of registration in the osteopathy profession. Registration in Australia gives mobility across all states and territories and New Zealand.

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

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 perspectives are 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

NEW IN 2018

Bachelor of Psychology/Bachelor of Laws

In 2018 a new double degree Bachelor of Psychology/Bachelor of Laws is being offered. For details visit scu.edu.au/law



Alexandra Bruggiser

Bachelor of Psychological Science

Master of Clinical Exercise
Physiology

Remote Exercise Physiologist,
Bodyfit NT

Alex helps manage chronic diseases and musculoskeletal conditions in some of the Northern Territory's remote Indigenous communities.

"I work out of health clinics in communities. I design individual and group exercise programs for people with type-2 diabetes, kidney disease, cardiac and respiratory problems.

"As in many urban centres, health literacy is not well developed. I enjoy the challenge of designing health education in a cross-cultural context. Exercise is beneficial for us all, we just need to understand that in a way that's tangible and relatable for each of us.

"Active listening and motivational interviewing is a big part of what we do. My psychology degree gives me a good understanding of behaviour change. People don't develop bad habits overnight so it takes time to break a bad habit.

"I fly over Kakadu to get to work and drive through some spectacular places. I came up here for the adventure and it's well and truly more than I bargained for. I love working with the Indigenous community and the health workers out here. It's broadened my perspective and I've honed my skills."

Bachelor of Sport & 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. Professional 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.

Major areas of study

Students select one major from the following:

Education: this major offers graduates a pathway to a Southern Cross University degree in secondary teaching (Master of Teaching), potentially leading to registration as a PDHPE teacher for eligible students (some units only available at Lismore).

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.

Nutrition Studies: this major examines food and nutrition in the context of exercise science, human health, disease processes and social issues. It includes content such as exercise biochemistry, food science, nutritional science, and sports nutrition.

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. Professional experience placements provide the opportunity to apply theory and knowledge in practical settings. These are undertaken 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.

For more information, including prerequisites for attending placements visit:

scu.edu.au/healthplacements

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.

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

All graduates are eligible to apply for 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.

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

Bachelor of Occupational Therapy

Occupational therapy assists people of all ages to participate in the everyday tasks and activities (occupations) that they need and want to do, whether at home, at work, at school or in the community. Occupational therapists transform and adapt environments, activities, equipment and enhance performance to support and promote meaningful engagement and participation. They may work with individuals, groups, government and non-government organisations, in private practice and in communities.

Occupational therapists' work is diverse. As a graduate of the occupational therapy degree you could assist a person recovering from a stroke to shower and dress independently; you could develop inclusive playground experiences and environments for children of all abilities; you could recommend workplace changes that would assist an injured worker to return to work; or you could design home modifications or public transport changes that would ensure access for a person using a wheelchair.

Major areas of study

In order to meet the Australian Competency Standards for Entry Level Occupational Therapists this course is structured in accordance with professional body recommendations. All students complete studies in the following areas:

Professional Areas: occupational therapy theory and practice; occupational therapy assessments and interventions related to biomechanical, sensorimotor, psychosocial and cognitive performance, activities, engagement and participation at home, at school, at work and in the community; occupational transitions across the lifespan; evaluation of occupational therapy programs; health promotion; and professional experience/fieldwork.

Social Sciences: psychology and sociology for health sciences; Australian healthcare system; Indigenous studies; research methods; and complementary medicine.

Biological Sciences: anatomy, physiology, kinesiology, and neuroscience.

The Bachelor of Occupational Therapy includes an embedded allied health Honours program for eligible students, which can be studied concurrently during the Bachelor degree course.

Professional placement

Students can complete up to 1,000 hours of professional placement in various settings throughout the four years of study in settings that may include aged care, hospitals, community health, mental health services, primary schools, industrial environments, private practice and a variety of health, education, and disability centres and services.

For more information, including prerequisites for attending placements visit:

scu.edu.au/healthplacements

Professional recognition

The Bachelor of Occupational Therapy has received full accreditation from Occupational Therapy Australia and the Occupational Therapy Council (Australia & New Zealand), and is approved by the World Federation of Occupational Therapists. Graduates of accredited occupational therapy programs are eligible for national registration. Graduates are also eligible for membership of Occupational Therapy Australia.

Facilities and resources

Students experience a range of teaching approaches including a comprehensive program of community engaged learning, rich and diverse practice-based scenarios, embodied learning and the development of reflective evidence-based practice. Learning occurs in a variety of teaching environments, on and off campus including the activities of daily living lab for clinical skills and therapeutic techniques, labs for the study of anatomy and physiology, computer labs, as well as small and large group learning spaces, visit: scu.edu.au/healthlabs



Eliza-Lee Plant

Bachelor of Occupational Therapy
Occupational therapist, Institute for
Urban Indigenous Health

“When I first started working I was involved in outreach work, where I travelled out to Cherbourg, an Aboriginal community located about 250km northwest of Brisbane.

“I was involved in facilitating the ‘Work it Out’ program and delivered education sessions on OT topics, like falls prevention or assistive equipment that can be used in daily life.

“I loved being welcomed into the community and learning not only about the Aboriginal and Torres Strait Islander culture, but also about the type of therapist and person I wanted to be.”

Now working on the Gold Coast, Eliza manages a mixed paediatric and adult caseload. “One day I might be helping children learn skills for school and the next I’m designing home modifications or prescribing assistive equipment for daily life.

“The support and opportunity to complete a diverse range of clinical placements while studying at Southern Cross has enabled me to develop the skills to get me where I am today.”

Eliza said the smaller class sizes and the ability to build relationships with her lecturers were also major benefits of her degree.



Claire Lusted

**Bachelor of Speech Pathology with First Class Honours; awarded University Medal for academic excellence
Speech Pathologist, Queensland Department of Education and Training, Warwick**

Not only was Claire Lusted in the first cohort of students to graduate from Southern Cross University's Bachelor of Speech Pathology, she's also among the first in her family to gain a university qualification.

As part of her degree, the 23-year-old submitted an Honours research thesis about parent-child interactions around television and other forms of on-screen content.

"My research looked at how technology can help parents encourage their children's speech, language and learning. Technology is such a big part of our lives, we need to find a way to use it to our advantage."

After growing up near Coffs Harbour, Claire decided to pursue a career in health where she could be involved one-on-one with clients, so she moved to the Gold Coast to study speech pathology.

"I was very interested in both sciences and languages, so speech pathology was a natural choice for me. It's also a great lifestyle close to the city; really relaxed with beautiful beaches."

Claire has recently secured a contract to work as a speech pathologist for the Queensland Department of Education and

Training with school-aged children in Warwick.

She completed eight placements during her four-year degree, including at Brisbane's Lady Cilento Children's Hospital for six weeks in the Child Development Service. She has worked with children who have developmental difficulties such as autism, cerebral palsy and ADHD, and adults with progressive neurological disease and stroke-related symptoms.

During her final placement at the Hervey Bay Cancer Care Department, Claire worked in the management of swallowing and rehabilitative strategies for patients who had experienced surgery, chemotherapy or radiation to the head or neck.

"It's very rewarding to see improvement, even just to have the patient say you've made them feel better."

For Claire, the best part about her University experience was the supportive student community, along with the lecturers and clinical educators. "They were very knowledgeable and motivating.

"Southern Cross gave us great opportunities to participate in professional development. We also had classes with students from other disciplines like occupational therapy and podiatry to learn how to work with other allied health professionals."



Bachelor of Speech Pathology

The Bachelor of Speech Pathology prepares students for entry into professional speech pathology practice. Speech pathologists assess and treat adults and children exhibiting acquired or congenital disorders of speech, fluency, voice, language and swallowing.

This distinctive course aims to educate students to become knowledgeable, skilled, empathetic, ethical and innovative professionals who are able to provide effective speech pathology assessment and intervention for people of different ages.

The course contains industry-specific and inter-professional units of study. A mix of theory units are combined with simulated learning and clinical practicum opportunities across the four-year course.

Major areas of study

The Bachelor of Speech Pathology enables students to develop an understanding of the theoretical and practical components of speech pathology, with a focus on both general and specialist knowledge and skills. The course shares components with other degrees such as the Bachelor of Occupational Therapy, Bachelor of Podiatry and the Bachelor of Clinical Sciences (Osteopathic Studies).

Arts and science-based units are included in the course, for example phonetics and linguistics, audiology, and neurology for speech pathology. Embedded throughout the course are principals of evidence-based practice, cultural competency, multi-modal communication and holistic perspectives of functioning.

The course includes an embedded allied health Honours program for eligible students, which can be studied concurrently during the Bachelor degree.

Professional placement

Students can complete up to 1,000 hours of professional placement in various settings throughout the four years of study. These settings include but are not limited to the SCU Health Clinic on campus, public hospitals, private practice, community health, rehabilitation centres, aged care facilities, schools and rural health locations.

For more information, including prerequisites for attending placements, visit: scu.edu.au/healthplacements

Professional recognition

The Bachelor of Speech Pathology is accredited by Speech Pathology Australia (SPA), the national professional and accrediting body. Students and graduates of the Bachelor of Speech Pathology will be eligible for membership of Speech Pathology Australia.

Facilities and resources

Students access state-of-the-art laboratories enabling quality learning experiences for anatomy, physiology, neurology and speech pathology, as well as the speech language lab – a sound-treated facility that enables high quality sound transmission and phonetic transcription of speech sounds. They practise in clinical learning spaces within on-campus health clinics and benefit from extensive library resources.

Computers have state-of-the-art software for students to analyse speech, language, fluency and voice. The video capabilities in the lab provide the opportunity for students to observe qualified clinical speech pathologists in educator roles, other students, and themselves, working with clients who exhibit a range of communication disorders.

These facilities also enable research opportunities for Honours projects, visit: scu.edu.au/healthlabs



Adam Smith

Bachelor of Pedorthics student
Owner, Technical Orthotics

For more than 18 years Adam Smith has made external full-body bone bracing, from head helmets to ankle braces. Four years ago, he decided to formalise his specialised training through the Bachelor of Pedorthics.

“Pedorthics helps change lives. Our job is to help people get back on their feet. We provide the intervention a lot of people need to be able to walk again,” said Adam who owns Technical Orthotics at Park Ridge in Brisbane.

“When Southern Cross became the first to offer pedorthics in Queensland it was perfect timing, so close to my family and business. I have a home workshop and for me making orthoses and footwear is a passion as well as a job. It’s a skill to be able to construct a product that looks good and is functional.

“For orthotists, it’s about redistributing pressure from an injury and I like to extend that further to help people make a connection to the ground through footwear. This qualification will enable me to provide bracing and connectivity to the floor in one holistic treatment.”

Bachelor of Pedorthics

Pedorthics is about keeping people mobile and getting the best performance from their feet, footwear or orthoses. The Bachelor of Pedorthics provides the knowledge and skills required for graduates to become professional pedorthists.

Pedorthists work in private practice or allied health practices, and may receive patient referrals from medical professionals.

Pedorthics is a growing industry and Southern Cross University is the first to offer a Bachelor qualification in this area.

Major areas of study

The course develops comprehensive knowledge and associated skills in this new allied health profession. Students are introduced to foot care as a requirement for living independently and being mobile. Studies include learning about health problems associated with feet, and footwear design and production.

Professional placement

During the course, students gain workplace experience to apply their skills and knowledge. They complete approximately 950 hours of professional placement in various settings throughout the three years of study.

For more information, including prerequisites for attending placements, visit: scu.edu.au/healthplacements

Professional recognition

The University is undertaking accreditation through the Pedorthic Association of Australia. Once accredited, the degree will enable graduates to practise as professional pedorthists, become members of the Association, and appear on the Australian Pedorthic Medical Grade Footwear Association Register (the Australian register of pedorthists).

Facilities and resources

State-of-the-art facilities include simulation equipment, clinical learning spaces within on-campus clinics, laboratories for anatomy and physiology, movement and biomechanics, and a manufacturing facility equipped with machinery and materials to design and manufacture orthotics and customised corrective footwear, visit: scu.edu.au/healthlabs

Bachelor of Podiatry

Podiatry is a branch of healthcare devoted to the study, diagnosis and treatment of foot and lower limb disorders. It is a dynamic and flexible career pathway with excellent job prospects. There are various opportunities for specialisation including in sports medicine, biomechanics, paediatrics, high risk foot and wound care, geriatrics and primary care.

The Bachelor of Podiatry prepares students for professional podiatry practice. As a Bachelor of Podiatry graduate, you may save the limbs of people with diabetes, facilitate mobility and independence in the elderly, perform surgery to cure in-grown nails, analyse and correct walking and running mechanics, help children with postural complaints and limb pain, provide general foot care, and rehabilitate people with sports injuries amongst many other important healthcare services.

Our students enjoy small class sizes, state-of-the-art facilities and equipment, and 1,000 hours of clinical placement as they develop their skills under expert guidance. The focus on hands-on, practical and case-based learning along with the extensive professional placement, enables students to embark on their future career as a podiatrist with confidence and competence. Podiatry students may take the opportunity to study pedorthics alongside their podiatry studies with one additional year of study.

Major areas of study

The Bachelor of Podiatry enables students to develop an understanding of the theoretical and practical components of podiatry, with a focus on both general and specialist knowledge and skills. This includes broad subject areas including anatomy, patho-physiology, pharmacology, psychology and communication. As students move through the course, they study more specialised content including biomechanics, rehabilitation, dermatology, rheumatology and paediatrics.

Clinical skills are gained through a gradual process of pre-clinical stimulation, internal University clinics and external clinical practice placements.

This course includes an embedded allied health Honours program for eligible students which can be studied concurrently during the Bachelor degree.

Professional placement

Students will complete approximately 1,000 hours of professional placement in various settings throughout the four years of study. These settings include but are not limited to public hospital rotations (high risk foot clinics), private practice placements (general, sports and surgical) and rural health locations.

For more information, including prerequisites for attending placements, visit: scu.edu.au/healthplacements

Professional recognition

The Bachelor of Podiatry is accredited with the Australian and New Zealand Podiatry Accreditation Council (ANZPAC). Graduates can seek national registration as podiatry practitioners with the Podiatry Board of Australia.

Facilities and resources

State-of-the-art facilities include simulation equipment, clinical learning spaces within on-campus clinics, and laboratories for anatomy and physiology, movement and biomechanics, and orthotics and bracing, visit: scu.edu.au/healthlabs

Associate Degree of Health

The Associate Degree of Health is a two-year (full-time or part-time equivalent) entry-level course that provides students with the opportunity to prepare to study for a professional career pathway in allied health.

Graduates of the Associate Degree of Health are guaranteed entry into linked degree programs as follows: Bachelor of Biomedical Science, Bachelor of Podiatry, Bachelor of Pedorthics, Bachelor of Podiatry; Bachelor of Speech Pathology; Bachelor of Occupational Therapy, Bachelor of Sport and Exercise Science and Bachelor of Psychological Science.

Graduates may receive up to 12 units credit towards their undergraduate degree (depends on course and units studied).

The Associate Degree of Health is offered through SCU College. All SCU College students are offered extra support through College Connect while undertaking this Associate degree

Major areas of study

Core studies include units on learning skills and introductory science along with specialist units associated with each stream of study.

Study streams are offered at specific locations:

- Biomedical Science (Gold Coast campus)
- Occupational Therapy, Podiatry, Pedorthics, and Speech Pathology (Gold Coast campus)
- Sport and Exercise Science stream (Gold Coast and Lismore campuses)
- Psychological Sciences stream (online)
- Health Science stream (Gold Coast and Lismore campuses).

Professional placement

Some units may involve a placement within a health environment. For more information, including prerequisites for attending placements, visit: scu.edu.au/healthplacements

Facilities and resources

State-of-the-art facilities include simulation equipment, clinical learning spaces within on-campus clinics, and laboratories for anatomy and physiology, movement and biomechanics, and orthotics and bracing, visit: scu.edu.au/healthlabs

Key dates for 2018

Rising Stars Scholarship applications for 2018	Open July 2017 Check website for closing dates: scu.edu.au/scholarships
UAC and QTAC on-time applications for 2018 entry (Session 1) <i>Late UAC and QTAC applications incur an extra fee</i>	Open early August 2017 Close late September 2017
STAR Early Entry opens	Early July 2017
STAR Early Entry offers	Early December 2017
Southern Cross University Info Days	4, 5 and 7 December 2017
UAC and QTAC main round offers <i>For the full list of offer rounds visit the UAC and QTAC websites</i>	Mid January 2018
Session 1 2018 teaching dates Orientation	26 February – 25 May 2018 21 – 23 February 2018
Session 2 2018 teaching dates Orientation	9 July – 5 October 2018 4 – 6 July 2018
Session 3 2018 teaching dates Orientation	5 November 2018 – 30 January 2019 31 October – 2 November 2018

5 steps to Southern Cross

1 Choose a course



scu.edu.au/courses

2 Find out more



campustours@scu.edu.au

scu.edu.au/yourfuture

E: 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 or QTAC www.qtac.edu.au

To study online, apply direct to the University.

scu.edu.au/howtoapply

4 Accept your offer



scu.edu.au/gettingstarted

5 Enrol in units



scu.edu.au/enrol



The information in this brochure was correct at the time of publishing (April 2017). 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, Southern Cross University excludes all liability arising from the use of, or reliance on, the information contained in this brochure.

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 E: intoff@scu.edu.au T: 02 6620 3876

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