
HEALTH & BEHAVIOURAL SCIENCE SUBJECT DESCRIPTIONS

BIOMEDICAL SCIENCE

BEXS351 Exercise Prescription 1: Strength and Conditioning 8cp

Spring Wollongong On Campus

Contact Hours: 5 hours per week

Pre-requisites: BMS203 and BMS242

Assessment: Clinical Examination 40%, Teaching Assessment 20%, Theory Examination 40%

Subject Description: This subject applies knowledge from areas of functional anatomy, exercise physiology, biomechanics and exercise science practice to the design of safe, beneficial and functional resistance programs to healthy populations in the community and the work place.

BEXS352 Exercise Prescription 2 - Aerobic Fitness 8cp

Autumn Wollongong On Campus

Contact Hours: 5 hours per week

Pre-requisites: BMS242

Assessment: ECG Exam 10%; Assignment 40%; Oral Examination 50%

Subject Description: This subject addresses the range of skills and strategies appropriate for the design and implementation of exercise regimes in normal populations and selected pathological populations. It involves the design of programs to improve aerobic fitness and includes information related to exercise sequencing, and developing appropriate intensity of exercise on the basis of field and laboratory based test results. Strategies for prescribing exercise within specific populations will also be included within this subject material.

BEXS401 Ergonomics 8cp

Autumn Wollongong On Campus

Contact Hours: 3 hours per week

Pre-requisites: BMS203 and BMS242

Assessment: Major Assignment 20%; Presentation 20%; Minor Assignment 10%; Exam 40%; Workshop 10%

Subject Description: This subject introduces students to the area of human factors in the design and safety of the work environment. Topics will include:- the scientific basis of ergonomics; human information processing; task design; equipment design; workplace design; environmental design and macroergonomics. The subject will be designed to complement the student's pre-existing knowledge in the areas of functional anatomy, biomechanics and exercise physiology.

BEXS402 Exercise For Special Populations 8cp

Spring Wollongong On Campus

Contact Hours: 3 hours of Lectures, 5 hours of Seminars / Practicals per week

Pre-requisites: BEXS451 and BEXS452

Exclusions: For Bachelor of Exercise Science & Rehabilitation students and authorized Postgraduates

Assessment: Assignments & Reports 50%; Examination 50%

Subject Description: This subject assumes knowledge and skills covered in Advanced Exercise Physiology, Exercise Prescription I & II and extends information presented in Exercise Rehabilitation 1 & 2. The impact of selected pathologies on human performance and the effect of acute and chronic exercise on the pathology and on health of the individual require investigation and awareness by Exercise Scientists. Exercise test protocols and program delivery techniques specific to the needs of special populations in the community will be addressed. Techniques for planning and implementing interventions designed to address specific functional fitness problems in special populations will be explained. The relative merits of particular tests of physiological function in these populations will also be discussed.

BEXS411 Practicum in Exercise Science A 8cp

Annual Wollongong On Campus

Contact Hours: 1 hour of Lectures, 2 hours of Seminars per week.

Pre-requisites: BEXS351 and BEXS352

Restrictions: For Exercise Science and Rehabilitation students plus authorised postgraduates

Assessment: Performance on placement 60%; Assessment 40%. Grade of Satisfactory/Unsatisfactory given.

Subject Description: This subject assumes knowledge and skills covered in the first three years of the Exercise Science degree and provides information related to the various environments in which Exercise Scientists operate.

BEXS412 Practicum in Exercise Science B 8cp

Spring Wollongong On Campus

Contact Hours: 2 hours of Lectures, 3 hours of Seminars per week for nominated weeks and 150 hours placement

Pre-requisites: BEXS411

Co-requisites: BEXS402

Restrictions: For Exercise Science & Rehabilitation students plus authorized postgraduates

Assessment: Grade of Satisfactory or Unsatisfactory given

Subject Description: This subject assumes knowledge and skills covered in all areas of the Exercise Science degree. It consists of an extensive clinical placement which provides the student with the opportunity to utilise the skills and competencies developed over seven semesters at the University. Techniques for planning and implementing appropriate activity programs will be applied to a larger population of clients with increased heterogeneity of functional fitness and a range of pathologies. Exercise programs specific to the needs of a range of clients will thus be designed and managed by the student. Practical skills related to exercise testing, prescription and management of the entire process will be rehearsed and behaviours consistent with those often emerging professional will be demonstrated by students enrolled in this subject.

BEXS451 Exercise Rehabilitation 1: Musculoskeletal 8cp

Autumn Wollongong On Campus

Contact Hours: 2 hours of Lectures, 3 hours Practical per week**Pre-requisites:** BEXS351 and BMS203**Restrictions:** For Exercise Science & Rehabilitation students plus authorized postgraduates**Assessment:** Interview Examination 25%; Clinical Examination 30%; Professional Report 25%; Assignment 20%**Subject Description:** This subject extends the study of exercise rehabilitation providing revision related to the structure and function of major joints and introduces common pathologies, mechanisms and outcomes. The subject covers information related to evaluation of the injured site and the design and management of appropriate exercise rehabilitative techniques designed to improve functional capabilities and prevent reinjury.**BEXS452 Exercise Rehabilitation 2: Cardiorespiratory and Neurological 8cp**

Autumn Wollongong On Campus

Contact Hours: 2 hours of Lectures, 3 hours of Seminars per week.**Pre-requisites:** BEXS352 and BMS346 and BMS344**Restrictions:** For Exercise Science and Rehabilitation students plus authorised postgraduate students.**Assessment:** Theory Examinations (2) 50%; Assignments (4) 50%**Subject Description:** This subject investigates the use of exercise as a clinical rehabilitative tool for patients with cardiovascular or neurological pathologies. The subject covers information related to evaluation of the pathology site and the design and management of appropriate exercise rehabilitative techniques to improve functional capabilities and enhance quality of life.**BMS 101 Systemic Anatomy 6cp**

Autumn Wollongong On Campus

Contact Hours: 2 hours of Lectures, 3 hours Practical per week.**Exclusions:** EDUP131**Assessment:** Practical Exam 45%; Theory Exam 50%; Spot Test 5%**Subject Description:** This subject provides an introduction to the area of human gross anatomy through the study of each of the major systems of the body. In weekly practical sessions, students are exposed to anatomical structure through examination of both cadaveric specimens, radiographic images, histological slides, audiovisual materials and anatomical models. Major topics include the skeletal, muscular, nervous, cardiovascular, respiratory, digestive and urogenital systems.**BMS 103 Human Growth Nutrition and Exercise 6cp**

Autumn Wollongong On Campus

Contact Hours: 2 hrs of Lectures, 1 hr Tutorial per week**Assessment:** Final examination 60%; Practical/Tutorial Assignment and Presentation 40%**Subject Description:** This subject will consider the relationship between growth (physical and maturational), nutritional health and exercise on various lifestyle performance indicators, such as motor skills and disease. The characteristics and determinants of growth, nutrition, health and exercise throughout the lifespan will be reviewed and will be examined from morphological, physiological and neural perspectives.**BMS 112 Human Physiology 1: Principles and Systems 6cp**

Spring Wollongong On Campus

Contact Hours: 3 hrs of Lectures, 3 hrs Practical / Tutorials per week**Exclusions:** EDUP132**Assessment:** Final Exam 50%; Practicals 26%; Mid session test 24%**Subject Description:** Following an introduction to the cellular, physiochemical and homeostatic principles essential to an understanding of physiology, specific systems will be investigated in detail. Specific topics will include: nervous, muscular, cardiovascular, respiratory systems and reproductive digestive processes and energy balance. The practicals will exemplify lecture material; tutorials will concentrate on concepts introduced in practicals and graphic analysis, data handling and simple analyses.**BMS 200 Histology 6cp**

Autumn Wollongong On Campus

Contact Hours: 5 hours per week (or equivalent)**Pre-requisites:** BMS101 or BMS112**Restrictions:** A quota may apply in any one year**Exclusions:** BMS102**Assessment:** Theory (Final Exam) 50%; Practical (Tests, Exam, Prac. mark, Assignments) 50%**Subject Description:** This subject provides an introduction to the structure and function of mammalian cells, tissues and organs. The practicals and lectures will emphasise functional histology. Students will examine cell ultrastructure, gain an appreciation of histological methods and acquire a detailed understanding of the major tissue types and how these tissues are integrated to produce the functional characteristics of all the major organs/systems of the body. These include the cardiovascular, lymphatic, immune, integumentary, respiratory, digestive, urinary, endocrine and reproductive systems.**BMS 202 Human Physiology II: Control Mechanisms 6cp**

Autumn Wollongong On Campus

Contact Hours: 3 hrs of Lectures, 3 hrs Practical / Tutorials per week**Pre-requisites:** BMS112 OR EDUP132**Assessment:** Laboratory reports 15%; Mid-session exam (Multiple choice) 20%; Laboratory attendance 5%; Final Examination (multiple choice and short answer) 60%**Subject Description:** This subject is an extension of Human Physiology I (BMS112 or EDUP132) and covers material essential to the understanding of physiological control. While topics may vary from year to year, these will typically include the fundamentals of neurophysiological and endocrine control, with detailed treatment of cardiovascular, respiratory,

metabolic and digestive system control. Control abnormalities accompanying certain pathological states are also emphasised.

BMS 203 Musculoskeletal Functional Anatomy 6cp

Spring Wollongong On Campus

Contact Hours: 3 hours of Lectures, 3 hours Practical, 1 hour Tutorial fortnightly

Pre-requisites: BMS101 and BMS211

Exclusions: EDUP233

Assessment: Spot Tests 10%; Practical Exam 1 12%; Practical Exam 2 18%; Theory Exam 60%

Subject Description: This subject investigates the musculoskeletal system from a functional anatomical viewpoint. Topics include the anatomy and function of synovial joints and the role of skeletal muscle in the performance of movements such as walking, running and prehension. Emphasis will be placed upon integrating together the anatomical structures of the musculoskeletal system to better understand the principles of human motion. Students will be introduced to basic recording techniques for the assessment of musculoskeletal function including flexibility, strength and postural tests, movement analysis, anthropometry, gait analysis and electromyography.

BMS 204 Introduction to Pathophysiology 6cp

Spring Wollongong On Campus

Contact Hours: 2 hours of Lectures, 2 hours Practical per week

Pre-requisites: BMS202

Assessment: Practical Assessment 30%; Seminar 10%; Final Exam 60%

Subject Description: This subject introduces the student to the study of the physiological basis of human disease states.

There are four parts to this course including: pathophysiology at the cellular level; nutrition anaemias and lower digestive system; musculoskeletal system; and cardiovascular system. Topics include fluid and electrolyte imbalance acid/base imbalance and coeliac disease, ulcerative colitis, Crohn's disease, musculoskeletal system, dyslipidaemia and atherosclerosis.

BMS 211 Foundations of Biomechanics 6cp

Autumn Wollongong On Campus

Contact Hours: 5 hours per week

Pre-requisites: BMS101 or EDUP131

Exclusions: EDUP235

Assessment: Mid Session Examination 35%; Quiz 15%; Final Examination 50%

Subject Description: This subject introduces fundamental biomechanical principles to provide a basis for understanding the causes and effects of human motion. The subject is an extension of the basic principles of human structure and function studied in Systemic Anatomy and will include: (i) an introduction to analysis of movement; (ii) basic biomechanical principles of motion; and (iii) subjective analysis of movement.

BMS 242 Exercise Physiology 6cp

Spring Wollongong On Campus

Contact Hours: 2 hrs of Lectures, 3 hrs Practical per week

Pre-requisites: BMS202

Exclusions: EDUP234

Assessment: Mid Semester Exam 15%; Topic Debate 30%; Laboratory Manual 15%; Final Exam 40%

Subject Description: This subject extends the study of human structure and function into the work and exercise domains. Areas to be studied include energy liberation and metabolism, applied muscle physiology and applied cardiorespiratory physiology.

BMS 300 Anatomy II (Regional Anatomy) 8cp

Spring Wollongong On Campus

Contact Hours: 2 hours of Lectures, 2 hours Practical per week

Pre-requisites: BMS101 or EDUP131

Assessment: Dissection 15%; Practical Exam 25%; Theory Exam 60%

Subject Description: This course will teach detailed morphology and general pathology of human visceral organs. Clinical symptoms caused by visceral organ diseases will be explained in relation to particular region. It is a very practical course and leans towards advanced anatomy and common visceral organ diseases. The course will provide you with a detailed morphology of the head, neck, thorax, abdomen, and pelvis with particular emphasis upon the viscera. Hence, it is a necessary pre-requisite for students to have the knowledge of system anatomy (BMS101-Systemic Anatomy). You will be led, step by step, to learn the gross morphology of individual regions. The regional anatomy differs from the systemic anatomy because it focuses on the specific region linking to the understanding of the clinical problems. During the lecture you will be told firstly the location of the specific organ and its neighbouring structures, and then their blood supply, venous and lymphatic drainage, and nerve innervation. We then describe relevant visceral organ pathology and to certain extent of histology. Finally, common clinical symptoms to that specific region will be introduced. The knowledge you learn from this course will allow you to explain some common clinical health problems, which you may meet in day-to-day life. During the practical classes we will teach tissue-dissection skills and how to localise the projections of visceral organs.

BMS 302 Research Topics 8cp

Autumn/ Spring Wollongong On Campus

Contact Hours: 1 semester at approx 1 day per week

Pre-requisites: BIOL214 and BMS202; or credit average and permission of subject coordinator.

Restrictions: A quota may apply in BMS302 each semester.

Exclusions: Quota may apply.

Assessment: Literature critique 20%; Final Research Poster (Group) 20%; Final Report (Individual) 60%

Subject Description: This subject provides an opportunity for students to participate in a research project in one of the discipline areas; Biomedical Science, Exercise Science and Rehabilitation, Nutrition and Dietetics or Occupational Health and Safety. Students will gain experience in experimental design, data collection, analysis and interpretation and report writing plus oral and poster presentation. The subject is

particularly recommended for students intending to undertake further under- or post-graduate research based studies.

BMS 303 Research Topics in Exercise Science 8cp

Spring Wollongong On Campus

Contact Hours: 1 semester at approx 1 day per week

Pre-requisites: BEXS351

Restrictions: A quota may apply depending upon demand.

Assessment: Literature Critique 20%; Research Poster 20%; Final Report 60%

Subject Description: This subject will provide an opportunity for students to conduct a research project in one of the following broad areas of Exercise Science: Exercise Physiology, Biomechanics, Functional Anatomy, Exercise Rehabilitation and Motor Control and Dysfunction. Topics covered will include: research design; development of research hypotheses and research proposal documents; data collection and analysis through use of wave form analysis statistical and spreadsheet software packages and the interpretation of research data within a final research report.

BMS 304 Research Topics in Nutrition and Dietetics 16cp

Spring Wollongong On Campus

Contact Hours: 2 hours of Tutorials, Weeks 1-4 and 11-13

Pre-requisites: BMS312

Restrictions: Quota may apply.

Assessment: Report 80%, Poster 20%

Subject Description: The subject will introduce students to specific areas of research practice in the field of nutrition and dietetics. Topics will be negotiated based on the current research activities of the metabolic research centre and its associates. Students will join a particular project and undertake certain tasks under the supervision of a designated staff member. Students will be required to collect and analyse data and report on their findings to the research team.

BMS 310 Community and Public Health Nutrition 8cp

Autumn Wollongong On Campus

Contact Hours: 2 hours Seminars / Lectures per week

Pre-requisites: POP222 or PHN203

Assessment: Assignment 1 40%; Assignment 2 15%; Final Exam 45% (Submission of some assignment work via WebCT).

Subject Description: Key areas of community and public health nutrition include nutrition surveillance, food policy, program planning and health promotion. There will be a focus on community nutrition practice, covering such topics as maternal and infant nutrition, school based nutrition programs, diabetes education and the health of older people in the community.

BMS 311 Nutrients and Metabolism 8cp

Autumn Wollongong On Campus

Contact Hours: 4 hours of Lectures, 2 hours Practical per week

Pre-requisites: BIOL214 and BMS202; or equivalent

Exclusions: GHMA931

Assessment: Examination 40%, practical assessment 30%, presentations 10% and reports 20%.

Subject Description: This subject covers the need for nutrients and how the human body metabolizes these nutrients. It begins with basic concepts such as bioavailability of nutrients from food. It then focuses on specific nutrients, namely carbohydrates, folate, plant sterols, phytoestrogens and fats, of which there is no recommended dietary intake (RDI). The overall aims are: 1. to understand the relationships between intake of nutrients and health status and 2. to develop an appreciation for the development of an RDI for a nutrient. Please note that this is a core subject for all of the University of Wollongong's nutrition degrees and hence it is tailored for nutrition students.

BMS 312 Research in Human Nutrition 8cp

Autumn / Annual Wollongong On Campus

Contact Hours: 8 x 4 hour workshops

Pre-requisites: STAT151 or STAT252

Assessment: Literature review 20%; scientific report 40%; presentation of proposal 20%; research proposal 20%

Subject Description: This subject will introduce students to a range of key areas of research in human nutrition. Beginning with an overview of nutrition research and the development of literature reviews, topics will include diet intake methodology, the use of nutrient databases, biomedical assays and indicators, epidemiological and ethnographic approaches as they relate to nutrition.

BMS 341 Clinical Biomechanics 8cp

Spring Wollongong On Campus

Contact Hours: 5 hours per week

Pre-requisites: BMS211 or EDUP235, and BMS203

Exclusions: A quota may apply in any one year.

Assessment: Assignment 40%; Quiz 10%; Final Exam 50%

Subject Description: This subject aims to extend the student's knowledge of musculoskeletal functional anatomy and biomechanics attained in BMS203 and BMS211, respectively, and to apply this knowledge in learning how to quantitatively assess human movement. Emphasis within the subject will be directed towards developing the required knowledge and skills to be able to measure, analyse and interpret data characterising both normal and pathological human motion. The subject will consist of the following content: (1) measurement in exercise science; (2) quantitative methods of analysing human motion including anthropometry, kinematic analysis (still, video, and cine photography), kinetic analysis (dynamometry and inverse dynamics), electromyography, pressure measurement, and balance assessment; (3) theoretical and practical concerns in processing raw data characterising human motion; and (4) clinical applications of quantifying human motion.

BMS 342 Advanced Exercise Physiology 8cp

Autumn Wollongong On Campus

Contact Hours: 2 hours Lectures, 3 hours Practical per week.

Pre-requisites: BMS242

Assessment: Mid-semester examination (multiple choice) 20%; Laboratory report 20%; Seminar 20%; Laboratory attendance 5%; Final examination (oral) 35%

Subject Description: While we are adapted to a more sedentary lifestyle, exercise provides a stimulus which pushes physiological function to extreme levels, providing a unique window through which the impact of stress upon human function may be explored. The knowledge of physiological function during rest and exercise stress, under various environmental conditions, is important as a basis for the optimisation of human existence, and, as such, forms an integral part of a sound physiological curriculum. The theme of this subject is to develop an understanding of physiological function under stress across the age and health spectra in groups which include the elderly, adolescent, the athlete and those with underlying pathology.

BMS 344 Cardiorespiratory Physiology 8cp

Autumn Wollongong On Campus

Contact Hours: 2 hours Lectures, 3 hours Practical per week

Pre-requisites: BMS202

Assessment: Group Presentation 15%; Written Assignment 20%; Laboratory Participation and Exercises 15%; Final Exam 50%

Subject Description: Typical content: Cardiovascular physiology including: structure; the ionic basis of cardiac electrical activity; the cardiac pump; the electrocardiogram; peripheral vascular system; control of cardiac function; vascular control and cardiovascular responses to stress within normal and abnormal function. Respiratory physiology including: structure; ventilation and diffusion; pulmonary blood flow; ventilation-perfusion relationships; gas transport to the periphery; the pulmonary pump; control of ventilation and responses to stress within normal and abnormal function.

BMS 345 Advanced Topics in Pathophysiology 8cp

Spring Wollongong On Campus

Contact Hours: 5 hours per week

Pre-requisites: BMS204

Restrictions: No less than credit average in 2nd year subjects.

Assessment: Assessment in this subject is based on a formal written examination (40%) and on two written and oral assignments (60%). Note that completion of all assignments is required to pass this subject unless medical certificates or other relevant documentation are provided.

Subject Description: This subject introduces students to scientific research within the area of pathophysiology. Topics will vary from year to year depending upon the availability of staff but all will emphasise current literature investigating the physiological mechanisms underlying human disease states. The subject is particularly designed for exceptional students who may be contemplating entering a postgraduate research program at the completion of their degree.

BMS 346 Motor Control and Dysfunction 8cp

Spring Wollongong On Campus

Contact Hours: 5 hours per week

Pre-requisites: BMS202 or BMS352

Assessment: Mid session and practical exams 45%; Final exam 55%

Subject Description: This subject will provide knowledge of the neurophysiological basis of the control of both normal, and dysfunctional human motion.

Topics covered will include an in-depth study of the anatomy and neurophysiology of the motor control system, the neurophysiological basis of the major disorders of human motion and techniques for the recording and analysis of normal and abnormal movement patterns.

BMS 352 Fundamentals of Neuroscience 8cp

Autumn Wollongong On Campus

Contact Hours: 2 hrs Lectures, 2 hrs Practical per week

Pre-requisites: BIOL103 or BMS112

Assessment: Written Examinations 50%; Practical Examination 25%; Written Paper 25%

Subject Description: Students will gain familiarity with the physiology and the anatomy of the central nervous system. Labs will consist of a detailed study of the functional anatomy of the human brain, including tracing sensory and motor pathways and understanding neuroanatomical techniques. In addition to integrating anatomical function, lectures include aspects of neural development, molecular and cellular mechanisms of signal transmission, CNS coordination with autonomic and neuroendocrine systems and the study of the neural bases for selected behaviours and neurological disorders.

BMS 354 Practicum in Exercise Science 8cp

Annual Wollongong On Campus

Contact Hours: 1 hour per week Session 1; 2 hours per week plus Placement Session 2

Pre-requisites: BMS203 and BMS242

Co-requisites: BEXS351

Exclusions: For Bachelor of Exercise Science and Rehabilitation students only

Assessment: Seminar (verbal) 20%, Seminar (written) 20%, Report 60%. Satisfactory/Unsatisfactory grade awarded.

Subject Description: Students will gain practical experience and expertise in the application of the knowledge base acquired in Exercise Science. This practicum will emphasise the utilisation of exercise as an intervention to maintain and improve the health and fitness of apparently healthy individuals. Specific problems related to human performance in the sport and health care industry, will be addressed using a multidisciplinary approach.

BMS 401 Honours 48cp

Annual Wollongong On Campus

Pre-requisites: Minimum credit average in the last year of the undergraduate program

Assessment: Final Seminar 15%; Thesis (including viva voce) 85%

Subject Description: The student will be required to write a research proposal and a thesis on an approved topic embodying the results of their supervised research. In addition, the student will be required to participate in a seminar program.

BMS 402 Joint Honours in Biomedical Science and Another Discipline 24cp

Annual Wollongong On Campus

Pre-requisites: Minimum credit average in final year of undergraduate program

Assessment: Biomedical Component - Final Seminar 15%; Thesis (including viva voce) 85%; or as arranged with other unit.

Subject Description: See BMS401.

BND 433 Communication in Health Care Practice 8cp

Annual Wollongong On Campus

Contact Hours: 4 hours of Lectures / Seminars per week

Co-requisites: BND434 or GHMA934

Restrictions: For Nutrition and Dietetics students or authorized postgraduates.

Assessment: Small Group Assessment 35%; Counselling Assessment 35%; Team Assessment 30%

Subject Description: The subject will introduce students to the theory and practice of communication in the professional work environment, emphasising successful communication in a range of contexts. These include client counselling, small group education, community consultation, participation in meetings, working with the media and conflict resolution. In order to promote teamwork and group skills, the subject is taught on a small group basis, and the student should prepare for each activity. In order to promote an understanding of how people learn in small groups, students are asked to keep a reflective journal and to critique the process at the completion of the subject.

BND 434 Dietetics 8cp

Autumn Wollongong On Campus

Contact Hours: 6 hours Lectures / Seminars per week

Pre-requisites: BMS311 and BMS312

Co-requisites: BMS310

Restrictions: For Nutrition and Dietetics students or authorized postgraduates.

Assessment: Ready reckoner assignment 10%; Food group assignment 15%; Case Studies 30%; Final Exam 45%

Subject Description: Dietetics concerns the manipulation of food and dietary data with the aim of supporting nutritional health. This subject focuses attention on the nutritional needs of individuals, in clinical and community health settings, where nutritional intervention will improve or support the quality of life. This subject will draw upon much of your undergraduate and postgraduate studies. In particular you should revise your understanding of nutrition through the life cycle, human physiology and metabolic biochemistry.

BND 435 Food Services and Dietetics Management 8cp

Autumn Wollongong On Campus

Contact Hours: 6 hours Lectures / Practicals / Seminars per week

Pre-requisites: BMS310 OR BMS311 OR BMS312

Restrictions: For Nutrition and Dietetics students or authorized postgraduates.

Assessment: Menu Planning Assignment 25%; Multiple Choice Quiz 10%; Group Consultancy Project 25%; Management Assignment 15%; Cookery Assignments 25%

Subject Description: The subject focuses on the development of small and large scale cooking skills, menu planning and standard recipe manipulation in keeping with dietetic modifications. There is some skills development in

managing the provision of meals via an institutional food service. Aspects of organisational design, leadership, motivation, negotiation, resource management, decision making and power will be explored.

BND 437 Practical Studies in Nutrition and Dietetics 24cp

Autumn / Spring Wollongong On Campus
Annual

Contact Hours: 16 weeks Full Time Practical Placement

Pre-requisites: BND433 and BND434 and BND435

Restrictions: For Nutrition and Dietetics students or authorized postgraduates.

Assessment: 100% practical experience. Grade of Satisfactory or Unsatisfactory given

Subject Description: This subject comprises a practicum of at least 16 weeks duration which is spent in hospitals, community health centres, and other food-related organisations. Students will be under the supervision of experienced practitioners appropriate to the placement requirements. This placement is designed to develop the student's skills and competencies in a range of areas including specialised therapeutic diets and the provision of community nutrition programs. It also provides the students with opportunities to rehearse and demonstrate both interviewing and counselling skills, as well as information and behaviours required to allow the Dietitian to operate as an independent professional. Awareness of, and behaviours consistent with the knowledge of ethics requirements, confidentiality, accountability and other responsibilities of the autonomous professional operating either independently or as a member of a multidisciplinary team should be demonstrated by the student.

EDUP131 Systemic Anatomy 6cp

Autumn Wollongong On Campus

Contact Hours: 2 hrs of Lectures, 3 hrs Practical per week

Exclusions: BMS101

Assessment: Practical Exam 45%; Theory Exam 50%; Spot Test 5%

Subject Description: This subject provides an introduction to the area of human gross anatomy through the study of each of the major systems of the body. In weekly practical sessions, students are exposed to anatomical structure through examination of both cadaveric specimens, radiographic images, histological slides, audiovisual materials and anatomical models. Major topics include the skeletal, muscular, nervous, cardiovascular, respiratory, digestive and urogenital systems.

EDUP132 Physiology I 6cp

Spring Wollongong On Campus

Contact Hours: 3 hours of Lectures, 3 hours Practical / Tutorials / Computer Lab per week

Exclusions: BMS112

Assessment: Theory Exam 65%; Practicals 35%

Subject Description: Following an introduction to the cellular, physicochemical and homeostatic principles essential to an understanding of physiology, specific systems will be investigated in detail. These topics will include: nervous, muscular, cardiovascular, respiratory and reproductive systems; digestive processes and energy balance.

The practicals will exemplify lecture material, tutorials will concentrate on concepts introduced in pracs, graphic analysis and data handling.

EDUP234 Exercise Physiology 6cp

Spring Wollongong On Campus

Contact Hours: 2 hours of Lectures, 3 hours Practical, 1 hour Tutorial per week

Pre-requisites: EDUP132

Exclusions: BMS242

Assessment: Lab Manual 15%; Presentation 30%; Library Journal Task 15%; Final Exam 40%

Subject Description: This subject extends the study of human structure and function into the work and exercise domains. Areas to be studied include: energy liberation and metabolism; applied muscle physiology and applied cardiorespiratory physiology.

EDUP235 Biomechanics For Educators 6cp

Autumn Wollongong On Campus

Contact Hours: 5 hours per week

Pre-requisites: EDUP131 or BMS101

Exclusions: BMS211

Assessment: Mid Session Exam 35%; Quiz 15%; Final Examination 50%

Subject Description: This subject introduces fundamental biomechanical principles to provide a basis for understanding the causes and effects of human motion. The subject is an extension of the basic principles of human structure and function studied in Systemic Anatomy and will include: (1) an introduction to analysis of movement; (2) basic biomechanical principles of motion; and (3) subjective analysis of movement.

NURSING

NURS100 Foundation Studies 6cp

Intake C Wollongong On Campus

Intake D Bega On Campus

Restrictions: Certificate (Level IV) Enrolled Nurses only

Assessment: Major Assignment - Portfolio 60%, Minor Assignment 40%

Subject Description: The aim of this subject is to introduce students to different types and sources of knowledge that can be used in nursing. Specifically the issues dealt with will be examined in relation to the responsibility of a registered nurse and safe practice. Information literacy will be intertwined throughout the subject.

NURS162 Effective Communication in Health Care Relationships 6cp

Autumn Wollongong On Campus

Contact Hours: 2 hours of Lectures, 2 hours Tutorials per week.

Exclusions: NURS122, NURS132

Assessment: Presentation & Essay 20%, Clinical Practice Assignment 40%, Final Exam 40%

Subject Description: This subject aims to provide students with an introduction to theoretical concepts of interpersonal communication, an understanding of the importance of interpersonal skills in health care, beginning skills for relating to patients/clients and the fundamentals of professional presentation skills. An awareness of self, the concept of the professional relationship and the therapeutic use of self will also be important themes in this subject. The theory will be used to underpin the development of a range of interpersonal skills necessary for effective communications in contemporary health care settings.

NURS163 Fundamentals of Nursing 6cp

Autumn Wollongong On Campus

Contact Hours: 2 hours of Lectures, 2 hours of Tutorials, 2 hours Lab per week plus 2 weeks Practicum

Exclusions: NURS121, NURS132

Assessment: Vital Signs Assignment 20%, Client Assessment Assignment 30%, End of Session Examination 50%, 100% clinical attendance and satisfactory completion of a clinical competency profile, ANCI competencies are also assessed.

Subject Description: This subject will provide a foundation for safe and effective nursing practice for all other nursing care subjects. It will introduce students to the roles and functions of the nurse and critical thinking skills. The theoretical foundation provided will promote the development of clinical skills and reflective practice. Application of these skills and practices will occur in supervised clinical practicum in appropriate areas.

NURS164 Patterns of Knowing in Nursing 6cp

Autumn Wollongong On Campus

Contact Hours: 2 hours of Lectures, 2 hours of Tutorials per week

Exclusions: NURS122, NURS132

Assessment: Minor Assignment 15%, Major Assignment 35%, Examination 50%.

Subject Description: The general aim of this subject is to introduce students to different types and sources of knowledge capable of being used in nursing. Specifically, this subject will deal with ethical issues in nursing and the fundamental knowledge of common law and legislation required for safe practice. Topics to be discussed include: ethical and legal responsibilities and nurses; tensions between personal ethical commitments and legal obligations; the relationship between nurses' knowledge, and ethical and legal obligations.

NURS165 Primary Health Care Nursing 6cp

Autumn Wollongong On Campus

Contact Hours: 2 hours of Lectures, 2 hours Tutorials per week

Exclusions: NURS325

Assessment: Seminar Debate 40%; Debate Plan 10%; Literature Review 30%; Reflection 20%.

Subject Description: This subject will examine the Primary Health Care Model of health as described by the World Health Organisation, and will explore the nurse's role within the model. The focus of this subject will be the exploration of the nurse's role in the promotion of health for individuals, families

and communities. Nurses will gain skills in health promotion and the planning and evaluation of health promotion activities.

NURS166 Medical/Surgical Nursing 1 6cp

Spring Wollongong On Campus

Contact Hours: 2 hours of Lectures, 2 hours of Tutorials, 2 hours Lab per week plus 2 weeks Practicum

Pre-requisites: NURS163

Co-requisites: SCIE121 or BMS112, SCIE122 or BIOL103

Exclusions: NURS121, NURS132

Assessment: Critical Analysis Assignment 30%, Mid-session Quiz 20%; End of Session Examination 50%, 100% clinical attendance and satisfactory completion of a clinical competency profile, ANCI competencies are also assessed.

Subject Description: This subject is designed to build upon the content of NURS163 Fundamentals of Nursing in that it examines the prescription of nursing care once client needs have been established using holistic nursing assessment criteria. In doing so it seeks to prepare participants for supervised clinical practice in medical/surgical settings throughout the total program.

NURS227 Human Bioscience 3 6cp

Autumn Wollongong On Campus

Autumn Bega On Campus

Contact Hours: 4 hours of Lectures, 3 hours Practical per week

Pre-requisites: SCIE122

Subject Description: Gives students an understanding of the structure and functioning of the human body. The major emphasis is on physiology rather than anatomy. All the organ systems of the human body are studied and appropriate links are made with both pathophysiology and human development.

NURS240 Current Services in Aboriginal Health 6cp

Not on Offer in 2004

Subject Description: Differences between rural and urban patterns of Aboriginal health, including community based and mainstream models of Aboriginal health service delivery will be examined.

NURS242 Functional Community Structures 6cp

Autumn Wollongong On Campus

Contact Hours: n/a

Subject Description: This subject focuses on needs assessment techniques. Involves the analysis and planning of local program development, relevant health promotion strategies and program evaluation.

NURS243 Special Topic 6cp

Spring Wollongong On Campus

Contact Hours: n/a

Subject Description: This subject examines social factors affecting illness patterns. Health area analyses, epidemiological considerations and relationships between health, illness and lifestyle. Submission preparation is addressed.

NURS262 Medical / Surgical Nursing 2 6cp

Autumn Wollongong On Campus

Autumn Bega On Campus

Contact Hours: 2 hrs lecture; 2 hrs tutorial; 2 hrs lab; 2 weeks practicum

Pre-requisites: NURS 166, SCIE 121

Exclusions: NURS 222

Assessment: Essay 30%, Calculations Test 10%, End of Session Examination 60%, 100% clinical attendance and satisfactory completion of a clinical competency profile, ANCI competencies are also assessed.

Subject Description: Medical/Surgical Nursing 2 is a clinically orientated subject that will require the student to integrate concepts related to the biophysical, patho physiological, pharmacological, psychosocial and cultural diversity dimensions of individuals and families. This subject will provide the student with an opportunity to apply their understanding of the control mechanisms of the body which maintain homeostasis and coordination and relate these to fluid and electrolyte balance, renal function, neurological and endocrine control and movement. This subject includes the study of normal and abnormal pathophysiology across the life span. This subject will also examine in detail the role of the nurse in assessing people with alterations in fluid and electrolyte balance, renal function, coordination, control and movement: identifying actual and potential problems for these people, making clinical decisions within a professional, ethical and legal framework; and collaborative care incorporating relevant diagnostics and therapeutics.

NURS263 Mental Health Nursing 1 6cp

Autumn Wollongong On Campus

Autumn Bega On Campus

Contact Hours: 2 hrs lecture; 2 hrs tutorial; 2 hrs lab; 2 weeks practicum

Pre-requisites: NURS162, NURS166

Exclusions: NURS223

Assessment: Tutorial Presentation 20%, Essay 30%, End of Session Examination 50%, 100% clinical attendance and satisfactory completion of clinical competency profile, ANCI Competencies are also assessed.

Subject Description: This subject will introduce the students to the concept of mental health, mental disorders and the provision of care for people who are affected by these disorders. Students will be given an overview of the forces that have shaped mental health services in Australia today. The subject will cover the affects that various mental disorders and substance related disorders have on the population and the impact this has on nurses working in the health field.

NURS264 Reflection and Practice 6cp

Spring Wollongong On Campus

Spring Bega On Campus

Pre-requisites: NURS164

Exclusions: NURS327, NURS330

Assessment: Active Tutorial Participation 20%, Logical Argument Exercise 30%, Reflective Journal and related exercises 50%.

Subject Description: This subject has three main foci: the development of skills of reflection, not only directly on clinical nursing practice but within the student as a person in general;

the development of critical thinking skills, particularly in relation to logical thought and the recognition of logical argument within the work of others; and, the development of skills in presenting logical arguments to others. It builds on skills dealt with earlier in the programme related to the identification, accessing and evaluation of clinically relevant literature. It therefore serves to provide an insight into the concept of "intellectual craftsmanship" and its relevance to nursing practice.

NURS265 Nursing Therapeutics 6cp

Spring Wollongong On Campus

Spring Bega On Campus

Pre-requisites: NURS166

Exclusions: NURS226

Assessment: Assignment 40%, 2 Discussion Reports 20%, End of Session Examination 40%

Subject Description: Nursing therapeutics further develops insights into the nurse's role in administering medications and the use of alternate therapies in care of the patient. Pharmacokinetics will serve as the basis for examining major drug groups with particular emphasis on patient education about drugs, side effects, toxic effects and manifestations, and drug interactions. Alternative therapies shall also be explored in relation to the amelioration of patient problems in collaboration with and separate from allopathic therapies. These alternative therapies will include herbal medications, vitamin and mineral supplementation, naturopathy, aromatherapy, therapeutic touch, meditation and acupuncture. Overall the intention is to enable students to consider ways in which the ethos underpinning alternative therapies (eg. Holism and client-centredness) can and should be expanded into care.

NURS266 Medical / Surgical Nursing 3 6cp

Spring Wollongong On Campus

Spring Bega On Campus

Contact Hours: 2 hrs lecture; 2 hrs tutorial; 2 hrs lab; 2 weeks practicum

Pre-requisites: NURS262

Exclusions: NURS222

Assessment: Assignment 50%, End of Session Examination 50%, 100% clinical attendance and satisfactory completion of a clinical competency profile, ANCI competencies are also assessed.

Subject Description: Medical/Surgical Nursing 3 is a clinically orientated subject that will require the student to integrate concepts related to the biophysical, pathophysiological, pharmacological, psychosocial and cultural diversity dimensions of individuals and families. This subject will provide the student with an opportunity to apply their understanding of the control mechanisms of the body which maintain homeostasis and coordination and relate these to people with alterations in oxygenation, perfusion, ingestion and elimination. This subject includes the study of normal and abnormal pathophysiology across the life span. This subject will also examine in detail the role of the nurse in assessing people with alterations in oxygenation, perfusion, ingestion and elimination: identifying actual and potential problems for these people, making clinical decisions within a professional, ethical and legal framework; and collaborative care incorporating relevant diagnostics and therapeutics.

NURS267 Family and Maternal Health Nursing 6cp

Spring Wollongong On Campus

Spring Bega On Campus

Contact Hours: 2 hrs lecture; 2 hrs tutorial; 2 hrs lab; 2 weeks practicum

Pre-requisites: NURS262

Exclusions: NURS131

Assessment: Case Study 35%, Mid-Session Quiz 15%, End of Session Examination 50%, 100% clinical attendance and satisfactory completion of a clinical competency profile, ANCI competencies are also assessed.

Subject Description: The subject will introduce the student to concepts of family in its contemporary forms and to skills that will enable them to effectively care for women and their babies during the childbearing period, under the supervision of certified midwives. It will describe physical and psychological changes that occur in a variety of pregnancy circumstances. The nurse's role in the family's experience of pregnancy and childbirth will be explored and professional, legal, ethical and cultural diversity will be discussed. Factors affecting family health will be addressed in the context of the childbearing period and early childhood.

NURS322 Developmental Disability Nursing 6cp

Autumn Wollongong On Campus

Autumn Bega On Campus

Contact Hours: 2 hrs lecture; 2 hrs tutorial; 2 hrs lab; 2 weeks practicum

Pre-requisites: NURS262, NURS263 and NURS267

Assessment: Essay 40%, Tutorial Presentation 20%, Examination 40%, 100% clinical attendance and satisfactory completion of a clinical competency profile, ANCI competencies are also assessed.

Subject Description: This subject provides a theoretical and practical introduction to the field of developmental disability. Particular focus will be given to the concepts of normalisation and integration of people with disabilities into society.

NURS328 Management in Nursing 6cp

Spring Wollongong On Campus

Spring Bega On Campus

Contact Hours: 2 hour of Lectures, 2 hours of Tutorials per week

Pre-requisites: NURS226, NURS267

Subject Description: This subject focuses on the working environment of the nurse, and a review is made of models of nursing intervention and of issues which have an impact upon work practices, including hospital evaluation, evaluation of nursing practice, and occupational health and safety.

NURS341 Special Topic 8cp

Autumn Wollongong On Campus

Contact Hours: n/a

Pre-requisites: NURS243

Subject Description: This subject enables students to focus on an area of policy, education or management of relevance to the functioning of Aboriginal families/communities. Strategies that take into account changing patterns of health service provision will be examined.

NURS343 Indigenous Community Development: Theory and Practice 6cp

Spring Wollongong On Campus

Contact Hours: n/a

Subject Description: Students will apply the principles of primary health care to design and develop a project for an Indigenous community.

NURS344 Community Health: Theory, Research & Practice 6cp

Not on offer in 2004

Subject Description: This subject guides students through an analysis of the health needs of an Indigenous community and implementation of a project developed in NURS343.

NURS362 Continuing, Rehabilitative and Palliative Care Nursing 6cp

Autumn Wollongong On Campus

Autumn Bega On Campus

Contact Hours: 2 hrs lecture, 2 hrs tutorial, 2 hrs lab, 2 wks practicum.

Prerequisites: NURS262, NURS263

Assessment: Essay 50%, Examination 50%, 100% clinical attendance and satisfactory completion of a clinical competency profile, ANCI competencies are also assessed.

Subject Description: There are a number of chronic health conditions that are commonly encountered by nurses. These conditions are particularly, but not only prevalent in the aged population. This is a clinically orientated subject which examines a number of issues related to chronic health conditions, particularly the goals of aged, rehabilitative and palliative care. The student will have the opportunity to integrate knowledge gained from previous subjects into the care of the person with a chronic disorder. This subject will consider a detailed examination of the role of the nurse in assessing and identifying problems associated with alterations in clients, and making clinical decisions about appropriate nursing interventions and outcomes.

NURS363 Therapeutic Use of Self 6cp

Autumn Wollongong On Campus

Autumn Bega On Campus

Contact Hours: 2 hours lecture, 2 hours tutorial per week.

Prerequisites: NURS123, NURS162, NURS262, NURS263

Assessment: Reflective Journal/Diary 20%, Essay 30%, Examination 50%.

Subject Description: In the process of communication we are required to deal with the emotions, thoughts and actions of people around us. Those we deal with in the health system are better served by clinicians who are aware of their own values and beliefs and willing to challenge and question those beliefs. However, for specific goal oriented and therapeutic communications in the professional context, our understanding is required to be more intensive. This subject will introduce students to concepts necessary for effective therapeutic communication and will enable students to develop a portfolio of skills to assist them in any generalist or specialist clinical practice area. These skills will be developed through the use of simulation that are based on specific clinical situations. The skills learnt in this subject are transferable to all areas of the health service and both

underpin and compliment therapeutic communication skills necessary for students who plan to specialise in mental health.

NURS364 Research Appreciation and Application 6cp

Autumn Wollongong On Campus

Autumn Bega On Campus

Contact Hours: 2 hours lecture, 2 hours tutorial per week.

Prerequisites: NURS262, NURS263, NURS264

Assessment: Essay 30%, Essay 70%.

Subject Description: A commitment to research based care is essential within nursing and midwifery, both for improved standards of care and the development of curious and critical practitioners. In order to make their commitment to research a reality, practitioners require not only insight into research methodologies but also the ability to critically analyse existing research. Strategies for increasing research awareness and widely disseminating existing findings should also be clearly understood. The focus of this module therefore, is the development of research appreciation and application skills, not the production of research workers.

NURS365 Mental Health Nursing 2 6cp

Spring Wollongong On Campus

Spring Bega On Campus

Contact Hours: 2 hrs lecture, 2 hrs tutorial, 2 hrs lab, 2 wks practicum.

Prerequisites: NURS263, NURS266, NURS267

Assessment: Assignment 30%, Tutorial Presentation 20%, Examination 50%, 100% clinical attendance and satisfactory completion of a clinical competency profile, ANCI competencies are also assessed.

Subject Description: Students will be encouraged to develop their understanding of the concepts of mental health nursing. This subject will examine specific skills in identifying planning, implementing and evaluating care for individuals affected by a range of complex serious and enduring mental disorders, including dealing with the impact of these disorders on family members. This will involve students being directly involved in skills acquisition for the provision of care for these clients.

NURS366 Community Health Nursing 6cp

Spring Wollongong On Campus

Spring Bega On Campus

Contact Hours: 2 hours lecture, 2 hours tutorial 2 hours lab per week.

Prerequisites: NURS165, NURS266, NURS267

Assessment: Tutorial Presentation 20%, Assignment 40%, Examination 40%.

Subject Description: Students will have the opportunity to explore the diversity of nursing in a health care system that is becoming more community focussed and based. Students will obtain opportunities to develop and consolidate knowledge, attitudes and skills in the nursing of people with more complex conditions in unpredictable community environments.

NURS367 Medical/Surgical Nursing 4 6cp**Spring** Wollongong On Campus**Spring** Bega On Campus**Contact Hours:** 2 hrs lecture, 2 hrs tutorial, 2 hrs lab, 2 wks practicum.**Prerequisites:** NURS266, NURS267**Assessment:** Assignment 50%, Examination 50%, 100% clinical attendance and satisfactory completion of a clinical competency profile, ANCI competencies are also assessed.**Subject Description:** Medical/Surgical Nursing 4 is a clinically orientated subject that will facilitate the student to integrate concepts related to the biophysical, pathophysiological, pharmacological, psychosocial and cultural diversity dimensions of individuals and families. This subject will enable the student to synthesise knowledge and skills gained from the previous Physiological Nursing subjects to high dependency patients. This subject will also examine in detail the role of the nurse in assessing people with injury and multi-system disorders; identifying actual and potential problems for these people, making clinical decisions within a professional, ethical and legal framework; and collaborative care incorporating relevant diagnostics and therapeutics.**NURS401 Nursing Honours 48cp****Annual** Wollongong On Campus**Contact Hours:** 3 hours per week**Pre-requisites:** Completion of the requirements for the Bachelor of Nursing degree**Subject Description:** This course is designed to provide supervision for a beginning researcher, through individual mentoring and group seminars. The major component of the course is to guide the student through the research process, including formulating testable questions from the research literature; devising appropriate methods to test these questions; obtaining ethics committee approval; data collection and analysis; oral presentation of results; and report writing. Students will develop and conduct a research project resulting in a thesis presentation.

POPULATION HEALTH**POP 101 Population Health - current health issues and their determinants 6cp****Spring** Wollongong On Campus**Contact Hours:** 2 hours of Seminars, 1 hour of Tutorials per week**Assessment:** Assignments, Group presentation, Exam**Subject Description:** Weekly seminars on major population health issues in Australia will be presented by academic staff, leading health professionals and others, including community advocates and (from time to time) those with personal experience of the condition. The latest evidence on the determinants of health issues will be examined, together with implications for specific population groups (e.g. indigenous Australians and the elderly) and provision of services in rural and urban areas. Ways in which these health issues can be approached will be discussed. Weekly tutorials will examine the links between health and political, social and other factors.**POP 102 Sex, drugs and rock'n'roll; public health perspectives 6cp****Autumn** Wollongong On Campus**Contact Hours:** 2 hours of Lectures, 1 hour of Tutorials per week**Assessment:** Two written assignments, Group presentation, Exam**Subject Description:** This subject introduces students to two important contemporary health areas; one related to licit and illicit drug use, including cannabis, ecstasy, alcohol and tobacco; and the other related to sexual and reproductive health in the era of HIV/AIDS. Looks at health consequences, the role of advertising, theories of addiction, law enforcement strategies, health prevention and promotion approaches, and the importance of gender in negotiating sexual relationships. Includes finding and evaluating current public health information.**POP 103 Introduction to Health Behaviour Change 6cp****Spring** Wollongong On Campus**Contact Hours:** 2 hours lecture, 1 hour tutorial per week.**Assessment:** Literature review (40%), Group project (40%), Group presentation (20%)**Subject Description:** This subject introduces students to the theories and strategies of health behaviour change at the levels of the individual, the group, and the community. The subject will focus on the application of psychological theories and principles to the practice of public health and nursing, with emphasis on the use of behaviour change theories and strategies in various clinical nursing settings and health promotion contexts and in culturally diverse communities.**POP 201 Contemporary population health problems 6cp****Autumn** Wollongong On Campus**Contact Hours:** 2 hrs seminar, 1 hr tutorial per week.**Pre-requisites:** POP101**Subject Description:** Weekly seminars on current population health problems will be presented. Examples will be drawn from within Australia and internationally. Topics will illustrate themes such as the effects of poverty or inequity on health, the populations at risk, the meaning and proof of causality and the way that this information may inform preventive or treatment efforts. The concepts of risk of disease or illness and of burden of disease will be introduced and the possibility that these influence policy and resource allocation will be discussed.**POP 202 Promoting Healthy Lifestyles 6cp****Autumn** Wollongong On Campus**Contact Hours:** 2 hrs seminar, 1 hr tutorial per week.**Pre-requisites:** 24 cp at 100 level**Assessment:** Essay 25%, Group Assignments 45%, Exam 30%**Subject Description:** Health promotion is a risk management strategy that deals with the environmental and educational supports that can assist individuals, groups and communities

to improve their health. Individuals, groups and populations will be considered. Theoretical and practical aspects of behaviour change and community development will be addressed. The problems of assessing public health interventions will be explored through an examination of evidence from health intervention studies and the options for such studies. Communication of risk is an essential component of health promotion and will receive particular emphasis in this subject.

POP 203 Health Policy 6cp

Spring Wollongong On Campus

Contact Hours: 2 hrs seminar, 1 hr tutorial per week.

Pre-requisites: At least 12 credit points at 200 level, POP201

Assessment: Test 20%, Essay 30%, Assignment 50%

Subject Description: This subject examines health and health care from policy and structural perspectives. First, health policy at a number of levels (governmental and non-governmental) relating to health and health care services will be described and critiqued. Roles and responsibilities of agencies responsible for health matters in Australia will be examined. Second, health policy as a strategy for the management of population health risk will be explored using both theoretical approaches and practical examples. The processes of policy formation will be analysed. Key contemporary policy examples will be examined.

POP 204 Epidemiology 6cp

Spring Wollongong On Campus

Contact Hours: 2 hrs lecture, 1 hr tutorial per week.

Pre-requisites: STAT151, PSYC123 or STAT131

Subject Description: The epidemiological approach to the study of disease and illness will be taught. The level of evidence of a number of study types (e.g. cross-sectional, case control, cohort, intervention studies) will be presented in the context of public health problems. Sources of bias (confounding and effect modification) and causality will be covered. Screening for disease, and associated concepts (sensitivity, specificity, predictive value, ROC curves) will be discussed.

POP 220 Mass Media and Population Health 6cp

Autumn Wollongong On Campus

Contact Hours: 2 hrs lecture, 1 hr tutorial per week.

Assessment: Two essays, written project, oral presentation.

Subject Description: This unit examines the effects of media on population health - from the negative impact of advertisements for cigarettes, alcohol and junk food to the (hopefully) positive impact of public health campaigns. The subject covers commercial and social advertising, program and editorial content, media advocacy, and social marketing; and presents case studies of current media coverage and advertising campaigns to demonstrate the effects of media on health and social behaviour. Students will develop skills in media analysis, the development of communication campaigns, and dealing with the media.

POP 221 Behaviour Change for Population Health 6cp

Spring Wollongong On Campus

Contact Hours: 2 hrs lecture, 1 hr tutorial per week.

Assessment: Two essays 60%, written project 20%, oral presentation 20%.

Subject Description: This subject introduces and builds on the theories and strategies of health behaviour change at the levels of the individual, the group or community and the population. The subject will focus on the application of psychological theories and principles to the practice of nursing and public health, with emphasis on the use of behaviour change theories and strategies in various public health and health promotion contexts and in culturally diverse communities. The subject also reviews the ethical and practical issues inherent in endeavouring to persuade people to change their health-related behaviours.

POP 222 Current Issues in Food and Nutrition 6cp

Spring Wollongong On Campus

Contact Hours: 2 hrs lecture, 1 hr tutorial and 2 hrs seminar in some weeks.

Assessment: A combination of three in-class quizzes, an independent activity and an assignment.

Subject Description: This subject incorporates an overview of nutrients important to human health and their metabolism. It introduces students to ideas on the causes, nature and effect of a number of current food and nutrition issues. Examples will be drawn from Australia and overseas. Students will critically discuss the role of influential factors, including: interaction of biological, lifestyle and sociocultural aspects of human behaviour; changes in the nature of the food system; role of government and professional groups; and consumer interests.

POP 301 Project and Program Design, Management and Evaluation 8cp

Not on offer in 2004

Pre-requisites: POP201, POP203

Subject Description: This subject will examine the process of planning and design (identification of core information, analysis of need, setting goals, objectives, strategies, budgets, resource considerations) for health projects. Program evaluation concepts, development of monitoring and evaluation plans and data management will be discussed. Students will critique project proposals and develop skills in proposal writing and presentation.

POP 302 Analysis and Interpretation of Evidence 8cp

Not on offer in 2004

Pre-requisites: POP201, POP204

Subject Description: This subject develops skills in analysing evidence for health care questions. Concepts of evidence based practice and systematic reviews will be taught. Topics will include, defining a question, systematic reviews, pitfalls in critical appraisal, meta-analysis, calculation of effect sizes, evaluating effectiveness, implementing evidence-based practice. Students will undertake systematic reviews for frequency of disease, diagnosis and prognosis, practice guidelines and management of disease.

POP 325 Aboriginal Health Issues 8cp

Autumn Wollongong On Campus

Contact Hours: 2 hours of Seminars per week**Pre-requisites:** 24 credit points at 200 level**Assessment:** Three written assignments and a seminar presentation**Subject Description:** This subject examines the health status of Aboriginal Australians from a historical perspective, using relevant insights from the experiences of other indigenous populations; explores the causes of Aboriginal health problems, the political and economic context of health, the role of culture, and access to health services and critiques current strategies to improve health.**POP 331 Population Health Project A 24cp**

Autumn/ Spring Wollongong On Campus

Annual Wollongong On Campus

Contact Hours: Refer Dept.**Pre-requisites:** POP301, POP302**Restrictions:** Entry will be by selection and dependent on availability of appropriate projects and supervision.**Assessment:** Project Proposal 20%, Literature Review 20%, Oral Presentation 20%, Report 40%**Subject Description:** Students with a credit average or above will be able to choose from a list of projects nominated each year by academic staff who will act as supervisors. These projects may include involvement in a population health program, gaining practical skills in program development, implementation or evaluation, or in other applied research projects, such as policy development or analysis. Other projects may involve investigating a population health problem or issue using appropriate methodologies. Projects may be located within health services or related organisations. Opportunities to locate in rural areas will be actively supported. Students will normally work in small project groups. Students undertaking a project which involves a placement in a NSW Health Department facility will be required to undergo a Criminal Record Check. Evidence of vaccination status may be required. Students undertaking a project which involves contact with children, completion of the Prohibited Employment Declaration form is required.**POP 332 Population Health Project B 8cp***Not on offer in 2004***Pre-requisites:** POP301, POP302**Subject Description:** Students will be able to undertake a limited project, focussing on either the analysis of an existing data set or the analysis of policy documents, or a critical review of the literature addressing a current population health problem or question. Suitable projects will be nominated each year by academic staff who will act as supervisors.**POP 401 Honours 48cp**

Annual Wollongong On Campus

Pre-requisites: An undergraduate degree in a relevant discipline approved by the Head of the Graduate School of Public Health.**Assessment:** Thesis 70%, other written work 30% plus two presentations.**Subject Description:** The Honours program is an individual research endeavour under supervision. The candidate is

encouraged to research a contemporary issue within the research area of members of the Graduate School of Public Health. It is expected that there be both a theoretical and empirical content to the project. Guidelines for this subject are available from the Coordinator. Seminars are held in both sessions to evaluate the research proposal and to assess progress. The student is required to pass an examination of the detailed research proposal before about one third of the research time has passed. The final assessment of the subject combines an oral presentation with the written thesis.

PSYCHOLOGY**PSYC101 Introduction to Behavioural Science 6cp**

Autumn Wollongong On Campus

Autumn Shoalhaven Flexible

Contact Hours: 2 hours of Lectures, 1 hour of Tutorial per week**Subject Description:** This subject provides an introductory overview of areas of psychological investigation, introducing students to the study of individuals and human experience. It aims to acquaint non-psychology majors with the discipline, but may also provide additional background to students intending to specialize in psychology. Topics covered include learning, cognition, motivation, emotion, personality and lifespan development. The aim of this course is to introduce the major areas of study in the science of psychology.**PSYC121 Foundations of Psychology A 6cp**

Autumn Wollongong On Campus

Contact Hours: 2 hours of Lectures, 1 hour of Tutorial per week**Subject Description:** This subject is a prerequisite for enrolment in second year psychology subjects. The subject introduces students to the science of psychology. The content will focus on the way the individual's biological and psychological systems function. In particular, the subject will examine the biological bases of human behaviour, lifespan development, motivation and emotion, personality, and consciousness.**PSYC122 Foundations of Psychology B 6cp**

Spring Wollongong On Campus

Contact Hours: 2 hr of Lectures, 1 hrs of Tutorial per week**Co-requisites:** PSYC123**Subject Description:** This subject is a prerequisite for enrolment in second year psychology subjects. The subject examines the way in which individuals perceive and learn about their world, the ways in which group membership influences behaviour, the nature of psychological dysfunction, and the role of psychology in influencing health. Topics covered include learning, perception, memory, cognition, psychology of abnormality, social psychology, and human relations.

PSYC123 Theory Design and Statistics in Psychology 6cp

Spring Wollongong On Campus

Contact Hours: 2 hour of Lectures, 1 hour of Tutorial per week

Subject Description: This subject is a prerequisite for enrolment in second year psychology subjects. The subject introduces students to scientific methods, the design of psychological research, data analysis and interpretation. Emphasis will be placed on the acquisition of fundamental statistical skills and a capacity for critical evaluation of research design, in both experimental and non-experimental applications. The link between psychological theory, method and analysis will be explored. Ethical issues in psychological research will be addressed.

PSYC216 Psychology of Physical Activity 6cp

Autumn Wollongong On Campus

Contact Hours: 2 hour of Lectures, 1.5 hours of Tutorials per week.

Pre-requisites: (PSYC101) OR (PSYC121) OR (PSYC122) OR (PSYC123)

Assessment: Literature Review 15%, Presentation and Reflective Write-up 20%, Field Project Assignment 20%, Multiple Choice Quiz 20%, Final Exam 25%

Subject Description: PSYC 216 examines evidence on the health benefits of physical activity; how physical activity habits may be measured; how physical activity is distributed in populations; its major determinants; how psychological theories or models can guide interventions to promote physical activity; the evidence base on which interventions can be developed; and evidence on the outcomes of trials of interventions, including community, mass-media and public health policy initiatives.

PSYC231 Personality 6cp

Autumn Wollongong On Campus

Contact Hours: 2 hour of Lectures, 1.5 hours of Lab per week.

Pre-requisites: (PSYC121 and PSYC122 and PSYC123)

Subject Description: This subject provides overviews of, and bases of comparison between, many of the major approaches to personality. These include psychoanalysis, behaviourism, existentialism, personal construct psychology, neo-Freudian approaches, trait theory, social learning theory and humanistic psychology. Coverage includes both accounts of normal and abnormal personalities, individual differences, developmental dimensions, relevant research and therapeutic relevance where appropriate.

PSYC234 Biological Psychology and Learning 6cp

Autumn Wollongong On Campus

Contact Hours: 2 hrs of Lectures, 1.5 hrs of Labs per week

Pre-requisites: (PSYC121 and PSYC122 and PSYC123)

Assessment: Lab Report, Quizzes, Exam

Subject Description: This subject introduces the physiological mechanisms underlying behaviour and changes in behaviour brought about by experience, as well as the psychophysiological measures frequently employed to study these processes. Topics include the nervous and endocrine

systems, arousal, attention, learning, memory, language, Pavlovian and instrumental conditioning, and habituation. Laboratory classes introduce the techniques and experimental methods used in the study of learning and psychophysiology, including the recording of the electrocardiograph, skin conductance and the electroencephalograph.

PSYC236 Cognition and Perception 6cp

Spring Wollongong On Campus

Contact Hours: 2 hours of Lectures, 1.5 hours of Labs per week.

Pre-requisites: (PSYC121 and PSYC122 and PSYC123)

Subject Description: This subject provides an overview of two broad content areas in experimental psychology. Perception is the study of how information is acquired from the environment through sensory organs. Cognition is concerned with the storage, manipulation and retrieval of such information. Lectures draw upon findings from both behavioural and neuropsychological studies. Topics covered include visual and auditory perception, memory, language, categorisation and reasoning. Students learn how to conduct, analyse and interpret experimental research.

PSYC241 Developmental and Social Psychology 6cp

Spring Wollongong On Campus

Contact Hours: 2 hour of Lectures, 1.5 hours of Lab per week.

Pre-requisites: (PSYC121 and PSYC122 and PSYC123)

Subject Description: The developmental component of the subject addresses the perceptual, cognitive, and social development of the child through childhood. It provides an introduction to the biological, cognitive, behavioural and sociocultural perspectives on development and reviews theory and research on key topics in the field. The social component of the subject forms the foundation for considering a range of topics about the individual in the group setting. The focus is on the individual in the social context and topics such as social cognition, attitudes, prejudice and group behaviour are considered.

PSYC246 Special Research Topic 6cp

Autumn / Spring Wollongong **On Campus**
Annual

Contact Hours: Refer Dept.

Pre-requisites: Prior approval by Head of Department required.

Co-requisites: Not to be counted with more than one other 200 level psychology subject.

Subject Description: On successful completion of this subject students will be able to identify the major steps necessary to carry out a research project in Psychology, including problem specification, surveying the existing literature, appropriate data collection and analysis techniques, and report writing. Students will understand the importance of team work and have demonstrated small group presentation techniques.

PSYC247 Statistics and Measurement 1 6cp**Autumn** Wollongong On Campus**Contact Hours:** 2x1 hr lectures and 1.5 hr tutorial weekly.**Prerequisites:** PSYC121 and PSYC122 and PSYC123**Assessment:** Refer Subject Outline

Subject Description: Students are introduced to fundamental concepts underlying measurement and quantification in psychology. This subject covers statistical methods used in psychology with an emphasis on choosing appropriate analyses for given research designs. The subject also introduces students to the concepts of testing and assessment in psychology, including the assessment of personality, ability and aptitude. The practical aspects of test administration and interpretation in organisational and clinical settings will be discussed, including ethical issues relating to psychological testing. Students will also obtain skills in using SPSS to analyse psychological data.

PSYC248 Statistics and Measurement 2 6cp**Spring** Wollongong On Campus**Contact Hours:** 2x1hr lectures and 1.5hr tutorial weekly.**Prerequisites:** PSYC247**Assessment:** Refer Subject Outline

Subject Description: This subject consists of two distinct but related components. In the first component students are introduced to a general linear modelling approach to analysis of variance and regression. In the second component students are introduced to the statistical theory underlying psychological testing, including classical and modern test theories. Students will experience extensive use of SPSS in analysing general linear models, and examining the psychometric properties of psychological tests.

PSYC315 Psychology of Abnormality 8cp**Spring** Wollongong On Campus**Contact Hours:** 2 hour of Lectures, 1.5 hours of Lab per week**Pre-requisites:** 24 cp of PSYC at 200 level (excluding PSYC216)

Subject Description: This subject involves a systematic examination of the variety of mental disorders found in adults and children. In addition to the descriptive psychopathology, necessary to identify the disorders, contemporary issues relating to theories of causation and treatment are examined. In addition, clinical assessment and methods of therapeutic intervention make up an important component of this course.

PSYC317 Current Issues in Learning and Judgement 8cp**Autumn** Wollongong On Campus**Contact Hours:** 2 hrs lecture, 1.5 hr practical per week.

Prerequisites: 24 credit points at 200 level (excluding PSYC216). For students who begin their degrees from 2003, this must include PSYC234 AND PSYC236. For students who began their degrees before 2003, this must include PSYC234 OR PSYC236.

Assessment: 4 laboratory exercises each worth 5% for a total of 20%; 1 laboratory report 30%; 1 final exam 50%

Subject Description: This subject will extend students' knowledge of psychology in the areas of human learning and

judgment. It provides a detailed examination of four areas : (i) implicit learning, (ii) human reasoning, (iii) judgement under uncertainty, (iv) causal learning. Students will be required to carry out a laboratory report on a topic relevant to the subject. In addition there will be a full program of experimental laboratory classes.

PSYC318 Change Throughout the Lifespan 8cp**Spring** Wollongong On Campus**Contact Hours:** 2 hr lecture, 5 x 3hr laboratories.**Prerequisites:** 24 cp of PSYC at 200 level (excluding PSYC216) including PSYC231**Assessment:** Refer Subject Outline

Subject Description: This subject focuses on the kinds of changes that occur to people throughout their life and ways to facilitate and cope with those processes. Changes in intelligence, personality and social interactions in adulthood and old age are considered. Theories concerning the nature of life-span change are addressed, along with relevant empirical studies. One approach to understanding and facilitating changes, personal construct psychology, will be considered in detail. Some personal exploration will be undertaken by those enrolled.

PSYC345 Memory and Language 8cp**Autumn** Wollongong On Campus**Contact Hours:** 2 hour of Lectures, 1.5 hours of Tutorials per week.**Pre-requisites:** 24 cp of PSYC at 200 level (excluding PSYC216) including (PSYC232 and PSYC236)

Assessment: Laboratory exercises 25%, Workshop experimental report 30%, Exam 45%

Subject Description: This subject will extend students knowledge of cognitive psychology from the framework acquired in PSYC236. It provides a detailed examination of four areas: (1) short-term memory, (2) reasoning, (3) the psychology of reading, and (4) connectionism. Students working in groups will be required to carry out a small original research project on a topic relevant to the course. In addition there will be a full program of experimental laboratory classes.

PSYC347 Assessment and Intervention 8cp**Autumn** Wollongong On Campus**Contact Hours:** 2 hours of Lectures, 1.5 hours of Labs per week.**Pre-requisites:** 24 cp of PSYC at 200 level (excluding PSYC216)

Assessment: Agency visit and report, seminar, essay, final exam.

Subject Description: This subject is meant to provide students with an overview of the assessment procedures and intervention programmes commonly used, and the efficacy of these programmes for common psychological problems including anxiety, depression, eating, substance abuse, and common disorders among children. While different approaches to therapy will be briefly discussed, the strategies used in cognitive-behavioural assessment and therapy will be covered more extensively.

PSYC348 History and Metatheory of Psychology 8cp

Spring Wollongong On Campus

Contact Hours: 2 hours of Lectures, 1.5 hours of Labs per week

Pre-requisites: 24 cp of PSYC at 200 level (excluding PSYC216)

Subject Description: This subject introduces (1) the origins and development of major approaches in modern psychology, and (2) important conceptual issues in psychology. It discusses the concepts needed to evaluate the theories, methods, accounts and practices that we encounter in psychology, and applies these concepts to various psychological problems. Topics include materialist and causal views of psychology, behaviourist analyses of mental processes, psychoanalytic explanation, rationalist and phenomenological accounts of mind and ethical and ideological considerations in psychology.

PSYC349 Visual Perception 8cp

Autumn Wollongong On Campus

Contact Hours: 2 hours of Lectures, 1.5 hours of Labs per week

Pre-requisites: 24 cp of PSYC at 200 level (excluding PSYC216) including (PSYC232 and PSYC236)

Subject Description: This subject covers the following aspects of visual perception - lightness and colour; motion; shape and object perception; depth and stereopsis; spatial and temporal resolution - and the applications of each, uniting them by focusing on the environmental variables to which the visual system is sensitive, and the neural mechanisms underlying these sensitivities.

PSYC350 Social Behaviour and Individual Differences 8cp

Autumn Wollongong On Campus

Contact Hours: 2 hours of Lectures, 1.5 hours of Labs per week

Pre-requisites: 24 cp of PSYC at 200 level (excluding PSYC216) including (PSYC232 and PSYC241)

Subject Description: This subject allows students to study selected topics in social psychology in more detail. The emphasis is on the extent to which one can explain social behaviours (eg. prejudice, crime, close relationships, particular adolescent behaviours) in terms of individual differences and personality traits. An integral part of the subject will include the formulation of a research proposal by each student.

PSYC352 Psychophysiology 8cp

Spring Wollongong On Campus

Contact Hours: 2 hour of Lectures, 2 hours of Labs per week.

Pre-requisites: 24 cp of PSYC at 200 level (excluding PSYC216) including (PSYC232 and PSYC234)

Subject Description: This subject concentrates on psychophysiology as the systematic examination of peripheral and central physiological correlates of perceptual and cognitive functioning. Students will attain a basic level of proficiency in the electrical recording and assessment of a range of autonomic measures (including muscle, respiratory,

cardiovascular, and electrodermal activity), as well as the traditional central indicators (EEG and event related potentials). Current research using these techniques will be examined.

PSYC354 Design and Analysis 8cp

Spring Wollongong On Campus

Contact Hours: 2 hour of Lectures, 1.5 hours of Tutorials per week

Pre-requisites: 24 cp of PSYC at 200 level (excluding PSYC216) including PSYC248

Subject Description: PSYC354 develops skills in the design and analysis of research investigations involving statistics. It is a pre-requisite for Psychology IV Honours. Statistical computing is an essential part of the course. Topics covered: statistical techniques in psychological research, experimental and observational research designs, analysis of survey data; analysis of variance and covariance; regression; factor analysis; multivariate analysis.

PSYC498 Psychology IV 48cp

Annual Wollongong On Campus

Subject Description: Building on the first three years of the Bachelor of Psychology course, this subject will cover principal theoretical, empirical, and practical aspects of the areas in psychology that prepare students for work as psychologists: health psychology; counselling skills, in both client-centred and cognitive-behavioural orientations; child and adolescent psychology; psychological assessment; and professional skills for the psychologist. In addition, students will undertake an empirical research project of 8,000 words, under the supervision of an academic staff member.

PSYC499 Psychology IV Honours 48cp

Annual Wollongong On Campus

Subject Description: Students will generally complete: a supervised 12,000 word Empirical Thesis; a supervised 6,000 word minor Theoretical Thesis, and three compulsory seminars in research, advanced methodology, and professional skills. Students may choose to replace the 6,000 word theoretical Thesis with an optional subject chosen from the following list: Assessment in Applied Psychology; Child and Adolescent Psychology; Cognitive and Affective Neuroscience; Counselling Psychology; Health Psychology; Models of the Human Brain and their Applications.