

# Diploma of Health Sciences

## Example Course Plans for Students

Updated November 2020

### Example Course Plans for Students starting in T1 2021

The following are example course plans for students studying in the Diploma of Health Sciences.

#### Pathways

- Bachelor of Health Science\*
- Bachelor of Health Science (MedClass) & Bachelor of Health Info Management\*♦
- Bachelor of Nursing \*
- Bachelor of Nutrition Sciences \*♦
- Bachelor of Occupational Therapy (Honours) \*♦
- Bachelor of Orthoptics (Honours) \*♦
- Bachelor of Paramedic Practice (Honours)\* BENDIGO CAMPUS ONLY
- Bachelor of Physiotherapy (Honours) \*♦
- Bachelor Prosthetics and Orthotics (Honours) \*♦
- Bachelor of Podiatry (Honours) \*♦
- Bachelor of Speech Pathology (Honours) \*♦

\* WAM requirements (WAM is the average mark obtained across all subjects, including failed units) and Quotas may apply – please refer to course plans for more details.

♦These courses may take long to complete as less than 8 subjects of credit can be awarded

**International Students must meet English Language requirements by the 30<sup>th</sup> December 2021 (please take note of the English language tests listed, these are the only tests accepted)**

## Subject Availability - Diploma of Health Sciences

Core Units – Students must complete the following units:

Subject	Trimester 1 2021	Trimester 2 2021	Trimester 3 2021
HHLT1IPP Introduction to Professional Practice	✓	✓	✓
HHBS1HBA Human Biosciences A	✓	✓	✓
HPHE1IDH Individual Determinants of Health	✓	✓	✓
HHLT1RAE Research and Evidence in Practice	✓	✓	✓
HHBS1HBB Human Bioscience B*	✓	✓	✓
HPHE1SDH Social Determinants of Health	✓	✓	✓

## Elective Units

Subject	Trimester 1 2021	Trimester 2 2021	Trimester 3 2020
HHLT1LHS Learning in Health Sciences (highly recommended elective)	✓	✓	✓
HNSG1ITN Introduction to Nursing <i>Required subject for students wishing to pathway into the Bachelor of Nursing</i>	x	✓	✓
HDTN1NHW Introduction to Nutrition	✓	✓	✓
HHLTCHS Communicating in Health Sciences	x	✓	✓
SCHE1CHF Chemistry Foundations ** <i>Required subject for students wishing to pathway into the Bachelor of Nutrition Sciences</i>	✓	✓	x
SCHE1APL Applications of Chemistry** <i>Required subject for students wishing to pathway into the Bachelor of Nutrition Sciences</i>	x	✓	✓

### Required 0 credit point unit

All students are required to take and pass LTM1AIM Academic Integrity Module in their first trimester of study.

*\*HHBS1HBA Human Biosciences A must be successfully completed before students may enrol in HHBS1HBB Human Biosciences B*

*\*\* Note for students wishing to transition to Bachelor of Nutrition Sciences, SCHE1CHF Chemistry Foundations must be successfully completed before students may enrol in SCHE1APL Applications of Chemistry*

**Suggested Course Study Outline for students wishing to progress to Bachelor of Nursing**

Students have the option to complete their course over 8 months (Fast track) or 12 months (normal track – highly recommended)

<b>Normal Track (Completing In 12 months/3 trimesters)</b>				
<i>Commencing Trimester 3 2020, enter University in Semester 1 2021 (March)</i>				
<b>COMPULSORY ONLINE SUBJECT (must be completed in your first trimester of study)</b>				
<b>LTM1AIM</b>				
Academic Integrity Module				
<b>YEAR 1 (DIPLOMA)</b>	<b>Trimester 3 2020</b>	<b>HHLT1IPP (Core)</b>	<b>HHBS1HBA (Core)</b>	<b>HHLT1LHS (Recommend Elective)</b>
		Introduction to Professional Practice	Human Biosciences A	Learning in Health Science
	<b>Trimester 1 2021</b>	<b>HPHE1IDH (Core)</b>	<b>HHLT1RAE (Core)</b>	<b>HHBS1HBB (Core)</b>
		Individual Determinants of Health	Research and Evidence in Practice	Human Biosciences B
	<b>Trimester 2 2021</b>	<b>HPHE1SDH (Core)</b>	<b>HNSG1ITN (Elective)</b>	
		Social Determinants of Health	Introduction to Nursing	

<b>Fast Track (Completing In 8 months/2 trimesters)</b>					
<i>Commencing Trimester 1, enter University in Semester 1 the following year but have a break from study in Trimester 3</i>					
<b>COMPULSORY ONLINE SUBJECT (must be completed in your first trimester of study)</b>					
<b>LTM1AIM</b>					
Academic Integrity Module					
<b>YEAR 1 (DIPLOMA)</b>	<b>Trimester 2 2020</b>	<b>HHLT1IPP (Core)</b>	<b>HHBS1HBA (Core)</b>	<b>HPHE1IDH (Core)</b>	<b>HHLT1LHS (Recommend Elective)</b>
		Introduction to Professional Practice	Human Biosciences A	Individual Determinants of Health	Learning in Health Science
	<b>Trimester 3 2020</b>	<b>HHLT1RAE (Core)</b>	<b>HHBS1HBB (Core)</b>	<b>HPHE1SDH (Core)</b>	<b>HNSG1ITN (Elective)</b>
		Research and Evidence in Practice	Human Biosciences B	Social Determinants of Health	Introduction to Nursing

## Suggested Course Study Outline for students wishing to progress to Bachelor of Nutrition Sciences

Students have the option to complete their course over 8 months (Fast track) or 12 months (normal track – highly recommended)

<b>Normal Track (Completing In 12 months/3 trimesters)</b>				
<i>Commencing Trimester 3 2020, enter University in Semester 1 2021 (March)</i>				
<b>COMPULSORY ONLINE SUBJECT (must be completed in your first trimester of study)</b>				
<b>LTM1AIM</b>				
Academic Integrity Module				
<b>YEAR 1 (DIPLOMA)</b>	<b>Trimester 3 2020</b>	<b>HHLT1IPP (Core)</b>	<b>HHBS1HBA (Core)</b>	<b>HPHE1IDH (Core)</b>
		Introduction to Professional Practice	Human Biosciences A	Individual Determinants of Health
	<b>Trimester 1 2021</b>	<b>HHLT1RAE (Core)</b>	<b>HHBS1HBB (Core)</b>	<b>SCHE1CHF (Required Elective)</b>
		Research and Evidence in Practice	Human Biosciences B	Foundations of Chemistry
	<b>Trimester 2 2021</b>	<b>HPHE1SDH (Core)</b>	<b>SCHE1APL (Required Elective)</b>	
		Social Determinants of Health	Applications of Chemistry	

<b>Fast Track (Completing In 8 months/2 trimesters)</b>					
<i>Commencing Trimester 1, enter University in Semester 1 the following year but have a break from study in Trimester 3</i>					
<b>COMPULSORY ONLINE SUBJECT (must be completed in your first trimester of study)</b>					
<b>LTM1AIM</b>					
Academic Integrity Module					
<b>YEAR 1 (DIPLOMA)</b>	<b>Trimester 2 2020</b>	<b>HHLT1IPP (Core)</b>	<b>HHBS1HBA (Core)</b>	<b>HPHE1IDH (Core)</b>	<b>SCHE1CHF (Required Elective)</b>
		Introduction to Professional Practice	Human Biosciences A	Individual Determinants of Health	Chemistry Foundations
	<b>Trimester 3 2020</b>	<b>HHLT1RAE (Core)</b>	<b>HHBS1HBB (Core)</b>	<b>HPHE1SDH (Core)</b>	<b>SCHE1APL (Required Elective)</b>
		Research and Evidence in Practice	Human Biosciences B	Social Determinants of Health	Applications of Chemistry

**Suggested Course Study Outline for students wishing to progress to Bachelor of Occupational Therapy (Honours), Bachelor of Physiotherapy (Honours) Bachelor of Speech Pathology (Honours), Bachelor of Podiatry (Honours), Bachelor of Prosthetics and Orthotics (Honours), Bachelor of Orthoptics (Honours), Bachelor of Paramedic Practice (Honours), Bachelor of Health Science, Bachelor of Health Science (MedClass) & Bachelor of Health Info Management.**

Students have the option to complete their course over 8 months (Fast track) or 12 months (normal track – highly recommended)

<b>YEAR 1 (DIPLOMA)</b>	<b>Normal Track (Completing In 12 months/3 trimesters)</b> <i>Commencing Trimester 1, enter University in Semester 1 the following year</i>				
	<b>COMPULSORY ONLINE SUBJECT (must be completed in your first trimester)</b> Of study - LTM1AIM - Academic Integrity Module				
	<b>Trimester 1 2020</b>	<b>HHLT1IPP (Core)</b>	<b>HHBS1HBA (Core)</b>	<b>HHLT1LHS (Recommend Elective)</b>	
		Introduction to Professional Practice	Human Biosciences A	Learning in Health Science	
	<b>Trimester 2 2020</b>	<b>HPHE1IDH (Core)</b>	<b>HHLT1RAE (Core)</b>	<b>HHBS1HBB (Core)</b>	
		Individual Determinants of Health	Research and Evidence in Practice	Human Biosciences B	
	<b>Trimester 3 2020</b>	<b>HPHE1SDH (Core)</b>	<b>Elective</b>		
Social Determinants of Health		HHLT1CHS Communicating in Health Science <b>OR</b>  HDTN1NHW Introduction to Nutrition			

<b>YEAR 1 (DIPLOMA)</b>	<b>Fast Track (Completing In 8 months/2 trimesters)</b> <i>Commencing Trimester 1, enter University in Semester 1 the following year but have a break from study in Trimester 3</i>					
	<b>COMPULSORY ONLINE SUBJECT (must be completed in your first trimester of study)</b> LTM1AIM - Academic Integrity Module					
	<b>Trimester 1 2020</b>	<b>HHLT1IPP (Core)</b>	<b>HHBS1HBA (Core)</b>	<b>HPHE1IDH (Core)</b>	<b>HHLT1LHS (Recommend Elective)</b>	
		Introduction to Professional Practice	Human Biosciences A	Individual Determinants of Health	Learning in Health Science	
	<b>Trimester 2 2020</b>	<b>HHLT1RAE (Core)</b>	<b>HHBS1HBB (Core)</b>	<b>HPHE1SDH (Core)</b>	<b>Elective</b>	
		Research and Evidence in Practice	Human Biosciences B	Social Determinants of Health	HHLT1CHS Communicating in Health Science <b>OR</b>  HDTN1NHW Introduction to Nutrition	

## **When I transfer to La Trobe University I want to study**

### **Bachelor of Health Science**

**Quota:** No quota

**WAM requirement:** 50%

**Campus:** Bundoora

**Credits:** 8 Units

**English requirement (International students only):** Nil

**Majors:** Health Promotion, Public Health, Health and Medical Sciences, Rehabilitation Counselling, Health Wellbeing and Performance

**Minors:** Mental health and performance\*\*, Strategic Communication

\*\* Mental Health and Performance minor is not available to students taking a Health Wellbeing and Performance major (incompatible)

### **Bachelor of Health Science & Bachelor of Health Information Management**

**Quota:** 10

**WAM requirement:** 65%

**Campus:** Bundoora

**Credits:** 7 subjects

**English requirement (International students only):** Nil

**NOTE:** Students are recommended to complete PHE2AHR Applied Health Research in the first summer period of enrolment at the University in order to progress with a full time study load.

### **Bachelor of Nursing**

**Quota:** 60

**WAM requirement:** 65%

**Campus:** Bundoora

**Credits:** 8 Units

**English requirement (International students only):** Overall IELTS 7.0 no band less than 7.0 (can be across 2 sittings in a 6 month period, but no score below 6.5 and overall in 7.0 in both tests) OR TOEFL (internet based) minimum score of 94, no individual score below 24 for listening, 24 for reading, 27 for writing and 23 for speaking.

**Required Elective Units:** Introduction to Nursing (HNSG1ITN)

**NOTE:** Students must enrol in NSG2BTN Transition to Nursing in their first trimester at the University. This subject will replace the first year core subject NSG1NMA Nursing Management and Assessment

### **Bachelor of Nutrition Sciences**

**Quota:** 5 students

**WAM requirement:** 70% overall and minimum of 70% in HHBS1HBA Human Bioscience A and HHBS1HBB Human Bioscience B

**Campus:** Bundoora

**Credits:** 7 subjects, students will require 3 years after their Diploma to complete this course

**English requirement (International students only):** NIL

**Required Elective Units:** Chemistry Foundations (SCHE1CHF) and Applications of Chemistry (SCHE1APL)

### **Bachelor Occupational Therapy (Honours)**

**Quota:** 5 students

**WAM requirement:** 75%

**Campus:** Bundoora

**Credits:** 5 subjects, students will require 4 years after their Diploma to complete this course

**English requirement (International students only):** Overall IELTS 7.0 no band less than 7.0

**NOTE:** Students will be required to complete additional first year subject in the winter semester of their first year at La Trobe University

### **Bachelor Orthoptics (Honours)**

**Quota:** 2 students

**WAM requirement:** 70%

**Campus:** Bundoora

**Credits:** 5 subjects, students will require 4 years after their Diploma to complete this course

**English requirement (International students only):** Nil

### **Bachelor of Paramedic Practice (Honours) – BENDIGO CAMPUS**

**Quota:** 5 students

**WAM requirement:** 70%

**Campus:** Bendigo

**Credits:** 7 subjects

**English requirement (International students only):** Overall IELTS 7.0 no band less than 7.0

**NOTE:** Students must complete their Diploma by October as students must complete the subject Foundations of Paramedic Practice (PAR1FPP) during the specified teaching period (currently summer) at La Trobe University prior to beginning the second year in the Bachelor of Paramedic Practice (Honours)

### **Bachelor of Physiotherapy (Honours)**

**Quota:** 5 students

**WAM requirement:** 80% overall and minimum of 75% in HHBS1HBA Human Bioscience A and HHBS1HBB Human Bioscience B

**Campus:** Bundoora

**Credits:** 5 subjects, students will require 4 years after their Diploma to complete this course

**English requirement (International students only):** Overall IELTS 7.0 no band less than 7.0

### **Bachelor of Podiatry (Honours)**

**Quota:** 6 students

**WAM requirement:** 70%

**Campus:** Bundoora

**Credits:** 5 subjects, students will require 4 years after their Diploma to complete this course

**English requirement (International students only):** IELTS 7.0 no band less than 7.0

**Bachelor of Prosthetics and Orthotics (Honours)**

**Quota:** 2 students

**WAM requirement:** 80% overall and minimum of 75% in HHBS1HBA Human Bioscience A and HHBS1HBB Human Bioscience B

**Campus:** Bundoora

**Credits:** 5 subjects, students will require 4 years after their Diploma to complete this course

**English requirement (International students only):** IELTS 7.0 no band less than 6.5

**Bachelor of Speech Pathology (Honours)**

**Quota:** 5 students

**WAM requirement:** 80%

**Campus:** Bundoora

**Credits:** 6 subjects, students will require 4 years after their Diploma to complete this course

**English requirement (International students only):** Overall IELTS 7.5 no band less than 7.0



## Subject Descriptions

### Core Units

#### **LTM1AIM Academic Integrity Module (online, zero credit point unit, all students must complete this unit in their first trimester)**

This subject introduces students to the principals of academic integrity in the context of La Trobe University's values and policy. Students learn what their responsibilities are in relation to maintaining ethical standards in all aspects of academic work and the potential ramifications for academic misconduct according to the Academic Integrity Policy. Activities and quizzes are provided, which are designed to develop and understanding of the concepts of cheating, plagiarism and collusion. Topics include an explaining of how the text-matching tool 'Turnitin' is used at La Trobe, and where to get help and where to go to develop referencing skills.

**Assessment:** Final Quiz (must achieve 8/10 to pass), Statement of Student responsibility (must achieve 10/10 to pass)

#### **HHLT1IPP Introduction to Professional Practice**

HHLT1IPP Introduction to Professional Practice is a core subject which will introduce you to the health care system; as a consumer participants, as a health and human services practitioner and as part of a health care team.

This subject also offers you the opportunity to reflect on your own experiences within the health care system, and to use this to analyse and develop your understanding of health and human services. Group work is an essential component of University studies, and you will explore the nature of group work and team based assessment, as used across all subjects. Concurrent with HHLT1IPP is HHLT1LHS Learning in Health Sciences, which covers academic skills such as referencing, academic writing and presentations, critical analysis, and academic integrity.

**Assessment:** Class Tests (20%), Case Study (20%), Essay (30%), Exam (30%)

#### **HHBS1HBA Human Biosciences A**

In this subject students will be introduced to the anatomical organisation of the body and the basics of cell structure and function. The fundamentals of the nervous and endocrine systems will then be explored in the context of mechanisms of physiological control. This information will provide the foundation for the study of the major organ systems of the body, which include the respiratory, cardiovascular, renal, digestive, reproductive systems and metabolism. Underpinning these studies will be the concept of homeostasis and how it is maintained by integration of organ system functions.

**Assessment:** Workshop Quiz (10%), Team and Workshop activities (10%), Collaborative testing (40%), Exam (40%)

### **HPHE1IDH Individual Determinants of Health**

In this subject students will develop the foundation knowledge for working with individuals in health and human services settings. Students will learn how particular characteristics and actions of an individual impact on health and welfare outcomes. Students will be: (i) presented with frameworks, including a developmental perspective, for understanding how the characteristics and actions of individuals impact on health outcomes; (ii) provided with foundation knowledge for understanding how individuals present in, and progress through, health settings; and (iii) reviewing theoretical approaches to producing individual change in health and wellbeing settings.

**Assessment:** Group Presentation (20%), Individual Poster Presentation (20%), Reflective assignment (15%), Exam (45%).

### **HHLTRAE Research and Evidence in Practice**

This subject is an introduction to the use of research-based evidence in professional health care practice. Working in interprofessional teams and using a range of case scenarios, students will develop research skills in areas relevant to their field of practice. Through online activities and workshops, students will learn about the role of evidence-based practice in health. Areas of study include systematic approaches to acquiring evidence, critical appraisal of the literature, interpretation of research design, descriptive and inferential statistics and assessment of research outcomes. Students will learn how an evidence-based approach in health informs clinical practice. Students will develop research skills to determine the most appropriate intervention techniques for application in a given clinical population, while understanding the complex interaction between social, economic and environmental influences that contribute to sustainability thinking in health research.

**Assessment:** In classes quizzes (30%), Search Strategy (5%), In class article summary (15%), Essay (30%), Oral presentation (20%)

### **HHBS1HBB Human Bioscience B\*\***

In this unit, students will continue with the study of anatomy & physiology and apply the concepts of human structure and function and homeostasis introduced in H HBS1HBA, to the musculoskeletal, nervous and endocrine systems. Anatomical principles and terminology will be applied to relevant body systems and the concept of integrated function of multiple systems in one body region will be introduced. Integrated whole body responses to homeostatic challenge will be included.

**Assessment:** Weekly online quizzes (20%), Workshop reports (10%), Online assessment (20%), Group Practical assessment (10%), Exam (40%)

\*\* Please note students must enrol and pass HHBS1HBA Human Bioscience A before enrolling in HHBS1HBB Human Bioscience B

## **HPHE1SDH Social Determinants of Health**

HPHE1SDH is a blended subject. In this subject students will examine the ways health, well-being and illness are experienced, understood, and responded to by people as social beings who participate in various groups, organisations, communities, and societies. Critical factors such as education, social class, gender, and ethnicity will be explored to examine how social practices, positions, and processes influence access to and use of resources supportive of health and wellbeing. Theories and frameworks will be examined and assessed so that students can develop an ability to become aware of and interpret various life concerns both personally and professionally and gain a more nuanced awareness of the dynamics operating between the personal and public domains.

**Assessment:** Team presentation (20%), Report (35%), Individual speaking task (15%), Exam (30%)

## **Electives**

### **HHLTLHS Learning in Health Science (highly recommended)**

This unit will provide students with an introduction to learning at University with a focus on the academic skills needed to engage successfully in the diploma and further study in Health Sciences. Students will be introduced to information literacy resources, the learning management system and a range of online learning support materials. They will use Enquiry Based Learning process to explore the skills and concepts required to fully participate and learn in teams. The unit focuses on extending students' engagement with the content in the other diploma units with a particular focus on scientific knowledge, effective reading and independent study strategies.

**Assessment:** Weekly learning modules (50%), Peer review of a paper (30%), Presentation (20%)

### **HNSG1ITN Introduction to Nursing (Required for students in the Nursing Pathway)**

This subject introduces you to fundamental nursing knowledge, skills and reasoning that you will use every day of your nursing career. Through lectures, online activities, workshops and clinical skills laboratory sessions you will develop the capacity to practice nursing with the patient at the centre of care. This will require mastery of basic patient assessment, basic patient care and effective communication techniques with patients across their lifespan. You will progress towards the development of basic care planning for complex patients. This will be achieved by the integration of the patient assessment skills you learn with the application of clinical reasoning that is, thinking like a nurse to achieve the best for your patients. Within the 12 week trimester you will be expected to attend a range of face to face activities so you can achieve a level of basic nursing skills. This will also require practice of skills in your own time and with peers-practice that will inform your clinical decision making.

**Assessment:** Online Quizzes (15%), Clinical Skills Assessment (50%), Written assessment (35%)

### **SCHE1CHF Chemistry Foundations (Required for students in the Nutrition Science pathway)**

Basic chemistry is a foundation subject designed for students who have no or little previous experience or study in chemistry. The aim of the subject is to instil concepts, knowledge and skills that will enable these students to apply chemical principles and practice during their university degree and future employment. The content of the one trimester subject covers topics common to senior high school chemistry and also prepares students to advance to second trimester chemistry.

**Assessment:** Workshop and online quizzes (30%), Laboratory Report (20%), Exam (50%)

### **SCHE1APL Applications of Chemistry (Required for students in the Nutrition Science pathway)\*\*\***

Applications of Chemistry builds on the foundation concepts and knowledge of the first trimester chemistry subject (Chemistry Foundations) to prepare you to advance to second year studies in chemistry and related disciplines, or apply chemistry knowledge and skills within their chosen discipline. The subject is focused on application of chemistry to a broad range of fields, including the manufacture of synthetic materials, identifying and alleviating chemical pollution and the chemistry of living organisms.

**Assessment:** Online Quizzes (15%), Topic Tests (15%), Laboratory Report (20%), Exam (50%)

\*\* Please note students must enrol and pass SCHE1CHF Chemistry Foundations before enrolling in SCHE1APL Applications of Chemistry

### **HHLT1CHS Communicating in Health Science**

Communication is a fundamental part of all aspects of health and human services. In this subject students will explore and expand their knowledge and skills in communication, including speaking and listening, reading and writing, interpersonal and public communication.

**Assessment:** Online Quiz (10%), Reflecting task (10%), Health campaign and reflection (30%), Exam (40%)

### **HDTN1NHW Introduction to Nutrition**

In this subject students will study the major food sources and the functions of macro-nutrients (protein, fat and carbohydrate) and micro-nutrients (vitamins and minerals). Principles of energy balance (energy intake and energy expenditure), basic techniques for assessment of nutrient adequacy of individual diets and simple techniques for assessing body composition will be explored. Students will also be introduced to the Australian Dietary Guidelines and the use of food guides in assessing the diets of populations, including the principles of a healthy diet for athletes.

**Assessment:** Online quizzes (40%), Individual Dietary Analysis (35%), Development of Online Resources (25%)