

■ **PH423 RESEARCH IN HEALTH SCIENCE**

OFFERED Semester 2

CREDIT POINTS 15

This unit presents an introduction to research methods and design in the health promotion and exercise rehabilitation areas. Content: purpose of research, links between theory, research and practice; qualitative and quantitative approaches; identifying and testing research questions; research design; introduction to statistical methods and computer processing; validity and reliability.

■ **PH424 PSYCHOSOCIAL HEALTH CARE**

OFFERED Semester 2

CREDIT POINTS 15

This unit aims at developing in students an understanding of the broad range of psychosocial factors that influence health care as it relates to exercise. It makes use of biopsychosocial and holistic approaches to understand client-practitioner interactions, stress and illness/injury relationships, psychosocial aspects of pain, psychosocial issues and strategies in rehabilitation and ethical considerations in health care.

■ **PH451 ANATOMY FOR EXERCISE REHABILITATION**

OFFERED Semester 1

CREDIT POINTS 15

PREREQUISITES HM511 or equivalent undergraduate unit(s).

The purpose of the unit is to provide the knowledge of human gross anatomy for exercise rehabilitation. The emphasis will be on the general development and structure of the musculoskeletal and nervous systems. The unit will review basic anatomy and continue with a more detailed study of the upper limb, back, head, neck, trunk and lower limb with the majority of the time spent studying the limbs.

■ **PH452 INTRODUCTION TO EXERCISE REHABILITATION**

OFFERED Semester 1

CREDIT POINTS 15

This unit will enable students to recognise common musculoskeletal and neuromuscular injuries and pathologies and understand the role of exercise rehabilitation in the management of these pathologies. Students will also develop skills to enable them to competently prescribe exercise following a full assessment and evaluation of the more common pathologies.

■ **PH453 ASSESSMENT AND MANAGEMENT OF THE LOWER BODY**

OFFERED Semester 1

CREDIT POINTS 15

PREREQUISITES PH451, PH452

This unit introduces the student to specific assessment and management procedures for injuries to the lower body and allows practical application of this knowledge and skills.

■ **PH454 ASSESSMENT AND MANAGEMENT OF THE UPPER BODY**

OFFERED Semester 1

CREDIT POINTS 15

PREREQUISITES PH451, PH452

COREQUISITES PH451, PH452

This unit introduces the student to specific assessment and management procedures for injuries to the upper body and allows practical application for this knowledge and skills.

■ **PH481 EXERCISE REHABILITATION AND THERAPEUTIC MODALITIES**

OFFERED Semester 2

CREDIT POINTS 15

PREREQUISITES PH451, PH452

Students will understand the role of therapeutic modalities in the field of exercise rehabilitation and their use as a mechanism of pain relief and management. Students will gain skills and knowledge in exercise, massage, hydrotherapy /water exercise and the use of heat and cold as forms of therapeutic modalities.

■ **PH483 EXERCISE REHABILITATION PRACTICAL EXPERIENCE**

OFFERED Semester 2

CREDIT POINTS 15

PREREQUISITES PH451, PH452, PH473

During this practical placement students will take on the role of a professional working in the field of exercise rehabilitation under limited supervision. Students will be expected to apply advanced practical skills in the area of assessment and exercise protocol prescription for a range of clients and disorders.