

# Bachelor of Health Science – Myotherapy (BHSCMYO13)

## 1. About the Bachelor of Health Science – Myotherapy

Persistent pain is a leading cause of long-term disability in the western world, affecting more people than diabetes, heart disease and cancer combined. It decreases quality of life, increases sickness absence, and compromises wellbeing in a growing proportion of our society, placing a significant burden on local and global communities.

Providing access to treatment, promoting physical activity, and education to understand their pain in a biopsychosocial framework are key solutions to these problems.

Through high quality health education, Clinical Myotherapists have a sound understanding of human structure and function to apply evidenced based assessment, treatment and rehabilitation of musculoskeletal pain and associated conditions. Clinical Myotherapists are part of the solution for individuals and the community.

*“Clinical Myotherapists support better musculoskeletal health”*

Myotherapy is considered to be the evidence base assessment, treatment and rehabilitation of musculoskeletal pain and associated conditions (Myotherapy Association Australia, 2018). The term 'Myotherapy' comes from the Greek word 'myo' or 'muscle', and Clinical Myotherapy is now a system of healthcare that focuses on the treatment and prevention of musculoskeletal pain (pain in the muscles, nerves and joints). Its methods of physical and orthopaedic assessment share some similarities with other manual therapy disciplines such as Physiotherapy and Osteopathy. However, Clinical Myotherapy can have greater reliance on physical soft tissue treatment methods that accompany a complete treatment plan. There is also a strong focus on working in a clinical setting, an aspect of this degree that many Myotherapy students enjoy.

By assessing the movement, contraction and function of the muscles, nerves and joints, Clinical Myotherapists are able to treat complaints and prescribe pain management and rehabilitation regimes that are tailored to individual patient needs. Clinical Myotherapy differentiates itself from other Myotherapy qualifications by its focus on in-depth scientific underpinnings and its evidence-based approach to clinical practice. This higher-level learning allows for a broader perspective of the clinical picture and enables clinical diagnoses and treatment to be more focused for effective patient outcomes. It also provides opportunities for academic development in post-graduate areas, with many students choosing to onto post-graduate pain management and physiotherapy qualifications.

This three-year degree is approved by TEQSA (Tertiary Education Quality and Standards Agency) the National Australian accreditation body for Higher Education providers.

## Graduate employment opportunities

There is a continually growing demand for highly trained Clinical Myotherapists who can work in:

- Complementary health and wellbeing clinics
- Medical clinics

- Sporting clubs
- Industries that require the treatment of pain management and musculoskeletal treatment.

Furthermore many students have gone on to set up their own successful clinics, undertaken post-graduate study, worked overseas, and worked voluntarily to give something back to the community.

## Course Overview

<b>Course Title</b>	<b>BHSHM20 BACHELOR OF HEALTH SCIENCE (MYOTHERAPY)</b>		
<b>Study Options – Domestic Australian students</b>	Full-time or part time on campus.	<b>Study Options – International students</b>	Full – time on campus
<b>Start Dates</b>	February, June, September  For specific dates visit: <a href="https://studenthub.torrens.edu.au/Hub/dates">https://studenthub.torrens.edu.au/Hub/dates</a>	<b>Course Length</b>	Full-time: 3 year  Part-time: approximately 6 years
<b>Payment Options - Domestic Australian students</b>	<b>Upfront payment</b> This means tuition fees will be invoiced each semester and payment is required on or before the due date.  <b>FEE-HELP</b> FEE-HELP is Australian Government’s loan scheme for higher education degree courses. It can assist you in paying for all, or part of, your course fees. Repayments commence via the tax system once your income rises above a minimum threshold. Just like with any other debt, a FEE-HELP debt is a real debt that impacts your credit rating.	<b>Payment Options – International students</b>	<b>Upfront payment</b> This means tuition fees will be invoiced each semester and payment is required on or before the due date.
<b>Course study requirements</b>	Full Time: 3 years Part Time: 6 years  Full time = 3 x 12 week trimesters per year, including examinations.  Part time = 6 x 12 week trimesters (over two years)  Study load:  Full time = 4 x 3hr classes per week plus self-study hours. Total of 40hrs per week.	<b>Assessment</b>	Each subject you complete includes 3 assessments on average. Assessments are mapped to specific subject learning outcomes and may include quizzes, written assignments, presentation, reflective journal, case analysis, literature review and practical exam.

	Part time = 2 x 3hr classes per week plus self-study. Total of 20hrs per week.		
<b>Locations</b>	<ul style="list-style-type: none"> <li>Fitzroy campus, Melbourne</li> </ul>	<b>Delivered by</b>	Southern School of Natural Therapies (SSNT) CRICOS Provider 00246M
<b>Provider</b>	Torrens University Australia Ltd is registered as a self-accrediting Australian university by the Tertiary Education Quality and Standards Agency (TEQSA).	<b>CRICOS Course Code</b>	084579F
<b>Provider obligations</b>	Think: Colleges Pty Ltd is responsible for all aspects of the student experience, including the quality of course delivery, in compliance with the <a href="#">Higher Education Standards 2015</a>	<b>Accrediting body</b>	Tertiary Education Quality and Standards Agency (TEQSA)
<b>Course Fees</b>	For details, refer to the <a href="#">website</a> .	<b>Any other fees</b>	For details, refer to the <a href="#">website</a> .

## 2. Essential requirements for admission

The general admission criteria that apply to Torrens University Australia courses can be located by visiting the Torrens University Australia website - <https://www.torrens.edu.au/general-admission-information-for-torrens-university-australia-ltd>.

## 3. Student Profile

The table below gives an indication of the likely peer cohort for new students in this course. It provides data on students who commenced in this course in the most relevant recent intake period, including those admitted through all offer rounds and international students studying in Australia.

Applicant background	Trimester one / Full year intake [2020]	
	Number of students	Percentage of all students
<b>(A) Higher education study</b> (includes a bridging or enabling course)	0	0%
<b>(B) Vocational education and training (VET) study</b>	0	0%
<b>(C) Work and life experience</b> (Admitted on the basis of previous achievement not in the other three categories)	0	0%
<b>(D) Recent secondary education:</b> <ul style="list-style-type: none"> <li>• Admitted solely on the basis of ATAR (regardless of whether this includes the consideration of adjustment factors such as equity or subject bonus points)</li> <li>• Admitted where both ATAR and additional criteria were considered (e.g. portfolio, audition, extra test, early offer conditional on minimum ATAR)</li> <li>• Admitted on the basis of other criteria only and ATAR was <b><i>not</i></b> a factor (e.g. special consideration, audition alone, schools recommendation scheme with no minimum ATAR requirement)</li> </ul>	0  0  0	0%  0%  0%
<b>International students</b>	N/A	N/A
<b>All students</b>	<b>0</b>	<b>0%</b>

Notes: “<5” – the number of students is less than 5.  
N/A – Students not accepted in this category.  
N/P – Not published: the number is hidden to prevent calculation of numbers in cells with less than 5 students.

## 4. Admission Criteria

Title of course of study	BHSWHM20 - Bachelor of Health Science (Myotherapy)
<b>Applicants with higher education study</b>	<ul style="list-style-type: none"> <li>• A completed higher education qualification at AQF level 5 (diploma) or above, or equivalent, from an Australian University or another accredited higher education provider OR</li> <li>• Successful completion of at least 1 EFTSL (equivalent full time student load, or one full year) of an AQF level 6 (Associate Degree) or above, or equivalent, from an Australian University or another accredited higher education provider</li> </ul>
<b>Applicants with vocational education and training (VET) study</b>	<ul style="list-style-type: none"> <li>• A completed vocational education qualification at AQF level 4 (Certificate IV) or above, or equivalent, from a registered training organisation (RTO) OR</li> <li>• Successful completion of at least 1 EFTSL (equivalent full time student load, or one full year) of an AQF level 5 (Diploma) or above, or equivalent, at a registered training organisation (RTO)</li> </ul>
<b>Applicants with work and life experience</b>	<p>Demonstrated ability to undertake study at the required level:</p> <ul style="list-style-type: none"> <li>• broadly relevant work experience (documented e.g. CV), demonstrating a reasonable prospect of success; OR</li> <li>• formal, informal or non-formal study, completed or partially completed, demonstrating a reasonable prospect of success;</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• a written submission to demonstrate reasonable prospect of success.</li> </ul>
<b>English Language Proficiency</b> (applicable to international students, and in addition to academic or special entry requirements noted above)	<p><b>International Students</b></p> <p>Equivalent IELTS 6.5 (Academic) with no skills band less than 5.5</p>
<b>Applicants with recent secondary education (within the past two years) with ATAR or equivalent*</b> (for applicants who will be selected wholly or partly on the basis of ATAR)	<p>Year 12 or equivalent with ATAR 60</p>

<b>Title of course of study</b>	BHSWHM20 - Bachelor of Health Science (Myotherapy)									
<p><i>*ATAR profile for those offered places wholly or partly on the basis of ATAR in T1 2020:</i></p> <table border="1"> <thead> <tr> <th>(ATAR-based offers only, <b>across all offer rounds</b>)</th> <th><b>ATAR (OP in QLD)</b> (Excluding adjustment factors) *</th> </tr> </thead> <tbody> <tr> <td>Highest rank to receive an offer</td> <td>N/A</td> </tr> <tr> <td>Median rank to receive an offer</td> <td>N/A</td> </tr> <tr> <td>Lowest rank to receive an offer</td> <td>N/A</td> </tr> </tbody> </table> <p><i>Notes: * "&lt;5" – indicates less than 5 ATAR-based offers were made</i></p>			(ATAR-based offers only, <b>across all offer rounds</b> )	<b>ATAR (OP in QLD)</b> (Excluding adjustment factors) *	Highest rank to receive an offer	N/A	Median rank to receive an offer	N/A	Lowest rank to receive an offer	N/A
(ATAR-based offers only, <b>across all offer rounds</b> )	<b>ATAR (OP in QLD)</b> (Excluding adjustment factors) *									
Highest rank to receive an offer	N/A									
Median rank to receive an offer	N/A									
Lowest rank to receive an offer	N/A									

## Other admission options

(For applicants who will be selected on a basis other than ATAR)

<b>Special Entry</b>	Applicants in any category whose study, work or life experiences have been impacted by disability, illness or family disruption will be given special consideration for admission. Each application will be considered on its merit, based on the evidence supplied by the applicant attesting to the circumstances of the applicant. Applicants for special entry may need to complete written or numerical tasks to assist with assessing eligibility for admission.
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## 5. How to apply

Via direct application to the institution

- o <https://apply.torrens.edu.au/b2b/fcta/>

## 6. Advanced standing/academic credit/recognition of prior learning (RPL)

You may be entitled to credit for prior learning, whether formal or informal. Formal learning can include previous study in higher education, vocational education, or adult and community education. Informal learning can include on the job learning or various kinds of work and life experience. Credit can reduce the amount of study needed to complete a degree.

Applicants admitted based on prior higher education study may be eligible for Advanced Standing in the form of credit and/or recognition of prior learning (RPL) under the Torrens University Australia [Credit Policy - \(https://www.torrens.edu.au/policies-and-forms\)](https://www.torrens.edu.au/policies-and-forms).

- Students with completed subjects may be eligible for specified credit and/or elective exemptions
- Students who have completed a qualification at AQF level 5 (diploma) or above may be eligible for block credit (where a block credit agreement exists)
- Students with a mix of formal study and informal and/or non-formal learning may be eligible for recognition of prior learning in addition to any credit approved.

Credit will not be applied automatically. Applicants must apply for credit and/or RPL as early as possible prior to each study period, with applications not accepted after week 2.

For further information about credit and recognition of prior learning, please see:

<https://www.torrens.edu.au/apply-online/course-credits><http://www.torrens.edu.au/apply-online/course-credits>

## 7. Where to get further information

- Torrens University Australia (TUA) Website
  - <https://www.torrens.edu.au/>
- Universities Admissions Centre (UAC) Website.  
UACs manage the usual process of student university applications and the study offer rounds on behalf of the particular universities that they cover. All TACs are independent of each other, so depending on which state or the number of universities you want to submit an application to, you may need to apply through multiple TACs.
  - <http://www.uac.edu.au/>

Quality Indicators for Learning and Teaching (QILT) Website.

With QILT, you can do side by side comparisons of the quality of the higher education institutions and the study areas that you're interested in.

- <https://www.qilt.edu.au/>

## 8. Additional Information

### Course Structure

This course consist of 36 subjects. Each subject is worth 10 credit points for a course total of 360 credit points. A normal full-time study load would see a student complete 120 credit points per year for three years. Part – time student could complete the course in approximately 6 years.

Each year has three Study Periods or trimesters. Each subject includes 3 hours of teaching (e.g. classroom hours, tutorials, group work, online activities) and approximately 7 hours of self-directed study per week, totaling 10 hours of study per week per subject.

The Course Structure can be viewed or downloaded via the Student Hub, Course Webpage

<https://studenthub.torrens.edu.au/Hub>

### Course Rules

To graduate from the course, a student must successfully complete 36 subjects. Each has a value of 10 credit points.

Students are also required to complete 300 Clinical Industry Placement hours. A total of 80hrs must be completed by start of the 2<sup>nd</sup> year subjects, 180 by the start of the 3<sup>rd</sup> year subjects, and 300 in order to graduate.

## Subjects

Subjects are listed below by subject code please refer to Course Structure link (above) for delivery pattern. Please note these subject descriptions are subject to change.

### Subject details

#### **BHS101A Anatomy & Physiology 1**

Anatomy and Physiology 1 introduces the basic concepts and terminologies required to study and understand the structure and function of the human body. The interaction between tissues, organs and systems that maintain homeostasis is covered in detail. In addition, this subject covers the structure and function of cells and epithelial tissue, the internal structural anatomy of the human body and the integumentary and musculoskeletal systems.

This subject is vital in the education of all complementary health practitioners, as it enables them to understand the structure and function of the human body as well as the importance of homeostasis and the ways in which the body maintains this balance.

#### **BHS102A Bioscience**

Bioscience provides a foundational knowledge for further studies in anatomy and physiology, clinical nutrition, biochemistry and pharmacology. It comprises the study of relevant concepts of general, physical and organic chemistry and includes atomic theory, the periodic table, chemical compound structure, nomenclature, behaviour and bonding as well as organic compounds and their basic properties and reactions.

Bioscience (BHS102A) is a crucial component of the modern healthcare practitioner's education in order to provide the basic building blocks for structural and therapeutic knowledge.

#### **BHS103A Counselling & Communication Skills**

Counselling & Communication Skills encompasses counselling skills commonly needed by complementary and alternative healthcare practitioners. This subject comprises a practical approach to a variety of communication skills and strategies including promoting change, compliance, obstacles to change, transition and self-care. Sessions facilitate the development of effective listening and responding skills, increased personal awareness and insight in order to assist the building of a therapeutic relationship.

This subject is vital in the education of all complementary healthcare practitioners, as it enables them to understand and put into use communication skills essential for building a therapeutic relationship in practice and supporting clients through change.



**Subject details****CMY101A Myotherapy History & Foundations**

This subject studies the history of manual therapy and clinical myotherapy in Australia. Palpatory skills, thermal therapy, postural assessment and muscle management are introduced with attention to the comfort and safety of the patient and practitioner. WH&S and Healthcare law and ethics are introduced at a foundational level to complement the introduction to manual therapies and the initiation of industry placements.

**BHS104A Anatomy & Physiology 2**

Anatomy and Physiology 2 builds and expands on the information and skills learnt in Anatomy and Physiology 1 (BHS101A). This subject continues to investigate the structure and function of the human body with special attention given to the interaction between tissues, organs and systems that maintain homeostasis. The structure and function of the respiratory, cardiovascular, immune, lymphatic and special senses systems are covered in detail including the homeostatic control mechanisms of each system and the integration of the systems in the body.

The study of Anatomy and Physiology 2 (BHS104A) is vital in the education of healthcare practitioners to enable them to understand the structure and function of the human body as well as the importance of homeostasis and the ways in which the body maintains balance.

**BHS105A Biochemistry 1**

Biochemistry 1 is a core subject that builds upon the basic chemistry principles covered in Bioscience (BHS102A). It comprises an introduction to the basic biochemical compounds in the body. This subject includes the structure and function of carbohydrates, amino acids, proteins, enzymes, lipids and nucleic acid, DNA and RNA. The concept of gene expression and regulation is discussed in addition to cellular membrane structure and transport through the membrane.

This subject provides a vital foundation for the complementary healthcare practitioner in the basic macromolecules essential for life. This knowledge will be built upon and expanded on in Biochemistry 2 (BHS202A) and further therapeutic subjects. In the Bachelor of Health Science (Naturopathy and Nutritional Medicine), this is also built upon in Nutritional Biochemistry (CAM205A).

**CMY102A Musculoskeletal Anatomy 1**

Musculoskeletal Anatomy 1 builds upon the foundational knowledge of the formation and spatial relationships of the tissues and joints of the upper body that is gained in Anatomy and Physiology 1 (BHS101A). This subject introduces students to the musculoskeletal components of the human body in a theoretical and practical setting, and comprises the study of the axial and appendicular skeleton (upper limb), nervous system, cervical and thoracic spine, head, and shoulder. A practical component of this subject will incorporate anatomy wet labs where available, so that students can examine specimens of tissues and regions of the body. Dynamic anatomic and cadaveric software and models will also be part of the practical component.

## Subject details

### **CMY103A Neuromuscular Techniques**

A practical subject that covers a variety of soft tissue mobilisation methods including massage, myofascial release (MFR), cupping, muscle energy technique (MET), neuromuscular techniques and proprioceptive neuromuscular facilitation (PNF) stretching. Students will practise techniques on each other in the clinical classroom and under close supervision.

### **BHS107A Research & Evidence-Based Practice**

Research & Evidence Based Practice provides essential knowledge in research methods and research article evaluation for complementary medicine students. This subject introduces the fundamentals of research practice and methods for the natural therapies including research design, methodology, analysis and basic statistical skills. This subject provides the student with the proficiency to be able to appropriately read, analyse and evaluate current healthcare research.

### **CMY104A Surface Anatomy & Trigger Point Location 1**

Surface Anatomy & Trigger Point Location 1 introduces the student to the palpation techniques used to identify specific muscles and their trigger points and referred pain patterns, preparing the student for myofascial dry needling. Students work in pairs to locate and explore bony landmarks, tendons, muscles, ligaments, pulses and other soft tissue structures and areas of the upper body and limbs. Due to the practical nature of this class, students are given ongoing feedback on their techniques and application during class.

### **CMY105A Clinical Assessment 1**

Clinical Assessment 1 (CMY105A) will provide the student with the theoretical knowledge and practical skills required to perform a comprehensive musculoskeletal and neurological assessment of the upper body. These skills are important to the practising Clinical Myotherapist as they essentially underpin the clinical reasoning of a consultation process. Students work in pairs practising assessment skills on each other under close supervision. Due to the practical nature of this subject, students are given ongoing feedback on their techniques and application during class.

Students will be introduced to patient record keeping by keeping a log of the assessments they have undertaken and the outcomes they noted.

### **CMY106A Musculoskeletal Anatomy 2**

Musculoskeletal Anatomy 2 builds upon the foundational knowledge of the formation and spatial relationships of the tissues and joints of the lower body that is gained in Anatomy and Physiology 1 (BHS101A) & Anatomy & Physiology 2 (BHS104A), and the musculoskeletal components of the human body gained in Musculoskeletal Anatomy 1 (CMY102A). This subject comprises the study of the back, thorax, pelvis, hip and lower limb. A practical component of this subject is essential and will incorporate anatomy wetlabs where available, so that students can examine specimens of tissues and regions of the human body in actuality. Dynamic anatomic and cadaveric software and models will also be part of the practical component.

**Subject details****BHS201A General Pathology**

General Pathology introduces the basic pathological processes operating in the body and the ways in which disease may result from injurious stimuli. Basic pathological processes of response to injury, growth abnormalities, degenerative disorders of the musculoskeletal and neurological systems, immunology, toxicology and microbiology, and their characteristic diseases are studied.

This subject is vital in the education of all complementary healthcare practitioners as it enables them to understand the nature of various disease states, and correlates these at a cellular and gross anatomical level with clinical signs and symptoms that may be seen in practice.

**CMY201A Neuroscience & Motor Control**

Neuroscience & Motor Control introduces students to International Association for the Study of Pain (IASP) terminology and aids the student in conceptualising the neurophysiology of pain. The IASP are a worldwide professional association dedicated to research, diagnosis and treatment of pain and, as such, set the standard for pain management guidelines. This subject provides students with a deeper understanding of human neuroanatomy and neurophysiology. The most recent theories regarding the development of pain and myofascial trigger points in the human body are discussed together with introducing students to the methods, procedure and contraindications of myofascial dry needling and the supporting evidence.

**CMY202A Surface Anatomy & Trigger Point Location 2**

Surface Anatomy & Trigger Point Location 2 furthers the student to the palpation techniques used in identifying specific muscles and their trigger points and referred pain patterns preparing the student for myofascial dry needling. Students work in pairs to locate and explore bony landmarks, tendons, muscles, ligaments, pulses and other soft tissue structures and areas of the lower body and limbs.

**CMY205A Biomechanics & Kinesiology**

Biomechanics & Kinesiology introduces the students to the concepts of motion analysis for movements around a joint, forces involved in movement and positioning, and instrumentation for motion analysis. On completion of this subject, the students will be able to analyse movement from real-life examples, and discuss the forces involved. This subject provides the underpinning knowledge for exercise prescription.

**CMY206A Myofascial Dry Needling 1**

Myofascial Dry Needling 1 will provide the student with continued and additional information on myofascial trigger points and their associated pain patterns, and develop the ability to apply dry needling techniques in order to reduce the noxious activity of myofascial trigger points in the upper body. This subject will cover the practical application of the principles of infection control and will be delivered in accordance with current Australian safety standards. The ethical considerations for the practical application will be considered throughout and reflected upon in regards to needling for specific pathologies.

## Subject details

### **CMY207A Pain Management 1**

Pain Management 1 gives the students comprehensive information about the assessment, treatment, diagnosis and management of musculoskeletal conditions of the upper body and builds upon the foundational knowledge acquired in subjects such as Anatomy & Physiology, Pathology and Clinical Assessment. Students develop understanding of musculoskeletal conditions affecting the upper body including the aetiology, incidence, presenting signs and symptoms, clinical and diagnostic features. At the completion of this subject students will be able to distinguish between acute and chronic pain states and evaluate the most effective methods of treatment and management employing sound clinical reasoning.

### **CMY204A Musculoskeletal Pathology**

Musculoskeletal Pathology encompasses the common pathological conditions that a Clinical Myotherapist will see in practice and builds upon the core pathological concepts provided in General Pathology (BHS201A). This subject address the morphology, aetiology and underlying general principles operating in disease states in the neurological, musculoskeletal and integumentary systems, in addition to select disease states in the endocrine and pulmonary systems. An introduction to the currently used laboratory diagnostic methods that would inform diagnosis of conditions in a general practise is also included in this subject.

This subject is a key component in the education of a Clinical Myotherapist, as it provides knowledge of the various disease states that will be seen in practice, and correlates these disease states at a cellular and gross anatomical level with clinical signs and symptoms.

### **CMY209A Exercise Prescription 1**

Exercise Prescription 1 introduces students to the practical application of exercise as a therapeutic approach to patient management. The theories, principles and foundations of exercise prescription are applied to demonstrate suitable and appropriate types of exercise for a range of patient presentations. Students develop an ability to safely and effectively prescribe exercise under close supervision in a classroom situation. Due to the practical nature of this class, students are given ongoing feedback on their techniques and application during class.

### **CMY210A Myofascial Dry Needling 2**

Myofascial Dry Needling 2 provides the student with further knowledge on myofascial trigger points and their associated pain patterns and further develops skills in dry-needling techniques. The focus is on muscles of the torso and lower body. Clinical Health Management provides the student with the ability to put together a Clinical Myotherapy treatment from history taking to assessment, diagnosis, treatment and management, and provides a platform for their future Clinical Practicum subjects. Due to the practical nature of this class, students are given ongoing feedback on their techniques and application during class.

**Subject details****CMY211A Pain Management 2**

Pain Management 2 gives the students comprehensive information about the assessment, treatment, diagnosis and management of musculoskeletal conditions of the lower body. Students develop understanding of musculoskeletal conditions affecting the lower body including the aetiology, incidence, presenting signs and symptoms, clinical and diagnostic features. At the completion of Pain Management 2, students will be able to describe common pharmacological and cutaneous interventions for pain.

**CMY212A Clinical Assessment 3**

In this practical and theory based class the student will enhance their advancing palpation techniques to perform a comprehensive musculoskeletal and neurological assessment of the spine, sacro-iliac joint and TMJ. Working in pairs students will build on their practice assessment techniques in a supervised and feedback orientated environment. Students learning will emphasize critically analysing assessment methods based on current research and literature.

**BHS303A Musculoskeletal Integrative Pharmacology**

Musculoskeletal Integrative Pharmacology comprises a study of basic principles of pharmacology, the pharmacokinetics of drugs commonly used in medical practice and common drug – drug and drug-myotherapy treatment strategy interactions. Drugs for pain, inflammation, psychological functions, cancer, infection and the cardiovascular, respiratory, gastrointestinal, reproductive and endocrine systems are discussed.

This subject examines drug actions, uses, contraindications, adverse effects and interactions, together with implications for myotherapy treatment strategies. Musculoskeletal Integrative Pharmacology is crucial for the modern myotherapy practitioner to understand common medications that clients may be taking and common interactions between these medications and treatments as well as medications that support myotherapy treatment strategies. This subject also emphasizes the need for clear lines of communication and common language between doctors and myotherapy practitioners in order to obtain the best health outcomes for clients.

**CMY311A Joint Mobilisation**

Joint Mobilisation brings together the theory and practical approaches to assessment and treatment. This passive movement technique is applied to a spinal or peripheral joint in which an oscillatory movement is performed within the control of the patient. This subject draws on the 'concept' of treatment as developed by G. Maitland in which factors such as clinical reasoning, examination and evaluation are applied to the role of mobilisation in the management of musculoskeletal disorders.

**Subject details****CMY303A Myotherapy Clinical Practicum 1**

In Myotherapy Clinical Practicum 1, students are introduced to working in a student clinic. Under the close supervision and monitoring of an experienced practitioner, students will begin to consult with and treat members of the public as they present with injuries or conditions. In this subject students are required to begin integrating all of the theoretical and practical studies undertaken in the course so far.

The clinical experience provides the student with an opportunity to formulate and implement evidenced based and relevant treatment plans while exhibiting appreciation of the necessary ethical and medico-legal responsibilities inherent in the practitioner-patient relationship.

**CMY304A Exercise Prescription 2**

Building on the knowledge and skills of Exercise Prescription 1 (CMY209A), and Lifespan Myotherapy (CMY301A) students are developing their exercise prescription skills to embrace a variety of resources, equipment, facilities, settings & venues in their management of specific conditions and special populations. Due to the practical nature of this subject, students are given ongoing feedback on their techniques and application during class.

**CMY306A Pain Management 3**

Pain Management 3 follows the curriculum provided by the International Association for the Study of Pain (IASP), discussing medical and alternative treatment and management of painful conditions. This curriculum provides the student with an in-depth understanding of the pain management strategies for a variety of conditions and an appreciation of other options of treatment and management.

**CMY307A Myotherapy Clinical Practicum 2**

In Myotherapy Clinical Practicum 2, students continue the student clinic experience, integrating new information as other theoretical and practical subjects are completed. Students are closely monitored by a suitably qualified and experienced Clinical Myotherapist.

**CMY305A Critical Literature Review**

In this subject students write a literature review on a topic of their choice, which must examine a clinical aspect of their speciality. The emphasis is on presenting and critically evaluating current literature by searching for and appraising the literature, and writing a clear and fully referenced literature review. Students will be expected to present a proposal early in the trimester, and a full literature review by the end of the trimester. The in class experience is practical in nature where the students are provided a collaborative environment to cover the process of writing a literature review, ask questions and receive feedback on their own projects.

## Subject details

### **CMY309A Neuropsychology**

Neuropsychology provides the student with knowledge about the psychological aspects of pain in the human body and psychological considerations in pain management. Students develop and explore knowledge of the current theories relating to the environmental dimensions and biopsychosocial influences of pain and their relationship to psychological issues. Neuropsychology will further increase the student's knowledge in health behaviour models, mental health issues and the role of social and occupational factors in pain management.

### **CMY310A Myotherapy Clinical Practicum 3**

Myotherapy Clinical Practicum 3 is the final clinical practicum for the Clinical Myotherapy degree. Students are closely monitored by a suitably qualified and experienced practitioner. In this subject they are drawing on every aspect of their studies to assess, diagnose, treat, manage and refer patients in the student clinic environment.

### **BHS401A Professional Practice**

Professional Ethical Practice comprises the basic skills needed for the operation and management of a complementary healthcare practice and provides an understanding of the legal and ethical requirements that are pertinent to the complementary healthcare practitioner. This subject explores business strategies including operating policy and procedures, marketing and networking strategies, leadership duties and administrative and financial issues. Also included in this subject is ethical conduct, liability, legal and regulatory topics.

## Locations

The Bachelor of Health Science (Myotherapy) can be studied partially online and is delivered at:

- Fitzroy campus (Melbourne)

## Campus Facilities and Services

All campuses are designed to provide students with professional spaces in which to learn and work. They have been planned with student study needs in mind with well-equipped accessible learning spaces as well as student breakout areas for group work and spending time with friends.

Facilities and Services include:

- ✓ The Customer Service Hub – our friendly and experienced staff can give help and advice about courses, your enrolment and campus life, including all services and activities on campus.
- ✓ Counsellors are available for students to consult with on a range of personal issues
- ✓ Student wireless access throughout the Campus
- ✓ Student break-out and relaxed study spaces for group work
- ✓ Student lounge areas – most with microwaves, fridge and kitchenette facilities
- ✓ The Learning Hub, home to the Learning Support Team, encompasses Learning Skills Advisors, Learning Technology Advisors, and Library & Learning Skills Officers. It provides an integrated,

holistic support program for students throughout the study lifecycle within a library/collaborative study environment.

- ✓ Support and workshops with highly qualified staff in the areas of Academic skills, Library skills, and Technology skills, both on campus and online.
- ✓ Physical and digital resources relevant to studies, such as books, journals, multimedia, databases
- ✓ Self-check kiosks for library loans and print and copy facilities

### **Practice Experience at the Wellbeing Centre:**

The Clinic is a real-life, multi-modality clinic serving the needs of the surrounding communities. The clinics are custom built with modern practice technology including body composition analysis and iridology technology. You will treat real patients, work with a professional clinic team, gain experience in all aspects of working in, and running your own clinical practice, and engage with real clients in a safe and supervised environment. This will prepare you to confidently and successfully practice in the community.

In the time you spend in clinic you will undergo a transformation from theoretical student to graduate practitioner, all under the expert supervision of some of Australia's best clinicians.

The Practice Wellbeing Centres are located in vibrant inner-city areas of Melbourne (Fitzroy), Sydney (Pyrmont) and Brisbane (Gotha Street).

Students enrol at SSNT because they want to become expert practitioners and The Wellbeing Clinic at Fitzroy campus provides the perfect hands on teaching environment to hone your craft. The Clinic is a real-life, multi-modality clinic serving the needs of the surrounding communities. You'll treat real patients, and work with a professional clinic team, gaining experience in all aspects of working in, and running your own clinical practice, engaging with real clients in a safe and supervised environment. In the year or more you'll spend in clinic you'll undergo a transformation from theoretical student to graduate practitioner, all under the expert supervision of some of Australia's best clinicians.

### **Clinical Industry Placement**

In addition to the time spent in the Wellbeing Clinic, students complete external clinical placement throughout their study.

This requires the completion of observation and practice hours under the supervision of clinicians in practice and recorded by a reflective log as part of an e-portfolio that builds as evidence experience throughout the degree. The time spent in the workplace environment is invaluable to the advancement of a student's technical skills and professional development, allowing for further application, understanding and reflection in clinical practice on a variety of subjects.

There are a number of exciting clinical placement opportunities that students can choose from across a variety of industries including;

- Sporting clubs (Including AFL, NPL Football, Rugby, Basketball)
- Multidisciplinary health practices
- Private practices
- Allied health clinics
- Performing Arts including Ballet & Circus Arts



Making the most of these opportunities have often led students to future employment within their preferred industry. To get started, please make an appointment with your Success Coach when you commence your course.

## A positive student experience

Torrens University Australia values the importance of a positive student experience, and therefore has robust processes to resolve student complaints. The Student Complaints Policy, and associated procedures, can be accessed from the [website](https://www.torrens.edu.au/policies-and-forms) (<https://www.torrens.edu.au/policies-and-forms>).

## Paying for your qualification

We offer two payment options for this course:

- **Upfront payment**

If you want to complete your qualification debt-free you can choose to pay as you go. This means tuition fees will be invoiced each semester and payment is required on or before the due date using EFTPOS, credit card or direct transfer.

- **FEE-HELP**

FEE-HELP is Australian Government's loan scheme for higher education degree courses. It can assist you in paying for all, or part of, your course fees. Repayments commence via the tax system once your income rises above a minimum threshold. Just like with any other debt, a FEE-HELP debt is a real debt that impacts your credit rating.

Further information about FEE-HELP, including eligibility, is available at:

- FEE-HELP website:

<https://www.studyassist.gov.au/help-loans/fee-help>

- FEE-HELP booklets:

<http://studyassist.gov.au/sites/studyassist/helpfulresources/pages/publications>

## Austudy and Abstudy

Students enrolled in this course may be eligible for government assistance, such as [Austudy](#) or [Abstudy](#).