

Unit Description

SIBT

HCOM101 Professional Communication for Health Professionals

Skilful communication enables health care professionals to establish rapport with their clients, gather important information to inform health interventions, and work effectively with all members of a health care team. In this unit, you will explore the core competencies required to demonstrate effective communication when working as a health care professional. You will gain insights into your own personal communication style and its influence on interactions with others, and how to adapt your communication style to effectively convey health information to diverse audiences. All areas of communication will be examined, with a specific focus on developing your written, oral, and interpersonal communication skills to work effectively with clients and other health professionals.

HLTH101 Health and the Community

Our health is constantly changing. In this unit you will explore the various biological, social, behavioural, and environmental factors that shape health and wellbeing. You will gain an understanding of the diverse range of influences and risk factors on health outcomes, as well as the factors that contribute to health inequality within society. Additionally, you will examine contemporary and emerging health issues affecting society today and discuss strategies to effectively address these challenges.

HANA102 Introduction to Anatomy and Physiology

The human body is often compared to a complex machine, consisting of many components that work together to sustain life. In this unit, you will be introduced to the basic structure and function of the human body. The unit will focus on organising and presenting these principles according to different organ systems, including the integumentary system, musculoskeletal system, cardiovascular system, respiratory system, digestive system, lymphatic and immune systems, urinary system, endocrine system, and reproductive system. The unit will also focus on expanding your vocabulary of anatomical terminology. You will also learn about the various personal behaviours and environmental influences that can impact human well-being related to each body system.

HINQ102 Questioning and Inquiry: Evidence-based Practice in Health

We live in an information society. We have access to so much information that it becomes difficult to determine what is real and what is not. This unit develops your knowledge and skills in sourcing and evaluating credible health information to guide and develop your practice as a health care professional. You will reflect on your own beliefs and biases, and how they might influence your decisions as a health care professional. You will develop your skills for sourcing, reading, and evaluating research papers, and learn how to use the evidence-based practice process to formulate questions, critique sources of evidence, and integrate critical thinking and evidence-based practice academic and professional practice.

HCHP101 Building Competence in Health Care Practice

Competency can be defined as the application and demonstration of appropriate knowledge, skills, behaviours, and judgement in a particular setting or environment. In this unit, you will explore the essential skills for successful health care practice and academic achievement. You will gain an understanding of the legal responsibilities and regulatory frameworks that govern health care practitioners and their practice and examine the ethical dilemmas and challenges facing health practitioners in a contemporary health care environment. You will learn how models of disability and illness promote a collaborative, multi-disciplinary team approach to health care, and how adopting a client-centred approach can enhance health outcomes for clients and patients.

HDEV103 Exploring Human Development and Disease

Our bodies are constantly changing from the day we are born until the day we die. In this unit, you will be introduced to human development across the lifespan, including physical, cognitive, and emotional growth, while exploring the causes, mechanisms, and treatment of various health conditions. The impact of chronic health conditions and diseases on health systems and society will be discussed, as will the challenges they pose and strategies for managing them. You will also explore the relationship between social factors, health, and disability, and how these factors interact and influence individual well-being. Finally, you will examine theories of end-of-life care and their significance in promoting health and well-being for clients, families, and the community.

Proposed Elective Units

HPSY203 The Psychology of Health

Health psychology is the intersection of health and behaviour. In this unit, you will be introduced to models and theories of psychology that are relevant to understanding health behaviour. You will explore the role psychology plays in promoting positive behaviour change and learn how to identify and evaluate health psychology research to develop evidence-informed health interventions. The unit will also explore the interconnection between personality and health, and the impact that anxiety, stress, and trauma have on overall health and wellbeing.

HPRO203 Health Promotion

Health promotion is the process of enabling people to increase control over, and to improve, their health (1986 World Health Organisation Ottawa Charter for Health Promotion). This unit will introduce you to the theories underpinning health promotion and the different approaches used to promote positive health behaviours. You will examine the various factors that influence stakeholder engagement in health promotion efforts and the willingness of people, including vulnerable groups, to accept positive health messages. Finally, you will develop your skills in communication to engage individuals and the community in health promotion activities.

SDIV103 Exploring Social Diversity

This unit explores social and cultural diversity, and how these factors relate to professional practice. You will look at what research says about diversity and its impacts and reflect on where you sit within the social structure. The unit will prepare you for working in socially and culturally diverse workplaces (exploring differences such as gender, race, ethnicity, class, sexuality and location), and support you in developing socially responsible engagement with diverse peoples and cultures.