

2021 Course Brochure
Bachelor of Health Science
(Dance)



ACPE
AUSTRALIAN COLLEGE OF
PHYSICAL EDUCATION

“I love dancing and science, but I’d never considered that I might be able to continue them together at university”

Kirby MacDonald

Bachelor of Health Science (Dance) Graduate,
and 2019 College Medal Winner

Currently studying a Masters of Nutrition and Dietetics



The Bachelor of Health Science (Dance) develops students' understanding of synergies between dance and health science to facilitate work in public and private organisations across a range of occupations. Given the main instrument in dance is the human body, students will learn how to apply scientific principles to dance movements, and develop a greater understanding of dance techniques and apply health science knowledge to improve dance performance.

COURSE DURATION

3 years full time or part time equivalent.

STUDY MODE

Face-to-face on campus, selected units available online.

SEMESTER INTAKES

March and August annually on campus.

FEE-HELP

FEE-HELP Approved, Payment Plans, Upfront payment available.

Tuition payment arrangements must be confirmed upon admission to the college.

TRANSFER CREDIT

An applicant may apply for an assessment of their prior learning at the time of applying for entry to an award course of the college.

ENTRY REQUIREMENTS

Applicants must meet at least ONE of the following criteria to be considered for admission:

1. A minimum HSC (Higher School Certificate) or equivalent. ACPE will review the HSC results to determine if students require any additional support in their studies and will be counselled about the most appropriate course for them based on their own previous studies and results.
2. A qualification from a recognised higher education provider
3. An Associate Diploma, Diploma, Advanced Diploma, or Tertiary Preparation Certificate from a TAFE or other recognised VET provider qualification (Students wishing to enter through Certificate IV must have completed Year 11 or equivalent)
4. One year full-time or equivalent in a degree course at an Australian university
5. Satisfaction of entry requirements

specified under formal articulation arrangements as determined by the ACPE Academic Board

6. A recognised overseas qualification with demonstrated proficiency in English
7. Demonstration to the Dean's satisfaction of good selection prospects as a student (for example, relevant work experience and motivation to study), and ineligibility to compete for admission based on the academic achievement criteria (1) to (6)

ADDITIONAL ENTRY REQUIREMENTS

Dance Audition

ALTERNATE ENTRY

An applicant seeking admission who is unable to demonstrate that they satisfactorily meet the General Admission Criteria above may apply to the College to be considered for Alternate Entry. The applicant may be requested to provide evidence that will demonstrate they have a reasonable likelihood of success in studies with the College. This includes mature entry (over 21 years) with relevant experience, elite athletes with interrupted study due to sports commitments, and any other potential applicants who may not meet the criteria above. Entry with advanced standing through educational pathways (e.g. RPL or credit transfer) may also be available based on previous study.

For students who have left school but who haven't completed their HSC and are under 21 years of age, ACPE has an alternative entry pathway to allow potential access to an ACPE degree. For more information head to acpe.edu.au/earlyaccept/

ASSESSMENTS

While some units require mid-term and final exams, assessments are also authentic and practical that prepare you for the workplace. Students enrolled in an online unit sit their final exam at the College or if they live at a

distance, under external supervision.

ONLINE LEARNING

Selected units available online **for students enrolled in courses that are not fully online**. Online units in these courses are taught with a viable cohort of students. If the cohort in these units is too small to ensure an optimal student experience, the College reserves the right to alter the delivery mode to on campus or mixed mode.

CAREER OPPORTUNITIES

Graduates can pursue a range of career opportunities and/or further study including:

- Studio or Private Dance Teachers
- Dance Studio Consultant
- Community Wellness Officers
- Dance Researcher
- Dance Rehab and Performance Advisor
- Allied Health Professional
- Instructors of somatically based practices including Yoga and Pilates
- Further study opportunities include post graduate study in health science related fields

ABOUT ACPE

The Australian College of Physical Education (ACPE) is one of the oldest higher education providers in NSW. For 100 years the College has provided first rate qualifications in physical education (PDHPE), dance education, sports business, health science, health and movement, coaching, applied fitness, and community health. ACPE courses are delivered at its purpose-built campus in Sydney Olympic Park, with a range of courses and individual units offered online.



FEE-HELP Available



Selected Units Available Online



Full Time or Part Time Study Load

BACHELOR OF HEALTH SCIENCE (DANCE)

FULL TIME COURSE STRUCTURE

Code	Unit Title	Contact Hrs/Wk	Credit Points	EFTSL	Pre-req	Online	Campus
SEMESTER 1 – 1ST YEAR							
DAN1102	Foundations of Dance	7.5	6	0.125	Nil		✓
GHS1301	Understanding Health	5	6	0.125	Nil		✓
HSC1102	Chemistry I	4	6	0.125	Nil		✓
HSC1201	Application of Maths and Statistics for Health and Sport	3	6	0.125	Nil	✓	✓
SEMESTER 2 – 1ST YEAR							
DAN1101	Dance History	4.5	6	0.125	Nil		✓
HSC1101	Biology I	4	6	0.125	Nil		✓
HSC1202	Musculoskeletal Anatomy and Physiology	3	6	0.125	Nil	✓	✓
HSC1203	Biochemistry and Nutrition	3	6	0.125	Nil	✓	✓
SEMESTER 3 – 2ND YEAR							
DAN 1201	Dance Composition I	3	6	0.125	Nil		✓
DAN2101	Classical Dance Styles	7.5	6	0.125	Nil		✓
HSC2101	Systems Anatomy and Physiology	3	6	0.125	HSC1202		✓
HSC2103	Applied Exercise Physiology	3	6	0.125	HSC1202		✓
SEMESTER 4 – 2ND YEAR							
DAN1203	Popular Dance Styles	6	6	0.125	Nil		✓
DAN2202	Dance and Somatics	3	6	0.125	DAN1102		✓
GHS2202	Principles of Health Promotion	3	6	0.125	GHS1301	✓	✓
HSC2201	Biomechanics	3	6	0.125	HSC1202	✓	✓
SEMESTER 5 – 3RD YEAR							
DAN3101	Dance Composition II	3	6	0.125	DAN2101		✓
GHS2301	Professional Integrity	3	6	0.125	GHS1301	✓	✓
HSC3101	Human Pathophysiology and Pharmacology	3	6	0.125	HSC2101		✓
HSC3103	Research Design and Epidemiology	3	6	0.125	HSC2201		✓
SEMESTER 6 – 3RD YEAR							
DAN3102	Research in Action (Dance)	3	6	0.125	DAN2101 or DAN2202		✓
HSC3204	Health and Physical Assessment	3	6	0.125	HSC2101		✓
GHS2204	Psychology	3	6	0.125	HSC1101		✓
ELECTIVE – Students undertake one of the following three electives							
SPB1205	Small Business Management Principles	3	6	0.125	Nil		✓
HSC1204	Exercise Prescription throughout the Lifespan	3	6	0.125	Nil	✓	✓
DAN3201	Dance Performance	7.5	6	0.125	DAN2101		✓

HOW TO APPLY?

Domestic Students

1300 302 867
Apply online at acpe.edu.au

International Students

+61 2 9739 3314
international@acpe.edu.au

Code	Unit Title	Description
SEMESTER 1		
DAN1102	Foundations of Dance	This unit introduces students to a range of perspectives around what is dance technique and how to improve one's skill in dance. The fundamentals of dance technique are identified and addressed from scientific, somatic and aesthetic viewpoints.
GHS1301	Understanding Health	This unit provides students with an understanding of the various social, biological and environmental determinants that shape the health of individuals and populations. It is also designed to equip students with the foundational academic learning, numeracy and literacy skills required for success in all aspects of their studies.
HSC1102	Chemistry I	This unit provides the basic principles of inorganic and organic chemistry and examining chemical reactions and processes. This unit will demonstrate that matter has physical and chemical properties with respect to the natural environment and health.
HSC1201	Application of Maths and Statistics for Health and Sport	This unit introduces students to mathematical and statistical knowledge required for future tertiary studies.
SEMESTER 2		
DAN1101	Dance History	This unit introduces students to choreographic innovations in western theatrical dance from the beginning of the 20th century to the present day. Students gain an in-depth understanding and awareness of current professional practice through the study of how dance artists and choreographic practices have responded to the broad social and cultural contexts from which they arise.
HSC1101	Biology I	This unit explores the knowledge and terminology of biological systems relating to organisms: bacterial, plant and animal. Content covered includes structure of cells, organ tissue and body systems. Evolution and natural selection as an application of science will be explored, exposing students to ecological factors affecting organisms.
HSC1202	Musculoskeletal Anatomy and Physiology	This unit provides students with a basic knowledge of anatomical structures and their function in the human body. Content will focus on function and integration of the neuro-musculoskeletal system relevant to human movement.
HSC1203	Biochemistry and Nutrition	This unit provides a working knowledge of the nutritional sources of energy and the biochemical pathways. The unit will provide students with an understanding of the processes of metabolism and the roles that the three major food groups of carbohydrates, lipids and proteins play in the production of energy for cellular function.
SEMESTER 3		
DAN1201	Dance Composition I	This unit introduces the essential components of the craft of dance composition. Students develop insight into the theories, principles, processes and practices of composition through observation and discussion of dance works by seminal choreographers, and through exploration of the elements of dance.
DAN2101	Classical Dance Styles	This unit broadens understandings of the nature and function of dance through the study of classical styles of dance. Style specific skills acquisition is integrated with an understanding of social, cultural and historical perspectives of classical ballet and another classical style.
HSC2101	Systems Anatomy and Physiology	This unit provides detailed knowledge of the structure, function and physiology of the 11 organ systems of the human body. Anatomy and physiology will be presented from a cellular to a gross level providing a more comprehensive approach to anatomy and physiology.
HSC2103	Applied Exercise Physiology	This unit introduces students to the physiological bases of human movement. It examines the interactions between cardiovascular, respiratory, and musculoskeletal systems as well as bioenergetics, neurological and hormonal aspects of human performance.
SEMESTER 4		
DAN1203	Popular Dance Styles	This unit builds on the students' knowledge and understanding of historical, social, and cultural contextual issues relevant to identifying and interpreting the purpose and meaning in popular dance. Underlying movement principles are identified and applied to composition and performance practices.
DAN2202	Dance and Somatics	This unit explores ways in which concepts and learning processes from the field of Somatics can be applied to technical dance training and performance. Different types of somatic learning processes are addressed and applied to the learning and teaching of dance technique and performance practice.
GHS2202	Principles of Health Promotion	This unit introduces the core skills of health promotion through examining the principles, theories and the different methods of evaluating health promotion programs targeting specific public health issues.
HSC2201	Biomechanics	This unit enables students to have an understanding of the mechanical analysis of human movement and identify the biomechanical principles, which influence human movement in physical activity.
SEMESTER 5		
DAN3101	Dance Composition II	This unit extends the principles of dance composition to group dance works and explores different approaches to leadership and group dynamics. Exposure to the working practices of seminal dance artists leads students into an examination of the relationship between music, dance, and site-specific dance work.
GHS2301	Professional Integrity	This unit introduces students to a range of ethical issues that arise in movement and health contexts. Through the examination of these issues, it is intended that students will gain a wider appreciation of the impact of ethics on the day-to-day and long term decision making processes and react to these with integrity.
HSC3101	Human Pathophysiology and Pharmacology	This unit provides a thorough working knowledge of the processes of cellular dysfunction resulting in disease.
HSC3103	Research Design and Epidemiology	This unit will examine scientific research methods used for clinical problem solving in the health science industry. Students will develop proficiencies in research design, analysis and critical appraisal of health science literature.
SEMESTER 6		
DAN3102	Research in Action (Dance)	This unit develops a research perspective in students and an awareness of research methodologies and practices within an area of their expertise. Students will research discipline and methodological literature bases in order to develop a research proposal and carry out a small scale investigation into an area of academic interest relating to some aspect of health, a sport or game.
HSC3204	Health and Physical Assessment	This unit will enable students to develop the knowledge, understanding and application of the theoretical aspects of physical examination.
GHS2204	Psychology	In this unit, students are provided with an introduction to the science of psychology and its application to health, education, sport and everyday life. Students will explore the classical schools of psychology, major theorists, key concepts and principles for understanding and explaining behaviour in addition to investigating the research methods used in psychology.
ELECTIVE – Students undertake one of the following three electives		
SPB1205	Small Business Management Principles	This unit addresses the key principles, theories, tools and policies for small businesses operating in the fitness industry. The theories of management, governance, planning and appraisal will be analysed and related to typical management scenarios relevant to the fitness industry.
HSC1204	Exercise Prescription throughout the Lifespan	This unit provides the tools needed to recognise health and development issues which may impact the type of exercise prescribed. Students will be introduced to the performance outcomes, skills and knowledge required to apply exercise prescription in accordance with industry standards.
DAN3201	Dance Performance	This unit focuses on the public performance of a dance work made on and for the student group by a guest choreographer. Students apply the skills and understandings they have developed in previous dance units in a semi-professional situation.