

2021 Course Brochure  
Bachelor of Health & Movement  
Elective Stream: Health Promotion



**ACPE**  
AUSTRALIAN COLLEGE OF  
PHYSICAL EDUCATION

“Once I was working I could see the different opportunities that were available in rugby league – I just wanted to be part of it”

Sarah McDonald  
Bachelor of Health & Movement graduate



The Bachelor of Health & Movement (Health Promotion) is an increasingly important area of study in today's society. Health promotion involves strengthening the skills and capabilities of individuals and communities to improve health. Health promotion practitioners are involved in designing, running and evaluating public health programs to keep individuals and communities healthy. Career opportunities can be found in government, community organisations and private businesses.

#### COURSE DURATION

3 years full time or part time equivalent.

#### STUDY MODE

Health Promotion is available fully online and face-to-face

#### 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)

#### 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/](http://acpe.edu.au/earlyaccept/)

#### ASSESSMENTS

While some units require mid-term and final exams, assessments may also comprise quizzes, essays and tutorial participation. 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.



FEE-HELP Available



Selected Units Available Online



Full Time or Part Time Study Load

# BACHELOR OF HEALTH & MOVEMENT – ELECTIVE STREAM: HEALTH PROMOTION

## FULL TIME COURSE STRUCTURE

Code	Unit Title	Contact Hrs/Wk	Credit Points	EFTSL	Unit Type	Pre-req	Online	Campus
<b>SEMESTER 1 – 1ST YEAR</b>								
<b>GHS1301</b>	Understanding Health	5	6	0.125	GHS	Nil	✓	✓
<b>PER1206</b>	Introduction to Performance and Exercise Psychology	3	6	0.125	PER	Nil	✓	✓
<b>PER1106</b>	Sport and the Social Context	3	6	0.125	PER	Nil	✓	✓
<b>HSC1104</b>	Skill Acquisition	3	6	0.125	HSC	Nil	✓	✓
<b>SEMESTER 2 – 1ST YEAR</b>								
<b>GHS2201</b>	Health: A Sociological Perspective	3	6	0.125	GHS	GHS1301	✓	✓
<b>GHS1201</b>	Health Priorities for Australia	3	6	0.125	GHS	Nil	✓	✓
<b>PER1202</b>	Theory and Application of Playing and Coaching Sport	3	6	0.125	PER	Nil	✓	✓
<b>HSC1202</b>	Musculoskeletal Anatomy and Physiology	3	6	0.125	HSC	Nil	✓	✓
<b>SEMESTER 3 – 2ND YEAR</b>								
<b>GHS1101</b>	Global Health	3	6	0.125	GHS	Nil	✓	✓
<b>HSC2103</b>	Applied Exercise Physiology	3	6	0.125	HSC	HSC1202	✓	✓
<b>GHS2301</b>	Professional Integrity	3	6	0.125	GHS	GHS1301	✓	✓
<b>PER2105</b>	Strength and Conditioning	3	6	0.125	PER	HSC1202	✓	✓
<b>SEMESTER 4 – 2ND YEAR</b>								
<b>GHS2202</b>	Principles of Health Promotion	3	6	0.125	GHS	GHS1301	✓	✓
<b>HSC1204</b>	Exercise Prescription throughout the lifespan	3	6	0.125	HSC	Nil	✓	✓
<b>PER2203</b>	Inclusive Physical Activity	3	6	0.125	PER	HSC1202	✓	✓
<b>HSC2201</b>	Biomechanics	3	6	0.125	HSC	HSC1202	✓	✓
<b>SEMESTER 5 – 3RD YEAR</b>								
<b>GHS2103</b>	Introduction to Understanding Community Health Research	3	6	0.125	GHS	GHS1301	✓	✓
<b>GHS2104</b>	Youth Health and Resilience	3	6	0.125	GHS	GHS1301	✓	✓
<b>GHS2102</b>	Health and Activity for Diverse Populations	3	6	0.125	GHS	HSC1204 or GHS1201	✓	✓
<b>GHS3102</b>	Raising Health Awareness	3	6	0.125	GHS	GHS2202	✓	✓
<b>SEMESTER 6 – 3RD YEAR</b>								
<b>HSC3201</b>	Advanced Training Principles and Exercise Prescription	3	6	0.125	PER	HSC2103	✓	✓
<b>GHS3201</b>	Planning Health Promotion Programs	3	6	0.125	GHS	GHS2202	✓	✓
<b>GHS3202</b>	Sustainable Health in Local Communities	3	6	0.125	GHS	GHS2202	✓	✓
<b>GHS3203</b>	Research in Action (Community Health)	3	6	0.125	GHS	GHS2301 or GHS2103	✓	✓

Students have the opportunity to apply for ASCA Level 1 Accreditation upon the completion of PER2105

HOW TO APPLY?

### Domestic Students

1300 302 867  
Apply online at [acpe.edu.au/](http://acpe.edu.au/)

### International Students

+61 2 9739 3314  
[international@acpe.edu.au](mailto:international@acpe.edu.au)

Code	Unit Title	Description
<b>SEMESTER 1</b>		
<b>GHS1301</b>	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.
<b>PER1206</b>	Introduction to Performance and Exercise Psychology	This unit introduces important issues in the field of sport and exercise psychology. The psychological, social, and emotional impacts of sport, exercise and dance involvement are examined with the application of basic performance enhancement strategies.
<b>PER1106</b>	Sport and the Social Context	This unit provides a history of sport within Australia and addresses the sociological perspectives, including culture, gender, ethnicity, media and politics, emerging from the study of sport history.
<b>HSC1104</b>	Skill Acquisition	This unit provides students with the theoretical background and practical experiences that allow them to understand how the acquisition of motor skills affects performance.
<b>SEMESTER 2</b>		
<b>GHS2201</b>	Health: A Sociological Perspective	This unit further explores the concept that health is a result of particular historical, social, cultural, political and economic circumstances. As such, the unit adopts the social model of health and investigates sociological issues and their influence on shaping individuals' knowledge, attitudes and beliefs about health; and how these factors may lead to health inequities within population groups.
<b>GHS1201</b>	Health Priorities for Australia	This unit examines the influences on Australians' health and wellbeing by exploring the national health priority areas of Australia and investigating risk and protective factors which contribute to these health priorities. Current governmental and non-governmental strategies which focus on improving the health of all Australians are also a focus.
<b>PER1202</b>	Theory and Application of Playing and Coaching Sport	Students are introduced to the components of movement skills as the foundation for physical activity and movement. The content and pedagogy of the movements skills, their components, and application to sport and physical activity are investigated.
<b>HSC1202</b>	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.
<b>SEMESTER 3</b>		
<b>GHS1101</b>	Global Health	This unit explores the major determinants of health in a global setting. Students will investigate how socio-cultural, environmental, political and economic factors influence global health issues and how global health players have been trying to address these.
<b>HSC2103</b>	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.
<b>GHS2301</b>	Professional Integrity	This unit introduces students to a range of ethical issues that arise in the fields of sport, recreation, dance, health, fitness and sports coaching. 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 be capable of managing their own professional integrity.
<b>PER2105</b>	Strength and Conditioning	This unit extends the students' knowledge in the physiological adaptations of strength and conditioning, allowing the development of skills, practices and understanding of its principles.
<b>SEMESTER 4</b>		
<b>GHS2202</b>	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.
<b>HSC1204</b>	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.
<b>PER2203</b>	Inclusive Physical Activity	This unit explores the nature of diversity and difference in contemporary Australian society. This unit will facilitate student's critical self-reflection to form a perspective on how their future practice can effect positive change through sport.
<b>HSC2201</b>	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.
<b>SEMESTER 5</b>		
<b>GHS2103</b>	Introduction to Understanding Community Health Research	This unit introduces students to the foundations of conducting, interpreting and using health research to improve and maintain the health of communities. Various research methodologies and findings will be explored to highlight the strengths and limitations of information gained through research and how it can be applied to the health profession.
<b>GHS2104</b>	Youth Health and Resilience	This unit covers trends in understanding and approaching youth health, paying particular focus on understanding and discussing the resilience paradigm.
<b>GHS2102</b>	Health and Activity for Diverse Populations	This unit will examine the physiological, psychological and sociological characteristics of diverse populations and identify specific health and physical activity issues related to each population. Students will also explore how physical activity can be adapted to promote life-long health and participation in physical activity for these populations.
<b>GHS3102</b>	Raising Health Awareness	This unit provides an opportunity to explore the practices of community health promotion. This practical experience will incorporate the role, contribution and responsibilities of government and community health professionals in promoting well-being.
<b>SEMESTER 6</b>		
<b>HSC3201</b>	Advanced Training Principles and Exercise Prescription	This unit integrates scientific evidence underlying biophysical adaptations with training programs and methodologies. This unit will also use an evidence-based approach to expand on concepts related to the principles of training and exercise prescription in athletic participation and rehabilitation settings.
<b>GHS3201</b>	Planning Health Promotion Programs	This unit further develops the various models of individual health behaviour change; examines the evidence for health promotion interventions; evaluates a range of health promotion interventions and allow students to demonstrate knowledge and understanding of key skills for health promotion.
<b>GHS3202</b>	Sustainable Health in Local Communities	This unit focuses on environmental sustainability and provides students with a new framework to apply established skills in community health promotion.
<b>GHS3203</b>	Research in Action (Community Health)	This unit requires students to 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 an aspect of community health.