

2022 Course Brochure  
Bachelor of Health Science  
(Dance)



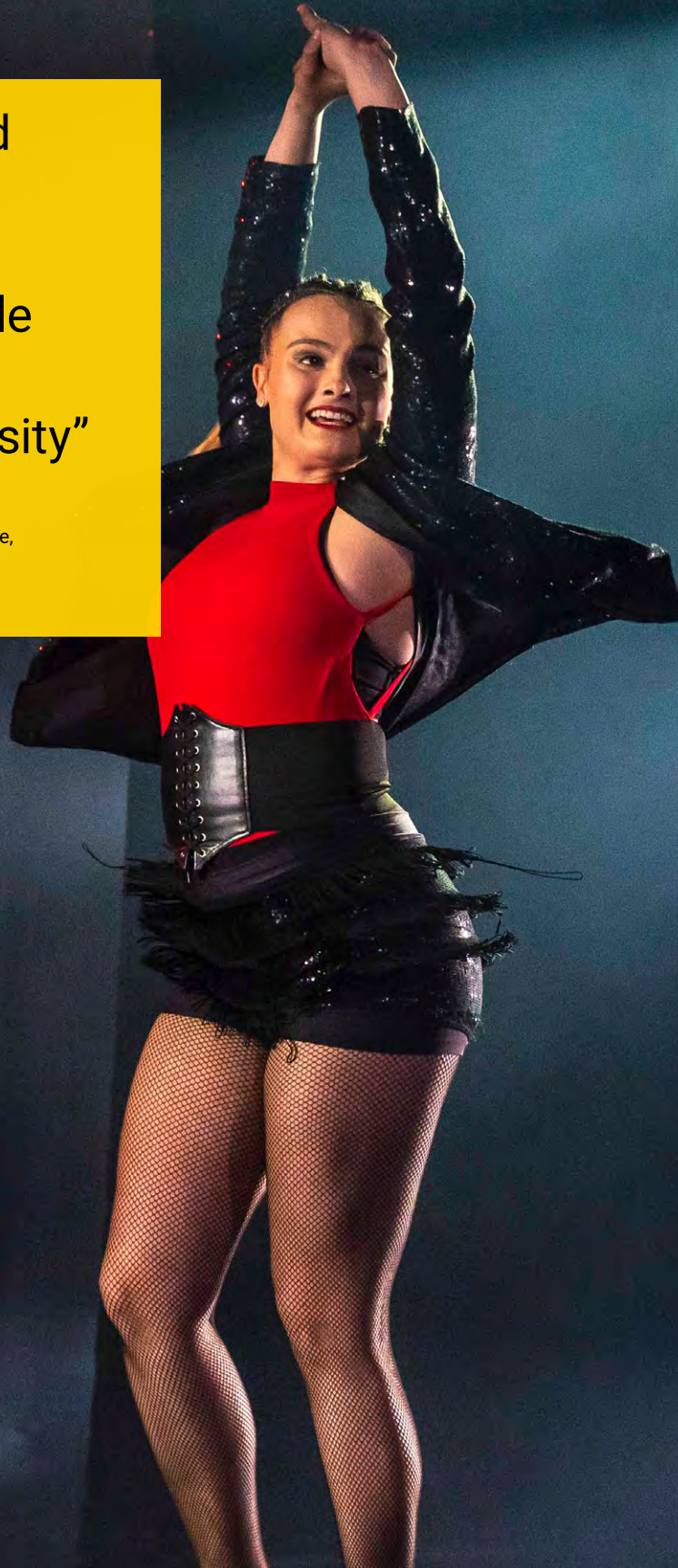
**ACPE**  
AUSTRALIAN COLLEGE OF  
PHYSICAL EDUCATION

**“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

Masters of Nutrition and Dietetics



The Bachelor of Health Science (Dance) develops your 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, you 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

You may apply for an assessment of your prior learning at the time of applying for entry to an award course of the college.

#### ENTRY REQUIREMENTS

You 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 you require any additional support in your studies and you will be counselled about the most appropriate course for you based on your 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 (If you wish to enter on the basis of Certificate IV you 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 (see international requirements)
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)
8. You may be required to meet the vaccination requirements of host organisations for work integrated learning placement

#### ADDITIONAL ENTRY REQUIREMENTS

Dance Audition

#### ALTERNATE ENTRY

If you are seeking admission who is unable to demonstrate that you satisfactorily meet the General Admission Criteria above you may apply to the College to be considered for Alternate Entry. You may be requested to provide evidence that will demonstrate 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 anyone else 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.

If you have left school but haven't completed the 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 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 more than 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 (domestic only)



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 |
|---|--|----------------|---------------|-------|--------------------|--------|--------|
| <b>SEMESTER 1 – 1ST YEAR</b>  |  |                |               |       |                    |        |        |
| DAN1102   | Foundations of Dance                                     | 7.5            | 6             | 0.125 | Nil                |        | ✓      |
| GHS1301   | Understanding Health                                     | 4              | 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                |        | ✓      |
| <b>SEMESTER 2 – 1ST YEAR</b>  |  |                |               |       |                    |        |        |
| 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                | ✓      | ✓      |
| <b>SEMESTER 3 – 2ND YEAR</b>  |  |                |               |       |                    |        |        |
| 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            |        | ✓      |
| <b>SEMESTER 4 – 2ND YEAR</b>  |  |                |               |       |                    |        |        |
| 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            | ✓      | ✓      |
| <b>SEMESTER 5 – 3RD YEAR</b>  |  |                |               |       |                    |        |        |
| 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            |        | ✓      |
| <b>SEMESTER 6 – 3RD YEAR</b>  |  |                |               |       |                    |        |        |
| DAN3102   | Research in Action (Dance)                               | 3              | 6             | 0.125 | DAN2101 or DAN2202 |        | ✓      |
| HSC3204   | Health and Physical Assessment                           | 3              | 6             | 0.125 | HSC2101            |        | ✓      |
| HSC2107   | Psychology of Behaviour Change                           | 3              | 6             | 0.125 | GHS1301            |        | ✓      |
| <b>ELECTIVE – Students undertake one of the following three electives</b> |  |                |               |       |                    |        |        |
| 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            |        | ✓      |

### International Students Additional Information

If you are an international student and would like to enrol at ACPE, you will have to meet both academic entry requirements and English language proficiency requirements. In addition to these two criteria, you have to meet the inherent course requirements and any course specific criteria, e.g. For Dance degrees and Education degrees. For more information please visit <https://acpe.edu.au/admissions/international-students/>

**\*Study loads vary for domestic and international students for more information contact ACPE. International students may not enrol in fully online courses.**

### HOW TO APPLY?

#### Domestic Students

1300 302 867  
Apply online at [acpe.edu.au](https://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>   |  |   |
| 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.   |
| <b>SEMESTER 2</b>   |  |   |
| 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.  |
| <b>SEMESTER 3</b>   |  |   |
| 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.   |
| <b>SEMESTER 4</b>   |  |   |
| 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.  |
| <b>SEMESTER 5</b>   |  |   |
| 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.  |
| <b>SEMESTER 6</b>   |  |   |
| 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.  |
| HSC2107   | Psychology of Behaviour Change                           | This unit develops critical understanding of the relationship between health and behaviour and the importance of theory for understanding and changing health behaviour. Students will then develop an understanding of social and behavioural theories that explain participation in health behaviours and form the background for promoting health and preventing ill-health. Students will also develop the skills to bring about change in health-related behaviours through educational interventions. |
| <b>ELECTIVE – Students undertake one of the following three electives</b> |  |   |
| 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.  |