

# Diploma of Health Science

Course Information

The Diploma of Health Science allows students to undertake higher education studies equivalent to the first year of a bachelor degree for personal interest, to upgrade knowledge, or to allow a taste of study prior to transitioning into a full degree.

Students choose a specialisation from:

- Naturopathy
- Nutritional Medicine
- Western Herbal Medicine

The one-year Diploma is an approved qualification and recognised within the Australian Qualifications Framework (AQF). The course explores the foundational sciences required for higher education in complementary medicine.



Study includes the biological and social sciences and research studies that all healthcare practitioners must understand. They form the structure that supports the study of holistic medicine and provide integral knowledge of how the body functions in health, how to communicate effectively with clients and the role of research and evidence based practice in complementary medicine.

<b>Qualification Title</b>	<b>DIPLOMA OF HEALTH SCIENCE</b>		
<b>Study Options – Domestic Australian students</b>	Full-time or Part-time On campus, blended or online	<b>Study options – Overseas students</b>	Full time on campus
<b>Start Dates</b>	February, June, September  Mid-term intakes may be available, please contact a Course and Career Advisor for further information	<b>Course Length</b>	Full-time: 1 year Part-time: 2 years
<b>Entry Requirements</b>	Year 12 or equivalent with ATAR 50  For international applicants, additional entry requirements of equivalent IELTS 5.5 (Academic) with no skills band less than 5.5  <b>Special entry requirements</b> Demonstrated ability to undertake study at the required level: <ul style="list-style-type: none"> <li>• Broadly relevant work experience (documented e.g. CV), demonstrating a</li> </ul>	<b>Finance Options - Domestic Australian students</b>	FEE HELP

	<p>reasonable prospect of success; OR</p> <ul style="list-style-type: none"> <li>formal, informal or non-formal study, completed or partially completed, demonstrating a reasonable prospect of success; OR</li> <li>written submission to demonstrate reasonable prospect of success.</li> </ul>		
<b>Course study requirements</b>	<p>Full time = 3 x 10 week trimesters (1 year), plus examinations in week 12</p> <p>Part time = 6 x 10 week trimesters (over two years)</p> <p>No. of timetabled hours per week:</p> <p>Full time = 4 x 3hr classes per week. Plus self-study &lt; 40hrs total per week.</p> <p>Part time = 2 x 3hr classes per week. Plus self-study &lt; 20hrs total per week.</p>	<b>Assessment</b>	<p>Each subject you complete includes 3 assessments on average. Assessments are mapped to specific subject learning outcomes and may include quizzes, written assignments, presentations, reflective journal, case analysis, literature review, practical exams and written exams.</p>
<b>Location</b>	<p>Sydney Campus</p> <p>Brisbane Campus</p> <p>Flexible Online Learning</p>	<b>Delivered by</b>	<p>Australasian College of Natural Therapies (ACNT)</p>
<b>Accrediting body</b>	<p>Tertiary Education Quality Standards Agency</p>	<b>CRICOS Course code</b>	<p>084580B</p>

### What you will learn:

Anatomy and physiology, bioscience, social sciences, research studies and discipline-specific studies related to your chosen specialist area: naturopathy, nutritional medicine or western herbal medicine. Students who continue on to a Bachelor of Health Science degree in their chosen stream will also gain clinical experience working in the THINK Wellbeing Centre.

### Assessment methods:

Each subject you complete includes three assessments on average. Assessments are mapped to specific subject learning outcomes and may include quizzes, written assignments, presentations, reflective journal, case analysis, literature review, practical exams and written exams.

### Your study, your way: studying at ACNT:

At ACNT we offer a range of flexible options to suit you. Every ACNT subject has a range of resources available online to support your learning and allow you access to study when it best suits you. We call this a blended approach – blending self-directed study with directed quizzes and activities (online) and face-to-face teaching in one of our purpose-built teaching spaces.

Some subjects are available fully online, while other subjects must be taken on-campus, in one of our specialist facilities. Other subjects are offered in both modes, and you can choose which one suits you.

Most of the subjects are designed around the principles of the “flipped classroom”: you learn through doing, not just through listening. The flipped classroom model provides you with the opportunity to study and absorb lecture material at your own pace before class. This might involve reading articles or texts, watching presentations or listening to podcasts.

Rather than sitting in rows and listening to a lecturer up the front for an hour or more, you’ll come to class prepared having read through or listened to the subject material online. Guided by an expert in the field, you will then find a much more interactive and collaborative environment in which to consolidate and apply the things you’ve learned.

If you choose to study some subjects online as an online student, you will be part of an active online class, with discussions, forums and activities. You will receive comprehensive learning materials (in electronic form) clearly laid out in a week by week format to make sure you cover each topic in turn. You will have access to dedicated online teachers to answer any questions you may have regarding your subjects and you’ll see them and hear them in interactive presentations online.

### Course Structure: Diploma of Health Science

<b>Year 1</b>	Study Period 1	<b>BHS101A</b> Anatomy & Physiology 1	<b>BHS103A</b> Counselling & Communication Skills	<b>CAM101A</b> History & Philosophy of Comp & Alt Med	Elective (from list below)
	Study Period 2	BHS104A Anatomy & Physiology 2	BHS102A Bioscience	CAM103A Nutritional Foundations 1	Elective (from list below)
	Study Period 3	BHS106A Anatomy & Physiology 3	BHS105A Biochemistry 1	BHS107A Research & Evidence-Based Practice	Elective (from list below)

Electives for Naturopathy and Western Herbal Medicine streams:

SP1	SP2	SP3
CAM102A  Botany	CAM202A  WHM Materia Medica 1	CAM204A  WHM Material Medica 2

Electives for Nutritional Medicine stream:

SP1	SP2	SP3
CAM104A Food Science, Systems & Policy	CAM106A Nutrition, Society & Public Health	CAM203A Nutritional Foundations 2

The above streams provide students with a progression pathway into a specific Bachelor of Health Science degree on completion of the diploma. However students can choose to complete a combination of any three electives from the following list:

- CAM102A – Botany
- CAM203A - Nutritional Foundations 2
- CAM202A - WHM Materia Medica 1
- CAM204A - WHM Material Medica 2
- CAM104A - Food Science, Systems & Policy
- CAM106A - Nutrition, Society & Public Health

### Course Subject Descriptions

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

Each subject is worth 10 credit points, totaling 120 credit points per year of study. Each subject includes 4 hours of teaching (e.g. classroom hours, tutorials, group work, online activities) and approximately 6 hours of self-directed study per week, totaling 10 hours of study per week per subject enrolled in.

Subject Code & Subject Name	Subject description
<b>BHS101A</b> <b>Anatomy &amp; Physiology 1</b>	<p>Anatomy and Physiology 1 (BHS101A) 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.</p> <p>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.</p>
<b>BHS102A</b> <b>Bioscience</b>	<p>Bioscience (BHS102A) 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.</p>
<b>BHS103A</b> <b>Counselling &amp; Communication Skills</b>	<p>Counselling &amp; Communication Skills (BHS103A) 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.</p> <p>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.</p>
<b>BHS104A</b> <b>Anatomy &amp; Physiology 2</b>	<p>Anatomy and Physiology 2 (BHS104A) 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.</p> <p>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.</p>

Subject Code & Subject Name	Subject description
<b>BHS105A</b> Biochemistry 1	<p>Biochemistry 1 (BHS105A) 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.</p> <p>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).</p>
<b>BHS106A</b> Anatomy & Physiology 3	<p>Anatomy and Physiology 3 (BHS106A) builds and expands on the study of anatomy and physiological concepts introduced in Anatomy and Physiology 1 (BHS101A) &amp; 2 (BHS104A). 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 digestive, endocrine, urinary and reproductive systems are covered in detail including the homeostatic control mechanisms of each system and the integration of the systems in the body.</p> <p>This subject 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.</p>
<b>BHS107A</b> Research & Evidence-Based Practice	<p>Research &amp; Evidence Based Practice (BHS107A) 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.</p>
<b>CAM101A</b> History & Philosophy of Complementary & Alternative Medicine	<p>This subject explores the historical and philosophical paradigm of complementary and alternative medicine (CAM) that underpins clinical practice and examines a range of different modalities currently practiced in Australia. This subject aims to provide the clinical practitioner with a sound knowledge and understanding of the history, philosophy and science of CAM with particular emphasis on naturopathy, nutritional medicine and western herbal medicine. During the trimester students will have the opportunity to observe complementary and alternative medicine practice within the college clinic to further their understanding of how natural medicine history and philosophy under-pins current clinical practice.</p>

Subject Code & Subject Name	Subject description
CAM103A Nutritional Foundations 1	In this subject, students undertake a detailed and in-depth study of the macronutrients, protein, carbohydrates and lipids, and how these relate to human metabolism. Each individual macronutrient is studied in regards to their composition, biological function, dietary sources, recommended daily intake, factors contributing to excess states, and states of insufficiency and deficiency; and signs and symptoms associated with nutrient imbalances . This subject is a foundational subject across the degrees of Nutritional Medicine, Naturopathy and Western Herbal Medicine as it provides students with fundamental knowledge associated with human metabolism, and begins to build an understanding of the importance of nutrition in relation to human physiology and health.

### Elective Subjects

Students can choose three elective subjects to be completed in trimester 2 and 3 as indicated in the course structure. Please note these descriptions are subject to change.

Subject Code & Subject Name	Subject description
CAM102A Botany	This subject builds on herbal medicine concepts introduced in Herbal Medicine Manufacturing CAM105A Botany introduces students to the study of plant biology. Plant nomenclature, classification and identification are discussed with special regard to relevance for the study of Western herbal medicine. Students may participate in field trips and walks to enhance their learning.
CAM104A Food Science, Systems & Policy	Food, Science, Systems and Policy is the first subject in the stream of nutritional medicine and examines the way in which food is produced, processed and distributed in Australia. It provides students with an understanding of current practices and trends in primary production and food manufacturing and distribution. It also examines the laws governing food for sale and the politics of the food system.
CAM106A Nutrition, Society & Public Health	This subject builds on basic nutritional knowledge from Food Science, Systems and Policy (CAM104A). It aims to provide an understanding of the sociology of food, nutrition and health together with an understanding of the theory and practice of community and public health nutrition.

Subject Code & Subject Name	Subject description
CAM202A WHM Materia Medica 1	This subject builds on herbal medicine concepts introduced in Botany (CAM102A) and Herbal Medicine Manufacturing (CAM105A). It introduces the student to WHM materia medica and herbal medicine concepts. Introductory herbal medicine theories are explored including discussion of herbal medicine origins, contemporary use of herbal medicine, herbal medicine language and terminology and differences between traditional and scientific evidence based medicine. Students will explore herbal medicine materia medica relating to the digestive, integumentary, immune and respiratory systems, by learning the common name, botanical name, origin, plant family, active constituents, qualities, part used, actions, indications, preparation, dose, cautions, contraindications and interaction of each herb.
CAM203A Nutritional Foundations 2	In this subject, students undertake a detailed and in-depth study of the micronutrients which includes water- and fat-soluble vitamins and minerals and how these relate to human metabolism. This subject provides students with underpinning knowledge in relation to the correlation that exists between micronutrients and human physiology. Each individual micronutrient is studied in regard to structure, biological function, dietary sources, recommended daily intake and therapeutic doses. Also included are factors contributing to, and symptoms associated with, states of excess, insufficiency and deficiency.
CAM204A WHM Materia Medica 2	This subject builds on WHM Materia Medica 1 (CAM202A). It explores WHM materia medica relating to the nervous, urinary, circulatory, cardiovascular, endocrine, female and male reproductive systems by learning the common name, botanical name, origin, plant family, active constituents, qualities, part used, actions, indications, preparation, dose, cautions, contraindications and interaction of each herb.

### Frequently Asked Questions:

#### Need more information?

Would you like to speak with a Course and Career Advisor about which course is right for you or any other questions you might have?

Would you like to visit our Pyrmont or Brisbane Campus and see our amazing facilities and THINK Wellbeing Centre?

Would you like to book in for an Open Day or workshop?

Please call our Course and Career Advisors on 1300 017 267.

#### Where are the ACNT campuses located?

ACNT has campuses in Sydney and Brisbane.

Sydney campus is located:

235 Pyrmont Street

Pyrmont

NSW 2009

Phone: 1300 017 267

Email: [enquiries@acnt.edu.au](mailto:enquiries@acnt.edu.au)

Brisbane campus is located:

90 Bowen Terrace

Fortitude Valley

QLD 4006

Phone: 1300 017 267

Email: [enquiries@acnt.edu.au](mailto:enquiries@acnt.edu.au)

### How to Apply?

Complete an application form on our website [ww.acnt.edu.au](http://ww.acnt.edu.au) and submit to us along with any academic transcripts and any additional documentation (eg. Your high school results, resume and references if applicable). Once we receive your application, our Course and Career Advisors will contact you.

### Will ACNT help me find a job once I graduate?

ACNT provides a web-based Job Finder service for students, graduates and employers alike. Updated on a daily basis, you'll find an array of job opportunities listed, both local and international.

The Job Finder is used by prospective employers to specifically target ACNT graduates, many of whom have been employed by industry leaders such as Blackmores, GNC LiveWell, Chiva Som and Steiner Leisure.

### What are the Employment Opportunities like?

The rapid growth of the natural medicine industry is largely due to a growing demand from the public. One reason for this growth is a strong desire from people to take greater control of their own health and wellbeing. There is a continually growing demand for highly trained practitioners who can work in various settings such as complementary clinics, medical clinics, health retreats, health food stores, research, education and self-employment.

### Is FEE-HELP available?

FEE-HELP is a loan scheme that assists eligible fee paying students to pay either part or all of their tuition fees. Almost every Australian Citizen is eligible for FEE-HELP, allowing you to study now and pay later, meaning you do not have to pay your fees upfront.

Instead, the total cost of your fees can be repaid through the taxation system if your income reaches the threshold. For more information about FEE-HELP visit <http://studyassist.gov.au>.

### What kind of support will I receive?

- **Campus Portal:** Course materials, on-line access to resources, events and activities at the campus.
- **Student Services:** First point of contact for academic and administrative enquiries.
- **Counselling:** Free of charge and available for all students facing personal or study issues.
- **Program Managers:** Guidance and academic support, course sequencing, credit exemptions
- **Study Skills:** Support for students new to higher education, covering study basics and academic skills.

- **Science Success:** Pre-trimester bridging workshop for new students who haven't studied science (biology and chemistry) at year 12, or who want a refresher before they start.

### Does ACNT have an orientation program?

Yes, Australasian College of Natural Therapies supports new students with a program of events, workshops, wellness classes, campus tours and course-specific classes in orientation week. Students new to health science are also invited to join the Science Success program which covers basic chemistry, mathematics for health science and medical terminology.

### Are the teachers practitioners?

Yes. Many of the country's leading practitioners are on staff at ACNT, all with substantial experience in their respective areas of expertise. We are passionate about what we do, and constantly seek new and innovative ways to teach the theoretical knowledge and clinical skills needed for excellence in complementary medicine.

### Can I apply for course credit exemptions?

Yes. Applying for course credit is a collaborative process between you and the college. You can apply for course credit exemptions if you have studied relevant subjects in a previous qualification. Contact the Course and Careers Advisor for an application form and details of how to apply. Certified testamurs, transcripts and subject unit outlines from recognised institutions must be supplied with your application.

### What are the enrolment dates for the courses?

Contact the Course and Careers Advisor now for upcoming enrolment dates and check the ACNT website for key dates in the academic calendar.

### Does ACNT have Facebook page?

Find us on Facebook to keep up to date with our latest news, information and events –  
[www.facebook.com/australasiancollegeofnaturaltherapies](http://www.facebook.com/australasiancollegeofnaturaltherapies)

Diploma of Health Science  
Think Colleges Pty Ltd trading as Australasian College of Natural Therapies  
ABN: 93 050 049 299 • CRICOS Provider Code: 00246M • RTO: 0269 • Updated 21.01.2016  
Information is correct at time of printing, but may be subject to change