Health and Biomedical Sciences
ACKNOWLEDGEMENT OF COUNTRY

RMIT University acknowledges the Wurundjeri people of the Kulin Nations as the traditional owners of the land on which the University stands. RMIT University respectfully recognises Elders both past and present. We also acknowledge the traditional custodians of lands across Australia where we conduct business, their Elders, Ancestors, cultures and heritage.
Help make a real difference to the lives of individuals, families and the community.

Whether it’s working with patients, researching new therapies, carrying out diagnostic tests in a lab or even ensuring elite athletes perform at their best – a degree in health and biomedical sciences can help make a real difference to the community.

Our medical system approach has changed from ‘sick care’ to ‘healthcare’ with a strong focus on wellbeing, prevention and health promotion, early detection, diagnosis, treatment and care. As a result the demand for health and medical professionals is high with excellent career prospects.

Cover: Kristy Meiselbach, Bachelor of Biomedical Science. Read Kristy’s profile on page 15.
It takes a special kind of person to work in health and biomedical sciences.

Health and biomedical science programs at RMIT are driven to improve lives and make a positive difference.

With a diverse range of programs, the focus is on providing practical solutions to global health issues. Programs are developed in consultation with program advisory committees that are made up of practising professionals. Many programs offer industry placements, student clinics and work experience, both in Australia and overseas.

RMIT’s strong industry links and purpose-built facilities produce health practitioners with skills that are highly valued. You will graduate with the skills, industry experience and confidence to launch your health and biomedical sciences career.

DID YOU KNOW?

By 2030 it is expected:
- the number of people aged over 65 will double compared to 2010
- 75 per cent of Australians will be overweight or obese
- we’ll see a rapid growth of chronic diseases particularly in the areas of diabetes, mental illness, joint disorders, cardiovascular disease and cancer
- Australia’s population will grow to 29 million


Accreditation

Many of RMIT’s health and biomedical science programs are recognised by peak bodies.

Chinese medicine, chiropractic, medical radiations, nursing, osteopathy, pharmacy and psychology programs are accredited by the Australian Health Practitioner Regulation Agency and the relevant national bodies.

Laboratory medicine programs are accredited with the Australian Institute of Medical Scientists and the Institute of Biomedical Science in the United Kingdom.

The health and physical education degree is accredited with the Victorian Institute of Teaching.

The exercise and sports science degree is accredited by Exercise and Sport Science Australia.

Industry Advisory Committees

Industry advisory committees are made up of experts who are working in the industry and who actively contribute to the development and ongoing relevance of RMIT’s health and biomedical science programs.

Their work and input ensures RMIT’s programs are current and meet the needs of industry; so you graduate work ready.
RMIT health and biomedical sciences students have the opportunity to work as healthcare professionals from day one.

**Work placement is an integral part of many of the health and biomedical sciences programs, allowing you to gain experience as a confident professional before you graduate.**

You will undertake placements at major companies, institutions and hospitals in your field.

**Where do RMIT students go?**

**Laboratory medicine and medical radiation students** are placed at the Royal Children’s Hospital, Peter MacCallum Cancer Centre, St Vincent’s Hospital and private pathology labs including Dorevitch Pathology and Melbourne Pathology.

**Exercise and sports science students** work closely with the Victorian and Australian institutes of sport as well as with sporting clubs, rehabilitation centres and other community exercise and health providers.

**Physical education students** complete a school-based placement every semester, culminating in an eight-week block placement in fourth year.

**Nursing students** are placed in various Melbourne metropolitan public and private healthcare services for acute, community and mental health placements. Examples include Monash Health, Eastern Health, Northern Health, Austin Health, Melbourne Health, Western Health, Epworth Health Care, Alfred Health, St Vincent’s Hospital, Northpark Private Hospital, Forensicare, Royal Children’s Hospital and Peter MacCallum Cancer Centre.

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**INDUSTRY CONNECTIONS**

Elizabeth Canobio
Bachelor of Nursing

Elizabeth started her training with a Certificate IV in Nursing* followed by a Bachelor of Nursing at RMIT. She now works as a theatre nurse at The Royal Children’s Hospital in Melbourne.

[http://tinyurl.com/Elizabeth-RMITNursing](http://tinyurl.com/Elizabeth-RMITNursing)

* This program has been replaced by the Diploma of Nursing.
Profile

During the final year of her Bachelor of Biomedical Science (Laboratory Medicine), Jaelyne Birrell immersed herself in Swedish culture while on a three-month placement at the University of Gothenburg, training at Sahlgrenska University Hospital in the south of Sweden.

As part of the degree at RMIT, all laboratory medicine students complete a 10-month professional placement in Victoria, with the option of spending three months of this on an overseas placement.

RMIT students can also gain international experience.

Exercise and sports science students have the opportunity to complete part of their studies at a university in Europe, the United States or Canada through RMIT's Education Abroad program.

Osteopathy and chiropractic students have spent time in India, completing six weeks of supervised clinical practice.

Laboratory medicine students can head overseas, spending 10 to 13 weeks on professional placements in countries including the United Kingdom, the United States of America, Ireland, Singapore, Korea or Sweden.

Health and physical education students can teach in a secondary school in Singapore at the start of their final year.

Chinese medicine students spend six months undertaking clinical internships at Nanjing University in China during their final year.

David Sobey
Bachelor of Applied Science (Exercise and Sport Science)

David turned his passion for sport into a career, with his studies in exercise and sport science landing him a job at the North Melbourne Football Club as an assistant performance analyst.

He also completed a semester as an exchange student at San Diego State University.
Campus Accommodation

The UniLodge @ RMIT Bundoora offers 370 beds for degree and postgraduate students.

The new accommodation offers a variety of studio apartments – catering for those who love their own independence and space – and those who’d prefer to share, with large two, three and four bedroom apartments available.

RMIT’s Bundoora campus west is focused on health and biomedical sciences, allowing you to immerse yourself in a professional community from the very start of your studies.

Facilities replicate real-life environments, so you’ll be prepared for industry placements.

There’s also a strong focus on mentoring and small-group learning, with supportive staff on hand to give you plenty of one-on-one feedback.
Health Sciences Clinic

The RMIT Health Sciences Clinic provides clinical training for students so they can prepare for independent practice upon graduation and meet registration requirements.

Students are supervised by registered practitioners and RMIT academic staff to provide clinical diagnosis, health advice and treatment for a range of conditions at a discounted cost.

Based opposite the RMIT Bundoora campus at University Hill, the clinic offers therapeutic consultations in Chinese medicine, chiropractic, osteopathy and psychology.

http://tinyurl.com/RMIT-HealthSciencesClinic

Sporting facilities

The RMIT Bundoora campus west features netball and basketball courts, as well as a fully equipped sports centre.

In addition, there are two playing fields (including a FIFA-rated soccer pitch) and a four-lane athletics track.

Nursing wards, with computerised mannequins

These allow students to tackle realistic patient scenarios and to review their decisions and actions with lecturers, making them better prepared for placements.

Anatomy labs

Most health and biomedical science programs include anatomy and physiology, where newly modelled anatomy laboratories allow students to work with cadavers.
RMIT is focused on providing practical solutions to global health issues to improve the health and lifestyle of communities.

With a commitment to developing and applying knowledge and new ways of thinking about health and wellbeing, RMIT researchers are making a difference to a range of common health concerns.

**Diabetes**
RMIT researchers are working hard to find new ways of preventing or managing diabetes.

With funding from Diabetes Australia, research includes exploring new drugs that could work to reduce the detrimental cardiovascular changes seen in diabetes, metabolic syndrome and obesity.

**Stroke**
Stroke is the leading cause of long-term disability and the second-leading cause of death in Australia. Yet doctors have limited treatment options for those left battling the debilitating effects of stroke.

Researchers in RMIT’s Cerebrovascular and Stroke Laboratory hope to change that by discovering new ways to effectively treat brain damage caused by stroke.

**Lung disease**
Lung disease, including chronic obstructive pulmonary disease and asthma, is a leading cause of death in Australia.

RMIT researchers aim to reduce the human and financial toll by developing new therapies to extend and improve the lives of people with lung disease.

**Eczema**
Eczema is an inherited, inflammatory skin condition where patches of skin become red, scaly and itchy.

RMIT researchers are exploring the use of Chinese medicine to relieve itching and skin rash due to atopic eczema or atopic dermatitis.
DID YOU KNOW?

WHO Collaborating Centre for Traditional Medicine

The World Health Organization (WHO) Collaborating Centre for Traditional Medicine at RMIT was established in 2005.

It is part of the traditional and complementary medicine area of work in WHO’s Essential Medicines and Health Products program.
Be Inspired to Make a Difference

Biomedical sciences at RMIT will equip you with practical skills and allow you to specialise in areas such as laboratory medicine, pharmaceutical sciences and biomedical research.
What is biomedical science?
Biomedical science is a broad area of science that is all about understanding the human body and how it interacts with disease – how it occurs, what happens and how we can control, cure and prevent it.

It involves an understanding of anatomy and human biology as well as biochemistry.

What do biomedical scientists do?
Biomedical scientists study all aspects of the human body and the impact of disorders and disease. They study symptoms, causes and treatments in an attempt to better understand and tackle disease. They can work in specialty areas that can include scientific research, clinical practice and developmental science.

Where do biomedical scientists work?
Biomedical scientists can work in genetic engineering, cancer research, neuroscience, DNA profiling, or using stem cells. They work in:
- hospitals
- diagnostic centres
- biomedical research institutes
- pharmaceutical research organisations
- educational institutions

DID YOU KNOW?
The longest cells in the human body are the motor neurons.
They can be up to 1.37 metres long and run from the lower spinal cord to the big toe.

STUDY AT RMIT

BP231 | Bachelor of Biomedical Science
In this flexible degree, you’ll develop a broad understanding of human anatomy, physiology and pathology from a cellular to systems level.
You can select specialist electives in your final year on topics like cell biology, biochemistry, molecular biology, physiology and anatomy, pathology and microbiology.
This degree is an ideal preparation for graduate entry for study in the health sciences such as medicine, physiotherapy and dentistry, allowing you to meet all necessary prerequisites.
Prerequisites: Units 3 and 4 – a study score of at least 20 in Chemistry and one of mathematics (any) or Physics; and a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).
www.rmit.edu.au/programs/bp231

BP293 | Bachelor of Science (Biotechnology) and Bachelor of Biomedical Science double degree
Gain an insight into human, plant and animal biology as you explore ways to improve health and treat disease.
Biomedical sciences courses allow you to understand how the human body functions and the responses of the body to various diseases, exercise, diet, internal disturbances and environmental influences. You’ll learn how techniques in molecular biology and genetics are applied to problems including diagnosing genes that cause cancer, making crops and livestock less vulnerable to disease and making food safer.
Prerequisites: Units 3 and 4 – a study score of at least 20 in one of Mathematical Methods (CAS) or Specialist Mathematics; and a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).
www.rmit.edu.au/programs/bp293

AD012 | Associate Degree in Applied Science
The first year introduces you to core laboratory and scientific skills. In second year, you choose between two major streams of study – food science and biomedical sciences.
The biomedical science stream teaches you how to isolate, purify, amplify and characterise DNA and perform techniques such as chromatography and electrophoresis. You’ll learn about tissue and cell culture and how it is applied in biotechnology and medical laboratories.
Graduates of the biosciences stream who achieve a minimum Grade Point Average of at least 2.0 out of 4.0 are guaranteed entry with credit for 10 courses (equivalent to 120 credit points) into one of the following degrees:
- Bachelor of Biomedical Science
- Bachelor of Biomedical Science (Laboratory Medicine)
- Bachelor of Pharmaceutical Sciences
- Bachelor of Science (Biological Sciences)
- Bachelor of Science (Biotechnology)
Prerequisites: Units 3 and 4 – a study score of at least 20 in one of Biology or Chemistry; and a study score of at least 20 in any English (except EAL) or at least 25 in English (EAL).
www.rmit.edu.au/programs/ad012

Peter Reichenbach Anatomy Cup
RMIT anatomy students celebrate the end of their first year by competing in the Peter Reichenbach Anatomy Cup.

Students learn the underlying structures of the body through body painting.
The competition is the culmination of the students’ work throughout the semester, where all the learning comes together.
As an Indigenous student, I found that RMIT created a wonderful, supportive and culturally safe environment.

I’ve interned at the Walter and Eliza Hall Institute of Medical Research. This allowed me to work in a real lab and apply the theory I learnt at university to an actual project. I experienced the ‘ups’ in an experiment, which included validating a hypothesis, as well as the ‘downs’, such as a failed experiment. With both, you learn valuable lessons and gain so much experience.

Watch Kristy talk about the highlights of her studies and her goals for the future.

http://tinyurl.com/Kristy-RMITBiomedical
LABORATORY MEDICINE

What is laboratory medicine?
Laboratory medicine is the science of pathology – detecting and diagnosing disease. It involves analysing samples and conducting tests using body tissues (e.g. biopsies, pap smears) and fluids (e.g. blood, urine) to diagnose diseases and provide information about treatment or future prevention.

What do medical laboratory scientists do?
Medical laboratory scientists perform diagnostic tests of biological samples and work with doctors to help them diagnose and enable treatment.

What do medical laboratory technicians do?
Medical laboratory technicians or assistants conduct routine laboratory tests for pathologists, microbiologists/bacteriologists, biochemists, clinical chemists, pharmacologists or veterinarians. They work under supervision to examine micro-organisms or changes in cells and tissues, perform chemical analyses of blood and other body fluids and assist with research.

Where do medical laboratory scientists and technicians work?
Both medical laboratory scientists and technicians work in:
— hospital laboratories
— private pathology providers like Dorevitch Pathology, Melbourne Pathology and Healthscope
— research centres
— pharmaceutical companies
— food and cosmetic industries
— veterinary sciences
— forensic science laboratories
— state health laboratories
— universities
— government agencies

STUDY AT RMIT

BP147 | Bachelor of Biomedical Science (Laboratory Medicine)
RMIT is the only Victorian university to offer all of the following majors including haematology, transfusions and transplantation science, cytopathology, histopathology, medical microbiology and clinical biochemistry.
You’ll have flexibility in choosing your major disciplines and will also complete a major clinical placement, providing you with work-ready skills and practical experience.
In your final year, you’ll have the opportunity to study a discipline-focused laboratory medicine project to develop your research skills. Graduates are qualified as medical scientists and play a vital role in the healthcare system.
Prerequisites: Units 3 and 4 – a study score of at least 20 in one of Biology or Chemistry and a study score of at least 20 in one of mathematics (any) or Physics; and a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).

C5283 | Diploma of Laboratory Technology (Pathology Testing)
National Curriculum Code: MSL50109
You’ll gain general laboratory skills in microscopy, aseptic techniques, chemistry techniques and the use of laboratory instruments to work as a medical laboratory technician.
You can also specialise in one of the major diagnostic areas relevant to a pathology lab such as haematology, microbiology, histology, clinical chemistry and quality assurance.

C5282 | Diploma of Laboratory Technology (Biotechnology)
National Curriculum Code: MSL50109
Specialise in molecular biology, develop a broad-ranged knowledge of scientific principles and gain practical laboratory experience as you start your career in the diverse biotechnology industry.
You’ll provide technical support to scientists working in research, production and testing positions in government and commercial laboratories.

DID YOU KNOW?

Growth industry
Employment for medical laboratory scientists has risen by a rate of 28.4 per cent over the past five years and is expected to grow strongly through 2017.
Source: www.open.edu.au

As part of the Bachelor of Biomedical Science (Laboratory Medicine), I completed 40 weeks’ work placement at St Vincent’s Hospital. This was an opportunity to apply all the information I had gained at RMIT in a clinical setting. I was able to work on real cases, in a busy laboratory, alongside medical scientists and pathologists.
At the end of my placements I was also lucky enough to get a full-time job offer!

Cristina Bitzilis
Bachelor of Biomedical Science (Laboratory Medicine)
What is pharmaceutical science?
Pharmaceutical science involves discovering, developing, formulating, evaluating and marketing medicines. It combines knowledge about the human body, chemistry and the action of drugs in the body and enables the pharmaceutical industry to deliver more reliable, accessible and effective treatments.

What do pharmaceutical scientists do?
Pharmaceutical scientists are involved in:
- research and development (drug discovery, formulation, clinical trials)
- manufacturing (including quality control)
- administration (including sales, marketing, legal and regulatory, and drug information)
They spend their time in laboratories discovering how different compounds interact with cells and organisms. These investigations determine whether particular compounds have pharmaceutical uses and this leads to the production of new drugs to combat disease.

Where do pharmaceutical scientists work?
Pharmaceutical scientists work in:
- hospitals
- biopharmaceutical companies
- clinical trial centres
- government and university research laboratories
- government regulatory authorities (health departments)
The pharmaceutical industry is Australia’s leading technology exporter and forms an expanding multi-billion dollar sector.

Duncan Maher
Bachelor of Biomedical Science (Pharmaceutical Sciences)

Through work-integrated learning opportunities, I was given the best possible platform to launch my career in the pharmaceutical industry.

I completed my placement at Ipsen Pty Ltd, working in medical affairs and informing patients and healthcare professionals about Ipsen products. Ipsen operates in 115 countries and provides targeted healthcare solutions for debilitating diseases.

‡This degree has been replaced by the Bachelor of Pharmaceutical Sciences.

PHARMACEUTICAL SCIENCES

STUDY AT RMIT

BP311 | Bachelor of Pharmaceutical Sciences
This degree focuses on pharmaceutical industry-related areas, including drug research and development, pre-clinical drug safety testing, clinical trials design and management, and drug regulations and therapeutics.

You’ll gain an understanding of biochemistry, biostatistics, human biology and cell biology, and an in-depth knowledge of therapeutics, pharmacology and toxicology, physiology, biochemistry and molecular biology to prepare you for a career in the pharmaceutical industry.

Graduates of the RMIT Associate Degree in Applied Science biomedical sciences stream with a minimum Grade Point Average of 2.0 out of 4.0 are guaranteed entry with credit to the equivalent of one year’s study (120 credit points).

Graduates of the following RMIT programs may also be eligible for exemptions if successful in gaining a place:
- Diploma of Laboratory Technology (Biotechnology)
- Diploma of Laboratory Technology (Pathology Testing)

Prerequisites: Units 3 and 4 – a study score of at least 20 in Chemistry and in Mathematical Methods (CAS); and a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).

www.rmit.edu.au/programs/bp311

BH122 | Bachelor of Engineering (Chemical Engineering (Honours)) and Bachelor of Pharmaceutical Sciences double degree
Gain an end-to-end understanding of how pharmaceutical products are designed and developed, as well as the process involved in their large-scale production.

As the pharmaceutical industry expands in Australia and worldwide, your understanding of the engineering process and other scientific fields involved in drug development and production will ensure you’re well equipped to work across a range of roles.

Prerequisites: Units 3 and 4 – a study score of at least 20 in Chemistry and in Mathematical Methods (CAS); and a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).

www.rmit.edu.au/programs/bh122

‡The chemical engineering parts of this double degree are delivered on the City campus. Pharmaceutical sciences is delivered on the Bundoora campus.
Creating Healthier Communities

RMIT is a leader in the field of complementary medicine, taking a holistic approach to healthcare through the study of Chinese medicine, chiropractic, osteopathy, myotherapy and wellness.

RMIT’s Chinese medicine and osteopathy degrees were the first of their kind in Australia, and RMIT is the only educator of chiropractic studies in Victoria.

RMIT’s programs provide you with the opportunity for clinical placements and workplace training in our teaching clinics.
CHINESE MEDICINE

What is Chinese medicine?

Chinese medicine is the treatment of disorders and illness using medicinal substances that come from roots, flowers, seeds and leaves. It also includes other therapies like acupuncture, cupping (applying a heated cup to the skin to create suction), tui na (remedial massage), exercise and breathing therapy.

What do Chinese medicine practitioners do?

Chinese medicine practitioners work with patients to prevent and alleviate health problems.

They assess patients by checking their pulse and tongue, and observing abnormalities in sleep, appetite, perspiration and body temperature. From this, they develop treatment plans.

Chinese medicine practitioners also use complementary therapies, including Chinese herbal medicine, remedial massage, applying acupuncture and teaching breathing techniques.

Where do Chinese medicine practitioners work?

Most Chinese medicine practitioners work in private practice on their own or with other healthcare professionals in multidisciplinary centres. They may also work as consultants or in research.

How Does Acupuncture Work?

Acupuncture involves stimulating body walls like skin and muscle to produce a therapeutic effect.

It can be used for a wide range of conditions: acute pain, chronic pain, respiratory conditions, skin problems and gastric problems.

RMIT’s Dr Zhen Zheng explains how acupuncture works.

“One way of thinking about it is to imagine your body is a city in which there are big roads, highways, small roads and lane ways.

“If everything is fine, then traffic flows nicely. But when a car breaks down, the traffic will jam up, and if the broken car is not fixed, the traffic jam will become worse.

“Now let’s imagine that in the body there are meridians, and in these meridians we have chi flow, or energy flow.”

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STUDY AT RMIT

BP278 | Bachelor of Health Science and Bachelor of Applied Science (Chinese Medicine) double degree

Combine Chinese medicine principals, diagnosis and treatment (such as acupuncture, herbal medicine and more) with western medical sciences and diagnosis.

You will gain theoretical knowledge, practical skills, clinical experience and recognised qualifications in Chinese medicine.

The emphasis is on the integration of Chinese and western medicines, working together with the health community to provide the public with the best possible treatment. Advanced clinical training is provided in Australia and China to broaden your clinical experience.

RMIT has consulted extensively to develop its Chinese medicine programs since their inception in 1993. This is done in consultation with the University’s Chinese Medicine Program Advisory Committee and major professional associations.

Prerequisites: Units 3 and 4 – a study score of at least 25 in any English (except EAL), or at least 30 in English (EAL).

www.rmit.edu.au/programs/bp278

Campus

Bundoora

Duration

5 years

Selection Mode

ATAR – Not Published

Anna Drogovoz

Bachelor of Applied Science (Chinese Medicine/ Human Biology)

I was born in a small village in Eastern Ukraine in an environment where natural medicine was always the first option. Growing up and studying in Australia I knew I wanted a career where I could help people and Chinese medicine allowed me to do this.

After graduating from RMIT I started my own business in Chinese medicine. Finding an area of specialty that I feel passionate about was one of my great achievements – I love being able to help women feel their best during pregnancy and preparing them for birth is very exciting!

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“Now let’s imagine that in the body there are meridians, and in these meridians we have chi flow, or energy flow.”

http://tinyurl.com/ Acupuncture-RMIT
### CHIROPRACTIC

**What is chiropractic?**
Chiropractic emphasises the relationship between the spine and the nervous system. It is involved in the prevention and treatment of health problems related to the nervous, muscular and skeletal systems without the use of drugs or surgery.

It focuses on treatment of the body's mechanical system including the spine. Chiropractors see good mechanical health as an important component of good general health.

**What do chiropractors do?**
Chiropractors treat patients by:
- conducting physical examinations
- interpreting diagnostic images such as X-rays
- adjusting and manipulating body joints and soft tissue
- giving advice about general health matters such as exercise and nutrition

**Where do chiropractors work?**
Chiropractors work in private practice, as sole practitioners or in group practices. Many chiropractors share offices with other healthcare professionals in multidisciplinary environments.

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### STUDY AT RMIT

**BP280 | Bachelor of Health Science and Bachelor of Applied Science (Chiropractic) double degree**

You will examine how disorders affect biomechanics, the nervous system and health in general. The focus is on manual treatments such as spinal adjustments and other joint and soft-tissue manipulation.

Anatomy, physiology and pathology courses underpin the clinical science studies of physical examination, differential diagnosis for the chiropractor and the clinical practicum.

In your fourth year you’ll have the opportunity to perform patient-care duties with supervision from a registered practitioner as well as gain experience in the Health Sciences Clinic at University Hill, Bundoora.

Prerequisites: Units 3 and 4 – a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).


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### Jennifer Luu

**Bachelor of Health Science (Chiropractic) and Master of Clinical Chiropractic**

I became a chiropractor because I wanted to create a healthier society and empower others to live their best life.

While studying at RMIT, I had the opportunity to participate in overseas work placements in Cambodia and India. I fell in love with being a volunteer chiropractor and these experiences helped define how I practice today.

Since graduating I have established To Love & Serve, a business that assists in the recruitment and funding of healthcare and other professionals for not-for-profit organisations. The goal is to empower rural and disadvantaged communities in developing nations.

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1 These programs have been replaced by the Bachelor of Health Science and Bachelor of Applied Science (Chiropractic) double degree.
STUDY AT RMIT

C5357 | Diploma of Remedial Massage
National Curriculum Code: HLT52015
You’ll learn how to use a variety of remedial treatment and assessment skills to provide treatment to clients. These skills are based on a comprehensive knowledge of anatomy and physiology, regional musculoskeletal and systemic pathology as well as injury management and rehabilitation.
You’ll have the opportunity to practice clinical techniques in the Myotherapy Teaching Clinic and on external placements.
www.rmit.edu.au/programs/c5357

C6135 | Advanced Diploma of Myotherapy
National Curriculum Code: 22248VIC
You’ll deepen your understanding of the musculoskeletal system and inherent movement patterns. As well as learning to apply clinical reasoning to uncover the underlying causes of pain, you’ll also develop skills in palpation, perform refined movement assessment tests, functional movement analysis and nerve tension tests.
You’ll be taught advanced techniques to help you treat myofascial pain (caused by trauma or muscle contracture), neuropathic pain (from the nervous system) and articular pain (in the joints).
You’ll learn skills in deep tissue modalities, triggerpoint therapy, cupping, myofascial techniques including dry needling, prescriptive and rehabilitation exercises, joint mobilisation and other pain management techniques.
You’ll gain experience at the Myotherapy Teaching Clinic and have the opportunity to undertake a placement with one of RMIT’s industry placement partners.
Prerequisites: Diploma of Remedial Massage.
www.rmit.edu.au/programs/c6135

I chose to study at RMIT because it offered the opportunity to gain experience through industry placements and the Myotherapy Teaching Clinic.
The Myotherapy Teaching Clinic simulates industry practice and I’ve been able to gain practical experience while honing my skills with the guidance of industry professionals. I’ve also completed placements at the AFL Draft Camp and the Victorian College of Basketball.

Hugh Wignell
Diploma of Remedial Massage

What is remedial massage and myotherapy?
Remedial massage and myotherapy is all about using massage to assess, treat and prevent problems relating to the soft tissue of the body, as well as muscular and skeletal systems.

What do remedial masseurs and myotherapists do?
Remedial masseurs and myotherapists assess their clients’ physical conditions. They massage soft tissues such as muscles, tendons and ligaments to assist healing. They assess and treat specific injuries and other soft tissue dysfunction and provide advice. They can enhance performance and prevent injury, also providing advice on stretching exercises and relaxation techniques.

Where do remedial masseurs and myotherapists work?
Remedial masseurs and myotherapists work in private practice or in healthcare clinics.

What’s the difference between remedial massage and myotherapy?
Remedial masseurs treat clients using variety of manipulative techniques to reduce and relieve muscular tension and aid relaxation. They generally only use their hands, with the aid of oils or powders.
Myotherapists use a broad range of techniques including massage, dry needling, heat treatment and cupping to diagnose and treat chronic, complex or acute injuries and conditions.

RMIT remedial massage and myotherapy students have the opportunity to develop their skills on practical placements at leading sporting and performance organisations, including the National Institute of Circus Arts (pictured).

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Diploma of Remedial Massage

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STUDY AT RMIT

BP279 | Bachelor of Health Science and Bachelor of Applied Science (Osteopathy) double degree

Develop fundamental techniques including diagnosis, palpation skills, advanced soft tissue techniques and high velocity/low amplitude techniques.

You’ll study anatomy, biochemistry, physiology, microbiology, immunology, genetics, exercise and rehabilitation, nutrition and osteopathic research.

The final two years focus on clinical practice, where you gain experience in the Health Sciences Clinic at University Hill, Bundoora.

Prerequisites: Units 3 and 4 – a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).

www.rmit.edu.au/programs/bp279

Campus
Bundoora

Duration
5 years

Selection Mode
ATAR (2016: 74.25)

OSTEOPATHY

What is osteopathy?

Osteopathy uses manual techniques to alleviate stress and bodily dysfunction. It focuses on the overall health of patients by treating the muscular and skeletal systems to improve the body’s function.

What do osteopaths do?

Osteopaths treat complaints such as backache, general joint problems, sports injuries, arthritis, stress and repetitive strain injuries, and a wide range of general medical complaints.

They diagnose patient complaints using information from case histories, physical examinations, observations of body structure and mobility, medical imaging, and laboratory tests. After diagnosing issues osteopaths treat patients using manual techniques such as soft tissue stretching, muscle relaxation, and gentle mobilisation or manipulation.

Osteopaths may also give advice on posture, exercise, lifting procedures, nutrition and other areas.

Where do osteopaths work?

Osteopaths work in private clinics or a variety of healthcare settings including hospitals, maternal healthcare centres and community organisations.

I have always been interested in health sciences, but it was a visit to an osteopath during Year 12 that inspired me to study osteopathy.

A highlight of my studies at RMIT was the hands-on experience I gained working in the student clinic. It gave me the skills and confidence to work in real life.

I now work at a busy osteopathy practice and love it. I strongly believe in maintaining body wellness, especially post-injury. I like to use the analogy of servicing a car in relation to the human body. Regular ‘tune-ups’ can help keep the body running at full potential and can decrease the likelihood of injury.

These programs have been replaced by the Bachelor of Health Science and Bachelor of Applied Science (Osteopathy) double degree.

Jena Chang

Bachelor of Applied Science (Complementary Medicine) and Master of Osteopathyrob
Excellence in Dental Care

Dental assisting involves providing support in a clinical dental environment and offering quality customer-focused oral healthcare for patients.

Dental technology involves the construction of custom-made restorative and dental appliances.

DENTAL TECHNOLOGY

What is dental technology?
Dental technology involves creating, modifying or repairing a wide range of oral devices, which can replace or repair missing teeth. It can also include the manufacture of partial and complete dentures, and mouthguards.

What do dental technicians and prosthetists do?
Dental technicians use impressions taken by a dentist or dental prosthetist to manufacture a range of appliances including dentures, crowns, bridges and orthodontic appliances.

Dental prosthetists are involved in the manufacture of partial and complete dentures, and mouthguards. They can consult directly with patients.

Where do dental technicians and prosthetists work?
Dental technicians provide support to dental personnel in public hospitals, and public and private dental laboratories and clinics.

A dental prosthetist can work in commercial, public and private dental laboratories, or run their own clinic.

STUDY AT RMIT

<table>
<thead>
<tr>
<th>C6123</th>
<th>Advanced Diploma of Dental Prosthetics**</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Curriculum Code: HLT60412</td>
<td></td>
</tr>
<tr>
<td>Develop the knowledge and clinical and practical skills required for registration as a dental prosthetist in Australia. You'll start by developing theoretical and clinical understandings of treatment planning, including record keeping and oral pathology. You'll further build on your treatment planning knowledge by extending treatment to patients requiring partial dental prosthetic services including periodontics.</td>
<td></td>
</tr>
<tr>
<td>Prerequisites: Diploma of Dental Technology or equivalent.</td>
<td></td>
</tr>
<tr>
<td>SELECTION MODE (Refer to URL for details.)</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.rmit.edu.au/programs/c6123">www.rmit.edu.au/programs/c6123</a></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>C5312</th>
<th>Diploma of Dental Technology**</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Curriculum Code: HLT50512</td>
<td></td>
</tr>
<tr>
<td>This national training package qualification provides you with the knowledge and skills required to safely and effectively perform the entry-level roles and responsibilities of a dental technician.</td>
<td></td>
</tr>
<tr>
<td>This program is also available as an apprenticeship.</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.rmit.edu.au/programs/c5312">www.rmit.edu.au/programs/c5312</a></td>
<td></td>
</tr>
</tbody>
</table>

** This program is currently under review and is subject to change.
DENTAL ASSISTING

What is dental assisting and dental hygiene?
Dental assisting involves assisting and managing a clinical dental environment by providing oral healthcare for patients via:
— chair-side assistance
— maintaining the clinical environment in a safe and hygienic manner
— supporting infection control practices
— performing dental reception duties
— contributing to the administration of the practice
Dental hygiene involves the prevention of dental disease and the promotion of oral health.

What do dental assistants and hygienists do?
Dental assistants and hygienists work closely with dental operators in all stages of dental treatment and help to ensure that patients receive optimal treatment.

Where do dental assistants and hygienists work?
Dental assistants are integral members of the dental health team, and they’re employed extensively in private and public sector dental clinics. Generally, they work alongside the dental operator.

Dental hygienists work with dentists to promote the health of their patients’ teeth and gums. Tasks include removing tartar, plaque and stains from teeth, applying fluoride treatments, administering and interpreting dental X-rays and creating customised mouthguards.

FIND OUT MORE
Discover more about RMIT’s dental programs and cutting-edge training facilities at the Royal Dental Hospital of Melbourne in Carlton.
http://tinyurl.com/RoyalDentalHospital

STUDY AT RMIT

<table>
<thead>
<tr>
<th>Code</th>
<th>Name</th>
<th>National Curriculum Code</th>
<th>Campus</th>
<th>City</th>
<th>Duration</th>
<th>Prerequisites</th>
</tr>
</thead>
<tbody>
<tr>
<td>C6119</td>
<td>Advanced Diploma of Oral Health (Dental Hygiene)**</td>
<td>HLT40335A</td>
<td></td>
<td></td>
<td>2 years</td>
<td>Certificate IV in Dental Assisting or equivalent. See URL for details.</td>
</tr>
<tr>
<td>C4320</td>
<td>Certificate IV in Dental Assisting**</td>
<td>HLT43012</td>
<td></td>
<td></td>
<td>1 to 1.5 years</td>
<td>Certificate III in Dental Assisting. Must be currently employed and supported by a dental practice/agency throughout the duration of the program. Refer to website.</td>
</tr>
<tr>
<td>C3299</td>
<td>Certificate III in Dental Assisting**</td>
<td>HLT31812</td>
<td></td>
<td></td>
<td>6 months to 1 year</td>
<td>Certificate III in Dental Assisting. This program has been replaced by the Certificate III in Dental Nursing.</td>
</tr>
</tbody>
</table>

** This program is currently under review and is subject to change.

Ayla Miechel
Certificate III in Dental Nursing*

My program is a traineeship so I work and study at the same time. Everyone at my work is trained by RMIT and I’ve met a lot of great people here who’ve helped me become a better dental assistant.

The most interesting subject for me so far has been learning all about diseases of the mouth and the kinds of infections that can occur. It may sound funny, but I’m also really proud that I now know everything I need to be prepared and organised for root canal operations.

* This program has been replaced by the Certificate III in Dental Assisting.
Detect, Diagnose and Treat

Medical radiations is a rapidly advancing healthcare discipline that involves the application of ionising and non-ionising radiation for the diagnosis and treatment of injury and disease.

RMIT has a multidisciplinary approach to medical radiations, with the option to study all medical radiations disciplines at degree level. Areas of specialisation include nuclear medicine, medical imaging and radiation therapy with a focus on supervised clinical practice to ensure you’re job ready.
STUDY AT RMIT

BP148 | Bachelor of Applied Science (Medical Radiations)
You enrol directly into one of three specialised streams: medical imaging, nuclear medicine or radiation therapy.

The first year will provide an introduction to clinical nuclear medicine, radiation therapy and medical imaging, and includes studies in anatomy and physiology, technology and the physics of medical radiations.

Second and third year will allow you to specialise in your chosen area. Common areas of study also include anatomy, pathology, hospital law and ethics, psychology and advanced medical physics and instrumentation.

You’ll spend 22 weeks of the three-year degree in supervised clinical practice, making you work ready upon graduation. Clinical practice takes place in each year of the degree.

RMIT offers the only professionally accredited degree in Victoria that can be completed in three years.

Prerequisites for radiation therapy and medical imaging streams:
Units 1 and 2 – Chemistry or Biology.
Units 3 and 4 – a study score of at least 20 in one of Mathematical Methods (CAS) or Specialist Mathematics; and a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).

Prerequisites for nuclear medicine stream:
Units 1 and 2 – Biology. Units 3 and 4 – a study score of at least 20 in Chemistry, and one of Mathematical Methods (CAS) or Specialist Mathematics; and a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).

www.rmit.edu.au/programs/bp148

Helen Pipilakis chose to study the nuclear medicine stream as part of the medical radiations degree at RMIT. She is now a nuclear medicine technologist at Monash Health.

Watch Helen talk about her experience at RMIT.

www.tinyurl.com/Helen-MedicalRadiationsRMIT

What is medical radiations?
Radiography or medical imaging includes X-rays, CT scans, digital subtraction angiography, MRI and ultrasound.

Nuclear medicine uses very small amounts of radioactive materials (radiopharmaceuticals) to diagnose changes in the body and treat disease.
Radiopharmaceuticals are detected using special cameras (gamma camera technology and positron emission tomography) that work with computers to provide images. During treatment, the radiopharmaceuticals go directly to the organ being treated.

Radiation therapy is one of the main treatment options for patients diagnosed with cancer.

What do medical radiations professionals do?
Radiographers use medical imaging techniques to help diagnose and manage disease or injuries. They combine knowledge of physical and biomedical sciences with technical expertise and patient care.

Nuclear medicine technologists work closely with patients and other health professionals in the treatment of disease. They carry out tests, which may include cardiac stress tests to analyse heart function, bone scans for orthopaedic injuries and lung scans for blood clots.

Radiation therapists work closely with doctors to design, plan and administer radiation treatment for cancer patients.
They use highly sophisticated equipment to work out the dose required for each patient and then deliver the treatment to their patients.

Where do medical radiations professionals work?
Medical radiations professionals are employed in the public and private healthcare sector.
I’ve gained invaluable skills while studying at RMIT, both technical and interpersonal. These skills are vital when treating patients.

I really enjoyed clinical placements because I got the opportunity to help people and also put into practice what we learnt in class.

Radiation therapy is a forever changing profession where I get to help people through their cancer journey and use the latest equipment to do it.
Nursing is all about healthcare for people of all ages and conditions. It includes general healthcare, health promotion and prevention of illness. Nursing can involve caring for patients in a variety of situations including emergency treatment, mental health, paediatrics and palliative care.

RMIT's nursing and allied health programs prepare you for diverse and complex healthcare environments through academic excellence, innovative research, clinical practice and community partnerships. Interactive training wards and clinical placements build your skills and knowledge so you graduate ready to provide the best healthcare to your patients.
STUDY AT RMIT

BP032 | Bachelor of Nursing
Graduate with a sound theoretical and clinical foundation for a professional career as a registered nurse.

Consisting of theory, nursing laboratory skills, clinical simulation and clinical practice, this degree encompasses acute care nursing, continuing care nursing, community care and mental health nursing.

Major areas of study include anatomy and physiology, community care nursing, foundational nursing care, high dependency nursing, medical surgical nursing and mental health nursing, with an emphasis on research-based practice, law and ethics.

Prerequisites:
Units 1 and 2 – mathematics (any) OR Units 3 and 4 – mathematics (any); and a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).

www.rmit.edu.au/programs/bp032

C5313 | Diploma of Nursing (Enrolled/Division 2 Nursing)**
Develop the skills needed work as an enrolled nurse.

Enrolled nurses help to provide acute, preventative, curative and rehabilitative care under the direction of a registered nurse. Your tasks could include administering intravenous and other medications.

Prerequisites: Successfully completed an Australian Year 12 or an equivalent senior secondary school qualification.

www.rmit.edu.au/programs/c5313

C4367 | Certificate IV in Allied Health Assistance
You’ll learn how to provide assistance to allied health professionals in various settings and be introduced to basic anatomy and physiology for the recognition of body systems and medical terminology. You’ll also complete clinical placements.

As part of the program, you’ll specialise in physiotherapy and occupational therapy and can choose electives in either podiatry or aquatic physiotherapy.

www.rmit.edu.au/programs/c4367

** This program is currently under review and is subject to change.

DID YOU KNOW?

There are two distinct levels of nursing in Australia:

- enrolled nurses who have completed a nursing diploma or certificate
- registered nurses who have completed a nursing degree
Mataya Kilpatrick
Bachelor of Nursing

The highlight of my studies has been my clinical placements, which allowed me to experience the different areas of nursing and to be clinically ready for work.

I’ve worked at some of Melbourne’s major hospitals in acute care, community, paediatric and mental health nursing.

My placement at the Royal Children’s Hospital in Melbourne was an incredible opportunity and I’ve now secured a position as a graduate nurse.

ALLIED HEALTH ASSISTANCE

What do allied health assistants do?
Allied health assistants help patients with their rehabilitation exercises including physiotherapy, occupational therapy, podiatry and/or aquatic physiotherapy.

They work alongside health professionals such as physiotherapists, occupational therapists, podiatrists and aquatic physiotherapists to facilitate rehabilitation and to encourage optimal health.

Where do allied health assistants work?
Allied health assistants can work in:
- acute care (hospitals)
- rehabilitation centres
- aged care facilities
- community and primary healthcare
- schools that are involved with delivering programs to children with special needs

The RMIT Difference

- Clinical practice in each year of study and in a range of clinical settings across metropolitan and rural clinical areas.
- Fully staffed clinical laboratories, giving you extended access to the labs to practise your nursing skills.
- Mental health nursing courses.
- A core indigenous health course.
- A professional development seminar in year three to prepare you for graduate employment.

DID YOU KNOW?

Women born in 2010 can expect to live to 84.

The latest Australian Bureau of Statistics figures also show that men can expect to reach their 79th birthday.

What do optical dispensers do?

Optical dispensers work closely with optometrists, ophthalmologists and other healthcare professionals to provide solutions for eye care and eyewear needs.

They have a detailed understanding of spectacle frames and lenses, including their performance characteristics and effects on vision.

They’re also trained to perform spectacle repairs and fitting of lenses into frames as part of a unique fashion, health and technology-based industry.

Where do optical dispensers work?

Optical dispensers work in:
- independent practices
- retail chain stores
- major product manufacturers and/or wholesalers as company representatives

Focus on Your Career

Optical dispensing involves interpreting ophthalmic prescriptions to provide patients with advice on spectacle frames, lens selection, contact lenses, sunglasses and safety eyewear.

RMIT is the largest provider of optical training in Victoria with more than 40 years of experience. Students benefit from modern, fully equipped laboratories using the latest technology.

STUDY AT RMIT

C4375 | Certificate IV in Optical Dispensing
National Curriculum Code: HLT47815
This program is delivered in both traineeship and non-traineeship modes.
You’ll learn how to provide advice and dispense optical appliances, as well as learn the skills to fit ophthalmic appliances.
www.rmit.edu.au/programs/c4375

Campus
City
Duration
1 year
Selection Mode
ATAR – Not Published
The skills and training you gain in the program prepare you for a well-rounded career in optical dispensing. You also learn about business operations and maintaining professional relationships with clients.

The highlight of my studies was a study tour to Vietnam. We visited eye hospitals and orphanages and met with surgeons and specialists – experiences that are harder to come by in Australia.

Sean Fitzgerald
Certificate IV in Optical Dispensing
Pharmacy is the science of preparing and dispensing medicines. Pharmacists are medication experts who use their detailed knowledge of medicines to improve health outcomes for individual patients and the community.

RMIT’s pharmacy degree is a young degree with demonstrated outstanding student professional achievement.

Students benefit from a supportive academic community with diverse research strengths. They are also able to enrich their learning through real-life experiences in work placements in both hospital and community pharmacies.

I found an internship role at The Royal Melbourne Hospital, which allowed me to apply the knowledge gained during my studies in a clinical setting.

I enjoy being part of a healthcare team, working closely with doctors, nurses, speech pathologists, occupational therapists and social workers.

A highlight of my studies was undertaking a research project at the Peter MacCallum Cancer Centre and I also enjoyed work placements at hospitals and community pharmacies.

Claire Landby
Bachelor of Pharmacy (Honours)
What do pharmacists do?
Pharmacists prepare and dispense medicines in many forms including capsules, liquids, tablets and ointments. They give patients advice on how to take or use their medicines in the safest and most effective way.

Pharmacists advise members of the public and other health professionals about both prescription and over-the-counter medicines. They provide advice regarding which medicines to select, how much to take, how different medicines interact with each other, and any potential side effects.

Pharmacists also work in the research and development of medicines and other health-related products and they can manage pharmacies or pharmaceutical companies.

Where do pharmacists work?
Pharmacists work in a range of areas including:

- community pharmacies
- hospital pharmacies
- the pharmaceutical industry
- clinical trials
- drug information agencies
- research agencies

I've always enjoyed working with people and the opportunity to work as a pharmacist and have a positive impact on patient healthcare and lifestyle choices appealed to me.

As part of my studies I completed a community pharmacy placement where I now work part-time. This has been a great experience and has allowed me to apply what I've learnt at university in my work.

The highlight of my studies was taking part in a group project at the Alfred Hospital. The project was hard work and took a lot of commitment, but it was incredibly rewarding and allowed me to establish professional connections and develop skills that will help my career.
Mindful Learning

Psychology is the science of the mind and human behaviour. It focuses on the wonders of the human brain, looking into mental states and processes to try to understand why humans behave as they do.

RMIT specialises in clinical psychology, based on a cognitive-behavioural approach. All degrees are accredited by the Australian Psychological Society.
STUDY AT RMIT

BP154 | Bachelor of Applied Science (Psychology)

RMIT's applied science psychology degree is based on how human research applies to actual situations and is aimed at resolving real human problems.

Your studies will include the biological bases of behaviour including brain behaviour relationships, sensation, perception and consciousness, theories of learning, memory and cognition emotion, motivation and stress.

Psychology studies include the principles of personality, psychopathology and social psychology as well as biological psychology, cognitive psychology, developmental psychology, research methods in psychology and social psychology.

You can also undertake elective studies in occupational health and safety, nutrition and applied psychology, disability studies, health statistics, computer science and geography.

Prerequisites: Units 1 and 2 – mathematics (any). Units 3 and 4 – a study score of at least 20 in one of Biology, Chemistry, Geography, Psychology or Physics; and a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).

www.rmit.edu.au/programs/bp154

BP112 | Bachelor of Social Science (Psychology)

This degree combines a strong social grounding with psychology. You’ll complete psychology courses plus social science studies that can include environmental studies, economics, social constructionism, philosophy, sociology and politics.

Prerequisites: Units 3 and 4 – a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL).

www.rmit.edu.au/programs/bp112

Pathway | Duration of pathway program | Additional duration
--- | --- | ---
Diploma of Alcohol and Other Drugs | 1 year | 2.5 years
Diploma of Community Services | 1 year | 2.5 years
Advanced Diploma of Interpreting | 6 months | 2.5 years
Advanced Diploma of Justice | 2 years | 2.5 years
Diploma of Languages | 1 year | 2.5 years
Advanced Diploma of Translating | 6 months | 2.5 years
Diploma of Youth Work | 1 year | 2.5 years

BH106 | Bachelor of Social Work (Honours) and Bachelor of Social Science (Psychology) double degree

www.rmit.edu.au/programs/bh106

How to Become a Registered Psychologist

These requirements are determined by the Psychology Board of Australia. You’ll need to do at least six years of studying and training before you can register.

Step 1 – A three-year accredited psychology degree.

Step 2 – A fourth year of psychology studies. At RMIT this is the Bachelor of Applied Science (Psychology) (Honours).

Step 3 – Postgraduate study or internship. At RMIT this is the Master of Applied Science (Psychology).

You’ll then need to complete a registrar program that involves supervised practice in order to be eligible for endorsement in one of the nine areas of practice.

For more information visit www.psychology.org.au.

DID YOU KNOW?

The longest living cells in the body are brain cells. They can live an entire lifetime.

PSYCHOLOGY
Robert Potter
Bachelor of Applied Science (Psychology) (Honours)

I've always had an interest in the brain, mental health and psychology. I did work experience with disadvantaged community groups and this helped confirm my decision to become a psychologist.

A real highlight of my studies has been the opportunity to gain practical experience, working as a provisional psychologist with supervision at the RMIT Health Sciences Clinic.

I've only been practising as a clinician for a short time but I've learnt many valuable skills and developed the ability to work with a range of people with a variety of needs.

Top Five Tips for Getting a Good Night’s Sleep

Why do we struggle to fall asleep before a big presentation or exam? Psychologist and RMIT sleep guru Dr Melinda Jackson explains how to get a good night’s sleep so you can be at the top of your game.

1. Cut back on technology
Most of us will have a smartphone or tablet and many will use these devices late at night and even while in bed during the night. The blue light that is emitted from these devices is very stimulating on the brain and actually suppresses the secretion of melatonin – a sleep-promoting hormone – making us feel less sleepy at night and delaying sleep onset.

2. Give yourself some time to wind down before bed
Far too often we are running around late at night, answering emails, phoning family members, cleaning the house or paying bills. We then wonder why it is so hard to get to sleep! It is important to give yourself a ‘sleep buffer’ of 1−2 hours where you are doing passive activities, like watching TV or reading, so you are not overstimulated late at night. This allows us to get into a more relaxed state of mind that is more conducive for sleep.

3. Keep it regular
It’s good to keep a consistent bedtime and wake-up schedule. This routine really helps to regulate our body clock, making it easier over time to fall asleep. This is particularly important on weekends when we tend to sleep in and find it hard to get to sleep the next night – especially on Sunday nights!

4. Reduce stimulant use
Caffeine, nicotine and energy drinks are widely used in our society, but can have detrimental effects on our sleep. Even beverages like green tea and chocolate contain caffeine. It can take around six hours for caffeine to clear our system. It’s recommended that people stop consuming these beverages after 3pm, to ensure they are not impacting on your ability to fall asleep at night.

5. Make your bedroom a sanctuary for sleep
There are three key elements to ensure your bedroom environment is conducive for sleep: light, temperature and noise. Ensure your room is dark and the blinds are able to keep out the morning light, particularly if you tend to wake up early in the morning. It is important that the bedroom is cool and well ventilated as our body temperature can play a role in how quickly we are able to fall asleep. Any outside noise can disrupt our sleep, especially if you are a light sleeper. Invest in a good set of earplugs, if you live in a noisy area, have loud housemates or sleep next to a snoring bed partner.
Play the Field

Exercise and sports science is a broad area covering various aspects of human movement and physical education. It involves biomechanics, anatomy, exercise physiology and psychology, nutrition, fitness, exercise prescription and training.

RMIT is a leader in exercise and sports science education and research. You will gain practical experience working with RMIT’s industry partners and have access to specialised laboratories, playing fields and the Bundoora Netball and Sports Centre.
HEALTH AND PHYSICAL EDUCATION

What is health and physical education?

Health and physical education is all about preparing individuals to be teachers of health and physical education. It uses an understanding of physical fitness, sport, recreation and health to encourage students to embrace healthy lifestyles. Physical and health education also deals with areas like self-esteem and interpersonal skills as these are integral to healthy lives.

What do health and physical education teachers do?

Health and physical education teachers work with primary and secondary students. They prepare and conduct learning experiences that link physical activities with issues related to health and wellbeing.

Health and physical education teachers teach the basic techniques and skills associated with team and individual sports as well as recreational activities. They also teach students about community and personal health issues.

Where do health and physical education teachers work?

Health and physical education teachers work in:

— government secondary schools
— independent secondary schools
— primary schools as physical education specialists
— tertiary institutions
— fitness, leisure and recreation centres
— sports coaching and management

INTERNATIONAL EXPERIENCE

Students must undertake compulsory teaching placements, which is a prerequisite for their teacher registration.

An international experience may form part of a teaching placement, as it did for these students who undertook a placement in Singapore for four weeks. They spent up to four hours a day teaching – excluding planning and preparation – under the supervision of physical education staff at Christ Church Secondary School.

Pictured (left to right): RMIT health and physical education students Jarrod Mitchell, Joshua Toy, Brandon Isaac, Chris Jones, Ash Macarthur and Jordan Gray take time out from teaching to visit Universal Studios in Singapore.
EXERCISE AND SPORTS SCIENCE

What is exercise and sports science?

Exercise and sports science focuses on the integration of exercise and physical activity into healthcare, sports performance, injury prevention and rehabilitation. It uses knowledge and techniques from the areas of biomedical science, physiology, biomechanics, nutrition, psychology and sport assessment to improve performance.

What do exercise and sports scientists do?

Exercise and sports scientists may work as part of an athlete’s team. They conduct research, make observations and interpret data in relation to sporting or physical performances and communicate their findings to support staff in order to improve performance.

Exercise and sports scientists devise treatment and exercise programs that support an individual’s preparation and recovery, and help them return to training or competition after injuries. They develop programs for individuals to improve their physical performance and reduce the risks of injury.

They often attend training sessions and sporting events to monitor sporting performances in addition to working in an office or testing laboratory.

They also refer clients to sports medicine physicians and other health professionals such as physiotherapists, dieticians, sports psychologists and podiatrists.

Where do exercise and sports scientists work?

Exercise and sports scientists are employed in a wide range of areas including:

— peak sporting bodies and organisations
— sporting clubs
— rehabilitation centres
— health providers
— community organisations
— research agencies

Daniel Dimattina
Bachelor of Applied Science (Exercise and Sport Science)

“Studying physical education and biology in VCE sparked my interest in how the body works and how to maximise its potential.

Through RMIT’s industry connections, I was exposed to almost every aspect of the allied health and fitness industry.

I was involved with an AFL-based study, completed certificates III and IV in fitness and participated in diabetes, weight-loss and muscle recovery research. I also completed a work placement at a strength and conditioning company, working directly under an accredited exercise physiologist.”

STUDY AT RMIT

BP296 | Bachelor of Applied Science (Exercise and Sport Science)

You’ll gain theoretical knowledge and practical skills in the areas of sport science and health-related physical activity. Topics include performance analysis, exercise and health, physical activity, exercise metabolism, injury prevention and rehabilitation, biomechanics, motor learning, skill acquisition and exercise prescriptions for a range of health conditions.

Placements within the degree enable you to put the knowledge and skills you’ve learnt into practice under the supervision of experienced staff and industry experts.

Prerequisites: Units 3 and 4 – a study score of at least 20 in one of Physical Education, Biology, Chemistry, Mathematical Methods (CAS), Specialist Mathematics or Physics; and a study score of at least 25 in any English (except EAL) or at least 30 in English (EAL). An interview may be required for some applicants.

www.rmit.edu.au/programs/bp296
Before applying for a program at RMIT, refer to the program information available at www.rmit.edu.au/study-with-us. All the information you need to apply is at www.rmit.edu.au/study-with-us/applying-to-rmit.

### How to Apply by Program and Student Type

<table>
<thead>
<tr>
<th>Student Type</th>
<th>Semester 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Degree and associate degree</strong></td>
<td>VTAC application, VTAC or direct application, RMIT school-based application</td>
</tr>
<tr>
<td><strong>Certificate IV, diploma, advanced diploma</strong></td>
<td>VTAC application, VTAC or direct application, RMIT school-based application</td>
</tr>
<tr>
<td><strong>Certificate III and below</strong></td>
<td>RMIT school-based application, RMIT school-based application, RMIT school-based application</td>
</tr>
</tbody>
</table>

*Some certificate III and below programs are administered by direct application. This will be explained in the individual program information available at www.rmit.edu.au/study-with-us.*

### Current Year 12 Students

If you are a current Year 12 student applying for Semester 1, you must apply through VTAC for all programs except some that are certificate III and below, which may require you to submit an RMIT school-based application.

### Non-Year 12 Students

If you are a non-Year 12 student applying for Semester 1, you must apply for degrees and associate degrees through VTAC but have the choice of applying for certificate IV, diploma and advanced diplomas either through VTAC or direct to RMIT. Please select one application method only.

### RMIT Students and Recent Graduates

Current RMIT students and recent graduates can fast-track their application for a new program by applying direct to RMIT as an internal applicant.

### Mid-Year Entry (Semester 2)

Not all RMIT programs will accept applications for mid-year entry. A list of programs accepting mid-year applications is published in May on the RMIT website (www.rmit.edu.au/midyear).

### Selection Tasks

Many programs at RMIT have selection tasks as part of the selection process, such as:

- an interview
- a test
- a folio
- a supplementary form or pre-selection kit

It is very important that you carefully read any instructions to complete a program’s selection tasks. Selection tasks are listed under programs on the VTAC or the RMIT websites. These selection tasks are compulsory. Applications without selection tasks will not be considered.

### Entry Requirements

To be considered for admission, you must meet RMIT University entry requirements as well as specific program entry requirements. For more information please refer to the program information available on the RMIT website (www.rmit.edu.au/study-with-us).

### Study Scores

Study scores listed in this guide are subject to change.

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The power of personalisation is at your fingertips.

Create your customised resource in moments with RMIT’s new online tool.

“RMIT’s My Brochure is an excellent resource. Students put in their requested information and, minutes later, receive a personalised brochure.”

Jacky Burton
Professional Career Development Practitioner
The Knox School

Download yours today!
www.rmit.edu.au/study-with-us/my-brochure
Tuition Fees for Certificates, Diplomas and Advanced Diplomas

The tuition fees you pay depend on whether you are offered a Victorian Government-subsidised place or a full-fee place, based on the eligibility criteria.

Victorian Government–Subsidised Places

For eligible students, this training is delivered with Victorian and Commonwealth Government funding.

Tuition fees for a government-subsidised place vary according to each program. For a full list of program fees for a government-subsidised place visit www.rmit.edu.au/programs/fees/vocational/govtsub.

You will be offered a government-subsidised place if you meet the eligibility criteria. For more information about the eligibility criteria and how to apply visit www.rmit.edu.au/programs/fees/vocational/concession.

Full-Fee Places

If you do not meet the criteria for a government-subsidised place, you will be offered a full-fee place. Tuition fees for an full-fee place vary according to each program. For a full list of program fees for full-fee places visit www.rmit.edu.au/programs/fees/vocational/fullfee.

Financial assistance may be available through the VET Student Loans scheme.

VET Student Loans

Subject to the passage of legislation, VET Student Loans will commence on 1 January 2017, replacing the current VET FEE-HELP scheme. Information about the new program can be found at www.education.gov.au/vet-student-loans.

Fee Concession

You may be entitled to a concession on your tuition fees if you are in a government-subsidised place and you meet the eligibility criteria.

For more information about the eligibility criteria and how to apply visit www.rmit.edu.au/programs/fees/vocational/concession.

Tuition Fees for Degrees and Associate Degrees

Commonwealth Supported Places

A Commonwealth supported place is a place at university where the tuition fee is jointly paid by you and the Australian Government. Your share of the fee (student contribution) is set by the government and is determined by the discipline areas (bands) of your individual enrolled courses, not the overall program. For more information about what fees you will pay in 2017 visit www.rmit.edu.au/programs/fees/degrees.

HECS-HELP

You may be eligible to defer payment of the student contribution through the HECS-HELP loan scheme if you are an Australian citizen or holder of an Australian Permanent Humanitarian Visa. You must pay your student contribution up front if you are a New Zealand citizen or permanent resident (other than Australian Permanent Humanitarian Visa holder). For more information visit www.rmit.edu.au/programs/fees/degrees/hecshelp.

Full-Fee Places

Students in full-fee places are required to pay a tuition fee that covers the full tuition costs of their program. Financial assistance may be available through the FEE-HELP scheme. The tuition fees vary according to each program and are adjusted on an annual basis. Visit www.rmit.edu.au/programs/fees/degrees/hecshelp for more information.

FEE-HELP

FEE-HELP is an optional loan scheme that assists eligible students to defer payment of up to 100 per cent of their tuition fees. To learn more about FEE-HELP visit www.rmit.edu.au/programs/fees/hecshelp/fEE-HELP.

Other Fees

In addition to tuition fees, you will be charged a student services and amenities fee (SSAF). Eligible higher education students will be able to defer payment of the fee through SA-HELP.

For more information visit www.rmit.edu.au/programs/fees/other.

Scholarships

RMIT offers more than 2000 coursework and research scholarships to vocational and higher education students.

Equity scholarships provide an opportunity for students who have experienced financial or educational disadvantage to achieve their academic goals, while merit scholarships recognise and award outstanding academic success. For more information visit www.rmit.edu.au/scholarships.
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