

# Bachelor of Health Science – Naturopathy (BHSNAT20)

## 1. About the Bachelor of Health Science – Naturopathy

*Naturopathy is a system of health care that is based on traditional philosophies and principles, and utilises a wide variety of tools and techniques to achieve health for a patient. Naturopathy today occupies an important role in the contemporary health-care system due to the guiding principles of disease prevention, encouraging the body's inherent ability to heal, treatment of the whole person using individualised prescriptions, education of patients on beneficial health practices and in taking responsibility for their own health (WHO, 2010).*

A Torrens University trained Naturopath uses a patient-centered approach incorporating traditional and research knowledge to inform safe and effective prescribing. The naturopathic tenant of “first do no harm” guides the development of the course curriculum to ensure students have a deep understanding of health science, herbal pharmacology, nutritional biochemistry, research and therapeutic interventions. The course also allows students to explore ethical practice issues, public health considerations and practicing within a collaborative health environment to achieve best client outcomes.

This four-year accredited degree is the highest level of naturopathic training available in Australia and provides a holistic clinical environment for students to gain hands-on experience practicing as a Naturopath in the Student Clinic.

*\*World Health Organisation, 2010, Benchmarks for training in Traditional/Complementary and Alternative Medicine. WHO Press. Switzerland.*

## Graduate employment opportunities

As a graduate of the Bachelor of Health Science (Naturopathy), there are a number of career opportunities available to you:

- Private practice
- Complementary and multi-modality clinics
- Community programs
- Health retreats and day spas
- Community Education
- Research
- Product development
- Corporate health consultancy
- Corporate roles in regulatory affairs, sales & marketing
- Writing for health journals, textbooks and media

## Course recognition

Our Bachelor of Health Science (Naturopathy) degree is recognized nationally and government accredited, designed to meet the professional requirements of the following Professional Associations:

Torrens University Australia Ltd, ABN 99 154 937 005, RTO 41343, CRICOS 03389E.

Information provided in this document is current at the time of publishing (March 2021).

- ARONAH (Australian Register of Naturopaths and Herbalists)
- ANPA (Australian Naturopathic Practitioners Association)
- ANTA (Australian Natural Therapists Association)
- ATMS (Australian Traditional Medicine Society)
- CMA (Complementary Medicine Association)
- NHAA (Naturopaths & Herbalists Association of Australia)

Students may also be eligible to join:

- ACNEM (Australian College of Nutritional and Environmental Medicine)
- AIMA (Australian Integrative Medicine Association)

## Course Overview

Course Title	<b>BHSNAT20 BACHELOR OF HEALTH SCIENCE (NATUROPATHY)</b>		
<b>Study Options – Domestic Australian students</b>	Full-time or Part-time On Campus with Blended Delivery	<b>Study Options – International students</b>	This course is available to international students needing a visa to study in Australia.
<b>Start Dates</b>	February, June, September  For specific dates visit: <a href="https://www.torrens.edu.au/apply-online/key-dates">https://www.torrens.edu.au/apply-online/key-dates</a>	<b>Course Length</b>	Full-time: 4 year Part-time: approximately 8 years
<b>Payment Options - Domestic Australian students</b>	<b>Upfront payment</b> This means tuition fees will be invoiced each semester and payment is required on or before the due date.  <b>FEE-HELP</b> FEE-HELP is Australian Government's loan scheme for higher education degree courses. It can assist you in paying for all, or part of, your course fees. Repayments commence via the tax system once your income rises above a minimum threshold. Just like with any other debt, a FEE-HELP debt is a real debt that impacts your credit rating.	<b>Payment Options – International students</b>	<b>Upfront payment</b> This means tuition fees will be invoiced each trimester and payment is required on or before the due date.
<b>Course study requirements</b>	Each subject involves 10 hours of study per week, comprising 3 hours of facilitated study and 7 hours self-directed study.	<b>Assessment</b>	Each subject you complete includes 3 assessments on average. Assessments are mapped to specific subject learning outcomes and may include quizzes, written assignments, presentation, reflective journal, case analysis,

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			literature review and practical exam.
<b>Locations</b>	<ul style="list-style-type: none"> <li>Fitzroy &amp; Flinders campus, Melbourne</li> <li>Pymont campus, Sydney</li> <li>Brisbane campus.</li> </ul>	<b>Delivered by</b>	Torrens University Australia
<b>Provider</b>	Torrens University Australia Ltd is registered as a self-accrediting Australian university by the Tertiary Education Quality and Standards Agency (TEQSA).	<b>CRICOS Course Code</b>	099643B
<b>Provider obligations</b>	Torrens University is responsible for all aspects of the student experience, including the quality of course delivery, in compliance with the <a href="#">Higher Education Standards 2015</a>	<b>Accrediting body</b>	Torrens University Australia Limited ABN 99 154 937 005, CRICOS Provider Code: 03389E. RTO No. 41343
<b>Course Fees</b>	For details, refer to the <a href="#">website</a> .	<b>Any other fees</b>	For details, refer to the <a href="#">website</a> .

## 2. Essential requirements for admission

The general admission criteria that apply to Torrens University Australia courses can be located by visiting the Torrens University Australia website - <https://www.torrens.edu.au/general-admission-information-for-torrens-university-australia-ltd>.

## 3. Student Profile

The table below gives an indication of the likely peer cohort for new students in this course. It provides data on students who commenced in this course in the most relevant recent intake period, including those admitted through all offer rounds and international students studying in Australia.

Applicant background	Trimester one / Full year intake [2020]	
	Number of students	Percentage of all students
<b>(A) Higher education study</b> (includes a bridging or enabling course)	32	36%
<b>(B) Vocational education and training (VET) study</b>	<5	N/P
<b>(C) Work and life experience</b> (Admitted on the basis of previous achievement not in the other three categories)	13	15%

<b>(D) Recent secondary education:</b>		
<ul style="list-style-type: none"> <li>Admitted solely on the basis of ATAR (regardless of whether this includes the consideration of adjustment factors such as equity or subject bonus points)</li> </ul>	0	0%
<ul style="list-style-type: none"> <li>Admitted where both ATAR and additional criteria were considered (e.g. portfolio, audition, extra test, early offer conditional on minimum ATAR)</li> </ul>	0	0%
<ul style="list-style-type: none"> <li>Admitted on the basis of other criteria only and ATAR was <b>not</b> a factor (e.g. special consideration, audition alone, schools recommendation scheme with no minimum ATAR requirement)</li> </ul>	6	5%
<b>International students</b>	N/A	N/A
<b>All students</b>	<b>0</b>	<b>0%</b>

Notes: “<5” – the number of students is less than 5.  
N/A – Students not accepted in this category.  
N/P – Not published: the number is hidden to prevent calculation of numbers in cells with less than 5 students.

## 4. Admission Criteria

<b>Title of course of study</b>	BHSNAT20 - Bachelor of Health Science (Naturopathy)
<b>Applicants with higher education study</b>	<ul style="list-style-type: none"> <li>A completed higher education qualification at AQF level 5 (diploma) or above, or equivalent, from an Australian University or another accredited higher education provider OR</li> <li>Successful completion of at least 1 EFTSL (equivalent full time student load, or one full year) of an AQF level 6 (Associate Degree) or above, or equivalent, from an Australian University or another accredited higher education provider</li> </ul>
<b>Applicants with vocational education and training (VET) study</b>	<ul style="list-style-type: none"> <li>A completed vocational education qualification at AQF level 4 (Certificate IV) or above, or equivalent, from a registered training organisation (RTO) OR</li> <li>Successful completion of at least 1 EFTSL (equivalent full time student load, or one full year) of an AQF level 5 (Diploma) or above, or equivalent, at a registered training organisation (RTO)</li> </ul>
<b>Applicants with work and life experience</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 reasonable prospect of success; OR</li> <li>• formal, informal or non-formal study, completed or partially completed, demonstrating a reasonable prospect of success;</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• a written submission to demonstrate reasonable prospect of success.</li> </ul>
<b>English Language Proficiency</b> (applicable to international students, and in addition to academic or special entry requirements noted above)	<b>International Students</b>  Equivalent IELTS 6.5 (Academic) with no skills band less than 5.5
<b>Applicants with recent secondary education</b>	Year 12 or equivalent

## Other admission options

<b>Special Entry</b>	Applicants in any category whose study, work or life experiences have been impacted by disability, illness or family disruption will be given special consideration for admission. Each application will be considered on its merit, based on the evidence supplied by the applicant attesting to the circumstances of the applicant. Applicants for special entry may need to complete written or numerical tasks to assist with assessing eligibility for admission.
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## 5. How to apply

Via direct application to the institution

- <https://apply.torrens.edu.au/b2b/fcta/>

## 6. Advanced standing/academic credit/recognition of prior learning (RPL)

You may be entitled to credit for prior learning, whether formal or informal. Formal learning can include previous study in higher education, vocational education, or adult and community education. Informal learning can include on the job learning or various kinds of work and life experience. Credit can reduce the amount of study needed to complete a degree.

Applicants admitted based on prior higher education study may be eligible for Advanced Standing in the form of credit and/or recognition of prior learning (RPL) under the Torrens University Australia [Credit Policy - \(https://www.torrens.edu.au/policies-and-forms\)](https://www.torrens.edu.au/policies-and-forms).

- Students with completed subjects may be eligible for specified credit and/or elective exemptions

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- Students who have completed a qualification at AQF level 5 (diploma) or above may be eligible for block credit (where a block credit agreement exists)
- Students with a mix of formal study and informal and/or non-formal learning may be eligible for recognition of prior learning in addition to any credit approved.

Credit will not be applied automatically. Applicants must apply for credit and/or RPL as early as possible prior to each study period, with applications not accepted after week 2.

For further information about credit and recognition of prior learning, please see:

<https://www.torrens.edu.au/apply-online/course-credits><http://www.torrens.edu.au/apply-online/course-credits>

## 7. Where to get further information

- Torrens University Australia (TUA) Website
  - <https://www.torrens.edu.au/>
- Universities Admissions Centre (UAC) Website.  
UACs manage the usual process of student university applications and the study offer rounds on behalf of the particular universities that they cover. All TACs are independent of each other, so depending on which state or the number of universities you want to submit an application to, you may need to apply through multiple TACs.
  - <https://www.uac.edu.au/>

Quality Indicators for Learning and Teaching (QILT) Website.

With QILT, you can do side by side comparisons of the quality of the higher education institutions and the study areas that you're interested in.

- <https://www.qilt.edu.au/>

## 8. Additional Information

### Course Structure

The course structure is based on a standard duration of three trimesters per year, each of 12-weeks duration and offering 8 subjects per year. A normal full-time load will see a student undertaking 80 credit points or 8 subjects per year for 4 years. A year consists of three trimesters. Part-time students may typically take 8 years to complete the 320 credit points.

Each subject includes 3 hours of teaching (e.g. classroom hours, tutorials, group work, online activities) and approximately 7 hours of self-directed study per week, totaling 10 hours of study per week per subject.

The Course Structure can be viewed or downloaded via the Student Hub, Course Webpage

<https://studenthub.torrens.edu.au/Hub>

### Course Rules

To graduate from this course a student will need to successfully complete 32 subjects, each with a value of 10 credit points for a course total of 320 credit points.

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**Core subjects:** 11 Health Science based

**Specialisations:** 14 Herbal and nutritional based

**Clinical Studies:** 4 Pre-clinical and integrative studies based

**Clinical Practicum:** Clinical practice and Work Integrated Learning is embedded in theory subjects

**Electives:** Students have a choice of three (3) specified electives from the elective bank or an option to apply for one unspecified elective

## Subjects

### Subject Descriptions

#### **BFD105 Biological Foundations**

Biological Foundations explores the biological building blocks which make up the human body from the chemical level up to the cellular level. These essential chemistry concepts will assist with building relevant links to the study of human physiology in later subjects. The subject then explores the foundational studies in biochemistry which includes the structure and function of carbohydrates, proteins, enzymes, lipids, DNA and RNA. The concepts of gene expression and regulation are discussed in addition to the cellular membrane structure and transport through the membrane. The study of the biology of the human cell concludes this subject and upon completion equips students to commence study at the tissue level of structure and physiology subjects.

#### **CMF105 Complementary Medicine Foundations**

Complementary Medicine Foundations (CMF105) introduces the historical and conceptual emergence of Naturopathy and how this underpins contemporary clinical practice in Australia and globally. It specifically focuses on professional practice: introducing the therapeutic model, the underlying theoretical and philosophical concepts, and discusses the differences between various approaches to the health-disease-healing process. Students will be introduced to the local regulatory environment of the complementary medicine professions within the context of their career outcome and best practice. This subject introduces key concepts regarding ethics and communication in therapeutic relationships.

#### **NUTR2001 Human Nutrition 1**

Human Nutrition 1 (NUTR2001) provides a detailed and in-depth study of the macronutrients, protein, carbohydrates and lipids, as well as the water soluble vitamins and how these relate to human metabolism. Each individual macronutrient and water soluble vitamin 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 found in individuals and populations. Students will investigate how the management of these nutrients contribute to the public health agenda.

### **HSP101 Human Structure & Physiology 1**

Human Structure & Physiology 1 introduces the basic concepts and terminologies required to study and understand the structure and function of the human body. This subject will build on the biological foundations by exploring the interaction and organisation of cells, tissues and organs which forms a basis to study the physiological integration of key body systems. The maintenance and regulation of the internal environment by homeostasis at a system level will be key to students understanding disruption and disease in later subjects. Key physiological and functional processes such as movement, metabolism, oxygenation and protection will be discussed, with body systems including the integumentary, musculoskeletal, respiratory and cardiovascular system the focus of this subject. This subject will provide the first part of an evidence based foundational knowledge of human physiology to guide health practice.

### **BHM106 Botany & Herbal Manufacturing**

Botany & Herbal Manufacturing provides students with foundational botany and plant identification skills. Students will be able to identify key medicinal plant families and explain important botanical properties. Issues regarding sourcing and sustainable supply of medicinal plants will be introduced along with a basic understanding of growing, harvesting, drying & storage of herbs.

In this context students will be familiarized with different forms of herbal preparations exploring the definition, herbs used, manufacturing techniques and application. Students will learn about the regulatory environment of commercial production and extemporaneous dispensing in Australia.

*This subject has compulsory attendance requirements and an option of participation in 20 hours of Voluntary Work Experience in a health-related business.*

### **HSP102 Human Structure & Physiology 2**

Human Structure & Physiology 2 will further develop knowledge of the structure and physiology of the human body with special attention given to the integration of human systems and beginning to explore the impact of disturbances in Homeostasis and disruption of normal function. The structure and function of the lymphatic, immune, digestive, nervous, endocrine, urinary, reproductive systems and the special senses are covered in detail including the homoeostatic control mechanisms of each system and the integration of the systems in the body. This subject builds on the knowledge and understandings of human structure and physiology, provides the foundation to look at disease, disorders and syndromes and their pathophysiology, in later subjects.



**EBP107 Evidence-based Practice**

Evidence-based practice is an essential component of the exercise of clinical judgement in the delivery of quality healthcare. Students will also gain an understanding of how research evidence is translated into practice. This subject provides students with an introduction to health informatics, research and digital literacy, critical thinking and evidence-based practice. Students are guided through the skills necessary to locate, critique and interpret a research article for application to their practice. They will become familiar with quantitative and qualitative evidence, research methodology, basic descriptive and inferential statistics and the foundational skills to be able to evaluate and appraise evidence in healthcare research.

**HSP201 Human Systems & Pathophysiology 1**

Human Systems & Pathophysiology 1 is the first of two subjects that builds upon the foundational studies in Human Structure & Physiology and then expands student's skills and knowledge into the area of pathophysiology and human disease process. Understanding the pathogenic process and the disruption of homeostasis in relation to disease will be important concepts, in the context of individual, community and population health.

This subject will cover:

- Basic pathological processes in response to injury and growth abnormalities.
- Immunology, toxicology, microbiology, and their characteristic diseases.
- Pathophysiology, symptomatology and clinical manifestations for diseases of the gastrointestinal, neurological and cardiovascular systems.
- Introduction to commonly used laboratory tests and interpretation of findings.

**HMM204 Herbal Materia Medica 1**

Herbal Materia Medica 1 introduces students to the characteristics of herbal medicines and basic herbal categorisation. Students will learn the language and terminology of herbal medicine and explore materia medica relating to the digestive, hepatic, immune, respiratory and cardiovascular and circulatory systems. In depth understanding of the origin of the plant, correct identification, active constituents, qualities, part used, actions, mechanisms of action, indications, preparation, dose and safety considerations of each herb is explored. An evidence based practice approach is taken to incorporate both traditional knowledge and research-based evidence in the understanding of the contemporary use of herbal medicines. Students will explore the similarities and differences between herbs and demonstrate an understanding of basic prescribing.

*This subject includes 25 hours of compulsory Work Integrated Learning completed at The Practice Wellbeing Centre.*

**HBC205 Human Biochemistry**

Human Biochemistry explains the processes of macromolecule metabolism, energy production and storage in the body. Included in this subject are the metabolism of carbohydrates, lipids and amino acids; the role of ATP and acetyl CoA in metabolism; oxidative phosphorylation, the electron transport chain, biosignaling and chemical communication. The concept of gene expression and regulation is also explored. Human Biochemistry provides healthcare practitioners a vital foundation on the basic macromolecules and genetic understandings essential for life. This knowledge will be built upon and expanded further in later subjects.

### **HSP202 Human Systems & Pathophysiology 2**

Human Systems & Pathophysiology 2 builds upon the concepts explored in Human Systems & Pathophysiology 1 and continues to expand student's skills and knowledge in pathophysiology and the human disease process, in relation to individual, community and public health.

The pathophysiology and symptomatology will be covered for various disease states of the musculoskeletal, integumentary, hematologic, pulmonary, endocrine, renal and reproductive systems. Conditions specific to gerontology and aging will also be considered.

General diagnostic approaches will be introduced and the commonly used laboratory tests and interpretation of such findings for the associated disorders and conditions will continue to be developed.

### **HMM205 Herbal Materia Medica 2**

Herbal Materia Medica 2 builds on knowledge developed in Herbal Materia Medica 1. In this subject the student continues to explore herbal materia medica relating to the musculoskeletal, urinary, integumentary, nervous, endocrine and reproductive systems by learning the origin of the plant, identification, active constituents, qualities, part used, actions, mechanisms of action, indications, preparation, dose and safety considerations. An evidence based practice approach is taken to incorporate both traditional knowledge and research-based evidence in the understanding of the contemporary use of herbal medicines. Students will explore the similarities and differences between herbs and demonstrate an understanding of basic prescribing.

### **SCIE2006 Nutritional Biochemistry & Human Metabolism**

Nutritional Biochemistry (SCIE2006) builds on concepts developed in human biochemistry and the foundations of nutritional science. The biochemical structure and function of macro and micronutrients and biochemical mechanisms associated with digestion, absorption, transport and storage are examined. The integration of biochemical mechanisms of nutrients with disease pathophysiology is explored. This subject also provides an in depth understanding of the microbiome, biological oxidation, inflammation, antioxidants, liver detoxification and neurotransmitter synthesis. Students will learn about nutritional genomics and epigenetics and how they relate to professional practice. The clinical relevance and importance of nutritional biochemistry for the nutritional management of major diseases is also emphasized.

### **CLA207 Clinical Assessment**

Clinical Assessment builds on the theory of the Human Systems & Pathophysiology subjects and develops practical skills for clinical assessment and examination of the client. Skills for history taking, gathering clinical information, observing clinical manifestations, critically analyse signs and symptoms, identifying red flags, interpreting medical reports, pathology tests and diagnostic imaging are developed. Students will explore a range physical examination techniques using appropriate equipment to reach primary and differential diagnoses. Students will develop and practice skills in effective communication, respecting clients' privacy, work health and safety concerns as well as the need for referral to other health care practitioners in a professional manner.

*This subject has compulsory attendance requirements.*

**PCS207 Pre-clinical Studies 1**

Pre-Clinical Studies 1 (PCS207) is the first of the two part series of Pre-Clinical subjects in which students observe clinical practice, learn effective communication and counselling skills and professional ethical practices. This subject reinforces evidence based practices and the principles and philosophies of natural medicine, which sets the basis for guiding students to progress and evolve through the development of critical thinking, case history taking skills and communicating holistic understanding, and the therapeutic plan in a workshop setting.

Students will complete a minimum of 25 hours of external observation over the trimester. Students will familiarise themselves with the day-to-day operation of clinical practice. They will observe practitioners and clients in consultation, undertake a range of administrative tasks and observe dispensaries in action. This provides an opportunity for the student to develop an awareness of the application of professional skills in a clinical setting. These skills are not only to do with the practice of complementary medicine but also clinical skills such as interpersonal relations, scope of practice, duty of care and ethical compliance business acumen and an appreciation of the Australian health care system.

*This subject has compulsory attendance requirements and includes 25 hours of Work Integrated Learning - Professional Practitioner Observation.*

**HBP206 Herbal Pharmacology**

Herbal Pharmacology builds on herbal medicine concepts introduced in Herbal Materia Medica 1 and 2. It introduces the student to herbal phytochemistry and pharmacology. Herbal concepts are explored including discussion of chemical complexity, synergy of medicinal plants and factors influencing the quality of herbal medicines. Students will explore the pharmacokinetics and pharmacodynamics related to herbal medicines mechanism of action, and extend their knowledge of safety issues and interactions in relation to medicinal plants.

**HBT208 Herbal Therapeutics 1**

Herbal Therapeutics 1 builds on herbal medicine concepts introduced in foundational herbal medicine subjects. Students will now explore herbal medicine therapeutic protocols relating to health conditions within various body systems. They will explore herbal prescribing strategies to effectively construct herbal formulas for individualised client-centred treatments. Students will learn to prescribe across various lifestages in a safe and ethical manner. An evidence based practice approach will be employed to justify treatment decisions. Collaborative problem-solving and case-based workshops provide an active learning environment for this important subject.

*This subject includes 25 hours of compulsory Work Integrated Learning completed at The Practice Wellbeing Centre.*

**NUT208 Nutritional Therapeutics 1**

Nutritional Therapeutics 1 (NUT208) is the first of a two part series in which students begin to integrate their health science and human nutrition knowledge for the dietary and nutritional management of particular health conditions. Students will analyse and critically evaluate the evidence and examine specific body systems and associated health conditions to develop treatment approaches in a case based learning environment. The digestive, hepatobiliary, neurological, immune, respiratory systems and conditions affecting the special senses including the eyes and ears will be examined.

**HBT302 Herbal Therapeutics 2**

Herbal Therapeutics 2 builds on herbal medicine concepts introduced in Herbal Therapeutics 1. Students will continue to explore herbal medicine therapeutic protocols relating to various health conditions and body systems. They will explore herbal prescribing strategies to effectively construct herbal formulas for individualised client-centred treatments. Students will learn to prescribe across various lifestages in a safe and ethical manner. An evidence based practice approach will be employed to justify treatment decisions. Collaborative problem-solving and case-based workshops provide an active learning environment for this important subject.

**PCS209 Pre-Clinical Studies 2**

Following on from Pre-Clinical Studies 1 (PCS207), students will apply their theoretical and practical knowledge of case taking, holistic, biomedical and therapeutics to conduct critical case analysis and management through the use of holistic evidence based principles, clinical examination skills, and techniques to implement appropriate therapeutic strategies and prescriptions in a simulated clinic environment. Students will refine interpersonal skills including patient counselling and develop their capacity to give and receive constructive feedback. Throughout the subject, students will reflect and develop their practitioner persona for future clinical practice. Students will also build on their understanding of clinical practice by undertaking 25 hours of clinical observation in the Student Clinic.

*This subject has compulsory attendance requirements and 25 hours of Student Practitioner Observation at The Practice Wellbeing Centre*

**NUTR2005 Lifespan Nutrition**

Lifespan Nutrition (NUTR2005) examines the range of nutritional requirements that impact populations, communities and individuals at particular life stages including pre-conception, pregnancy, during lactation, early childhood, adolescence, adulthood and ageing populations, as well as the specific issues affecting Indigenous communities, sports people and other at risk populations. This subject provides an overview of dietary patterns and eating habits by age group and dietary recommendations for optimal nutrition to maintain wellbeing at each life stage.

**DIP303 Integrated Pharmacology**

Integrated Pharmacology comprises a study of basic principles of pharmacology, the pharmacokinetics of drugs commonly used in medical practice and common interactions between drugs and natural remedies. Drugs for pain, inflammation, infection, mental health, cardiovascular, respiratory, gastrointestinal, reproductive and endocrine systems are discussed. Drug actions, uses, contraindications, adverse effects and interactions with natural remedies are discussed, together with implications for naturopathic, nutritional and Naturopathyprescribing. This subject is crucial for the modern healthcare practitioner to understand common medications that patients may be taking and common interactions between these medications and natural remedies. This subject also emphasises the need for clear lines of communication and common language between doctors and complementary healthcare practitioners in order to obtain the best health outcomes for clients.

**NUT301 Nutritional Therapeutics 2**

Nutritional Therapeutics 2 (NUT301) builds upon Nutritional Therapeutics 1 (NUT208) in which students begin to integrate health science and human nutrition knowledge for the dietary and nutritional management of particular health conditions. Students will analyse and critically evaluate the evidence and examine specific body systems and associated health conditions to develop treatment approaches in a case based learning environment. The endocrine, cardiovascular, musculoskeletal, reproductive, urinary and renal, and dermatological systems will be examined. Pediatric conditions and HIV and Aids will also be reviewed.

*This subject requires compulsory participation in 72 hours of Clinical Practicum experience at The Practice Wellbeing Centre.*

**AHT303 Advanced Herbal Therapeutics**

Advanced Herbal Therapeutics builds on herbal medicine therapeutic subjects and will explore advanced herbal medicine therapeutic strategies for advanced, multi-factorial health conditions. An evidence based practice approach will be taken when formulating and prescribing for these complex and emerging conditions. Students will be challenged to consider the importance of collaborative client care and clinical risk management of these conditions. Problem based learning workshops will apply this information to theoretical case studies.

*This subject requires compulsory participation in 72 hours of Clinical Practicum experience at The Practice Wellbeing Centre.*

**CLR308 Critical Literature Review**

Critical Literature Review (CLR308) provides an opportunity to critically examine the current literature to answer a chosen research question to inform clinical decision-making. The literature review is a scholarly paper that appraises the current knowledge base highlighting strengths, weaknesses and omissions in the literature. The subject builds on established knowledge of literature search methods and critical appraisal skills to culminate in a review that conforms to publication standards.

**ICS401 Integrative Clinical Studies 1**

An integrative naturopathic approach is necessary for contemporary clinical practitioners. In Integrative Clinical Studies 1 (ICS401) students will explore complex cases to develop and justify holistic treatment plans using core and specialist modalities. Naturopathic philosophy will be explored in relation to contemporary integrative complementary practice and a collaborative health care framework. Students will evidence effective communication with respect to cultural, ethical and legal practice considerations. This subject incorporates problem-based learning methods and clinical simulation learning experiences.

*This subject requires compulsory participation in 72 hours of Clinical Practicum experience at The Practice Wellbeing Centre.*

**EPR307 Entrepreneurship, Professionalism & Business Skills in Health**

Entrepreneurship, Professionalism & Business Skills in Health will introduce students to the concepts of small business management, entrepreneurship and how to identify the professional requirements of their healthcare discipline. This subject will explore the topics necessary to establish and run a successful healthcare practice and maintain their professional status in the healthcare sector. Students will also explore their professional identity to support the understanding of the ethical conduct, liability, legal and regulatory requirements that are pertinent to their specific modality.

This subject will initiate the development of a Business plan using entrepreneurial practices and innovative design thinking. This will include exploring business strategies such as operating policy and procedures, marketing and branding, networking strategies, leadership, administration and financial issues necessary for the operation and management of a contemporary healthcare practice.

**ICS402 Integrative Clinical Studies 2**

An integrative naturopathic approach is necessary for contemporary clinical practitioners. In Integrative Clinical Studies 2 (ICS402) students continue to explore complex cases to develop and justify holistic treatment plans using core and specialist modalities. Students will explore collaborative naturopathic practice as well as professional responsibilities regarding public health strategies and social justice issues. Students will evidence effective communication with a focus on conflict resolution and client risk management. This subject incorporates problem-based learning methods and clinical simulation learning experiences.

*This subject requires compulsory participation in 144 hours of Clinical Practicum experience at The Practice Wellbeing Centre.*

## ELECTIVE Subject Descriptions

### **Elective: IRD302 Iridology**

Iridology (IRD302) introduces the concepts of iridology, types of iris signs and application to concentric zones of the iris, as well as the study of individual organ signs in the iris. Variations of structure, colour and proportion in the iris are observed, analysed and interpreted in terms of an individual's health status, and will be used as a tool to assist in the formulation of a naturopathic treatment plan.

### **Elective: HPF209 Homoeopathic Foundations**

Homeopathic Foundations (HPF209) introduces the student to the study of homeopathy and covers an introduction to homeopathic historical development, philosophy and principles of practice. Students will discuss the evidence base for homeopathy and its use in naturopathic practice. Students will identify a range of prescribing approaches and learn about homeopathic case taking and remedy selection. An introduction to basic homeopathic materia medica and prescribing is provided in the context of naturopathic case management. Students will be prepared to prescribe basic homeopathic medicines in naturopathic clinic practice.

### **Elective: HFA303 Applied Homoeopathy**

Applied Homeopathy (APH303) follows on from Homeopathic Foundations. Students expand their understanding of homeopathic methods and use this as a base to understand the totality of symptoms of a range of commonly used homeopathics. Students further develop homeopathic case taking, analysis, remedy selection and posology skills and explore cases within the context of naturopathic practice. Students will examine and reflect on the safety and ethics of homeopathic prescribing.

### **Elective: FLE405 Flower Essences**

In Flower Essences (FLE405) students are introduced to Bach and Australian Bush Flower Essences and how to appropriately prescribe these in the context of a naturopathic consultation. Students learn about the presenting emotions of the client as they relate to the flower essence therapy and learn to formulate individualised prescriptions based on client assessment. Referrals to appropriate health care professionals is explored with regards to safe prescribing.

### **Elective: DCP409 Dietary Counseling and Planning**

This subject will provide students with the knowledge and skills necessary to conduct thorough nutritional assessment and construct therapeutic dietary interventions in clinically specific disease states. This subject will also provide students with the fundamental skills in communication and counselling techniques to be used when consulting and effectively communicating with culturally diverse groups and patients. Students will learn the counselling and education skills required to implement behavioural change in professional practice as Health Practitioners.

**Elective: FNM408 Functional Nutritional Medicine**

This final year subject builds on and further integrates the concepts introduced in Nutritional Therapeutics 1 and 2. Students will explore the evidence base for advanced clinical nutrition and extend their knowledge of therapeutic mechanisms and application of nutrients and phytochemicals through a functional and integrated systems approach. Foetal programming, mitochondrial dysfunction, genetic polymorphisms, neurological, metabolic, and inflammatory disease, and cancer will be explored. Students will continue to learn how to devise comprehensive nutritional therapeutic strategies with an emphasis on complex health conditions. In this subject, students will be expected to integrate knowledge from Clinical Assessment, Research & Evidence Based Practice and Nutritional therapeutics to provide clinically informed decisions in developing nutrition interventions for complex clinical cases.

**Elective: PUBH2000 Foundations in Public Health**

Within this introductory subject, students will learn the principles and practice of public health and improving the health of populations. Students will learn various functions and definitions of public health, the historical origins of public health and its evolution as a discipline. Students will learn relevant key principles associated with public health: ecological, human rights-based approach to health, social determinants approach; 'new public health; the role and function of government in the administration of public health; public health service models, including comprehensive and selective primary health care. They will consider different understandings of health and illness, including professional, lay and Australian Indigenous definitions.

**Elective: SOC201A Mediation and Conflict Management**

As our number of relationships expands, so too does the potential for conflict. This subject looks at the nature of interpersonal conflict, and explores strategies for resolution such as mediation, conferencing and restorative justice. It begins by considering the nature of conflict, theories about its causes, and how conflict manifests in relationships, groups, communities and internationally. It then introduces students to key conflict management strategies and gives steps as to how we might reduce unhealthy forms of conflict and arrive at positive, healthy relationships based on empathy and understanding. The subject also considers anger management strategies in addressing entrenched, high conflict situations.

**Practice Experience at the Wellbeing Centre:**

Clinical experience is a vital part of the course. Students commence clinical studies with a common two-subject series of Pre-clinical Studies 1 and 2, in which students observe clinical practice, learn basic counseling, case taking and analysis skills.

From second year, students learn in an immersive clinical environment via clinic management placements at The Practice Wellbeing Centre. This experience allows students to apply theoretical learnings in a real-world practice environment.

In the final year of the course, students undertake Clinical Practicum. This is where students perform as student practitioners consulting with members of the general public under the guidance of professional

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practitioners. Clinical Practicum is embedded in theory subjects.

The Clinic is a real-life, multi-modality clinic serving the needs of the surrounding communities. The clinics are custom built with modern practice technology including body composition analysis and iridology technology. You will treat real patients, work with a professional clinic team, gain experience in all aspects of working in, and running your own clinical practice, and engage with real clients in a safe and supervised environment. This will prepare you to confidently and successfully practice in the community.

In the time you spend in clinic you will undergo a transformation from theoretical student to graduate practitioner, all under the expert supervision of some of Australia's best clinicians.

The Practice Wellbeing Centres are located in vibrant inner-city areas of Melbourne (Fitzroy), Sydney (Pyrmont) and Brisbane (Gotha Street).

## Locations

The Bachelor of Health Science (Naturopathy) can be studied partially online and is delivered at:

- Queensland (Brisbane)
- New South Wales (Sydney)
- Victoria (Melbourne)

## Campus Facilities and Services

All campuses are designed to provide students with professional spaces in which to learn and work. They have been planned with student study needs in mind with well-equipped accessible learning spaces as well as student breakout areas for group work and spending time with friends.

Facilities and Services include:

- ✓ The Customer Service Hub – our friendly and experienced staff can give help and advice about courses, your enrolment and campus life, including all services and activities on campus.
- ✓ Counsellors are available for students to consult with on a range of personal issues
- ✓ Student wireless access throughout the Campus
- ✓ Student break-out and relaxed study spaces for group work
- ✓ Student lounge areas – most with microwaves, fridge and kitchenette facilities
- ✓ The Learning Hub, home to the Learning Support Team, encompasses Learning Skills Advisors, Learning Technology Advisors, and Library & Learning Skills Officers. It provides an integrated, holistic support program for students throughout the study lifecycle within a library/collaborative study environment.
- ✓ Support and workshops with highly qualified staff in the areas of Academic skills, Library skills, and Technology skills, both on campus and online.
- ✓ Physical and digital resources relevant to studies, such as books, journals, multimedia, databases
- ✓ Self-check kiosks for library loans and print and copy facilities

## A positive student experience

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Torrens University Australia values the importance of a positive student experience, and therefore has robust processes to resolve student complaints. The Student Complaints Policy, and associated procedures, can be accessed from the [website](https://www.torrens.edu.au/policies-and-forms) (<https://www.torrens.edu.au/policies-and-forms>).

## Paying for your qualification

We offer two payment options for this course:

- **Upfront payment**

If you want to complete your qualification debt-free you can choose to pay as you go. This means tuition fees will be invoiced each semester and payment is required on or before the due date using EFTPOS, credit card or direct transfer.

- **FEE-HELP**

FEE-HELP is Australian Government's loan scheme for higher education degree courses. It can assist you in paying for all, or part of, your course fees. Repayments commence via the tax system once your income rises above a minimum threshold (\$45, 881 in 2019-20). Just like with any other debt, a FEE-HELP debt is a real debt that impacts your credit rating.

Further information about FEE-HELP, including eligibility, is available at:

- FEE-HELP website:  
<http://studyassist.gov.au/sites/studyassist/help-paying-my-fees/fee-help/pages/fee-help->
- FEE-HELP booklets:  
<https://www.studyassist.gov.au/need-more-information/help-publications>

## Austudy and Abstudy

Students enrolled in this course may be eligible for government assistance, such as [Austudy](#) or [Abstudy](#).