

# Diploma of Health and Wellbeing (DIPHWEL16)

## 1. About the Diploma of Health and Wellbeing

Our lifestyle choices directly relate to our health and happiness. Food choices, physical activity levels and fast-paced stressful lives are significantly affecting our community's health. Diseases such as heart disease, obesity and depression are now some of the biggest global health challenges. The World Health Organization recognizes that these conditions are the leading cause of disability and death in the world, and importantly, are preventable. Urgent actions to promote mental health and wellbeing, and reduce disability and premature death from preventable non-communicable diseases.

This course will provide students with the fundamental principles of health and wellbeing, with ability to apply them in the ageing or corporate health sectors. The program aims to equip graduates with ability to assess and support the growing need to support the ageing and corporate sectors.

The corporate health and wellbeing industry is rapidly expanding with high demand for professionals who understand corporate needs in order to accommodate this growth. Within the Diploma of Health and Wellbeing we offer a specialization stream that targets the corporate health and wellbeing market. We have created two subjects – Corporate Health and Social and Emotional Wellbeing which are designed to address the specific needs of this industry. These courses provide graduates with the capabilities to assess business needs, and provide effective cost-effective solutions to meet unique considerations within the corporate health and wellbeing industry.

In Australia individuals are currently experiencing longer life expectancies, and this combined with an ageing population creates the drive specialized aged care health professionals. As technology and health advances contribute to this longer lifespan, there is also a need to ensure a higher quality of living throughout these later years. We have tailored two courses to address the needs of this aged care industry – Active ageing and falls prevention and Perspectives on ageing. These specialized courses help our graduates provide quality health and wellbeing care within this industry. Our Centre for Positive Ageing and Wellness, along with placement experience will ensure our graduates have hands on experience delivering the skills they have gained throughout the Diploma of Health and Wellbeing.

Non-communicable diseases are leading causes of disability in the western world with the likes of persistent pain, heart disease, diabetes, COPD, depression and obesity decreasing quality of life, increasing sickness absence, and compromising wellbeing in a growing proportion of our society. Promoting movement, improving nutrition, and increasing human function are key solutions to these problems, and this course provides an understanding of the fundamental principles of health and wellbeing to be a part of this solution.

The Higher Education Diploma of Health and Wellbeing is an AQF 5 entry level qualification for those interested in entering the health industry, career changers, or a professional development opportunity for those already working in the health, local government, community or human services industries. Taught by experienced industry professionals, who are leaders in the field, the course outcomes are applicable to

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emerging careers in the health industry, particularly in the aged care and community sector, and will get you on the path to a fulfilling career.

Torrens University Australia prides itself on being able to meet the needs of those looking to upgrade their skills or move in a different career direction. Our flexible study options and lecturer facilitated online learning platform means that you can study when it suits you best and still receive real-time support from our experienced academic team. The curriculum is designed to be delivered online and hence the students will be learning about health and wellbeing while immersed in an interactive online experience.

Graduate with a higher education qualification and the knowledge and skills to support specific programs in exercise, weight management, physical activity levels and special populations. Make a difference by empowering people to lead healthier lives with the provision of physical activity, leisure and dietary advice. The Diploma of Health and Wellbeing aligns with the growing emphasis on preventative health care, providing the relevant curriculum and broad perspective to prepare students for careers in this rewarding field and supports the new and emerging opportunities in the health care and wellbeing related industries.

## Graduate employment opportunities

As a graduate of the Diploma of Health and Wellbeing, there are a number of career opportunities in the health and wellness industry available to you, including:

- Corporate Health roles
- Aged Care Wellbeing Coordinator
- Recreational fitness programs
- Community inclusion programs
- Leisure and activities coordinator
- Health and Wellbeing officer
- School wellness coordinator
- Pathways in public health careers

## Course Overview

Course Title	Diploma of Health and Wellbeing		
<b>Study Options – Domestic Australian students</b>	Full-time or Part-time Dynamic Online Study	<b>Study Options – International students</b>	This course is not available to students who require a visa to study onshore in Australia. However, this course can be studied online, offshore.
<b>Start Dates</b>	February, June, September For specific dates visit the <a href="#">website</a>	<b>Course Length</b>	Full Time: 3 trimesters (2 trimester accelerated options available to get your career started sooner) Part Time: Options available

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<b>Payment Options - Domestic Australian students</b>	<p><b>Payment Options - Domestic Australian students</b></p> <p><i>Upfront payment</i></p> <p>This means tuition fees will be invoiced each trimester and payment is required on or before the due date.</p> <p><b>FEE-HELP</b></p> <p>FEE-HELP is Australian Government's loan scheme for higher education degree courses.</p> <p><i>Further information within this Course Information Sheet</i></p> <p>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 (\$54,869 in 2016-17). Just like with any other debt, a FEE-HELP debt is a real debt that impacts your credit rating.</p>	<b>Payment Options – International students</b>	Not applicable
<b>Course study requirements</b>	It is expected that each subject, whether studied online or on-campus, will involve a combined total of 120 hours of structured and self-directed learning, which equates to approximately 10 hours a week for subjects over 12-week trimesters.	<b>Assessment</b>	Assessments vary and include: critical analysis and essay writing, literature reviews, needs assessment, project development and evaluation, in-class debates, participation in online discussion forums, short questions, and research projects.
<b>Locations</b>	Online	<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>	Not applicable
<b>Provider obligations</b>	Torrens University is responsible for all aspects of the student experience, including the quality of course delivery, in compliance with	<b>Accrediting body</b>	Torrens University Australia Limited ABN 99 154 937 005, CRICOS Provider Code: 03389E. RTO No. 41343

	the <a href="#">Higher Education Standards 2015</a>		
<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	Semester one [T1 2020]	
	Number of students	Percentage of all students
<b>(A) Higher education study</b> (includes a bridging or enabling course)	<5	NP
<b>(B) Vocational education and training (VET) study</b>	<5	NP
<b>(C) Recent secondary education:</b>		
• Admitted solely on the basis of ATAR (regardless of whether this includes the impact of adjustment factors such as equity or subject bonus points)	0	0%
• Admitted where both ATAR and additional criteria were considered (e.g. portfolio, audition, extra test, early offer conditional on minimum ATAR)	0	0%
• 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)	0	0%
<b>(D) Work and life experience</b> (Admitted on the basis of previous achievement other than the above)	<5	NP

<b>International students</b>	<b>0</b>	<b>0%</b>
<b><i>All students</i></b>	<b><i>9</i></b>	<b><i>100%</i></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

Admission Criteria	
<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</li> <li>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)</li> <li>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>	<p>Demonstrated ability to undertake study at the required level:</p> <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; OR</li> <li>• 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)	<p><b>International Students</b></p> <p>Equivalent IELTS 5.5 (Academic) with no skills band less than 5.5</p>
<b>Applicants with recent secondary education</b>	Year 12 or equivalent

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## 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/>

## 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
- 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 <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
  - <https://www.torrens.edu.au/contact-us>
- Quality Indicators for Learning and Teaching (QILT) Website

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- <https://www.qilt.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 Diploma of Health and Wellbeing is a one year course for a full time student, or a two year duration for a Part- time student. This course consists 6 core subjects and two Each year consist of three Study Periods, also known as a trimester. A fulltime student would undertake 2 or 3 subjects per year to create a total of eight.

The course structure document can be viewed or downloaded from the Student Hub

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

### Course Rules

To qualify for the Diploma of Health and Wellbeing, students must complete satisfactorily a program of study consisting of 8 subjects (shown below) which consist of 10 units each which totals to 80 units.

### Subjects

Subject Descriptions
<b>Core Subjects</b>
<p><b>HWEL2002 Understanding Health</b> This subject provides students an introduction to the diversity of health theories and initiatives to improve health outcomes. Students will engage with key concepts including human right to health, social determinants of health, equality, equity and vulnerability. An introduction to Australia's health system and inter-sectoral action will also be provided.</p>
<p><b>HWEL2001 Body Systems and Disease</b> This subject introduces the basic concepts and terminologies required to understand the fundamental structure and function of the human body. The interaction between the structural anatomy of the human body and key body systems, including the musculoskeletal, respiratory, cardiovascular, digestive and endocrine systems that maintain homeostasis is explored. In addition, this subject covers the common disease process that commonly effect the major systems of the body.</p>
<b>HWEL2003 Disease Prevention</b>

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<b>Subject Descriptions</b>
<p>In this subject students will develop their understanding of disease processes and review evidence based strategies to reduce the risk of disease and maintain health. Students will develop knowledge to apply educational and environmental interventions based upon risk factors associated with the development and chronicity of disease.</p>
<p><b>FHN201 Foundations of Human Nutrition</b>            This subject provides students with fundamental nutrition knowledge through examining the relationship between food, nutrition and human health. Students will learn about macro and micro-nutrition, dietary guidelines, role of nutrition in metabolism, health maintenance and disease, nutrient rich food sources, and the specific nutritional requirements throughout the lifespan. Students will also learn how to identify and construct a healthy diet according to specific dietary guidelines, and know the impact of nutritional deficiency and excess as they relate to health and disease.</p>
<p><b>HWEL2007 Active Lifestyle Promotion</b>            Research shows that non-communicable diseases have clear links to sedentary behaviours associated with unhealthy lifestyles, and adverse social and physical environments. This subject develops understanding of the determinants of physical activity and exercise, with students learning to apply evidence based guidelines for physical activity and leisure programs as a strategy for health maintenance and the prevention of chronic disease.</p>
<p><b>HPR200 Health Promotion</b>            This subject provides students with the knowledge and understanding of health promotion concepts within various settings within Australia. Students are introduced to the key theories and concepts regarding behavioural change as it relates to health status. This subject provides students with the opportunity to integrate their counselling and nutrition knowledge to devise and assess health promotion interventions.</p>
<p><b>Elective Options</b></p>
<p><b>POA104 Perspectives on Ageing</b>            This subject provides an overview of the ageing process and how it impacts individuals and societies. Students will examine the historical and cultural perspectives of growing older, including consideration of the political, theoretical and practical psycho/social/physical aspects of ageing. In particular, attention is focused on the notions of: extending purpose, meaningful life, health, community participation and well-being into the transition to post retirement life. By examining leisure, sport and lifestyle activities plus the positive social roles that elders can assume in community life, pre-conceptions, myths and stereotypes that often limit elders are challenged. The subject also explores the role of professional supports in assisting individuals to remain well, independent and engaged in self-determination as they age. In addition, it includes investigation of the notion of professional carers and support staff in the making of plans to support changes to physical, emotional, social (or psycho-social), spiritual and environmental needs.</p>
<p><b>HWEL2009 Active Ageing and Falls Prevention</b>            The problem of falls is a significant global issue and can result in injury, hospitalisation, loss of independence, social isolation, depression, poor health status, institutionalism and death. The World Health Organisation identify falls as occurring as a result of complex interrelationships between biological, behavioural, environmental and socioeconomic risk factors. With the predicted costs of falls expected to increase exponentially as our population ages there is a need for effective preventive strategies such as active ageing</p>

### Subject Descriptions

programs. This subject examines these complexities of ageing, where students will learn to assess falls risk and develop effective prevention strategies that promote wellbeing in ageing populations.

#### **HWEL2006 Social and Emotional Wellbeing**

The subject covers the principles of social, emotional and psychological health as they relate to health behaviours. Students will analyse the role of capacity building and the promotion of wellbeing through mindfulness, positive behavioural change and resilience.

#### **HWEL2010 Corporate Health**

The occupational environment plays an important role in combating or promoting the rise of chronic disease and disability. This environment has the capacity to affect the physical, psychological, economic and social wellbeing of workers' and thus, proper attention to workers' health offers vast opportunities for workers and employers alike. In this subject students will explore evidence linking worker health and wellbeing to organizational health and business performance. Specific analysis for business needed will be considered, with practical interventions designed to educate and enhance the occupational environment.

### Locations

This course is delivered online and has three intakes throughout the year – February, June and September. Contact your Course and Career Adviser now for upcoming start dates and subject availability.

### 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.

### A positive student experience

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:](#)

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- <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](#).