



ENDEAVOUR
College of
Natural Health

2021 COURSE BROCHURE

Myotherapy

**Bachelor of Health Science
(Myotherapy)**

endeavour.edu.au

Myotherapy is a branch of manual therapy that helps clients to manage and relieve pain, and decrease movement restriction. Myotherapy involves extensive physical evaluation and an integrated approach to treating affected muscles, joints, connective tissue and nerves. It uses standard methods of assessment such as neurological and functional testing to determine the particular cause of musculoskeletal pain and dysfunction. Myotherapists work with holistic, long-term goals in mind and provide rehabilitation plans for clients to help prevent reoccurrence.

Course Duration

3 years full time: 24 contact hours per week
6 years part time: 12 contact hours per week

Study Mode

This course is offered in mixed mode, with a combination of online, blended, livestreamed and on campus subjects available. See the course structure opposite for details on delivery mode for each subject.

Delivery Modes defined

Our subjects are delivered in a mix of synchronous (live) and asynchronous (not live) modes of learning. These delivery modes are defined as follows:

- **Online** – fully digital structured learning, supported by our expert academics. Asynchronous (not live) delivery, can study this subject at any time during the week within specified delivery periods. Specific due dates still apply to assessment items.
- **On campus** – attend live classes on one of our 6 campuses at specific timetabled times throughout the week. Supported by online study materials.
- **Livestream** – attend live classes **virtually** at specific timetabled times throughout the week. Supported by online study materials.
- **Blended** – a mixture of live classes (could be scheduled on campus or via livestream) and online content delivery.

Refer to individual subject outlines for details on how each subject is managed using these delivery modes.

Intakes

Second semester intake in August 2021 only.

Campus Availability

Brisbane, Melbourne and Sydney.

Entry Requirements

Endeavour College is a direct entry institution.

- Year 12 or equivalent (OP/ATAR score not required)
- Mature age students without year 12 equivalent may be admitted based on demonstrated ability to undertake study at higher education level through relevant work and/or life experience, and/or attempted or completed formal, informal or non-formal study.
- English language proficiency equivalent to a 6.5 IELTS result is required.

Transfer Credit

Students may apply for credit for subjects recently studied in formal education.

Recognition of Prior Learning (RPL)

Students may apply for RPL based on relevant work experience and educational history.

Payment Options

- FEE-HELP approved
- Upfront payment

Tuition payment arrangements must be confirmed upon admission to the College.

Classes

Classes are taught by experts who are highly trained in their fields and who bring their own clinical experience to help provide context to therapeutic subjects.

Practical Classes

As a primary mode of learning in this course, students attend practical classes where they are expected to practice examination and treatment procedures on each other under the supervision of qualified instructors. This is conducted with respect for privacy, cultural and religious differences.

Teaching Clinics

Students gain significant clinical experience at Endeavour Wellness Clinics under the supervision of qualified practitioners. Our busy clinics provide the opportunity to develop and hone clinical skills in client assessment and management.

Assessments

While some subjects require mid-term and final exams, assessments may also comprise quizzes, essays and tutorial participation. All students, regardless of study mode, are required to sit examinations online using Respondus Lockdown Browser software, or in special circumstances under approved external supervision (as per the Examination Policy – Higher Education), in special circumstances under approved external supervision (as per the Examination Policy – Higher Education).

Association Recognition

Graduates may apply for membership with the following associations:

- Australian Natural Therapists Association (ANTA)
- Australian Traditional Medicine Society (ATMS)
- Myotherapy Association Australia (MA)
- Massage & Myotherapy Australia (MMA)

Online Learning Requirements

Professional associations vary as to the amount of online learning that they accept in a Bachelor degree. Their standards may

change at any time and although Endeavour commits to keeping students informed of such changes, ultimately it is the student's responsibility to keep abreast of these issues to ensure they meet the qualifications.

Career Opportunities

Myotherapists may practice independently in their own clinic, or provide treatment in conjunction with other healthcare professionals in a multidisciplinary setting. Myotherapists often work alongside other allied health practitioners such as physiotherapists, osteopaths and naturopaths.

Practitioners may choose to focus on particular areas of interest with specialised groups, such as pre or postnatal care, dancers, gymnasts, athletes and sporting teams or areas such as palliative and aged-care. Myotherapists may travel with sports teams or work with clients in their own settings such as the football field, gym or theatre, to treat them immediately as problems occur.

Graduates of the Myotherapy degree are recognised by the Health Professionals and Support Services Award (2010). This provides any potential employer such as a hospital, nursing home or rehabilitation facility with official guidelines regarding salaries and conditions of employment.

Graduates may be eligible to apply for a variety of post-graduate programs in areas such as physiotherapy, occupational therapy, chronic health, pain management and other health related areas.

For more information on this area of study explore online at endeavour.edu.au or call **1300 462 887** to speak with an Admissions Adviser.



FEE-HELP Available



Austudy Approved



Part Time or Full Time Study Load



**Preferred education provider for
Massage & Myotherapy Australia**

2021 Full Time Course Structure – 3 Years

Bachelor of Health Science (Myotherapy) *BHSc(Myo)*

| Code | Subject Title | Contact Hrs/Wk | Credit Points | Austudy % | EFTSL | Subject Type | Pre-req | Co-req | Delivery Mode |
|------------------------------|---|----------------|---------------|-----------|--------|----------------------|---|--------------------|--------------------------|
| Semester 1 – 1st Year | | | | | | | | | |
| BIOH111 | Human Biological Science 1 | 6 | 4 | 25 | 0.125 | Theory | – | – | Online |
| BIOB111 | Chemistry and Biochemistry | 6 | 4 | 25 | 0.125 | Theory | – | – | Online |
| SOCH111 | History of Healing | 6 | 4 | 25 | 0.125 | Theory | – | – | Online |
| SOCF111 | Foundations of Communication and Counselling | 3 | 2 | 12.5 | 0.0625 | Theory | – | – | Online |
| MSTA121 | Musculoskeletal Anatomy and Palpation 1 | 3 | 2 | 12.5 | 0.0625 | Practical | – | BIOH111 | Blended |
| Semester 2 – 1st Year | | | | | | | | | |
| BIOH122 | Human Biological Science 2 | 6 | 4 | 25 | 0.125 | Theory | BIOH111 | – | Online |
| MSTF121 | Foundations of Myotherapy Practice | 6 | 4 | 25 | 0.125 | Practical | MSTA121 + SOCF111 | – | Livestream/On Campus |
| MSTC121 | Myotherapy Clinical Skills | 3 | 2 | 12.5 | 0.0625 | Theory | SOCF111 | – | Online |
| MSTN121 | Neurophysiology | 3 | 2 | 12.5 | 0.0625 | Theory/ Practical | BIOH111 | – | Blended |
| MSTA212 | Musculoskeletal Anatomy and Palpation 2 | 3 | 2 | 12.5 | 0.0625 | Practical | MSTA121 | BIOH122 | Livestream/On Campus |
| SOCQ121 | Foundations of Critical Enquiry | 3 | 2 | 12.5 | 0.0625 | Theory | – | – | Online |
| Semester 3 – 2nd Year | | | | | | | | | |
| BIOC211 | Pathology and Clinical Science 1 | 6 | 4 | 25 | 0.125 | Theory | BIOH122 | SOCQ121 | Online (S1)/Blended (S2) |
| NMDF121 | Foundations of Human Nutrition | 6 | 4 | 25 | 0.125 | Theory | BIOH111 + BIOB111 | SOCQ121 | Online |
| MSTC212* | Myotherapy Clinical Practicum 1 | 3 | 2 | 12.5 | 0.0625 | Clinic | MSTC121 + MSTF121 | – | On Campus |
| MSTR211 | Myofascial Release | 3 | 2 | 12.5 | 0.0625 | Practical | SOCQ121 | MSTA121 | Livestream/On Campus |
| MSTT211 | Myotherapy for the Lower Body 1 | 3 | 2 | 12.5 | 0.0625 | Practical | MSTA121 | – | Livestream/On Campus |
| MSTT212 | Myotherapy for the Upper Body 1 | 3 | 2 | 12.5 | 0.0625 | Practical | MSTA121 | – | Livestream/On Campus |
| Semester 4 – 2nd Year | | | | | | | | | |
| BIOS222 | Pathology and Clinical Science 2 & 3 | 6 | 4 | 25 | 0.125 | Theory | BIOC211 | – | Online (S1)/Blended (S2) |
| BIOE221 | Clinical Examination | 3 | 2 | 12.5 | 0.0625 | Practical | BIOH122 | BIOC211 | Livestream/On Campus |
| MSTC223* | Myotherapy Clinical Practicum 2 | 6 | 4 | 25 | 0.125 | Clinic | MSTC212 + MSTR211 | – | On Campus |
| MSTS221 | Sports Injury Management | 3 | 2 | 12.5 | 0.0625 | Practical | MSTN121 + MSTA212 | – | Livestream/On Campus |
| MSTT225 | Intermediate Myotherapy Assessment and Treatment Techniques | 6 | 4 | 25 | 0.125 | Practical | MSTT211 + MSTT212 | MSTN121 | Livestream/On Campus |
| Semester 5 – 3rd Year | | | | | | | | | |
| NMDS311 | Sports Nutrition | 3 | 2 | 12.5 | 0.0625 | Theory | NMDF121 | – | Blended |
| MSTC314* | Myotherapy Clinical Practicum 3 | 6 | 4 | 25 | 0.125 | Clinic | MSTC223 + MSTT225 + BIOE221 | – | On Campus |
| MSTM311 | Myofascial Dry Needling 1 | 3 | 2 | 12.5 | 0.0625 | Practical | MSTN121 + MSTA212 + MSTC223 | – | On Campus |
| MSTE311 | Exercise Therapy and Rehabilitation | 6 | 4 | 25 | 0.125 | Practical | MSTT225 | MSTS221 | Livestream/On Campus |
| MSTT317 | Advanced Myotherapy Assessment and Treatment Techniques | 6 | 4 | 25 | 0.125 | Practical | MSTC223 + MSTT225 | – | Livestream/On Campus |
| Semester 6 – 3rd Year | | | | | | | | | |
| SOCE311 | Establish and Manage a Practice | 3 | 2 | 12.5 | 0.0625 | Theory | – | – | Online |
| MSTC325A* | Myotherapy Clinical Practicum 4A | 3 | 2 | 12.5 | 0.0625 | Clinic | MSTM311 + MSTC314 | MSTE311 + MSTT317 | On Campus |
| MSTC325B* | Myotherapy Clinical Practicum 4B | 6 | 4 | 25 | 0.125 | Clinic | MSTC314 + MSTM311 + MSTT317 | MSTC325A + MSTS323 | On Campus |
| MSTM322 | Myofascial Dry Needling 2 | 3 | 2 | 12.5 | 0.0625 | Practical | MSTM311 + MSTC314 | MSTC325A | On Campus |
| MSTS323 | Advanced Sports Injury Management | 6 | 4 | 25 | 0.125 | Practical | MSTS221 + MSTE311 | – | Livestream/On Campus |
| MSTT327 | Integrated Myotherapy Techniques | 3 | 2 | 12.5 | 0.0625 | Practical | MSTT317 + MSTE311 + BIOE221 + BIOS222 + MSTC314 | – | Livestream/On Campus |

Course Totals

96

3.0

How to apply

- Apply online at apply.endeavour.edu.au
- Phone 1300 462 887 and select "1" to speak with an Admissions team member
- For general course enquires visit endeavour.edu.au/contact

* Evidence of a current and valid Working with Children Check (or equivalent) is required to be presented to and validated by College, prior to commencement of this subject. Visit endeavour.edu.au/policies-and-procedures for details. Students are able to study only one clinic subject per timetabled clinic block.

Subject Descriptions

Bachelor of Health Science (Myotherapy) *BHSc(Myo)*

| Code | Subject Title | Description |
|-------------------|---|--|
| Semester 1 | | |
| BIOH111 | Human Biological Science 1 | Introduces concepts of human physiology, anatomy and homeostasis within cellular, tissue and system levels, including nervous, muscular, skeletal and endocrine. |
| BIOB111 | Chemistry and Biochemistry | Introduces basic concepts of chemistry and biochemistry needed to understand chemical homeostasis at cellular, tissue and system levels. |
| SOCH111 | History of Healing | History and philosophy of health paradigms from early human existence to present day. Current public health is explored. |
| SOCF111 | Foundations of Communication and Counselling | Introduces communication, counselling and interpersonal skills for a natural medicine practitioner. |
| MSTA121 | Musculoskeletal Anatomy and Palpation 1 | This subject develops a practical and theoretical framework for the development of client assessment skills such as palpation. Students learn to identify and palpate bony landmarks, muscles and other relevant structures. |
| Semester 2 | | |
| BIOH122 | Human Biological Science 2 | Introduces concepts of human physiology, anatomy and homeostasis within further system levels, including digestive, cardiovascular, immune, pulmonary, urinary and reproductive. |
| MSTF121 | Foundations of Myotherapy Practice | Establishes the foundations for the theory, practice and principles of myotherapy. Students develop a variety of techniques such as seated massage, full-body relaxation massage and lymphatic drainage. |
| MSTC121 | Myotherapy Clinical Skills | Builds an understanding of the essential elements of clinical practice. Work health and safety, ethical practice, client history taking and clinic management are covered. This unit prepares students for MSTC212 in which they apply their knowledge and skill to the management of clients in the Endeavour Wellness Clinics. |
| MSTN121 | Neurophysiology | This subject expands on the knowledge of the nervous system developed in BIOH111 and introduces neurological testing. Students begin to investigate the links between the nervous system and pain and dysfunction of the musculoskeletal system. |
| MSTA212 | Musculoskeletal Anatomy and Palpation 2 | Building on the knowledge and skill developed in MST121, students learn to identify and palpate deeper and more challenging muscles, joints, ligaments and tendons. An essential companion to their learning, students visit an off-site University cadaver lab to investigate human anatomy specimens. |
| SOCQ121 | Foundations of Critical Enquiry | Learn to critically evaluate peer reviewed published literature, understand a variety of research methodologies, statistical techniques, and importance of research ethics. |
| Semester 3 | | |
| BIOC211 | Pathology and Clinical Science 1 | Introduces concepts of microbiology as well as symptomatology, diagnostic techniques and pathological processes of cardiovascular, respiratory, digestive and urinary systems. |
| NMDF121 | Foundations of Human Nutrition | Establishes the essential bridge between bioscience and nutrition science. Students explore the biological and physiological functions of macro and micro nutrients. |
| MSTC212 | Myotherapy Clinical Practicum 1 | This is the myotherapy student's first experience of clinical practice. Students have the opportunity to apply their current knowledge and skills to the treatment and management of clients in a supervised clinic setting by providing basic therapeutic massage. |
| MSTR211 | Myofascial Release | In this subject, students are introduced to the principles and practice of basic myofascial release, including cupping and muscle energy techniques. |
| MSTT211 | Myotherapy for the Lower Body 1 | Through focus on the lower half of the body, students study movement, additional assessment tools and soft tissue therapeutics. Students learn postural assessment, range of movement testing, gait analysis and neuromuscular techniques. |
| MSTT212 | Myotherapy for the Upper Body 1 | Focusing on the upper body, this subject develops a more thorough assessment procedure, incorporating range of movement and postural assessments. Students deepen their knowledge and understanding of movement and use neuromuscular techniques to address soft tissue dysfunction. |
| Semester 4 | | |
| BIOS222 | Pathology and Clinical Science 2 & 3 | Introduces symptomatology, diagnostic techniques and pathological processes of sensory organs, musculoskeletal, integumentary, blood, nervous, endocrine and reproductive systems. |
| BIOE221 | Clinical Examination | Develops basic knowledge and practical clinical skills to assist in client diagnosis and treatment. |
| MSTC223 | Myotherapy Clinical Practicum 2 | In this clinical practice subject, students are required to demonstrate their ability to integrate and apply their existing musculoskeletal knowledge and skills in a supervised clinical setting. Students conduct an assessment of clients with soft tissue dysfunctions and develop a treatment plan to specifically address clients' individual needs. |
| MSTS221 | Sports Injury Management | This unit explores common sports injuries, their assessment strategies, treatment and ongoing management. Students increase their range of therapeutic tools, learning to apply cryotherapy, thermotherapy, taping and other techniques. |
| MSTT225 | Intermediate Myotherapy Assessment and Treatment Techniques | This subject develops students' clinical reasoning skills, focusing on regional assessment techniques and introduces The Maitland Concept of joint mobilisation. |
| Semester 5 | | |
| NMDS311 | Sports Nutrition | Introduces students to the specific nutritional requirements for athletes with emphasis placed on the practical application of sports nutrition guidelines and practices. |
| MSTC314 | Myotherapy Clinical Practicum 3 | This unit of study provides students with an opportunity to further consolidate their expertise and confidence in the application of integrated myotherapy theory and practice to client care in a supervised clinic setting. |
| MSTM311 | Myofascial Dry Needling 1 | Students are introduced to the principles and technique of myofascial dry needling and its application as an adjunctive therapy in the treatment of myofascial trigger points and chronic pain syndromes. |
| MSTE311 | Exercise Therapy and Rehabilitation | Students learn about rehabilitation principles and practice, and begin to develop rehabilitation plans to improve client strength, movement and function. |
| MSTT317 | Advanced Myotherapy Assessment and Treatment Techniques | This subject expands the clinical reasoning skills and the understanding of musculoskeletal causes of pain developed in MSTT225. We refine the understanding of joint mechanics and neurodynamics, by introducing the Mulligan Concept of Manual Therapy and Neuromobilisation. |
| Semester 6 | | |
| SOCE311 | Establish and Manage a Practice | Develop skills to establish a health practice and manage/operate the clinic. Business strategies, ethics, privacy and relevant legislative requirements. |
| MSTC325A | Myotherapy Clinical Practicum 4A | In these supervised clinic subjects, students are required to demonstrate their ability to appropriately apply theoretical knowledge and practical therapeutic and assessment skills gained throughout the course. |
| MSTC325B | Myotherapy Clinical Practicum 4B | In these supervised clinic subjects, students are required to demonstrate their ability to appropriately apply theoretical knowledge and practical therapeutic and assessment skills gained throughout the course. |
| MSTM322 | Myofascial Dry Needling 2 | Students will develop their knowledge of myofascial dry needling technique and gain a deeper understanding of its application to the management of soft tissue dysfunction. Electro-needling techniques are introduced. |
| MSTS323 | Advanced Sports Injury Management | Students will further their study of the myotherapy management of sports-related injuries through the integration and application of assessment and treatment methods gained throughout the course. |
| MSTT327 | Integrated Myotherapy Techniques | In this subject, students integrate and consolidate assessment and practical skills gained throughout the course to date, with a focus on development of clinical reasoning. |