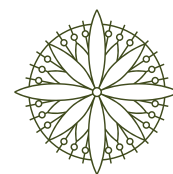


2023 Course Brochure

Bachelor of Health Science (Myotherapy)

BHSc(Myo)



ENDEAVOUR
College of
Natural Health

This course is in teach-out, with no new enrolments; information for current students only

2023 Full Time Course Structure – 3 Years

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	–	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 + MST212	–	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 (S1)/Livestream (S2)
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 + MST212 + 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 + MST323	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				

* 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 MSTC121, 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 client's 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	
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.

Endeavour College reserves the right to vary the frequency, availability and scheduling of online subject offerings depending on demand and professional body requirements. Students should gain advice from relevant professional bodies as to the acceptable amount of online learning that may be undertaken to obtain association recognition. Policies and procedures relating to study with the College, including the Course Viability Policy, are available online at endeavour.edu.au/current-students/policies-and-procedures