



Unit of Study Outline

Unit of Study Name	Behaviour Change Strategies
Unit of Study Code	BCS533
Qualification/s:	HLT52015 Diploma of Remedial Massage
This Unit of Competency contributes to the following Units of Study	HLTPOP014 Assess readiness for and effect behaviour change
Units of Study Prerequisites	Nil
Delivery Methods and Contextualisation	<p>The competency unit will be delivered on campus or online. This will be primarily through PowerPoint presentations, practical demonstrations, paired/group work tasks and individual research tasks.</p> <p>Delivery strategies will be contextualised to focus on the needs and specific requirements of students in the massage industry, applying all theoretical aspects to remedial massage delivery and behaviour change strategies they may look to implement with massage clients.</p>
Delivery / Learning & Assessment Hours	<p>On campus delivery – Full-time and Part-time students</p> <ul style="list-style-type: none"> • 36 hours of directed study (either online or on campus) over 10 weeks. • 30 hours of online self-directed study over 10 weeks <p>Endeavour may deliver units of study in intensive format for smaller cohorts whilst still ensuring that all requirements as recommended by the Health Training Package are met.</p>
Department	Health
Unit of Study Coordinator	Anthony Turri
Unit of Study Overview	This unit of study provides students with the skill and knowledge required to analyse behaviour that may impact health in both a positive and negative manner. The unit also examines ways in which a practitioner can reinforce or change behaviours to promote maintenance or improvement of health.

HLTPOP014 Assess readiness for and effect behaviour change.

Element	Performance Criteria	
1. Identify behaviour that	1.1	Identify social determinants of health and specific influences on individual's behaviour
	1.2	Identify environmental factors that restrain change



impacts negatively on health and assess readiness for change	1.3	Identify behavioural health determinants
	1.4	Assess motivation, commitment and confidence levels to change attitudes, beliefs and behaviour in collaboration with other team members and/or stakeholders
	1.5	Reinforce positive beliefs and behaviour
	1.6	Consider unintended consequences of desired behaviour and incorporate into the plan
2. Develop and implement plan for behaviour change	2.1	Identify pro-active strategies to support behavioural change based on behaviour change models, research available and consultations with individual, experts and/or stakeholders
	2.2	Identify stakeholders or organisations for collaborative partnerships to support facilitating individual behaviour change
	2.3	Develop a plan in collaboration with individual and document in accordance with organisation policy and procedure
	2.4	Confirm individual's agreement, understanding and participation in relation to the plan
	2.5	Develop and agree on an evaluation process to monitor progress with the individual
3. Monitor and review progress	3.1	Identify the most appropriate methods of data collection for recording behaviour
	3.2	Collect, summarise and review data related to individual behaviour
	3.3	Assess changes in behaviour in collaboration with the individual involved and other experts and stakeholders in accordance with confidentiality requirements
	3.4	Review effectiveness of plan in collaboration with individual other experts and/or stakeholders
	3.5	Report results of behaviour change strategies in accordance with organisation policy and procedure

Content

Week	Content	Core Learning Activities	Supportive Learning Activities
1	Unit introduction Behaviour Change Plans	Lecture (recorded or live) Behaviour Change Plan Template	
2	Transtheoretical Model of Change	Lecture (recorded or live)	
3	Other Behaviour Change Theories / Models	Lecture (recorded or live)	

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4	Social Determinants of Health	Lecture (recorded or live)	World Health Organisation online resources AIHW – Australian Health Statistics
5	Behaviours that Impact Health	Lecture (recorded or live)	World Health Organisation online resources AIHW – Australian Health Statistics
6	Health Equity in Australia	Lecture (recorded or live)	ABS – Australian Population Statistics
7	Barriers to behaviour change	Lecture (recorded or live)	ABS – Australian Population Statistics AIHW – Australian Health Statistics
8	Behaviour Change Plan Review	Lecture (recorded or live) Behaviour Change Plan Template	
9	Evidence-based practice	Lecture (recorded or live)	ABS – Australian Population Statistics AIHW – Australian Health Statistics
10	Sources of support in changing behaviours	Lecture (recorded or live)	

Primary Learning Resources*

1	Lectures (recorded or live)
2	Behaviour Change Plan Template
3	Endeavour College Reading Materials

* Primary learning resources includes the practical texts from all pre-requisite units that students are expected to utilise in their clinical practicums.

Supplementary Learning Resources

1	World Health Organisation online resources
2	ABS – Australian Population Statistics
3	AIHW – Australian Health Statistics

Assessment

Assessment for this unit of study is both formative and summative.

- *Formative* means that a student will receive feedback in a timely manner and apply this feedback in order to improve their learning throughout the duration of the study period.
- *Summative* means that the assessment item contributes to the overall assessment of required knowledge or / and skills or / and application of these in practice in order to demonstrate competency.

For this unit of study, please note the specific requirements for each assessment item and the required level of achievement expected in order to show satisfactory progress towards competency.

Vocational Education & Training (VET) students are required to pass all pieces of summative assessment. The Assessment Schedule (due dates) is to be followed and students are to adhere to these dates unless they have legitimate grounds for extension or deferral (see [Assessment Policy - VET](#)).

Students who fail a piece of assessment will be offered two reassessment opportunities and must complete this reassessment within the time frame given for that reassessment item.

Assessment Task	Required Skills & Knowledge	Assessment Schedule	Conditions
Directed Learning Activities	<i>Behaviour Change Plans (x2)</i>	<i>Week 5</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>HLTPOP014 Behaviour Change Theory Assessment</i>	<i>Week 7</i>	<i>Satisfactory / Not Yet Satisfactory</i>
Directed Learning Activities	<i>Behaviour Change Plan Review (x2)</i>	<i>Week 10</i>	<i>Satisfactory / Not Yet Satisfactory</i>

NOTE: On the satisfactory completion of all tasks listed above the learner will be deemed competent in each Unit of Competency. All assessments are underpinned by Endeavour's quality client service philosophy which embraces client safety and safe work practices. Endeavour uses the following underpinning criteria for all assessments:

Attendance	Students must have 100% attendance for all practicum sessions.
Participation	Students must demonstrate a high level of participation in all clinic activities including reception / administration duties and assessing & treating clients.
Professionalism	Students are required to wear the mandated College uniform, prepare for classes and act in a professional manner.
Adherence to Code of Conduct	Students are expected to adhere to the College's Student Code of Conduct - VET .