



ENDEAVOUR
College of
Natural Health

2020 COURSE BROCHURE

Naturopathy



**Bachelor of Health Science
(Naturopathy)**

endeavour.edu.au

Naturopaths are experts in whole health and wellbeing, and provide evidence based natural health care that is effective, safe and meaningful to their clients. Through an in-depth understanding of human bioscience, emotional and social factors, and as prescribers of natural medicine, Naturopaths are able to help prevent disease, provide optimal health and wellbeing and relief of symptoms by treating the whole person and the root causes of disease.

Course Duration

4 years full time: 24 contact hours per week
8 years part time: 12 contact hours per week

Study Mode

Face-to-face on campus with selected subjects available online. See the course structure opposite for online availability.

Online Learning

Subjects that may be taken online are shown in the course structure opposite. For a current listing of online subject availability and intake dates visit endeavour.edu.au/future-students/study-options

Semester Intakes

February and August annually.

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.

National CRICOS Provider Code:

00231G

Classes

Classes are taught by subject matter experts and who bring their own clinical expertise to help provide context to therapeutic subjects.

Practical Classes

To support learning, students attend practical classes where they are expected to practice interviewing techniques, 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. In the clinics, students have the opportunity to develop and hone all skills required for professional clinical practice (and to run a successful clinic after graduation), including client assessment and management, client recruitment and continuity of care dispensary management and provide the full spectrum of naturopathic clinical care.

Assessments

While some subjects require mid-term and final exams, assessments may also comprise quizzes, essays, practical/clinical skills demonstration and tutorial participation. Students enrolled in an online subject sit their final exam at the College or, if they live at a distance, under approved external supervision.

Association Recognition

Graduates may apply for membership with the following associations:

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

Online Learning

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

Many naturopaths work independently in private practice, setting their own hours and developing and managing their own businesses.

Naturopaths in clinical practice can also choose to work in multidisciplinary clinics with other health care providers who share overhead costs, provide mutual support and cross refer patients or clients. While many naturopaths conduct a general practice, others may develop a particular area of interest such as women's health, infertility, complex chronic diseases, cancer support, children's health, autoimmune diseases, environmental medicine, men's medicine, autism spectrum disorder, allergies or digestive disorders.

Naturopaths regularly appear in the media as subject matter experts, write articles for professional journals. Naturopaths also work in natural product companies formulating new products, conducting literature research, performing technical writing and providing product support.

Naturopaths can also pursue post graduate study and are eligible to enrol in Endeavours Honours Program. Laboratory, clinical and public health areas of research including investigations of plants, effectiveness and safety of naturopathy and the impact of naturopathy on public health are popular areas of interest.

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



Selected Subjects Available Online



Part Time or Full Time Study Load

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

2020 Full Time Course Structure – 4 Years

Bachelor of Health Science (Naturopathy) BHSc (NAT)

Code	Subject Title	Contact Hrs/Wk	Credit Points	Austudy %	EFTSL	Subject Type	Pre-req	Co-req	Delivery Mode:	
									Online	Campus
Semester 1 – 1st Year										
BIOH111	Human Biological Science 1	6	4	25	0.125	Theory	–	–	✓	✓
BIOB111	Chemistry and Biochemistry	6	4	25	0.125	Theory	–	–	✓	✓
SOCH111	History of Healing	6	4	25	0.125	Theory	–	–	✓	–
SOCF111	Foundations of Communication and Counselling	3	2	12.5	0.0625	Theory	–	–	✓	✓
NATP121	Naturopathic Philosophy, Principles and Practice	3	2	12.5	0.0625	Theory	–	–	✓	✓
Semester 2 – 1st Year										
BIOH122	Human Biological Science 2	6	4	25	0.125	Theory	BIOH111	–	✓	✓
NMDF121	Foundations of Human Nutrition	6	4	25	0.125	Theory	BIOH111 + BIOB111	SOCQ121	✓	✓
WHMF121	Herbal Botany and Manufacturing	6	4	25	0.125	Theory/ Practical	BIOB111	–	–	✓
WHMF112	Herbal Medicine <i>Materia Medica</i> 1	3	2	12.5	0.0625	Theory	BIOB111 + BIOH111	BIOH122	–	✓
SOCQ121	Foundations of Critical Enquiry	3	2	12.5	0.0625	Theory	–	–	✓	✓
Semester 3 – 2nd Year										
NMDM121	Medicinal Food Science	6	4	25	0.125	Theory	BIOH111	NMDF121	✓	✓
BIOC211	Pathology and Clinical Science 1	6	4	25	0.125	Theory	BIOH122	SOCQ121	✓	✓
BIOP211	Pharmacology	3	2	12.5	0.0625	Theory	BIOH122 + SOCQ121	BIOC211	✓	✓
NMDF211	Nutritional Biochemistry	3	2	12.5	0.0625	Theory	BIOH122 + NMDF121	–	–	✓
WHMF212	Herbal Medicine <i>Materia Medica</i> 2	3	2	12.5	0.0625	Theory	WHMF112 + WHMF121 + BIOH122	–	–	✓
SOCP121	Psychology & Counselling Theory	3	2	12.5	0.0625	Theory/ Practical	SOCF111	–	–	✓
Semester 4 – 2nd Year										
HMCL211*	Clinical Skills 1	6	4	25	0.125	Theory/ Practical	BIOH122 + NMDF121 + SOCF111	SOCP121 + BIOC211	–	✓
WHMF221	Herbal Medicine Pharmacology and Pharmacognosy	6	4	25	0.125	Theory	BIOP211 + WHMF212 + BIOC211	–	–	✓
BIOS222	Pathology and Clinical Science 2 & 3	6	4	25	0.125	Theory	BIOC211	–	✓	✓
NMDS111	Sociology of Food	3	2	12.5	0.0625	Theory	–	–	✓	✓
NATF311	Flower Essence Therapy	3	2	12.5	0.0625	Theory	SOCF111	–	✓	✓
Semester 5 – 3rd Year										
WHMC311	Clinical Herbal Medicine	9	6	37.5	0.1875	Theory	WHMF221 + BIOS222	–	–	✓
HMCL312*	Clinical Skills 2	6	4	25	0.125	Theory/Practical	HMCL211 + BIOP211 + NMDF121 + WHMF212 + BIOC211	BIOE221 + HMCL223 + BIOS222 + WHMC311	–	✓
NMDD221	Dietary Planning Across the Lifespan	3	2	12.5	0.0625	Theory	NMDS111 + NMDM121 + NMDF121	–	–	✓
HMCL223	Clinical Diagnostic Techniques	3	2	12.5	0.0625	Theory	BIOC211 + BIOP211 + NMDF121	BIOS222	–	✓
BIOE221	Clinical Examination	3	2	12.5	0.0625	Practical	BIOH122	BIOC211	–	✓
Semester 6 – 3rd Year										
NMDC221	Clinical Nutritional Medicine	9	6	37.5	0.1875	Theory	NMDF211 + NMDM121 + BIOC211	BIOS222	–	✓
NATC321*	Naturopathic Clinical Practicum 1	6	4	25	0.125	Clinic	WHMC311 + BIOE221 + HMCL223 + HMCL312 + NMDD221 + NATP121	NMDC221 + SOCI221	–	✓
Elective 1	Stream 1 or 2 Elective (see below)	6	4*	25	0.125	–	–	–	–	–
SOCI221	Interpersonal Skills of the Helper	3	2	12.5	0.0625	Theory/Practical	SOCF111	–	–	✓
Semester 7 – 4th Year										
NATC414*	Naturopathic Clinical Practicum 2	9	6	37.5	0.1875	Clinic/Workshop	NATC321 + NMDC221 + SOCI221	–	–	✓
WHMF314	Advanced Herbal Medicine	3	2	12.5	0.0625	Theory	WHMC311	–	–	✓
SOCH311	Foundations of Public Health	3	2	12.5	0.0625	Theory	SOCQ121	–	✓	✓
NMDA321	Nutritional Physiology Research	3	2	12.5	0.0625	Theory	NMDC221 + BIOS222 + SOCQ121	SOCH311	–	✓
Elective 2	Stream 1 or 2 Elective (see below)	3	2	12.5	0.0625	–	–	–	–	–
Elective 3	Stream 1 or 2 Elective (see below)	3	2	12.5	0.0625	–	–	–	–	–
Semester 8 – 4th Year										
NATC425A*	Naturopathic Clinical Practicum 3A	9	6	37.5	0.1875	Clinic	NATC414 + WHMF314 + NMDA321	–	–	✓
NATC425B*	Naturopathic Clinical Practicum 3B	9	6	37.5	0.1875	Clinic/Workshop	NATC414 + WHMF314 + NMDA321	NATC425A	–	✓
Elective 4	Free Choice Elective (see below)	3	2	12.5	0.0625	–	–	–	–	–
SOCE311	Establish and Manage a Practice	3	2	12.5	0.0625	Theory	–	–	✓	✓

Course Totals **128** **4.0**

Electives Options** – Students must elect 8 CP of electives from a single elective stream

Elective Stream 1										
HOMC121	Homeopathic Acute Prescribing	6	4	25	0.125	Theory	BIOH111	SOCQ121	✓	✓
HOMT122	Homeopathic Case Taking	3	2	12.5	0.0625	Theory	SOCF111 + HOMC121 + SOCQ121	–	✓	✓
HOMM122	Comparative <i>Materia Medica</i>	3	2	12.5	0.0625	Theory	HOMC121 + SOCQ121	BIOH122 + HOMT122	✓	✓
Elective Stream 2										
MSTA121	Musculoskeletal Anatomy and Palpation 1	3	2	12.5	0.0625	Practical	–	BIOH111	–	✓
MSTR211	Myofascial Release	3	2	12.5	0.0625	Practical	–	MSTA121	–	✓
MSTT211	Myotherapy for the Lower Body 1	3	2	12.5	0.0625	Practical	MSTA121	–	–	✓
MSTT212	Myotherapy for the Upper Body 1	3	2	12.5	0.0625	Practical	MSTA121	–	–	✓
Free Choice Electives										
BIOW311	Wellness Practices	3	2	12.5	0.0625	Theory	BIOH122 + SOCQ121	–	✓	✓
HOMP212	Homeopathic Clinical Practicum 1	3	2	12.5	0.0625	Clinic	HOMM122 + HOMT122	–	–	✓
NATH421	Naturopathic Hydrotherapy	3	2	12.5	0.0625	Theory	NATP121 + SOCH111 + BIOS222 + BIOE221 + HMCL312 + SOCI221	–	–	–
NATN422	Neuroendocrinology and Fatigue Management	3	2	12.5	0.0625	Theory	NATC321 + SOCQ121 + SOCI221 + NMDC221 + WHMF314	–	✓	✓
NMDE211	Energetics of Food	3	2	12.5	0.0625	Theory	NMDS111 + NMDF121 + NMDM121 + SOCH111	–	–	✓
NMDH322	Community Public Health Nutrition	3	2	12.5	0.0625	Theory	SOCH311 + NMDF121 + NMDM121 + SOCQ121	–	–	✓
NMDS311	Sports Nutrition	3	2	12.5	0.0625	Theory	NMDF121	–	–	✓
NMDW221	Weight Management in Health and Disease	3	2	12.5	0.0625	Theory	NMDF121 + NMDM121 + BIOC211	BIOE221 + BIOS222	–	✓
SOCM311	Mindfulness in Practice	3	2	12.5	0.0625	Theory	–	–	✓	✓

* Elective 1 will be a single 4CP subject or two 2CP subjects taken concurrently, depending upon the elective stream chosen above.

** All electives are not guaranteed to be timetabled every semester – please consult your timetable for current offerings.

▲ 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.

Subject Descriptions Bachelor of Health Science (Naturopathy) BHSc (NAT)

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.
SOCP111	Foundations of Communication and Counselling	Introduces communication, counselling and interpersonal skills for a natural medicine practitioner.
NATP121	Naturopathic Philosophy, Principles and Practice	Introduces the student to the principles, philosophy, and assessment and treatment planning frameworks of Naturopathy, including practical application of the concepts learned through case studies.
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.
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.
WHMF121	Herbal Botany and Manufacturing	Introduces the study of plant medicine through an exploration of botany and the preparation of herbal pharmaceuticals in various forms.
WHMF112	Herbal Medicine <i>Materia Medica</i> 1	Explores plants used in herbal and naturopathic practice from traditional, historical and scientific research perspectives.
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		
NMDM121	Medicinal Food Science	Explores the therapeutic potential of food to prevent and treat disease. Contemporary issues relating to growing, storing, processing, preparing and regulating food are discussed, and the impact of external factors on food quality and safety are investigated.
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.
BIOF211	Pharmacology	Introduces pharmacology, pharmacokinetics and toxicology concepts of contemporary medicine to build awareness and understanding of potential interactions between current biomedical treatments and traditional medicine.
NMDF211	Nutritional Biochemistry	Examines the major metabolic pathways and nutritional influences associated with dysfunction and optimisation, including an in-depth understanding of nutrient metabolism, physiology and molecular genetics.
WHMF212	Herbal Medicine <i>Materia Medica</i> 2	A further exploration of plants used in herbal and naturopathic practice from traditional, historical and scientific perspectives.
SOCP121	Psychology and Counselling Theory	Introduces fundamental theories which underpin counselling approaches necessary for client management in complementary healthcare practice.
Semester 4		
HMCL211	Clinical Skills 1	Introduces the principles and processes associated with the provision of professional, effective, efficient and safe management of patients in clinical practice.
WHMF221	Herbal Medicine Pharmacology and Pharmacognosy	Introduces students to the study of pharmacology and pharmacognosy. Through investigation of the major chemical constituents found in plants and the biological influences of those constituents in the human body, students gain a deeper understanding of the properties and therapeutic activities of herbs and their potential for managing different health conditions.
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.
NMDS111	Sociology of Food	Introduces students to the social determinants of health and examines why we eat the way we do in local and international settings. Explores the influences of gender, globalisation, and the rise of non-communicable disease.
NATF311	Flower Essence Therapy	Introduces the use of flower essences in clinical practice. Through the study of the Bach flower remedies a fundamental understanding of the underpinning concepts and therapeutic benefits is gained. Australian flowers and their unique therapeutic properties are also explored.
Semester 5		
WHMC311	Clinical Herbal Medicine	A specialised subject focused on safe and effective herbal medicine for complex clinical cases.
HMCL312	Clinical Skills 2	This subject further develops students' skills in evaluating and managing patients and their presenting health conditions through the processes of case-taking, health assessment, and therapeutic strategy development.
NMDD221	Dietary Planning across the Lifespan	Introduces dietary and nutrition analysis and considers relevant dietary patterns and nutritional needs across the human lifespan.
HMCL223	Clinical Diagnostic Techniques	Introduces diagnostic and functional laboratory tests and procedures used in natural medicine practice. Students learn to interpret and evaluate pathology reports obtained from these diagnostic procedures for the purpose of assessment and monitoring the effectiveness and safety of naturopathic treatment.
BIOE221	Clinical Examination	Develops basic knowledge and practical clinical skills to assist in client diagnosis and treatment.
Semester 6		
NMDC221	Clinical Nutritional Medicine	The philosophy of holistic nutritional prescribing is built upon through the introduction of evidence-based nutrition therapies. Students work toward developing individualised models of care that utilise diet and nutritional supplements in the management of acute and chronic disease.
NATC321	Naturopathic Clinical Practicum 1	Students commence their clinical practice training in partnership with a senior student practitioner in the Endeavour Wellness Clinic. Patients are treated under the supervision of clinical supervisors.
SOCI221	Interpersonal Skills of the Helper	Communication theories & skills to establish and maintain a client helping relationship.
Semester 7		
NATC414	Naturopathic Clinical Practicum 2	Students build and apply their naturopathic clinical knowledge and skills through the management of patients in the supervised Endeavour Wellness Clinics. This subject incorporates a weekly naturopathic therapeutic workshop which focuses on discussion of common conditions and their naturopathic management.
WHMF314	Advanced Herbal Medicine	Explores herbal formulating for complex conditions and cases, from various traditional and cultural perspectives and from the perspective of contemporary clinical practice. Herbal energetics and synergy, as well as herbal research are considered when formulating treatment prescriptions.
SOCH311	Foundations of Public Health	Explores the nature and scope of public health activity and the challenges facing public health in the 21st century. Students learn to evaluate current public health programs as well as developing an understanding of epidemiology and its relevance to public health practice.
NMDA321	Nutritional Physiology Research	Builds upon all prior nutrition subjects and expands the student's knowledge of recent research in advanced physiological, biochemical and immunological disease processes from a holistic perspective.
Semester 8		
NATC425A	Naturopathic Clinical Practicum 3A	These final clinical practicum subjects provide students with the opportunity to demonstrate rational clinical decision making and application of knowledge gained throughout the course.
NATC425B	Naturopathic Clinical Practicum 3B	A weekly naturopathic therapeutic workshop in NATC425B focuses on critical discussion of cases and development of evidence-informed naturopathic strategies for managing them.
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.
Elective Stream 1		
HOMC121	Homeopathic Acute Prescribing	Develops the ability to prescribe homeopathic medicines in the management of common acute and first aid conditions.
HOMT122	Homeopathic Case Taking	Integration of talk therapy techniques with the homeopathic principles of case taking for holistic health assessment.
HOMM122	Comparative <i>Materia Medica</i>	Compares and integrates homeopathic and herbal prescribing methods within an organopathy and system-based pathology context.
Elective Stream 2		
MSTA121	Musculoskeletal Anatomy and Palpation 1	This subject builds on the foundations of musculoskeletal anatomy and physiology delivered in Human Biological Sciences 1, providing a practical and theoretical framework for the development of palpation skills. Students learn to identify and palpate bony landmarks, muscles and other relevant structures.
MSTR211	Myofascial Release	In this subject students are introduced to the principles and practical technique of basic Myofascial release methods.
MSTT211	Myotherapy for the Lower Body 1	Through focus on the lower half of the body, students study assessment methods and technique, combined with soft tissue therapeutics. Integrates postural assessment, muscle length and strength testing, with neuromuscular techniques.
MSTT212	Myotherapy for the Upper Body 1	This subject focuses on the upper half of the body and enables students to apply assessment procedures and neuromuscular technique to address myofascial trigger points associated with soft tissue dysfunction in the upper body.
Free Choice Electives		
BIOW311	Wellness Practices	This subject will introduce students to the contemporary field of holistic wellness, and its application within clinical practice, for working with clients in relation to self-care, disease prevention, and the promotion of a thriving lifestyle.
HOMP212	Homeopathic Clinical Practicum 1	Students develop and apply homeopathic prescribing skills in Endeavour Wellness Clinics.
NATH421	Naturopathic Hydrotherapy	This subject introduces the treatment of complex conditions with naturopathic hydrotherapy, with an overview of the wide array of therapeutic strategies for treating clients by the application of water and the clinical rationale for such treatments.
NATN422	Neuroendocrinology and Fatigue Management	This subject introduces the clinical management of fatigue, with a focus on sleep disorder and neuroendocrine causes. Naturopathic and biomedical perspectives of the aetiology, pathophysiology, differential diagnosis, and clinical management of fatigue are reviewed and students critically examine Naturopathic therapeutic protocols for sleep disorders, adrenal fatigue, and myalgic encephalomyelitis / chronic fatigue syndrome.
NMDE211	Energetics of Food	Introduces the framework and elements of nature and the concept of the constitutional types as they are utilised in the practice of dietary prescription within Chinese Medicine, Ayurveda and European traditional medicine.
NMDH322	Community Public Health Nutrition	Introduces students to the central principles and practices of community and public health nutrition and the current and emerging issues in the growing field of public health nutrition.
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.
NMDW221	Weight Management in Health and Disease	Addresses the multifactorial issues that contribute to obesity and underweight issues, focusing on evidence-based strategies for weight management that encompass models and theories of change and coaching strategies.
SOCM311	Mindfulness in Practice	Explores historical foundations and the contemporary development of mindfulness. Introduces the full potential of mindfulness practices and its applications in both in self-care practices and the care of others.

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/policies-and-procedures