

# DIPLOMA IN HEALTH SCIENCE/BACHELOR OF HEALTH SCIENCE (HEALTH AND PHYSICAL EDUCATION) (6001)

**Approved Abbreviation:** DHlthSc/BHlthSc(HPE)

**Western Sydney University Program Code:** 6001

**AQF Level:** 7

**CRICOS Code:** 096964J

**This program is suspended from Term 1, 2025, no new students will be admitted from this session.**

This program applies to students who commenced in Term 1, 2021 or later.

Students should follow the program structure for the session start date relevant to the year they commenced.

Commencement Year 2017 - 6001.1 Diploma in Health Science/Bachelor of Health Science (Health and Physical Education) (<http://handbook.westernsydney.edu.au/hbook/course.aspx?course=6001.1>)

The Health and Physical Education (HPE) program brings together a comprehensive foundation of health sciences, understanding of physical activity, and skills in interacting with people. The course explores challenging areas of personal development, including youth health issues, sexuality, drugs, psychology and risk-taking behaviours, as well as general health science, including human biology, health systems, health promotion and research. Facilities are state of the art, including a new gymnasium and a renovated dance and gym studio, and practical experience is a strong feature of the program. The program is a popular pathway to a Master of Teaching degree, and then on to a teaching career. Teaching opportunities can be extended beyond HPE by studying electives, such as science and mathematics, where students gain a second teaching area in a subject of their choice. Graduates also work as personal trainers, sports coaches, research assistants, and community-based recreation.

The first year of this program is delivered by Western Sydney University The College as an agent of Western Sydney University via extended face-to-face hours in an environment focused specifically on supporting students to make the transition into university study. A Diploma in Health Science is also available at the end of the first year of the program.

For more information on Western Sydney University, The College, please refer to their web site.

Western Sydney University, The College (<https://www.westernsydney.edu.au/future/study/application-pathways/the-college.html>)

## Early Exit

Students may exit this program on completion of 100 credit points with a 7088 Diploma in Health Science (Health and Physical Education) (<https://hbook.westernsydney.edu.au/archives/2024-2025/programs/diploma-health-science-health-physical-education/>)

## Study Mode

Three years full-time or six years part-time.

## Course Advice

For program advice during your first year of study, please contact The College: College Program Enquiries (<https://directory.westernsydney.edu.au/search/email/AdminApp@westernsydney.edu.au>)

For program advice during your second and subsequent years, please contact the School of Health Sciences ([healthsciences@westernsydney.edu.au](mailto:healthsciences@westernsydney.edu.au))

Prospective students should visit the following websites for general enquiries about this program.

Enquire about this program (<https://enquiry.westernsydney.edu.au/courseenquiry/>) | Local Admission (<https://www.westernsydney.edu.au/future/>) | International Admission (<https://www.westernsydney.edu.au/international/home/apply/admissions/>) |

## Location

| Campus   | Attendance | Mode     | Advice    |
|--|------------|----------|-----------|
| The College<br>- Nirimba<br>Education<br>Precinct <sup>1</sup> | Full Time  | Internal | See above |
| The College<br>- Nirimba<br>Education<br>Precinct <sup>1</sup> | Part Time  | Internal | See above |
| Campbelltown <sup>2</sup>                                      | Full Time  | Internal | See above |
| Campbelltown <sup>2</sup>                                      | Part Time  | Internal | See above |
| Kingswood <sup>3</sup>   | Full Time  | Internal | See above |
| Kingswood <sup>3</sup>   | Part Time  | Internal | See above |

<sup>1</sup> Prior to Term 2 2025, students will study at WSU - The College Nirimba campus in their first year.

<sup>2</sup> This location is available for WSU - The College students from Term 2 2025 for teach-out of Diploma subjects only.

<sup>3</sup> From second year onwards, students will study at WSU Kingswood campus

## Work Integrated Learning

Western Sydney University seeks to enhance student learning experiences by enabling students to engage in the culture, expectations and practices of their profession or discipline. This program includes a placement or other community-based unpaid practical experience.

There is a mandatory work component required for completion of this program. Please contact the Program Advisor listed above for information.

International students should also refer to the link below for more information and a link to the Commonwealth Register of Institutions and Courses for Overseas Students (CRICOS).

Work Integrated Learning (WIL) for international students ([https://www.westernsydney.edu.au/currentstudents/current\\_students/services\\_and\\_facilities/international\\_student\\_support/working\\_in\\_australia/work\\_integrated\\_learning/](https://www.westernsydney.edu.au/currentstudents/current_students/services_and_facilities/international_student_support/working_in_australia/work_integrated_learning/))

## Admission

For more information on applying please see link to The College admission pages below.

[https://www.westernsydney.edu.au/thecollege/how\\_to\\_apply](https://www.westernsydney.edu.au/thecollege/how_to_apply) ([https://www.westernsydney.edu.au/thecollege/how\\_to\\_apply/](https://www.westernsydney.edu.au/thecollege/how_to_apply/))

Domestic students are required to have

- Completed an English subject in the NSW Higher School Certificate, OR
- Competency in English at IELTS 6.0 equivalent (unless a native speaker) OR
- Passed The College English test with 70% or higher OR
- Passed The College Foundation Studies Academic English unit at C grade level or higher.

Met other entry requirements such as:

- An ATAR identified prior to the offer of a place, OR
- Completed The College Foundation Studies course with a Grade Point Average of 5.5 or higher.

International students must satisfy one of the following language requirements

- IELTS 6.0 with a minimum 5.5 in each sub band OR
- Completed the College EAP 4 course with a 50% pass OR
- Passed The College English test with 70% or higher OR
- Passed The College Foundation Studies Academic English unit at C grade level or higher for which advanced standing can be applied for.

Academic Entry Requirements vary according to country of origin. However, in general

- Completion of Year 12 or its equivalent is the minimum entry requirement OR
- Completed The College Foundation Studies course with a Grade Point Average of 5.5 or higher.

## Special Requirements - NSW Health Legislative Pre-requisites

### Student Compliance Information for all Health-Related Placements

To enrol in this program, students must meet Western Sydney University program requirements. To attend a health-related placement in this program, Special Legislative Requirements will be assessed from the first year of study.

#### Western Program Requirements

Visit the Special Requirements webpage for details about your program.

Special Requirements ([https://www.westernsydney.edu.au/currentstudents/current\\_students/enrolment/special\\_requirements/](https://www.westernsydney.edu.au/currentstudents/current_students/enrolment/special_requirements/))

### Mandatory NSW Health student placement policy requirements

To be able to undertake placement in any NSW Health facility you must be assessed as compliant with NSW Health student placement policy in the first year of your program, regardless of when you expect to go on your first placement. Access and read the NSW Student Compliance Information Booklet

NSW Student Compliance Information Booklet ([https://www.westernsydney.edu.au/\\_data/assets/pdf\\_file/0007/1647655/NSWH\\_Student\\_Compliance\\_Information\\_Booklet.pdf](https://www.westernsydney.edu.au/_data/assets/pdf_file/0007/1647655/NSWH_Student_Compliance_Information_Booklet.pdf))

Please ensure that you

1. Find your existing National Police Check or apply for one
2. Gather documentary evidence of your vaccination history
3. Print and complete all relevant NSW Health forms relevant to the campus you are enrolled at or online enrolment requirements
4. Follow booklet instructions on how to have your compliance documents assessed by NSW health staff.

International students have additional requirements: the link to the booklet will inform you of these requirements.

## School Requirements

Contact your School for further details regarding your School's requirements, if any, such as

- If you live outside of NSW or Australia and need to meet your state, territory or country's compliance requirements
- If you need to meet different state, territory or country compliance requirements.
- NSW Working with Children Check (WWCC) or other state equivalent, valid for your entire program.
- Current approved first aid certificate valid for your entire program - approved program providers can be found at the Government Training website
- <http://training.gov.au>
- Other non-health related requirements

Student Compliance Resources are also available on the Placements Hub web page (NSW students only)

[https://www.westernsydney.edu.au/learning\\_futures/home/placements\\_hub/placements\\_hub/student\\_compliance](https://www.westernsydney.edu.au/learning_futures/home/placements_hub/placements_hub/student_compliance) ([https://www.westernsydney.edu.au/learning\\_futures/home/placements\\_hub/placements\\_hub/student\\_compliance/](https://www.westernsydney.edu.au/learning_futures/home/placements_hub/placements_hub/student_compliance/))

## Program Structure

Qualification for this award requires the successful completion of 260 credit points which include the units listed in the recommended sequence below.

- Students must pass all College Preparatory subjects before progressing to the Year Two subjects.
- Students must pass at least 70 credit points of University level subjects in Year One before progressing to the Year Two subjects.

## Year 1 College Subjects

| Subject                     | Title                                       | Credit Points |
|-----------------------------|---|---------------|
| <b>First Term of Study</b>  |   |               |
| HLTH 0005                   | The Health Science Professional (WSTC Prep) | 10            |
| NATS 0006                   | Fundamentals of Health Science (WSTC Prep)  | 10            |
| HLTH 1015                   | Professional Competencies in Health (WSTC)  | 10            |
| PUBH 1007                   | Population Health and Society (WSTC)        | 10            |
| <b>Second Term of Study</b> |   |               |
| BEHV 1015                   | Psychology and Health (WSTC)                | 10            |
| HLTH 1014                   | Evidence in Health (WSTC)                   | 10            |
| BIOS 1038                   | Anatomy and Physiology in Health (WSTC)     | 10            |

| Third Term of Study        |   |            |
|----------------------------|---|------------|
| PUBH 2006                  | Culture, Diversity and Health (WSTC)    | 10         |
| COMM 1008                  | Communication in Health (WSTC)          | 10         |
| SPRT 1002                  | Fundamentals of Exercise Science (WSTC) | 10         |
| <b>Total Credit Points</b> |   | <b>100</b> |

**Students must pass all College Preparatory subjects before progressing to the Year Two subjects.**

Students must pass at least 70 credit points of University level subjects in Year One before progressing to the Year Two subjects.

## Western Sydney University Subjects

### Start- year intake

**Option 1: Three subjects in Autumn & Spring (Western Year 1), progressing to full-time study load in Western Year 2**

Based on successful completion of all 8 WSTC subjects. Students will complete 3 subjects in their first and second semester at Western, before transitioning to a 4 unit study load for the remainder of their degree. This option allows students to complete the remainder of their degree in 2.5 years.

| Subject  | Title                                    | Credit Points |
|--|--|---------------|
| <b>Year 2</b>  |  |               |
| <b>Autumn session</b>  |  |               |
| SPRT 3005  | Contemporary Youth Health Issues         | 10            |
| PUBH 1010  | Health Promotion Theory and Approaches   | 10            |
| Note: Subject PUBH 1010 Health Promotion Theory and Approaches replaces PUBH 2001 Approaches to Health Promotion from Autumn 2021. |  |               |
| Select one elective  |  |               |
| SPRT 1005  | Outdoor Recreation                       | 10            |
| SPRT 2007  | PDHPE: Games for Diverse Groups          | 10            |
| HLTH 1006  | Movement and Skill Development           | 10            |
| <b>Year 3</b>  |  |               |
| <b>Autumn session</b>  |  |               |
| SPRT 3003  | Coaching Sport and Recreation Activities | 10            |
| BEHV 3025  | Sport and Exercise Psychology            | 10            |
| BEHV 3015  | Motor Control and Skill Acquisition      | 10            |
| Select one elective  |  |               |
| SPRT 1005  | Outdoor Recreation                       | 10            |
| SPRT 2007  | PDHPE: Games for Diverse Groups          | 10            |
| HLTH 1006  | Movement and Skill Development           | 10            |
| Select one elective  |  |               |
| <b>Year 3</b>  |  |               |
| <b>Summer of Autumn session</b>  |  |               |
| Select two electives   |  |               |
| <b>Total Credit Points</b>   |  | <b>160</b>    |

Note: Students may be able to accelerate program completion (finishing in 2 years) by completing one or two subjects (elective or core) in the Western Summer period. Students could also pick up a second elective subject in the first Autumn session to take them to a 4 subject study load in their second Western semester. Advice on this accelerated option will be case-by-case, based on available subjects and prerequisites.

### Notes on Option 1

- Students must hold a valid / current First Aid certificate (registered on their student record) and must have completed Child Protection Training to enrol in Games for Diverse Groups
- Students who have already completed Professional Health Competencies at Western Sydney University The College will need to email (hpe@westsydney.edu.au) to register for Child Protection Training in Autumn semester which is run through Professional Health Competencies in the HPE program
- Allows for a smooth progression into Western Sydney University and eases students into full-time study load
- Depending on subjects chosen it may be possible to complete all subjects by end of Summer, but not all subjects are offered in Summer session.
- Elective 3 and 4 could possibly be completed in Summer semester

### Option 2: Four subjects in Autumn and Spring (Western Sydney University Year 1), full-time study load from start of Western Year 1.

Based on successful completion of all 8 Western Sydney University The College subjects - Students will complete four subjects in their first semester at Western and for the remainder of their degree.

Option 2 allows students to complete the remainder of their degree in 2 years.

| Subject  | Title                                    | Credit Points |
|--|--|---------------|
| <b>Year 2</b>  |  |               |
| <b>Autumn session</b>  |  |               |
| SPRT 3005  | Contemporary Youth Health Issues         | 10            |
| PUBH 1010  | Health Promotion Theory and Approaches   | 10            |
| Note: Subject PUBH 1010 Health Promotion Theory and Approaches replaces PUBH 2001 Approaches to Health Promotion from Autumn 2021. |  |               |
| Select two elective  |  |               |
| SPRT 1005  | Outdoor Recreation                       | 10            |
| SPRT 2007  | PDHPE: Games for Diverse Groups          | 10            |
| HLTH 1006  | Movement and Skill Development           | 10            |
| <b>Year 3</b>  |  |               |
| <b>Autumn session</b>  |  |               |
| SPRT 3003  | Coaching Sport and Recreation Activities | 10            |
| BEHV 3025  | Sport and Exercise Psychology            | 10            |
| BEHV 3015  | Motor Control and Skill Acquisition      | 10            |
| Select one elective  |  |               |
| <b>Year 3</b>  |  |               |
| <b>Summer of Autumn session</b>  |  |               |
| Select two electives   |  |               |
| <b>Total Credit Points</b>   |  | <b>160</b>    |

### Notes on Option 2

- Students must hold a valid / current First Aid certificate (registered on their student record) and must have completed Child Protection Training to enrol in Games for Diverse Groups
- Students who have already completed Professional Health Competencies at Western Sydney University The College will

need to email ([hpe@westensydney.edu.au](mailto:hpe@westensydney.edu.au)) to register for Child Protection Training in Autumn semester which is run through Professional Health Competencies in the HPE program

- Only recommended for students who have performed well in previous subjects at WSTC and have decided on their elective subjects and minor (if applicable).

## Mid-year intake – recommended sequence for The College students (3 subject transition option)

| Course   | Title  | Credit Points |
|--|--|---------------|
| <b>Year 1</b>  |  |               |
| <b>Spring session</b>  |  |               |
| SPRT 1005  | Outdoor Recreation   | 10            |
| HLTH 1006  | Movement and Skill Development                             | 10            |
| NATS 2040  | Physical Activity, Nutrition and Health                    | 10            |
|  | <b>Credit Points</b>                                       | <b>30</b>     |
| <b>Year 2</b>  |  |               |
| <b>Spring session</b>  |  |               |
| HLTH 2023  | Introduction to Physical Cultural Studies                  | 10            |
| SPRT 2007  | PDHPE: Games for Diverse Groups                            | 10            |
| HLTH 3008  | Gymnastics and Dance                                       | 10            |
| And one elective   |  | 10            |
|  | <b>Credit Points</b>                                       | <b>40</b>     |
| <b>Autumn session</b>  |  |               |
| SPRT 3005  | Contemporary Youth Health Issues                           | 10            |
| PUBH 1010  | Health Promotion Theory and Approaches                     | 10            |
| Note: Subject PUBH 1010 Health Promotion Theory and Approaches replaces PUBH 2001 Approaches to Health Promotion from Autumn 2021. |  |               |
| And one elective   |  | 10            |
|  | <b>Credit Points</b>                                       | <b>30</b>     |
| <b>Year 3</b>  |  |               |
| <b>Spring session</b>  |  |               |
| SPRT 3001  | Applied Exercise Science for Personal Trainers and Coaches | 10            |
| And one elective   |  | 10            |
|  | <b>Credit Points</b>                                       | <b>20</b>     |
| <b>Autumn session</b>  |  |               |
| SPRT 3003  | Coaching Sport and Recreation Activities                   | 10            |
| BEHV 3025  | Sport and Exercise Psychology                              | 10            |
| BEHV 3015  | Motor Control and Skill Acquisition                        | 10            |
| And one elective   |  | 10            |
|  | <b>Credit Points</b>                                       | <b>40</b>     |
|  | <b>Total Credit Points</b>                                 | <b>160</b>    |

Note: Students may be able to accelerate program completion (finishing in 2 years) by completing one or two subjects (elective or core) in the WSU Summer period. Students could also pick up a second elective subject in the first Autumn session to take them to a 4 subject study load in their second WSU semester. Advice on this accelerated option will be case-by-case, based on available subjects and prerequisites

Students MUST hold a valid / current First Aid certificate (registered on their student record) and MUST have completed Child Protection Training to enrol in Games for Diverse Groups.

Note: students who have already completed Professional Health Competencies at WSTC will need to email

([healthsciences@westensydney.edu.au](mailto:healthsciences@westensydney.edu.au)) to register for Child Protection Training in Autumn semester which is available online via vUWS and run through Professional Health Competencies in the HPE program

Only recommended for students who have performed well in previous units at WSTC and have decided on their elective subjects and minor (if applicable).

## Four Unit Transition Option

Based on successful completion of all 8 Western Sydney University The College subjects

Note: This option is not recommended for all College students as it may be difficult for students to transition into a four subject study load straight away.

| Course   | Title  | Credit Points |
|--|--|---------------|
| <b>Year 1</b>  |  |               |
| <b>Spring session</b>  |  |               |
| SPRT 1005  | Outdoor Recreation   | 10            |
| HLTH 1006  | Movement and Skill Development                             | 10            |
| NATS 2040  | Physical Activity, Nutrition and Health                    | 10            |
|  | <b>Credit Points</b>                                       | <b>30</b>     |
| <b>Year 2</b>  |  |               |
| <b>Spring session</b>  |  |               |
| HLTH 2023  | Introduction to Physical Cultural Studies                  | 10            |
| SPRT 2007  | PDHPE: Games for Diverse Groups                            | 10            |
| HLTH 3008  | Gymnastics and Dance                                       | 10            |
| And one elective   |  | 10            |
|  | <b>Credit Points</b>                                       | <b>40</b>     |
| <b>Year 2</b>  |  |               |
| <b>Spring session</b>  |  |               |
| HLTH 2023  | Introduction to Physical Cultural Studies                  | 10            |
| SPRT 2007  | PDHPE: Games for Diverse Groups                            | 10            |
| HLTH 3008  | Gymnastics and Dance                                       | 10            |
| SPRT 3001  | Applied Exercise Science for Personal Trainers and Coaches | 10            |
|  | <b>Credit Points</b>                                       | <b>40</b>     |
| <b>Autumn session</b>  |  |               |
| SPRT 3005  | Contemporary Youth Health Issues                           | 10            |
| PUBH 1010  | Health Promotion Theory and Approaches                     | 10            |
| Note: Subject PUBH 1010 Health Promotion Theory and Approaches replaces PUBH 2001 Approaches to Health Promotion from Autumn 2021. |  |               |
| And one elective   |  | 10            |
|  | <b>Credit Points</b>                                       | <b>20</b>     |
| <b>Autumn session</b>  |  |               |
| SPRT 3005  | Contemporary Youth Health Issues                           | 10            |
| PUBH 1010  | Health Promotion Theory and Approaches                     | 10            |
| Note: Subject PUBH 1010 Health Promotion Theory and Approaches replaces PUBH 2001 Approaches to Health Promotion from Autumn 2021. |  |               |
| And two electives  |  | 20            |
|  | <b>Credit Points</b>                                       | <b>40</b>     |
| <b>Year 3</b>  |  |               |
| <b>Autumn session</b>  |  |               |
| SPRT 3003  | Coaching Sport and Recreation Activities                   | 10            |
| BEHV 3025  | Sport and Exercise Psychology                              | 10            |
| BEHV 3015  | Motor Control and Skill Acquisition                        | 10            |
| And one elective   |  | 10            |
|  | <b>Credit Points</b>                                       | <b>40</b>     |
|  | <b>Total Credit Points</b>                                 | <b>160</b>    |

Students must hold a valid / current First Aid certificate (registered on their student record) and must have completed Child Protection Training to enrol in Games for Diverse Groups.

Note: students who have already completed Professional Health Competencies at WSTC will need to email ([healthsciences@westensydney.edu.au](mailto:healthsciences@westensydney.edu.au)) to register for Child Protection Training in Autumn semester which is available online via vUWS and run through Professional Health Competencies in the HPE program

Only recommended for students who have performed well in previous units at WSTC and have decided on their elective subjects and minor (if applicable).