



# Bachelor of Health and Rehabilitation Science



## Why study health and rehabilitation science?

Studies in health and rehabilitation science provide the knowledge and skills required for a rewarding career in caring for those with a disability. Through the delivery of rehabilitation programs, you can help improve patients' quality of life.

If you want to be a professional healthcare worker with the opportunity to have an integral role in multidisciplinary healthcare teams, as well as meet the challenges and future needs of the Australian healthcare system, then CSU's Bachelor of Health and Rehabilitation Science is for you.

## Career opportunities

Graduates will possess a broad range of foundation healthcare skills and knowledge, providing them with job opportunities across the entire healthcare sector. You could find work in health practice that supports the work of health professionals including doctors, occupational therapists, nurses, physiotherapists, podiatrists and speech pathologists in the private and public health sector.

Other possible roles include:

- community development officer
- health coordinator/program coordinator
- health project officer
- care services manager
- client liaison assistant/community liaison officer
- rural outreach diversion worker.

## What is CSU's Bachelor of Health and Rehabilitation Science?

CSU's Bachelor of Health and Rehabilitation Science can be studied full-time over three years at Charles Sturt University in Albury-Wodonga, or part-time by distance education over six years.

Students can choose to exit the course with a University Certificate in Rehabilitation Science following successful completion of the first eight subjects, or with an Associate Degree in Health and Rehabilitation Science following successful completion of the first 14 subjects.

Some reasons for studying health and rehabilitation science at CSU:

- CSU is a leading provider of higher education allied health courses in Australia
- this course prepares graduates for a wide range of career opportunities
- students learn using state-of-the-art learning facilities
- you can choose to study on campus in Albury-Wodonga, or by distance education.





## What will I study?

You will develop a holistic approach to health and rehabilitation, inclusive of physiological, anatomical, psychological and socio-cultural factors. You will gain:

- an understanding of the principles of rehabilitation
- extensive knowledge of anatomy and how the body functions
- knowledge about human development
- an understanding of psychology and sociology
- extensive knowledge of disease and the medications used to treat disease
- the skills to run a health education/community development program
- knowledge of exercise science, including musculoskeletal and cardiovascular functioning
- skills and knowledge in communication and group work.

## How will I learn?

Students' learning experiences will be enhanced through the use of case studies, practical and community experiences, including a final year major project on the wellbeing of a community.

You will learn practical skills using CSU's state-of-the-art allied health facilities, which include an anatomy laboratory, musculoskeletal skills assessment space, movement laboratory with high tech gait analysis equipment, and a mock clinic in which you will develop your examination, strapping and manual muscle testing skills and your ability to assess joint range of motion.

Students studying by distance education will attend residential schools on campus where they will use CSU's facilities to develop key skills, and spend time face-to-face with lecturers and fellow students.

## Admission requirements

Applicants are required to complete an additional information form, available on the CSU website, and submit it to the University by early December of the year prior to commencement of study.

While there are no Year 12 subjects specified as a prerequisite for admission, applicants are advised that the course includes science-based subjects. Applicants will benefit from having studied mathematics and English as well as science subjects such as physics and biology.

Clinical requirements include a Senior First Aid Certificate, Criminal Record Clearance and immunisation.

## Pathways to study

This course is suitable for students who have just completed Year 12, or for people who left school some time ago and are interested in a career in the healthcare industry. It can provide the next step from vocational (TAFE) training or workplace experience into university.

CSU's Bachelor of Health and Rehabilitation Science also provides a pathway into other health programs including occupational therapy, physiotherapy, podiatry, speech pathology and medicine.

## How to apply

Applications for distance education study are made directly to the University.

For more information call 1800 334 733 or visit:

[www.csu.edu.au/courses/undergraduate/health\\_rehabilitation](http://www.csu.edu.au/courses/undergraduate/health_rehabilitation)

### Ben Southi

#### Health and Rehabilitation Science student

"I chose to study CSU's Bachelor of Health and Rehabilitation Science because it provides a strong foundation of knowledge and skills, which can be applied in all areas of the health industry, leading to many career opportunities.

"From the start of this course, we have gained practical experience using the University's exercise physiology lab, developing various skills such as exercise and muscle testing. The skills we have learnt really prepare us for the workforce."

### Christy Dunlop

#### Health and Rehabilitation Science student

"An advantage of CSU's Bachelor of Health and Rehabilitation Science is that you learn practical skills alongside a wide range of multidisciplinary students. The skills I have learnt, using the University's state-of-the-art facilities, will enable me to further develop my professional career."

For more information about courses and how to apply, please contact [info@csu.edu.au](mailto:info@csu.edu.au):

Free call in Australia: 1800 334 733

International callers: +61 2 6338 6077

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[www.csu.edu.au](http://www.csu.edu.au)