



Study a Diploma of Health Science (Sports Academy Stream)

Students can combine their first year of tertiary study with a Football Development Program offering elite coaching, training, conditioning and real-world professional football club experience.

Overview

This program provides a comprehensive introduction to the physiological, psychological and cultural elements involved in health care.

You will also gain the skills required for successful tertiary studies and foundation concepts that will accelerate your progress in a health-related degree program at the University of South Australia.

Students within the Sports Academy Stream will complete sports training alongside their academic study preparing them for a career within the elite sports industry.

Entry requirements

Diploma - Stage 1

- Year 11 or equivalent

Diploma - Stage 2

- Year 12 or equivalent

Applicants will be assessed against the minimum Academic and English language entry requirements outlined in the Admissions Entry Criteria. Applications received that do not meet standard entry requirements will be assessed on a case by case basis.

Key details



February and June



8 to 16 months full time



Study face-to-face at UniSA City East campus or study online.
Undertake Football Development Program at Coopers Stadium

2022 Course fees (\$AUD)

	Domestic*
Stage 1	\$13,400
Stage 2	\$18,400

*FEE-HELP is only available to eligible fee paying students.



Where could this Diploma take me?

Your preferred UniSA degree

- Bachelor of Clinical Exercise and Physiology (Honours)
- Bachelor of Physiotherapy (Honours)
- Bachelor of Occupational Therapy
- Bachelor of Health Science (Public Health)
- Bachelor of Nutrition and Food Sciences
- Bachelor of Pharmaceutical Science and more.

View the full list at: saibt.sa.edu.au/programs/diploma-of-health-science

Potential career options

Entry-level in areas such as:

- community health
- elite sports industry
- health administration
- allied health assistance



Enjoy small class sizes and high levels of academic and personal support from qualified staff.



Access all UniSA's facilities and study in a central city university location.



Dedicated academic and personal support services available to assist with your success



Course structure

The Diploma of Health Science (Sports Academy Stream) can be completed in as little as 8 months.

Domestic students are required to complete the following modules:

- Mathematics for Study (MMS001) in your first trimester of study
- Language for Study (LGS001) in your second trimester of study

South Australian Sports Academy

SAIBT has partnered with South Australian Sports Academy (SASA) and the Norwood Football Club to develop a unique tertiary program that provides the ultimate learning experience in a high-performance environment.



Course code	Course name	Prerequisite for
Diploma - Stage 1		
SAS001	Skills and Game Strategy	-
SAC001	Strength, Conditioning and the Human Body	-
SAP001	Planning, Analysis and Professional Development	-
ESS001	Essential Study Skills	-
ITN002	Information and New Media Technologies	-
CPP002	Communication, People, Place and Culture	-
ARCO02	Academic Research and Critical Enquiry	-
Diploma - Stage 2		
HLTH1011	Human Physiology 1	HLTH1012
HLT1029A	Foundations of Health	-
HLTH1038A	Introduction to Public Health Practice and Research	-
MATH1040	Statistics for Laboratory Sciences	-
HLTH1020	Human Anatomy	-
HLTH1036	Global and National Health	-
BEHL1005	Applied Psychology	-
HLTH1012	Human Physiology 2	-

Course outline for Health Science

Tertiary preparation

Mathematics for Study

Provides a foundation in mathematics to provide students with skills to support their future university studies. Students are supported to develop core concepts and skills, and to apply these to solve problems.

Language for Study

Develops your language skills to communicate confidently, express ideas effectively and gain a sound understanding of the level of language proficiency required to attend an Australian university.

Diploma - Stage 1

Skills and Game Strategy (SAS001)

Students will be completing 2 x 1 hour skill training sessions per week. These sessions will be conducted by former AFL player Richard Douglas. These sessions will include fundamental skill development rotations on the key skills required to play AFL football. These sessions transition on to game sense, competitive and ball movement concepts as the students' skills develop throughout the year. As well as field training, Richard will be conducting strategy sessions which include game plan development concepts and scenario-based training.

Strength, Conditioning and the Human Body (SAC001)

Students will complete 2 x 1 hour Strength & Conditioning session per week. These sessions will be conducted by Charlotte Mathews who is an Athletic Development Coach. These sessions will be prescribed through a web-based application called Team Builder, this will make sure the sessions are pitched at the appropriate level depended on each students athletic ability. Students will be tested every 6 weeks to monitor injury prevention and athletic

development. Students will receive a 1 hour tutorial from an academic tutor on concepts about the human body, so each student has a greater understanding of how the human body can operate more efficiently.

Planning, Analysis and Professional Development (SAP001)

Students will receive education sessions to improve their life skill toolkit. Sessions include topics such as goal setting, nutrition, mental health, physical health, financial guidance, leadership. These sessions are run by professionals in their field. This gives students the potential to develop other aspects of their education which co exists alongside their formal education.

Essential Study Skill (ESS001)

Provides you with an understanding and application of essential study skills, covering independent learning skills and styles, active listening, presentation and group work skills.

Information and New Media Technologies (ITN002)

Introduces the use of the Internet, social media and associated technologies in society and business. Through the module, you will utilise Microsoft Office along with online tools for effective communication and discuss the ethical and security issues related to the use of Information Communication Technologies.

Communication, People, Place and Culture (CPP002)

Introduces the basic principles of communication and its role in society and culture. You will investigate the effects of different forms of verbal and non-verbal communication and describe cultural influences on the communication process.

Academic Research and Critical Enquiry (ARC002)

Introduces the basic principles of critical thinking. It also assists you in developing skills needed for the tertiary study environment, including academic reading, listening and note-taking, as well as written formats and referencing.

Diploma - Stage 2

Human Physiology 1 (HLTH1011)

Provides an introduction to physiological principles and familiarize you with the following areas: cells, tissues and membranes, transport mechanisms, homeostasis, muscular system, skeletal system, nervous system, cardiovascular system, respiratory system and digestive system.

Foundation of Health (HLT1029A)

Provides an understanding of the roles and responsibilities of health professionals with particular reference to the consumer's position and perspective. It discusses the attributes required to work within a team of health professionals and builds a beginning knowledge of health reasoning.

Introduction to Public Health Practice and Research (HLTH1038A)

Develops understanding of some of the principles and applications of population health including measures of health and illness in populations, the concept of 'risk' including determinants of health, as well as the main types of epidemiological (research) study designs.

Applied Psychology (BEHL1005)

Provides an understanding of some basic psychological concepts. Broadly defined, psychology is a science that investigates human behaviour and experience in relation to aspects of the individual and the situation. This module introduces learning theory, emotion, personality and interpersonal relationships. Psychological development of individuals is charted together with concepts of normality, mental health and illness and basic approaches to psychology in healthcare.

Global and National Health (HLTH1036)

Develops understanding of health and health care systems from a global, national and local perspective. The module covers models of health and wellbeing, the determinants of health, the health care system in Australia and other countries and primary healthcare systems.

Human Anatomy (HLTH1020)

Provides knowledge and understanding of the gross anatomy of the human body: upper limb; lower limb; thorax; abdomen; pelvis; spine; bones; joints; muscles; soft tissues; surface anatomy. Discipline specific applications such as movement patterns, strength testing; anatomical imaging and sectional anatomy will also be introduced.

Statistics for Laboratory Sciences (MATH1040)

Develops the ability to implement a range of appropriate statistical techniques for laboratory-based work. The module provides an overview of sampling, measurement, random and systematic variation, the normal distribution, and issues in quality control. A range of inferential statistics procedures will be introduced to include correlation, regression modelling, estimation and hypothesis testing and basic analysis of variance, using appropriate computer software.

Human Physiology 2 (HLTH1012)

Familiarises you with the following major body systems: renal, endocrine, integumentary, lymphatic, immune, nervous and reproductive. You will be introduced to the mechanisms by which these systems are involved in whole body function, to enable you to relate the structure of body components to their function.

Pre-requisite: Human Physiology 1

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For more information about the Diploma of Health Science
and how to apply, get in touch with the SAIBT Team:
saibt.sa.edu.au/ask-a-question

