2017 Course Brochure

Bachelor of Health Science (Myotherapy)

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ENDEAVOUR
COLLEGE OF NATURAL HEALTH

Myotherapy is a branch of manual therapy that helps clients to manage and relieve pain, and decrease movement restriction. Myotherapy involves extensive physical evaluation and an integrated approach to treating affected muscles, joints, connective tissue and nerves. It uses standard methods of assessment such as neurological and functional testing to determine the particular cause of musculoskeletal pain and dysfunction. Myotherapists work with holistic, long-term goals in mind and provide rehabilitation plans for clients to help prevent reoccurrence.

Course Duration

3 years full time: 24 contact hours per week
6 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 **www.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 relevant educational history
- English language proficiency equivalent to a 7.0 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.

Classes

Classes are taught by experts who are highly trained in their fields and who bring their own clinical experience to help provide context to therapeutic subjects.

Practical Classes

As a primary mode of learning in this course, students attend practical classes where they are expected to practice 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's Teaching Clinics under the supervision of qualified practitioners. Our busy clinics provide the opportunity to develop and hone clinical skills in patient assessment and management.

Assessments

While some subjects require mid-term and final exams, assessments may also comprise quizzes, essays 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:

- Australian Natural Therapists Association (ANTA)
- Australian Traditional Medicine Society (ATMS)
- Myotherapy Association Australia (MA)
- Massage & Myotherapy Australia

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

Myotherapists may practice independently in their own clinic, or provide treatment in conjunction with other healthcare professionals in a multidisciplinary setting. Myotherapists often work alongside other allied health practitioners such as physiotherapists, osteopaths and naturopaths.

Practitioners may choose to focus on particular areas of interest with specialised groups, such as pre or postnatal care, dancers, gymnasts, athletes and sporting teams or areas such as palliative and aged-care. Myotherapists may travel with sports teams or work with clients in their own settings such as the football field, gym or theatre, to treat them immediately as problems occur.

Graduates of the Myotherapy degree are recognised by the Health Professionals and Support Services Award (2010). This provides any potential employer such as a hospital, nursing home or rehabilitation facility with official guidelines regarding salaries and conditions of employment.

Graduates may be eligible to apply for a variety of post-graduate programs in areas such as physiotherapy, occupational therapy, chronic health, pain management and other health related areas.

For more information on this area of study explore online at **www.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

MASSAGE & MYOTHERAPY AUSTRALIA

Preferred education provider for
Massage & Myotherapy Australia

2017 Full Time Course Structure – 3 Years

Bachelor of Health Science (Myotherapy) BHSc (Myo)

Code	Subject Title	Contact Hrs/Wk	Credit Points	Austudy %	EFTSL	Subject Type	Pre-req	Co-req	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	–	–	✓	✓
MSTA121	Musculoskeletal Anatomy and Palpation 1	3	2	12.5	0.0625	Practical	–	BIOH111	–	✓
Semester 2 – 1st Year										
BIOH122	Human Biological Science 2	6	4	25	0.125	Theory	BIOH111	–	✓	✓
MSTF121	Foundations of Myotherapy Practice	6	4	25	0.125	Practical	MSTA121 + BIOH111	–	–	✓
MSTC121	Myotherapy Clinical Skills	3	2	12.5	0.0625	Theory	SOCF111	MSTF121	–	✓
MSTN121	Neurophysiology	3	2	12.5	0.0625	Theory/ Practical	BIOH111	–	–	✓
MSTA212	Musculoskeletal Anatomy and Palpation 2	3	2	12.5	0.0625	Practical	MSTA121 + BIOH111	BIOH122	–	✓
SOCQ121	Foundations of Critical Enquiry	3	2	12.5	0.0625	Theory	–	–	✓	✓
Semester 3 – 2nd Year										
BIOC211	Pathology and Clinical Science 1	6	4	25	0.125	Theory	BIOH122	–	✓	✓
NMDF121	Foundations of Human Nutrition	6	4	25	0.125	Theory	BIOH111 + BIOB111	SOCQ121	✓	✓
MSTC212	Myotherapy Clinical Practicum 1	3	2	12.5	0.0625	Clinic	MSTC121 + MSTF121	–	–	✓
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	–	–	✓
Semester 4 – 2nd Year										
BIOS222	Pathology and Clinical Science 2 & 3	6	4	25	0.125	Theory	BIOC211	–	✓	✓
BIOE221	Clinical Examination	3	2	12.5	0.0625	Practical	BIOH122	BIOC211	–	✓
MSTC223	Myotherapy Clinical Practicum 2	6	4	25	0.125	Clinic	MSTC212 + MSTR211	–	–	✓
MSTS221	Sports Injury Management	3	2	12.5	0.0625	Practical	MSTN121 + MSTA212	–	–	✓
MSTT223	Myotherapy for the Lower Body 2	3	2	12.5	0.0625	Practical	MSTT211	–	–	✓
MSTT224	Myotherapy for the Upper Body 2	3	2	12.5	0.0625	Practical	MSTT212	–	–	✓
Semester 5 – 3rd Year										
NMDS311	Sports Nutrition	3	2	12.5	0.0625	Theory	NMDF121	–	–	✓
MSTC314	Myotherapy Clinical Practicum 3	6	4	25	0.125	Clinic	MSTC223 + MSTT223 + MSTT224	–	–	✓
MSTM311	Myofascial Dry Needling 1	3	2	12.5	0.0625	Practical	MSTN121 + MSTA212 + MSTC223	MSTC314	–	✓
MSTT315	Myotherapy for the Axial Skeleton	3	2	12.5	0.0625	Practical	MSTC223 + MSTT223 + MSTT224	–	–	✓
MSTT316	Myotherapy for the Appendicular Skeleton	3	2	12.5	0.0625	Practical	MSTC223 + MSTT223 + MSTT224	–	–	✓
MSTE311	Exercise Therapy and Rehabilitation	6	4	25	0.125	Practical	MSTT223 + MSTT224	MSTS221	–	✓
Semester 6 – 3rd Year										
SOCE311	Establish and Manage a Practice	3	2	12.5	0.0625	Theory	–	–	✓	✓
MSTC325A	Myotherapy Clinical Practicum 4A	3	2	12.5	0.0625	Clinic	MSTC314 + MSTT315 + MSTT316	MSTS323 + MSTE311 + MSTM311	–	✓
MSTC325B	Myotherapy Clinical Practicum 4B	6	4	25	0.125	Clinic	MSTC314 + MSTM311 + MSTE311 + BIOE221	MSTC325A + MSTS323 + MSTM322 + MSTT327	–	✓
MSTM322	Myofascial Dry Needling 2	3	2	12.5	0.0625	Practical	MSTM311 + MSTC314	MSTC325A	–	✓
MSTS323	Advanced Sports Injury Management	6	4	25	0.125	Practical	MSTS221 + MSTE311	–	–	✓
MSTT327	Integrated Myotherapy Techniques	3	2	12.5	0.0625	Practical	MSTE311 + MSTT315 + MSTT316	MSTS323	–	✓
Course Totals			96		3.0					

HOW TO APPLY?

- Apply online at **www.endeavour.edu.au/apply**.
- Phone 1300 462 887 and select "1" to speak with an Admissions team member.
- For general course enquires visit **www.endeavour.edu.au/enquire**.

Subject Descriptions

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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.
SOCF111	Foundations of Communication and Counselling	Introduces communication, counselling and interpersonal skills for a natural medicine practitioner.
MSTA121	Musculoskeletal Anatomy and Palpation 1	This subject develops a practical and theoretical framework for the development of client assessment skills such as palpation. Students learn to identify and palpate bony landmarks, muscles and other relevant structures.
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.
MSTF121	Foundations of Myotherapy Practice	Establishes the foundations for the theory, practice and principles of myotherapy. Students develop a variety of techniques such as seated massage, full-body relaxation massage and lymphatic drainage.
MSTC121	Myotherapy Clinical Skills	Builds an understanding of the essential elements of clinical practice. Work health and safety, ethical practice, client history taking and clinic management are covered. This unit prepares students for MSTC212 in which they apply their knowledge and skill to the management of clients in the WellNation clinic.
MSTN121	Neurophysiology	This subject expands on the knowledge of the nervous system developed in BIOH111 and introduces neurological testing. Students begin to investigate the links between the nervous system and pain and dysfunction of the musculoskeletal system.
MSTA212	Musculoskeletal Anatomy and Palpation 2	Building on the knowledge and skill developed in MSTA121, students learn to identify and palpate deeper and more challenging muscles, joints, ligaments and tendons. An essential companion to their learning, students visit an off-site University cadaver lab to investigate human anatomy specimens.
SOCQ121	Foundations of Critical Enquiry	Learn to critically evaluate relevant literature, understand a variety of research methodologies, statistical techniques, and importance of research ethics.
Semester 3		
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.
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.
MSTC212	Myotherapy Clinical Practicum 1	This is the myotherapy student's first experience of clinical practice. Students have the opportunity to apply their current knowledge and skills to the treatment and management of clients in a supervised clinic setting by providing basic therapeutic massage.
MSTR211	Myofascial Release	In this subject, students are introduced to the principles and practice of basic myofascial release, including cupping and muscle energy techniques.
MSTT211	Myotherapy for the Lower Body 1	Through focus on the lower half of the body, students study movement, additional assessment tools and soft tissue therapeutics. Students learn postural assessment, range of movement testing, gait analysis and neuromuscular techniques.
MSTT212	Myotherapy for the Upper Body 1	Focusing on the upper body, this subject develops a more thorough assessment procedure, incorporating range of movement and postural assessments. Students deepen their knowledge and understanding of movement and use neuromuscular techniques to address soft tissue dysfunction.
Semester 4		
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.
BIOE221	Clinical Examination	Develops basic knowledge and practical clinical skills to assist in client diagnosis and treatment.
MSTC223	Myotherapy Clinical Practicum 2	In this clinical practice subject, students are required to demonstrate their ability to integrate and apply their existing musculoskeletal knowledge and skills in a supervised clinical setting. Students conduct an assessment of clients with soft tissue dysfunctions and develop a treatment plan to specifically address client's individual needs.
MSTS221	Sports Injury Management	This unit explores common sports injuries, their assessment strategies, treatment and ongoing management. Students increase their range of therapeutic tools, learning to apply cryotherapy, thermotherapy, taping and other techniques.
MSTT223	Myotherapy for the Lower Body 2	Focusing on the lower body, this unit builds on students' regional assessment techniques and introduces students to the Maitland Concept and joint mobilisation.
MSTT224	Myotherapy for the Upper Body 2	In concert with MSTT223, this subject expands students' regional assessment methods and develops joint mobilisation skills for the upper body and spine.
Semester 5		
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.
MSTC314	Myotherapy Clinical Practicum 3	This unit of study provides students with an opportunity to further consolidate their expertise and confidence in the application of integrated myotherapy theory and practice to client care in a supervised clinic setting.
MSTM311	Myofascial Dry Needling 1	Students are introduced to the principles and technique of myofascial dry needling and its application as an adjunctive therapy in the treatment of myofascial trigger points and chronic pain syndromes.
MSTT315	Myotherapy for the Axial Skeleton	Consolidating segmental mobilisation skills for the axial skeleton, students are introduced to mobilisation with movement, while also building on neural examination procedures to introduce neural mobilisation techniques.
MSTT316	Myotherapy for the Appendicular Skeleton	In parallel with MSTT316, students further advance their neurological examination protocols, integrate neural mobilisation techniques and develop proficiency in mobilisation with movement methods for the appendicular skeleton.
MSTE311	Exercise Therapy and Rehabilitation	Students learn about rehabilitation principles and practice, and begin to develop rehabilitation plans to improve client strength, movement and function.
Semester 6		
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.
MSTC325A	Myotherapy Clinical Practicum 4A	In these supervised clinic subjects, students are required to demonstrate their ability to appropriately apply theoretical knowledge and practical therapeutic and assessment skills gained throughout the course.
MSTC325B	Myotherapy Clinical Practicum 4B	
MSTM322	Myofascial Dry Needling 2	Students will develop their knowledge of myofascial dry needling technique and gain a deeper understanding of its application to the management of soft tissue dysfunction. TENS and electro-needling techniques are introduced.
MSTS323	Advanced Sports Injury Management	Students will further their study of the myotherapy management of sports-related injuries through the integration and application of assessment and treatment methods gained throughout the course.
MSTT327	Integrated Myotherapy Techniques	In this subject, students integrate and consolidate assessment and practical skills gained throughout the course to date, with a focus on development of clinical reasoning.