



Bachelor of Health Science (Clinical Myotherapy)

Persistent pain is a leading cause of long-term disability in the western world, affecting more people than diabetes, heart disease and cancer combined. It decreases quality of life, increases sickness absence, and compromises wellbeing in a growing proportion of our society, placing a significant burden on local and global communities.

Providing access to treatment, promoting physical activity, and education to understand their pain in a biopsychosocial framework are key solutions to these problems.

Through high quality health education, Clinical Myotherapists have a sound understanding of human structure and function to apply evidenced based assessment, treatment and rehabilitation of musculoskeletal pain and associated conditions. Clinical Myotherapists are part of the solution for individuals and the community.

Upgrade from the Advanced Diploma into the Bachelor of Health Science (Clinical Myotherapy) in 1 year (full time) with 50% of subjects now available online.



For more Information about BHSC upgrades

Speak with a Course and Career Advisor on: **(03) 9415 3333**
enquiries.ssnt@laureate.net.au
or visit: **www.ssnt.edu.au**

“Clinical Myotherapists support better musculoskeletal health”



SOUTHERN SCHOOL OF NATURAL THERAPIES

Clinical Myotherapy Pathway Opportunities

The Clinical Myotherapy degree currently holds the highest AQF level of Myotherapy Education in the Asia Pacific region. The Southern School offers clear pathway opportunities for practitioners to upgrade their qualifications in Remedial Massage at certificate and diploma levels and Myotherapy at an advanced diploma level. Opportunities also exist for those with related Bachelor of Health Science qualifications.

Why Upgrade?

- ✓ Expand health science knowledge in neuromuscular anatomy, pharmacology, pathology and neurosciences that underpin sound clinical practice
- ✓ Develop knowledge in neuropsychology and pain science to better educate and support patients in your care
- ✓ Expand knowledge in exercise rehabilitation, biomechanics and lifestyle management to progress patients through each stage of recovery
- ✓ Advance existing skills in assessment and differential diagnosis for improved patient outcomes
- ✓ Create pathways to postgraduate qualifications in allied health and research
- ✓ Online flexible study available for up to 50% of the program

How are my previous qualifications recognised?

The following table outlines the qualifications and the pre-approved Block Credits:

Your Qualification	We Give You ...	Full Time Study Remaining	% Credit
Certificate IV in Massage Therapy Practice	3 subject exemptions	2.75 years (33 subjects)	8%
Diploma of Remedial Massage	12 subject exemptions	2 years of study (24 subjects)	33%
Advanced Diploma of Myotherapy	24 subject exemptions	1 year of study (12 subjects)	67%

*please note exemptions are awarded as part of the Block Credit Agreement and subject to change at any time following ongoing academic reviews.

Block credit refers to a documented pathway from nationally recognised VET qualifications to higher education courses. Block credit can only be granted where a student has completed the requirements of the entry pathway award. Block credit is not available for partial completion of an award, or for informal or non-formal learning. Block credit will only be granted where the entry pathway was successfully completed within the last ten years. The amount of block credit granted towards components of a THINK course is determined as part of the agreement and will be automatically applied at the point of entry.

When entering a course on an articulation pathway, the student is exempt from completing specified stages or components of a THINK course. Once applied to the academic record, block credit does not provide the student with a formal and nationally recognised outcome for specified subjects, and will be recorded as a statement on the student record.

The policies and documents for application are available here: <http://www.think.edu.au/studying-at-think/policies-and-procedures>

Can I study online?

We understand that many applicants will be active practitioners in the industry and a flexible study plan will be important. Many of our classes in the upgrade will be available online for flexible study to fit in with your clinical practice hours. See the Clinical Myotherapy Course Information sheet for details of online subject availability.

We invite you to come and talk with the course and careers advisor or member of the academic team to help create a study plan that works best for you.

Can I study part time?

Yes, the flexible nature of our enrolment allows students to study part-time around clinical practice. You can select your subjects for the trimester based on your ability to take on the study load, and are welcomed to increase or decrease the number of subjects each trimester depending on your preference.

Can I study one of the subjects that have been exempt?

Yes, we recognise a range of reasons that students may want to study one of the subjects they have been exempt from in the upgrade program. Our policies allow students to sit in on subjects that are not part of the upgrade award on a single subject non-award basis (which can be useful for post-graduate entry requirements), or on an audit basis without examinations (which is great for your own knowledge). Popular subjects include musculoskeletal anatomy, clinical assessment, pain management, and the elective subjects. Please speak to our course and careers advisor for more information.

I completed my Diploma more than 10 years ago, can I still get any credit?

Block credits can only be applied to qualifications completed within the last 10 years, however RPL credit can be awarded on the basis of both formal and informal qualifications, as well as industry experience. Students will need to apply for individual subject credit, so if you have kept up with high quality professional development activities since completing your vocational qualification you will likely be eligible for significant credit. Please speak to the course and careers advisors for more information on this.

How do I enrol?

Application is via direct entry and interview with the presentation of certified qualifications. Contact our course and careers advisor, Brad Haby bhaby@laureate.net.au for an appointment or call on (03) 9415 3333. Or contact the Program Director, Tim Trevail ttrevail@laureate.net.au to answer any of your academic questions and to discuss study options.

All Think Higher Education courses are Government accredited and FEE-HELP approved.

Where can I find further information?

Further details of the Clinical Myotherapy degree are available here: <https://www.ssnt.edu.au/courses/clinical-myotherapy/bachelor-of-health-science-clinical-myotherapy>

Or you can check out the Clinical Myotherapy blog which includes recent examples of students work here: <https://studenthub.torrens.edu.au/blog-clinicalmyotherapy/clinical>

The following pages show the credit you can receive. You may be eligible for up to two years' credit towards the Clinical Myotherapy degree depending on the studies you have completed. As a base, you will receive a set number of subjects and credit points for your existing qualification.

I am a graduate of the Diploma of Remedial Massage...

Bachelor of Health Science (Clinical Myotherapy) Diploma of Remedial Massage Subject Exemptions						
Year 1	Trimester 1	BHS101A Anatomy & Physiology 1	BHS102A Bioscience	BHS103A Counselling & Communication Skills	CMY101A Myotherapy History & Foundations	Credit for 80hrs Clinical Placement
	Trimester 2	BHS104A Anatomy & Physiology 2	BHS105A Biochemistry 1	CMY102A Musculoskeletal Anatomy 1	CMY103A Neuromuscular Techniques	
	Trimester 3	BHS107A Research & Evidence-Based Practice	CMY104A Surface Anatomy & Trigger Point Location 1	CMY105A Clinical Assessment 1	CMY106A Musculoskeletal Anatomy 2	
Year 2	Trimester 4	BHS201A General Pathology	CMY201A Neuroscience & Motor Control	CMY202A Surface Anatomy & Trigger Point Location 2	CMY203A Clinical Assessment 2	100 hours Clinical Placement
	Trimester 5	CMY212A Clinical Assessment 3	CMY205A Biomechanics & Kinesiology	CMY206A Myofascial Dry Needling 1	CMY207A Pain Management 1	
	Trimester 6	CMY204A Musculoskeletal Pathology	CMY209A Exercise Prescription 1	CMY210A Myofascial Dry Needling 2	CMY211A Pain Management 2	
Year 3	Trimester 7	BHS303A Musculoskeletal Integrative Pharmacology	Level 300 Elective	CMY311A Joint Mobilisation	CMY303A Myotherapy Clinical Practicum 1	120 hours Clinical Placement
	Trimester 8	CMY304A Exercise Prescription 2	Level 300 Elective	CMY306A Pain Management 3	CMY307A Myotherapy Clinical Practicum 2	
	Trimester 9	BHS401A Professional Practice	CMY305A Critical Literature Review	CMY309A Neuropsychology	CMY310A Myotherapy Clinical Practicum 3	

Level 300 Elective options*	CMY301A Lifespan Myotherapy	FHN201 Foundations of Human Nutrition	CMY312A Sports Injury Management
	HWEL2010 Corporate Health	SEN301 Social Enterprise	HWEL2009 Active Ageing and Falls Prevention

	Approved for credit exemption for diploma graduates
	Open for RPL and credit exemption applications
	Clinic placement hours

Study Plan following completion of the Diploma of Remedial Massage						
Year 1	Trimester 1	BHS104A Anatomy & Physiology 2	CMY102A Musculoskeletal Anatomy 1	BHS201A General Pathology	CMY105A Clinical Assessment 1	100 hours Clinical Placement
	Trimester 2	CMY106A Musculoskeletal Anatomy 2	CMY201A Neuroscience & Motor Control	CMY203A Clinical Assessment 2	CMY205A Biomechanics & Kinesiology	
	Trimester 3	CMY212A Clinical Assessment 3	CMY206A Myofascial Dry Needling 1	CMY207A Pain Management 1	CMY209A Exercise Prescription 1	
Year 2	Trimester 4	CMY204A Pathology for Myotherapy	CMY211A Pain Management 2	CMY210A Myofascial Dry Needling 2	CMY303A Myotherapy Clinical Practicum 1	120 hours Clinical Placement
	Trimester 5	CMY311A Joint Mobilisation	CMY304A Exercise Prescription 2	BHS303A Musculoskeletal Integrative Pharmacology	CMY307A Myotherapy Clinical Practicum 2	
	Trimester 6	CMY306A Pain Management 3	CMY309A Neuropsychology	CMY305A Critical Literature Review	CMY310A Myotherapy Clinical Practicum 3	

Study plans may vary depending on subject availability. Your success coach is available to help plan your subject enrolment.

I am a graduate of the Advanced Diploma of Myotherapy ...

Bachelor of Health Science (Clinical Myotherapy) Advanced Diploma of Myotherapy Subject Exemptions						
Year 1	Trimester 1	BHS101A Anatomy & Physiology 1	BHS102A Bioscience	BHS103A Counselling & Communication Skills	CMY101A Myotherapy History & Foundations	Credit for 80hrs Clinical Placement
	Trimester 2	BHS104A Anatomy & Physiology 2	BHS105A Biochemistry 1	CMY102A Musculoskeletal Anatomy 1	CMY103A Neuromuscular Techniques	
	Trimester 3	BHS107A Research & Evidence-Based Practice	CMY104A Surface Anatomy & Trigger Point Location 1	CMY105A Clinical Assessment 1	CMY106A Musculoskeletal Anatomy 2	
Year 2	Trimester 4	BHS201A General Pathology	CMY201A Neuroscience & Motor Control	CMY202A Surface Anatomy & Trigger Point Location 2	CMY203A Clinical Assessment 2	Credit for 100hrs Clinical Placement
	Trimester 5	CMY212A Clinical Assessment 3	CMY205A Biomechanics & Kinesiology	CMY206A Myofascial Dry Needling 1	CMY207A Pain Management 1	
	Trimester 6	CMY204A Musculoskeletal Pathology	CMY209A Exercise Prescription 1	CMY210A Myofascial Dry Needling 2	CMY211A Pain Management 2	
Year 3	Trimester 7	BHS303A Musculoskeletal Integrative Pharmacology	Level 300 Elective	CMY311A Joint Mobilisation	CMY303A Myotherapy Clinical Practicum 1	120 hours Clinical Placement
	Trimester 8	CMY304A Exercise Prescription 2	Level 300 Elective	CMY306A Pain Management 3	CMY307A Myotherapy Clinical Practicum 2	
	Trimester 9	BHS401A Professional Practice	CMY305A Critical Literature Review	CMY309A Neuropsychology	CMY310A Myotherapy Clinical Practicum 3	
Level 300 Elective options*	CMY301A Lifespan Myotherapy	FHN201 Foundations of Human Nutrition	CMY312A Sports Injury Management			
	HWEL2010 Corporate Health	SEN301 Social Enterprise	HWEL2009 Active Ageing and Falls Prevention			
Approved for block credit exemption for Advanced Diploma graduates						
Clinic placement hours						

Study Plan following completion of the Advanced Diploma of Myotherapy						
Year 1	Trimester 1	CMY201A Neuroscience & Motor Control	CMY205A Biomechanics & Kinesiology	CMY212A Clinical Assessment 3	CMY209A Exercise Prescription 1	120 hours
	Trimester 2	CMY311A Joint Mobilisation	CMY304A Exercise Prescription 2	BHS303A Musculoskeletal Integrative Pharmacology	CMY307A Myotherapy Clinical Practicum 2	
	Trimester 3	CMY306A Pain Management 3	CMY309A Neuropsychology	CMY305A Critical Literature Review	CMY310A Myotherapy Clinical Practicum 3	

Study plans may vary depending on subject availability. Your success coach is available to help plan your subject enrolment.