



2019 Postgraduate Student Guide

School of Human Movement and Nutrition Sciences



2 pieces food calories 14 mins of walking	1 hr US 14 mins of walking	1 hr US 40 mins of walking	1 hr US 49 mins of walking
Large bottled cold tea (50 oz)	Large sports drink (50 oz)	Cinnamon roll	2 hrs 14 mins of walking
Large cookie	Candy bar	1 cup of ice cream	46 mins of walking

Exercise is an important tool for achieving a healthy lifestyle. But beware of the diet pitfall. Exercise alone will not help you reach your weight loss goals, especially if you are consuming a high-calorie diet that is high in fat and added sugar. Exercise does burn calories, but there is a common miscalculation about just how long it takes to burn enough calories to equal the calories in a meal, snack, or drink. This chart includes the calorie counts of common food choices in the typical American diet, and the duration of time a 150-pound person needs to walk to burn those calories. If you weigh more, it will take you longer to burn those calories. Want to find out how many calories you burn while attempting to work off your meal? Head over to the Exercise and Calorie Calculator at <http://www.khanacademy.com/exercise>

...eating plan can reduce your risk of heart disease, diabetes, cancer, and obesity. It also promotes a longer life.

Choose heart-healthy protein like salmon, poultry, or beans

Eat more whole-foods like...

Fill up on...

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Welcome from the Head of School

Welcome to what I hope will be a journey of discovery and learning as you embark on on your postgraduate studies.

The School of Human Movement and Nutrition Sciences (HMNS) is internationally renowned as one of Australia's leading education and research institutions in the human movement and nutrition sciences and has been consistently ranked by several World University Ranking agencies to be in the Top 5 of more than 300 Universities world-wide. You are joining a vibrant and friendly community of highly awarded teaching and research staff and dedicated students.

Our broad range of postgraduate coursework programs provides plenty of opportunities in Dietetics, Sports Coaching and Sports Medicine. The School is proud of the fact that a high percentage of our graduates achieve full-time employment after their studies.

The HMNS Student Guide is an excellent reference for information regarding your specific program and some of UQ's policies and procedures. The UQ and HMNS websites also provide important information regarding your program, our School and UQ more generally. I encourage you to study the guide and websites closely and contact our HMNS student advisory team or UQ's student services if you have any questions.

Best of luck for your studies in 2019.

Regards



Andrew Cresswell



The University of Queensland
Head of School,
Professor Andrew Cresswell, Med Dr, ASMF

Our School

The School of Human Movement and Nutrition Sciences offers a range of high-quality undergraduate, postgraduate and research programs in the interdisciplinary areas of human movement and nutrition, which includes, but is not limited to, clinical exercise physiology, exercise science, health sport and physical education, dietetics and coaching.

Our School provides world leading staff and state-of-the-art facilities which provide our students with a world-class education.

We take an interdisciplinary approach to research which is critical to allow effective translation of research outcomes for policy and practice. We pride ourselves on translating knowledge into action.

Our research is diverse and focuses on addressing multi-dimensional questions related to how and why humans move and obtain nutrition. We focus on areas critical to health and disease prevention across the lifespan - including exercise, physical activity and health, dietetics and nutrition, sensorimotor neuroscience, sport, physical and health education.

We consolidate the majority of our research programs into four research Centres, which collectively encapsulate the breadth of academic enquiry pursued by our researchers.

The School Human Movement and Nutrition Sciences is located within the Faculty of Health and Behavioural Sciences which offers the widest range of health study areas of any Australian University, featuring more than a dozen disciplines. The Faculty has a reputation for research discoveries with local and global impact.

Postgraduate Programs

The purpose of this booklet is to provide new and continuing students with general information about the programs and courses offered by the School of Human Movement and Nutrition Sciences and to acquaint students with the philosophy, organisation and internal policies of the School.

This Student Guide is intended as a guide only and as such does not constitute an official document of The University of Queensland. The information in this booklet should therefore be read in conjunction with The University of Queensland's Policies, Procedures and Guidelines and Courses & Programs Information. All students are encouraged, in the strongest possible terms, to acquaint themselves with the rules relevant to their particular program of study, available on the web.

Postgraduate Programs Summary

Coursework

At the postgraduate level the School offers Graduate Certificate, and Masters level programs through the Faculty of Health and Behavioural Sciences in the areas of Dietetics, Clinical Exercise Physiology, Sports Medicine, and Sports Coaching and Graduate Certificates in Sports Medicine and Sports Coaching.

We are also a partner in the coursework masters program, the Master of Applied Psychology (Sport and Exercise), the School is also actively involved in another postgraduate coursework program, co-coordinated through the School of Education.

For more details about Postgraduate Coursework Programs offered by the School of Human Movement and Nutrition Sciences please go to the Schools website <http://www.hmns.uq.edu.au/>

Research

Research masters (MPhil) and doctoral (PhD) degree studies are available within the School in all fields offered by the School. These research degrees are administered through the University's Graduate School. Research programs within the School cover a broad spectrum of areas in (i) movement science/exercise science, (ii) socio-cultural perspectives on sport and physical activity, (iii) the pedagogical aspects of health and physical activity and (iv) the health aspects of physical activity and movement (v) nutrition and dietetics.

Research degrees prepare graduates for full-time careers in research or for careers in formal academic positions in tertiary institutions. Supervision up to the PhD level is provided by the School of Human Movement and Nutrition Sciences in all of its discipline fields. Master of Arts (MA) studies and PhD studies in the socio-cultural areas of human movement sciences are also available for suitably qualified BA (Hons) graduates. Students interested in higher research degrees in one of the disciplines offered by the School should refer to The University of Queensland Program Information Handbook for more details and consult with the School's Coordinator of Postgraduate Studies (Research).

Students entering the Master of Philosophy (MPhil) degree require at least a Bachelor degree with Honours Class II or equivalent. The MPhil thesis provides evidence of significant research as the culmination of 1–2 years full-time equivalent study and research training.

The Doctor of Philosophy (PhD) is a University-wide degree offered through all schools. For students to be considered as PhD candidates, they must have a Bachelor degree with Class I or IIA Honours (or equivalent) or an approved Masters degree involving a significant research component. The doctoral thesis provides evidence of a contribution to knowledge with a level of originality consistent with 3–4 years of full-time study and research training.

Master of Dietetics Studies

From the Program Convenor, (MDietSt)

UQ's Master of Dietetics Studies prepares students for eligibility as an accredited practicing dietitian (APD) with the Dietitians Association of Australia. There is a growing demand for qualified Dietitian-Nutritionists in both Australia and overseas due to an increasing awareness of the importance that food and nutrition has in health and disease prevention. This program provides students with the skills to apply their highly developed knowledge of nutrition science, health and disease, behavioural science, food and food preparation methods to tailor recommendations to improve the health of individuals, groups and/or populations through nutrition promotion, dietary modifications and foodservice systems. Students also develop the knowledge and skills to empower individuals, groups and/or the broader community to improve their own health through engagement, facilitation, education and collaboration.

This program uses a case-based learning approach and offers students an extensive practical component where students commence professional practice in a variety of facilities early on in their studies. Students benefit from practice in hospitals, residential aged care facilities and a range of other areas. This program offers a diverse range of courses which explore advanced topics and practices in dietetics and nutrition and is designed for students with a background in nutrition, public health nutrition, biochemistry, behavioural science, physiology and statistics.

Professional Membership: Dietitians Association of Australia, Public Health Association of Australia, Nutrition Society of Australia, Australian Health Promotion Association, Sports Dietitians Australia.

Regards,

Karen Abbey



The University of Queensland
Program Convenor, MDietSt, Dr Karen Abbey

First Year Enrolment - MDietSt

Semester 1

DIET7101	Medical Nutrition Therapy 1
DIET7102	Professional Practice in Medical Nutrition Therapy 1
DIET7103	Interviewing & Counselling for Dietetics Practice
DIET7104	Applied Food Sciences for Dietetics

Semester 2

DIET7201	Medical Nutrition Therapy 2
DIET7202	Professional Practice in Medical Nutrition Therapy 2
DIET7203	Food and Nutrition Service Management
DIET7204	Professional Practice in Public Health & Community Nutrition

[Link to my.UQ - Master of Dietetics Studies:](#)

Master of Clinical Exercise Physiology

From the Program Convenor, (MCEP)

This program is designed to permit suitably qualified university graduates be recognised by Exercise and Sports Science Australia (ESSA) as an Accredited Exercise Physiologist in just 1.5 years. Students are provided with the knowledge skills and competencies required to plan, implement and evaluate exercise and behavioural modification interventions for people affected by cardiovascular disease, musculoskeletal conditions, neurological conditions, diabetes and a range of other conditions. Students acquire a minimum of 500 hours of supervised clinical practice.

The program has been accredited by the Exercise and Sports Science Australia (ESSA)

Professional Membership: Exercise and Sports Science Australia

Regards,

Sean Tweedy



Program Convenor, MCEP, Dr Sean Tweedy

The University of Queensland

First Year Enrolment – MCEP (Semester one intake)

(For Students who commence in semester 1)

Semester 1

EXMD7362	Prescription & Programming for Healthy Individuals
EXMD7382	Exercise Science Technical Skills
EXMD7740	Prescription & Programming for Musculoskeletal Conditions
EXMD7741	Prescription & Programming for Ageing, Obesity & Cancer

First Year Enrolment – MCEP (mid-year intake)

(For students who commence in semester 2)

Semester 2

HMST7846	Research Skills
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[Link to my.UQ - Master of Clinical Exercise Physiology](#)

Sports Medicine

From the Program Convenor, (SPMD)

The School of Human Movement and Nutrition Sciences offers General Practitioners a suite of exciting professional degrees in the rapidly expanding field of sports medicine. The Graduate Certificate and Master of Sports Medicine are aimed specifically at general practitioners wanting to develop their clinical knowledge and skills in the expanding field of sports medicine.

The program features:

- Comprehensive coverage of the theory and practice of sports medicine to optimise the management of injuries and medical conditions in the exercising individual.
- Embraces evidence-based practice and clinical research methods in sports medicine to optimise the health care of physically active individuals.
- Flexible, web-based delivery of key content knowledge.
- Interdisciplinary approaches to the prevention, treatment and management of sports injuries.

Regards,

Craig Engstrom



The University of Queensland
Program Convenor, SPMD, Dr Craig Engstrom

Courses include:

- Principles of Sports Medicine
- Special Groups in sports medicine
- Upper Limb, Head, Neck and Trunk Sport Injuries
- Lower Limb and Lumbar Region Injuries in Sports Medicine
- Clinical Exercise Science for Sports Medicine
- Evidence Based Health Care
- Research Project in Sports Medicine
- Introduction to Epidemiology
- Introduction to Biostatistics
- Systematic Reviews of Evidence

[Link to my.UQ - Graduate Certificate in Sports Medicine](#)

[Link to my.UQ - Master of Sports Medicine](#)

Sports Coaching

From the Program Convenor, (SPCG)

The focus of the postgraduate programs in Sports Coaching at The University of Queensland is the development of advanced and applied sports coaching knowledge and practice. The authentic experiential learning approach connects learning to current coaching practice and contexts with a focus on developing the coach- athlete performance relationship. As such, it is a general expectation that you will be coaching while studying so that you can apply the principles you are exploring in your own context (often in the form of assessment items).

Elite coaches, expert academics, and world-leading researchers have combined their knowledge and skills in forging this unique and enduring program that offers the latest and most innovative theory and practice in sports coaching. The postgraduate programs in Sports Coaching are also continually evolving in response to contemporary research, changes in the sport industry, and in response to student feedback. We value your input so please ensure that you engage willingly and consistently during your studies – including providing feedback on your experiences each semester.

Graduates of the postgraduate programs in Sports Coaching will have professional qualifications suitable for employment in sports institutes, professional and national/state sporting organisations, and sporting schools of excellence. As opposed to other formal education experiences, qualifications from The University of Queensland have broad recognition globally, within and beyond the sporting world.

Regards,

Steven Rynne



The University of Queensland
Program Convenor, Sports Coaching, Dr Steven Rynne

Courses include:

- Performance Psychology for Coaches
- Quality Coaching: Understanding, Informing and Advancing Practice
- Quality Coaching: Action Research
- Sport Science (Anatomy, Biomechanics, Physiology)
- Developing the Elite Athlete
- Applied Sport Psychology for Coaches
- Movement and Performance Analysis
- Advanced Training Programs
- High Performance Program Management for Coaches
- Recovery and Nutrition for Elite Athletes
- Contemporary Issues in Coaching
- Directed Study
- Thesis

[Link to my.UQ - Graduate Certificate in Sports Coaching](#)

[Link to my.UQ - Master of Sports Coaching \(#24\)](#)

[Link to my.UQ - Master of Sports Coaching \(#16\)](#)

Course Outlines

The Electronic Course Profile (ECP) is the required method to identify information about course coordinators, course content, resources, learning activities and assessment.

Your degree – or Program – is made up of mandatory and elective courses (or subjects). The ECP is the detail about the actual courses you study and you must make yourself familiar with them. They contain the details of assessment and the rules around assessment items. UQ requires that the ECP is available one week prior to the start of the semester, but the School of Human Movement and Nutrition Sciences tries to provide them as early as possible to give you guidance on what you can expect from your courses.

Learn.UQ

Learn.UQ uses the learning management system Blackboard. Every postgraduate course offered at UQ has a Learn.UQ Blackboard site for its students.

Blackboard is an educational, teaching and learning framework providing electronic delivery of coursework material and providing the method of submitting your written work. Online information is provided to enable you to access course information and communication in an interactive environment.

Important Dates

Please note there are several key dates affecting students throughout the year. All of the important key dates can be found in the UQ Enrolment Guide 2019 and also at the following website:

<http://www.uq.edu.au/startingatuq/important-dates>

Course Prerequisites & Requirements

Immunisation

Otherwise known as a Student Immunisation Record, used to demonstrate your immunity to vaccine preventable diseases.

Master of Dietetics Studies and Master of Clinical Exercise Physiology students are required to demonstrate that all the required vaccinations have been had. Students will need to submit a School of Human Movement and Nutrition Sciences Student Immunisation Record form. This must be completed by a registered medical practitioner that is not a family member and uploaded to the Student Placement Management System.

Blue Card

Master of Dietetics Studies and Master of Clinical Exercise Physiology students are required to have a valid Blue Card before the commencement of their program.

The Blue Card system determines a person's eligibility to work with children and is based on past police and disciplinary information. You will need to apply for and then maintain a current Blue Card for the duration of your program.

To obtain a Blue Card you will need to download the appropriate form (below) and bring this with the required identification to Level 2 Reception at the School of Human Movement and Nutrition Sciences (26).

Please note, Blue Card applications can take 4 to 8 weeks to be processed. Therefore, you should submit this as soon as possible to ensure this requirement is met prior to your program commencement.

Applications for students who do not have a current Blue Card

If you do not have a Blue Card, or if your Blue Card has expired, please use this form: <https://www.bluecard.qld.gov.au/pdf/forms/DJAG001-BC-Blue-card-application.pdf>

Application for students who have a current card with another organisation

If you already have a Blue Card you do not need to reapply, however you will need to link your card to the School of Human Movement and Nutrition Sciences using this form:

<https://www.bluecard.qld.gov.au/pdf/forms/DJAG008-Link-an-applicant-or-cardholder.pdf>

NB If you currently reside more than 50km from The University of Queensland or have a disability which affects your mobility, you can submit the above application via post. However, you will additionally need to complete and submit a '**Confirmation of identity**' form:

<https://www.bluecard.qld.gov.au/pdf/forms/DJAG039-Confirmation-of-identity.pdf>

Student Administration Officer
School of Human Movement and Nutrition Sciences
Level 2, Connell Building (26), Blair Drive
The University of Queensland
St Lucia QLD 4072

Placement Courses

Students on a placement course – also known as a work placement, internship, industry study, industry experience, clinical practice, clinical placement, practical work, practicum, fieldwork, teaching practice – should refer to the University policy, Placement Courses (link to: <https://ppl.app.uq.edu.au/content/3.10.04-placement-courses>) for information on course administration, assessment, dispute resolution, expectations and responsibilities.

Additional Enrolment Guidelines

Part-time/Evening Students for On-campus Programs

While students are permitted to enrol in some of the School of Human Movement programs part-time, students should be aware that the majority of courses are scheduled in the day only. Part-time students should therefore undertake their degree studies recognising that a commitment to several semesters of day time studies will be necessary.

Maximum Semester Unit Loads

A standard full-time load is equal to #16 units (often expressed as #16) of study per year (this usually means 8 courses per year), or #8 units of study per semester (this usually means 4 courses per semester). Three-quarters of a standard full-time load per semester would therefore mean #6 units (this usually means 3 courses of #2 units each).

Across all faculties and programs students are able to enrol in a maximum of 8 units for each of first and second semesters and 6 units maximum in the summer semester.

Students will be permitted to enrol in more than #8 units in either Semester 1 or 2 and more than #6 units in Summer Semester if their GPA is greater than or equal to 4.5 in the most recent semester of full-time enrolment. If you want to enrol in more than #8 units in semester 1 or 2 and your GPA is less than 4.5 in the most recent semester of full-time enrolment, you will need the approval of the Executive Dean.

Adding or dropping courses

There are a number of factors to consider and procedures to follow when changing aspects of your enrolment. You are encouraged to consult the school for advice regarding any enrolment changes.

School Equipment and Rooms

Student Learning Centre

The Student Learning Centre is a purpose-designed space that is for the exclusive use of students enrolled with the School of Human Movement and Nutrition Sciences.

The Centre is designed to improve student learning experiences and services and has the capacity to accommodate 100 students. It is located on the ground floor (level 1) of the Connell Building, provides teaching and learning space with a special focus on a technology-rich environment and flexible learning spaces that enhance experiential learning.

The centre includes:

- open space with semi-closed and private booths enabling students to use the spaces for independent personal study and formal or informal group collaboration
- five flat-screen TVs/video/DVDs for learning support and entertainment
- new bathrooms and change rooms
- Wi-Fi and internet connectivity
- laser printing
- food preparation amenities.

Laboratories

Laboratories are not open to general student use outside of scheduled class times and are not to be used as study areas. The laboratories are for teaching and research and their use must be authorised by the lecturer concerned and supervised by a member of the lecturing or tutorial staff.

Requests for use of laboratory space should be made at least 24 hours prior to the time required and bookings are normally handled by the HMNS Receptionist.

All laboratory areas must be left clean and tidy after use. Appropriate closed in footwear must be worn i.e. no bare-feet, thongs or sandals. The storage and/or consumption of food and drink in the laboratories are strictly forbidden. Used electrodes, blood sampling items, and any other pathological waste material must also be disposed of in the appropriate manner. Signs located in all laboratories provide instructions for the disposal of specific material.

Any faulty or damaged equipment must be immediately reported to the School Attendant or another member of the Technical Support staff.

Gymnasia and School-Controlled Rooms

The same basic rules that apply to laboratories also apply to these areas. Priority usage is for School classes and activities. The gymnasia are NOT for general use. Appropriate closed in footwear must be worn i.e. no bare-feet, thongs or sandals. Use is restricted to the teaching and research activities of the School and select outside groups with authorised bookings. People wishing to book School-controlled rooms need to contact the HMNS Reception.

After Hours Use of Facilities

Most laboratories will normally be locked after hours. Occasionally, laboratories may be open outside normal working hours but access is restricted to authorised staff and students involved in formally scheduled laboratory and/or tutorial classes.

Students who need to use laboratories afterhours or on weekends, other than for scheduled classes, must have written authorisation to be on the premises, signed by their supervisor. Authorisation should be obtained by the student at least 24 hours prior to the time the laboratory is required. This is a University of Queensland OH & S guideline and a School of Human Movement and Nutrition Sciences requirement. The authorisation form, Working After Hours Form – Students is Appendix A, and also page 4 of the OH & S Guideline – Working after hours or in isolation (Students) and is available on the University of Queensland OH&S webpage <http://www.uq.edu.au/ohs/> or through reception. A member of the technical staff will arrange for door and alarm access after appropriate written permission has been obtained.

Scientific Equipment & Sporting Equipment

NO equipment will be lent to students for use other than those directly related to class activities.

The usage of sporting equipment and specific scientific equipment is coordinated by the School Attendant and/or a member of the Technical Staff team. Students wishing to borrow equipment for projects or practicals should complete an Issue Record form (available from the School Attendant). Unless a previous arrangement has been negotiated, these forms should be submitted to the Technical Support Group at least 24 hours prior to the time the equipment is required.

When students borrow equipment, they may be required to surrender their Student Card as a deposit. This Card is then returned to its owner when the equipment is returned. Equipment must be returned in its original condition on or before the return date shown on the Issue Record form. Any faulty equipment should be reported immediately. Borrowers may be charged the replacement cost of any lost items.

Equipment ordered using an Issue Record form is to be collected from the School Attendant. When there is a requirement to have the equipment set up or located by the Technical Support Group, further written instructions (e.g. email) detailing this requirement must be submitted to the School Attendant. All requests for technical support from students must have the written approval of their course lecturer. The School Attendant may be contacted by emailing: schoolattendant@uq.edu.au.

Any requests for scientific equipment to be used off campus must be approved by the relevant lecturer and the Head of School.

Photocopying

The School copying machines are for the use of staff and postgraduate research students only. Card operated machines have been installed on the campus for postgraduate coursework student use, the nearest machines being at the Social Science and Humanities Library and the Student Union complex.

Computing Equipment

Independent use of the School's computing facilities is restricted to staff and suitably trained postgraduate students and is controlled by a password system. Postgraduate Coursework students may only use computing equipment other than that located in the Student Learning Centre on level 1 of the Connell building, with permission from a staff member. Please note that it is a strict requirement that any removable media brought into the School, MUST be checked with a virus scanner. All school (HMNS) computers have virus scanners installed for this purpose. No computing equipment may be connected to the School's network without first being checked UQ IT staff. Please note that wireless network connection is available throughout the HMNS buildings as well as most of the UQ St Lucia campus.

Support Services

Students who may experience personal problems that are affecting their study can contact the School or Student Services <http://www.uq.edu.au/student-services/>

School Contacts

School of Human Movement and Nutrition Sciences
Level 2, Connell Building (26), Blair Drive
The University of Queensland
St Lucia QLD 4072

Telephone: +61 7 3365 6240
Facsimile: +61 7 3365 6877
Email: hmns@enquire.uq.edu.au

For a list of our Academic and Professional staff; and Academic Title Holders please go to the HMNS website <http://www.hmns.uq.edu.au/our-staff/>