

Diploma of Health and Wellbeing DIPHWEL24

The Diploma of Health and Wellbeing is one year in duration for a full-time student, or two years in duration for a part-time student. Each year consists of three study periods, also known as trimesters/terms.

Core subject - a compulsory subject that you must complete

Elective subject - a subject to be selected from the Elective Bank below

Pre-requisite subject - a subject you must complete before undertaking another subject.

This course is comprised of 8 subjects that you are required to complete, including:

- 5 Core subjects
- 3 Elective subjects

The course contains 2 subject levels - Level 100 and 200 guiding you from foundational through to more complex subjects.

- Level 100: 4 core subjects.
- Level 200: 1 core subjects.

You must select 3 electives from the Elective Bank below. The 3 electives may be chosen from any level subjects (100, 200).

RPL - Should you have any Recognition of Prior Learning (RPL) credits that make you eligible for exemptions, please contact your Program Director to discuss further.

How to read the below Suggested Study Pattern (as a full-time Student):

8 subjects per year make up a full-time study load, following a **3 subjects - 3 subjects - 2 subjects** pattern across the year's three study periods (trimesters/terms).

Following the below pattern, the subjects in your first year would be:

1st study period: HWEL2006, HWEL2002A and 1 Elective (3 subjects)

2nd study period: HWEL2003A, HCCSSD103 and 1 Elective (3 subjects)

3rd study period: HPR200A and 1 Elective (2 subjects)

Studying Part-Time? Follow the below sequence from top to bottom, but with fewer subjects per Study Period.

Any questions? Contact HelpMeEnrol@torrens.edu.au

SUGGESTED STUDY PATTERN

Year	Level	Subject Type	Subject	Pre-requisite	Completed	
YEAR 1	Study Period 1					
	100	Core	HWEL2006	Social and Emotional Wellbeing	-	<input type="checkbox"/>
	100	Core	HWEL2002A	Understanding Health	-	<input type="checkbox"/>
		Elective		Level 100 Elective recommended from the below table	-	<input type="checkbox"/>
	Study Period 2					
	100	Core	HWEL2003A	Disease Prevention	HWEL2002A	<input type="checkbox"/>
	100	Core	HCCSSD103	Mental Health		<input type="checkbox"/>
		Elective		Choose one elective subject from the elective bank below		<input type="checkbox"/>
	Study Period 3					
	200	Core	HPR200A	Health Promotion	HWEL2002A	<input type="checkbox"/>
	Elective		Choose one elective subject from the elective bank below		<input type="checkbox"/>	

Please note - not all subjects are available for each Study Period. If your suggested subjects are unavailable, please take the subject that is immediately preceding or following that subject

ELECTIVE BANK - Diploma of Health and Wellbeing

Level	Subject	Pre-requisite	Chosen
Psychological Wellbeing elective stream			
(The following electives should be completed to maximise credit and advanced standing in the Bachelor of Psychological Sciences)			
Level 100	HSC101	Professional Communication and Collaboration	<input type="checkbox"/>
Level 100	HPSYSD104	Fundamentals of Personal and Social Behaviour	<input type="checkbox"/>
Level 100	PSY101	Organisational Psychology - Worker and Workplace Wellbeing	<input type="checkbox"/>
Community Wellbeing elective stream			
(The following electives should be completed to maximise credit and advanced standing in the Bachelor of Community Services)			
Level 100	HSC101	Professional Communication and Collaboration	<input type="checkbox"/>
Level 100	HCCSSD104	Lifespan Development	<input type="checkbox"/>
Level 200	FPH201	First Peoples Culture, History and Health	<input type="checkbox"/>
Other Elective Options			
Level 200	HWEL2009A	Active Aging and Falls Prevention	<input type="checkbox"/>
Level 200	HWEL2010	Corporate Health	<input type="checkbox"/>

Other subjects from Torrens Undergraduate Programs may be also used as electives, with prior approval from the Program Director

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Course Learning Outcomes - Diploma of Health and Wellbeing (DIPHWEL24)

Course Learning Outcome 1	Demonstrate knowledge of human systems as they relate to the disease prevention and health maintenance across the lifespan
Course Learning Outcome 2	Evaluate the impact of health-enhancing activities on physical and mental health, social wellbeing and disease prevention throughout the lifespan.
Course Learning Outcome 3	Investigate the dominant theories of health, disease, mental health and public health as they relate to a variety of communities and populations
Course Learning Outcome 4	Interpret social determinants of health as they impact a variety of communities and populations
Course Learning Outcome 5	Examine health and wellbeing and mental health promotion strategies and programs for a variety of populations with consideration to behaviour change models
Course Learning Outcome 6	Reflect with sensitivity and a commitment to social justice and human rights for analysis and development of solutions to a range of health problems
Course Learning Outcome 7	Explore health theory and development promotion strategies in relation to the benefits of applying research skills to inform communities and populations
Course Learning Outcome 8	Assess how to communicate health promotion messages appropriately and effectively to diverse population groups