



THE UNIVERSITY OF  
MELBOURNE

# Rehabilitation for Women's Health



Offered through the University of Melbourne's Rehabilitation Science online graduate program, the Rehabilitation Science for Women's Health subject provides students with the opportunity to build a deeper understanding of the safe and effective application of rehabilitation principles to meet the health needs of women.

With a focus on conditions affecting women from young adulthood through to their reproductive and older years, students will develop deep knowledge of pathophysiology and clinical presentations that typically affect women's experience of their health.

## Who is this subject for?

This subject is aimed at the broad range of health professionals who are looking to deepen their expertise in the area of health promotion and rehabilitation, and better support women recovering from injury or illness.

## What will I learn?

At the completion of this subject, you will be able to:

### Rehabilitation Theory and Practice

- Describe the structures and functions unique to the female body, with particular reference to the maturation of body systems from young adulthood to older age
- Explain the pathophysiology of common conditions that influence women's health experience and critically discuss how rehabilitation can ameliorate these conditions
- Critically assess and analyse the health-related needs of individuals, groups and/or health populations for rehabilitation interventions, recognising the personal

and environmental circumstances that influence functional capability and participation preferences

- Analyse and synthesise literature to address the rehabilitation needs of individuals and groups of women with common conditions.

### Evidence and Innovation

- Select and critically justify appropriate outcome measures to evaluate the efficacy of rehabilitation interventions for women at all life stages from young adulthood to older years
- Critically evaluate emerging therapies, technologies and innovations that are designed to assist women to maintain their health and wellness.

### Clinical Practice in Context

- Discuss how contextual factors, including social, ethics and policy, influence clinical practice and how these factors can be managed to promote 'best practice' rehabilitation in women's health.
- Design an evidence-informed program for a specific women's condition/issue appropriate to your practice context.

[online.unimelb.edu.au/rehab](https://online.unimelb.edu.au/rehab)

## Subject structure

Students will complete the foundational module and then choose two modules that best meet their learning interest and practice needs:

<b>Module 1:</b> Foundational Knowledge (compulsory)	This module explores the typical physiological changes occurring in women from young adulthood through to the reproductive and older years.
<b>Module 2:</b> The Younger Woman	This module focuses on a deeper exploration of the physical, psychological and cultural expressions of adolescent development and the rehabilitation of clinical conditions associated with adolescence e.g. dysmenorrhea, female athlete triad.
<b>Module 3:</b> The Fertile Years	This module explores fertility and infertility. There will be a focus on physical and psychological changes occurring during the childbearing years and post-natal recovery and appropriate rehabilitation.
<b>Module 4:</b> The Older Woman	This module focuses on the physiology and psychology of the maturing woman including the effects of physical activity on the ageing musculoskeletal system, and the management of conditions associated with advancing age e.g. incontinence, bone health.

## Fees and course structure (Indicative cost for 2016)

You can undertake this elective subject individually, or as a CAP subject or as part of the Specialist Certificate, Graduate Certificate, Graduate Diploma or Master of Rehabilitation Science. If you would like more information about the Rehabilitation Science program please visit our website: [online.unimelb.edu.au/rehab](http://online.unimelb.edu.au/rehab)

Course	Structure	Point program	Fee
CAP Subject	single subject	12.5 point program	\$4,028 assessed \$3,224 unassessed
Graduate Certificate of Rehabilitation Science	2 core + 2 elective subjects	50 points	\$11,184
Graduate Diploma of Rehabilitation Science	4 core + 4 elective subjects	100 points	\$22,927
Master of Rehabilitation Science	6 core + 1 capstone + 4 elective subjects	150 points	\$35,258

For more information about fees and if you are eligible for fee assistance please visit [futurestudents.unimelb.edu.au/admissions/fees](http://futurestudents.unimelb.edu.au/admissions/fees) or contact our Student Support team on [study-online@unimelb.edu.au](mailto:study-online@unimelb.edu.au) or +61 3 8344 0149 (9am – 5pm AEST Mon – Fri).

## Key dates

Term	Application close	Classes start
Term 3	17 June	18 July
Term 2, 2017	19 March	10 April

## Entry requirements

To apply for this program, applicants are required to have:

- A qualifying degree in the discipline of Physiotherapy, Medicine, Exercise Science, Occupational Therapy, Podiatry, Nursing, or another relevant discipline; and
- At least two years of documented relevant professional work experience.

Please note meeting these requirements does not guarantee selection.

Applicants are required to satisfy the University's English language requirements for postgraduate courses. For those applicants seeking to meet these requirements by one of the standard tests approved by the Academic Board, **performance band 6.5** is required.

## Why study online with the University of Melbourne?



Taught by highly regarded experts



Dedicated Student Support



Interactive learning environment



A network of high-achieving peers



Flexibility of choice



Professional development

## Want to learn more?

Want to find out more about studying the Specialist Certificate, Graduate Certificate, Graduate Diploma or Master of Rehabilitation Science, visit: [online.unimelb.edu.au/rehab](http://online.unimelb.edu.au/rehab) and download our course guide.

### Ready to apply?

Master Rehabilitation Science – [online.unimelb.edu.au/ma-rs](http://online.unimelb.edu.au/ma-rs)

Graduate Diploma – [online.unimelb.edu.au/gd-rs](http://online.unimelb.edu.au/gd-rs)

Graduate Certificate – [online.unimelb.edu.au/gc-rs](http://online.unimelb.edu.au/gc-rs)

If you want to undertake this subject on it's own, contact our Student Support Consultants who can guide you through the application process. They're available by phone or email on: + 61 3 8344 0149 or [study-online@unimelb.edu.au](mailto:study-online@unimelb.edu.au), Monday - Friday between 9am and 5pm AEST.

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