

HEALTH



OUR VISION

Victoria University's vision for Health is to provide excellence in teaching and learning supported by research to promote personal, group and community health and wellbeing. We aim to prepare work ready graduates that are able to empower people through the provision of health services that enrich lives.

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**VICTORIA
UNIVERSITY**

**A NEW
SCHOOL OF
THOUGHT®**

EXPERTISE IN EDUCATION AND RESEARCH

HEALTH HISTORY

Health has a 25 year history of teaching, research and community service in:

- active living and wellbeing
- allied health
- beauty therapy programs
- bioscience
- emergency health services
- food science
- nursing and midwifery
- nutrition
- osteopathy

HEALTH STRENGTHS

Health strengths in education and research include:

- beauty therapy
- dermal therapies
- biomedical sciences
- food science (dietetics and nutritional therapy)
- mental health
- nursing and midwifery
- osteopathy
- paramedics
- health management
- sport performance, exercise science and active living

HEALTH STUDENTS

Approximately 70% of Health students are female, while 30% are male. Approximately 43% of local students live in the Western region of Melbourne, 53% study full time and 24% of local students speak languages other than English.

HEALTH COURSES

Health offered 57 courses in 2009 with most courses being delivered by:

- School of Engineering and Science
- School of Biomedical and Health Sciences
- School of Nursing and Midwifery
- School of Sport and Science
- School of Personal Services

Other courses were delivered by:

- School of English Language & Preparatory Programs & Services
- School of Sport and Exercise Science
- School of Community Services
- School of Health

HEALTH CAREER PATHWAYS

Health offers learning pathways to enable students to design their own career. Students can move from secondary school to courses at a Certificate level through to Diploma, Degree and PhD. Pathways include transitions from:

- Certificate IV in Nursing to Bachelor of Nursing
- Diploma of Paramedical Science to Bachelor of Health Science (Paramedic)
- Diploma of Beauty Therapy to Bachelor of Health Science (Dermal Therapies)

HEALTH RESEARCH

Health research is undertaken across disciplines in sport performance, exercise science, active living, Wellness Promotion Unit and the Australian Community Centre for Diabetes. Health and wellbeing includes the psychology of sleep, health services, and the use of technology in health education and the management of serious diseases.

WELLNESS PROMOTION UNIT

The Wellness Promotion Unit undertakes research to promote personal, group and community wellbeing. The unit engages with community stakeholders to identify needs and develop research focused on prevention and intervention strategies that integrate knowledge with practice.

AUSTRALIAN COMMUNITY CENTRE FOR DIABETES

Victoria University, together with the Australian Community Centre Diabetes, brings together existing expertise in diabetes and connects research activities by working with key health, community and education partner organisations. Research focuses on developing new approaches to diabetes prevention and management, and to reduce diabetes-related disease in identified or priority communities where the rate of diabetes is high or increasing.

SPORT PERFORMANCE

Research in sport performance is focused on sport as a major aspect of Australian and global societies. Research in this area is integrated with management, tourism, education, law, society and culture, which enables us to bring together the many disciplines underpinning research in sport. The sport program focuses on three key areas:

- sciences in sport
- society, culture and sport
- sport management, tourism, education and law

This multi-disciplinary approach and expertise in this area gives our research and education a unique focus that enables us to provide national and international leadership in sport science.

EXERCISE SCIENCES

Research on exercise science is critical to societal health, cohesion and economic growth. Research in this area focuses on the fundamental disciplines involved in exercise knowledge, and in many respects overlaps with and acts as a bridge between, sport and active living.

Basic and applied exercise science research, as well as clinical exercise sciences in sport and exercise rehabilitation. Research in this area includes anatomy, biomechanics, biochemistry, metabolism, nutrition, molecular biology, motor learning, motor control, nutrition, physiology, psychology, sociology, rehabilitation.

ACTIVE LIVING

Active living is becoming an important social driver of severe adverse health, and the economic and social consequences of a lack of physical activity. Research in this area focuses on two key areas 'physical activity for all' and 'communities and our environment'.

PHYSICAL ACTIVITY FOR ALL

Research is focused on grassroots participation in community and individual sporting and physical activities. This research focuses on physical activity in:

- healthy populations
- 'at risk' populations
- disability and chronic disease

COMMUNITIES AND OUR ENVIRONMENT

Research is focused on identifying factors affecting opportunities for increased physical activity in health, disability and disease in all age groups via:

- active design
- active transport
- home and work environments

HEALTH INDUSTRY PARTNERS

Health is part of an extensive network of experts committed to excellence in teaching, learning and research. These partnerships provide opportunities for learning in the workplace and have been developed around research projects that deliver real benefits to the community.

Health Industry partners include:

- Australian Industry Group
- Community organisations including the Western Bulldogs, the Western Suburbs Indigenous Gathering Place, Islamic Girls Women's Group, the Centre for African Australian Women's Issues, and the Maltese Community Council of Victoria
- Diabetes research organisations and institutes, including St Vincent's Institute of Medical Research, the Walter and Eliza Hall Institute of Medical Research, the Baker IDI Heart and Diabetes Institute, International Diabetes Institute, Juvenile Diabetes Research Foundation, and the Diabetes Australia - Victoria
- The J T Reid Charitable Trusts
- The Myer Foundation
- The University of Melbourne
- Victorian Medical Postgraduate Foundation
- Western Health and other western region health services
- Western region local government

The Australian Community Centre for Diabetes (ACCD) is based at Victoria University's St Albans Campus. Its partners include:

- Community health centres
- Divisions of general practice
- Local councils
- Australian Industry Group
- Western Bulldogs Football Club
- Western Health

The active living and sport performance research partners include:

- Australian Institute of Sport (AIS)
- Department for Victorian Communities
- Department of Sport & Recreation
- Department of Transport
- Department of Veterans' Affairs
- Maribyrnong College Sports School
- Melbourne Storm
- Racing Victoria
- Toyota Australia
- Western Bulldogs Football Club

The Wellness Promotion Unit research partners include:

- AusAid
- Baptist Foundation
- Brotherhood of St Laurence
- Centrelink
- Country Fire Authority
- Department of Human Services
- Department of Immigration and Citizenship
- Department of Victorian Communities
- Hanover Welfare Services
- LaTrobe University
- Melbourne City Mission
- Metropolitan Fire Brigade
- National Europe Centre
- University of Adelaide
- University of Newcastle
- University of Western Australia (UWA)
- VicHealth
- VicRoads
- Victoria Police

HEALTH INTERNATIONAL LINKAGES

Nursing programs are offered in China and Singapore and nursing programs are emerging as important in the Philippines and India.

HEALTH FACILITIES

A \$1 million laboratory for research and teaching equipped with the latest in advanced analytical instruments from Shimadzu Scientific Instruments opened at Victoria University's Werribee Campus in late 2008. The laboratory benefits Health students, teachers and researchers in a range of areas including environmental science, water research and chemical analysis.

Sport performance, exercise science and active living education and research will be supported by new infrastructure including a \$68.5 million Learning Commons Exercise Science and Sport building at Footscray Park, a multi-million dollar sport and exercise applied research and education centre at Whitten Oval, and a new Teaching, Training and Research facility at Sunshine Hospital. These facilities are due to be finished by mid-2010.

CAMPUSES FOR HEALTH

Campuses for delivery of the majority of courses are located at St Albans and City King.

CONTACT DETAILS

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