



AIAS Newsletter

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AIAS opens more careers to its students

Ever thought about being a physiotherapy assistant?

AIAS has just been accredited to offer two new awards: a Certificate III in Allied Health Assisting-Physiotherapy Assistant, and a Certificate IV in Allied Health Assisting-Physiotherapy Assistant.

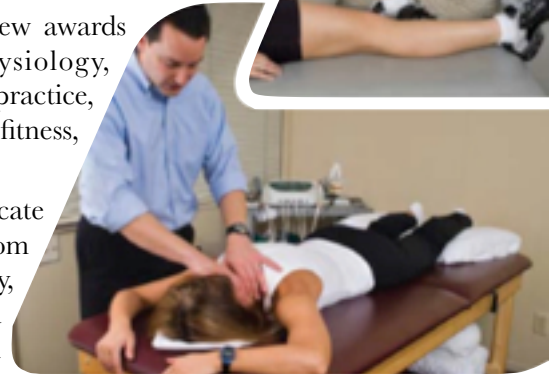
These qualifications will allow you to become an assistant to a physiotherapist, possibly working in a sports or fitness area. Some students may wish to combine one of these new awards with one of the fitness awards offered at AIAS.

As a physiotherapy assistant you work under the guidance of a physiotherapist. You could even work in a remote community with the supervising physiotherapist based in a city.

The subjects studied in the new awards include Anatomy and physiology, Communication, Professional practice, Client care, Introduction to fitness, and Clinical practical.

Students studying the Certificate IV also choose two electives from areas such as Massage therapy, Strength and conditioning, and Fitness instruction and assessment.

Enquire with AIAS administration about these new awards. If you are already studying fitness at AIAS you may be particularly interested in finding out how these awards could expand your employment possibilities.



Important dates for your diary

1 June 2009

Semester 2 starts

27 June – 5 July 2009

Mid-semester break

28 August 2009

End of semester 2

4 September 2009

Semester 2 assessments finalised

7 September 2009

Semester 3 starts

19–27 September 2009

Mid-semester break

4 December 2009

End of semester 3

11 December 2009

Semester 3 assessments finalised

Massage factoid

Massage itself is probably as old as the human race. And massage techniques are as varied as the number of people delivering them. But were you aware that animals have been used to deliver massages?

In Romania of old, some illnesses were treated by a massage from the feet of a tame bear as it walked on the patient! You would hope it had clean feet and that its toenails were clipped.

And where they are available, baby elephants have been used to deliver massages. Ouch!

Did you know?

In Australia, education is the third largest export earner after coal and iron ore. In 2007-08 international education contributed almost \$14 billion to the Australian economy.

Internationally, Australia has an outstanding reputation as a provider of quality education.

AIAS contributes to these export earnings as it has a number of foreign students enrolled in a range of courses. They are most welcome as they contribute to the wonderful diversity of the AIAS campus.



natural
medicine



beauty
therapy



sport &
fitness



hair-
dressing



massage
therapy



aged
care



english
college



hospitality
college

Clinically speaking

The various clinics at AIAS are a core part of its function.

Students of naturopathy, beauty therapy and massage gain clinical training under supervision by AIAS staff at these clinics.

Members of the public make appointments to attend these clinics, which give them discount treatments as the more advanced students gain clinical experience.

Did you know, though, that these clinics also are open to AIAS students at an even greater discount than that offered to the public?

Why not take advantage of this wonderful resource on your campus?



Study tip

In the last Newsletter there was mention of interactive exercises available on websites and elsewhere.

These exercises present some of the best ways that you can learn facts or concepts. You learn by doing something on screen, by manipulating something to gain immediate feedback.

For example, the CD that comes with your Anatomy and Physiology text contains a number of interactive exercises.

And if you search the Internet there are many free sites with interactive exercises in a wide range of subject areas.

Learning by doing something, instead of expecting things to sink in by osmosis, is an extremely effective method of studying.

Herbs and the common cold

Not many people enjoy a runny nose, sore throat or cough, but every winter people succumb to the symptoms of viral attacks!

A simple regular intake of a herb may help to reduce the chance of 'catching' a common cold and keep your resilience up: that herb is the wonderful *purple cone flower*.

Over the past decade research has shown conflicting results to either confirm or condemn the *Echinacea* genus as a treatment for the common cold. New research has found, however, that this herb 'primes' the immune system to help resist viral attacks. But it comes down to taking two different species at the same time.

While *Echinacea angustifolia* is the powerful species, it has been found that *E. purpurea* (pictured) slows down the metabolic breakdown of the *E. angustifolia* for an enhanced effect.

So this winter, try taking both species at the same time and observe how your body handles contact with circulating viruses.



Upgrade to a hospitality bachelor degree

If you complete a Diploma or Advanced Diploma of Hospitality at AIAS, you can go on to complete a Bachelor of Hospitality Management at Central Queensland University.

The upgrade requires completion of only 12 subjects over 18 months.

Details of the degree program can be found on the CQU website at http://handbook.cqu.edu.au/Handbook/programs_2.jsp?s=2&code=CU07.

Student profile



For this Newsletter we interviewed AIAS student **Kylie Cloney**.

* **What are you studying and when did you start?** Advanced Diploma of Naturopathy, and Massage Cert 4. Nearly finished!

* **What made you choose AIAS?** I was able to study externally, run my business and have a family all at the same time. AIAS had the best reputation of the colleges I looked into.

* **What's the best part about being a student?** Knowing that when I finish I'll be doing something I am

passionate about everyday and which helps people feel their best.

* **What's the worst part about being a student?** Time. I have a lot less time than other people I know.

* **What's your favourite subject?** Clinic and Clinic Case Studies. It is like finally getting to put the pieces of the puzzle together.

* **What do plan on doing after you graduate?** Work hard and keep learning.

* **Have you any tips for fellow students?** Set yourself goals and time frames when studying externally.

* **If you were an animal, what would you be?** A wild horse. I love the way they run free, and the nobility of a horse is beautiful. I like the kind eyes most horses have.

* **What's your favourite pastime?** Playing with my daughter, flamenco dancing, playing guitar, reading and drinking coffee.