

# JAMEY PEMMELAAR

## EXERCISE & HEALTH SCIENCE, AUSTRALIAN CATHOLIC UNIVERSITY OSTEOPATHY, RMIT

### Senior School Subjects

- Year 11: English, Religion, Mathematical Methods, Physical Education, Chemistry, Accounting.
- Year 12: English, Mathematical Methods, Physical Education, Chemistry, Accounting.

**Why did you choose these subjects?** I chose my subjects mostly because they were what I enjoyed learning about as well as aiding being prerequisites/advised subjects to the courses I wanted to complete after school.

**What resources did you use to choose subjects?** I did receive some help from past students with my subject selection but it was mostly the Senior Course Guide along with help from the College Careers Adviser.

### What is your course like?

ACU Exercise and Health science – was very hands on; we spent a lot of time in our labs/gyms performing a multitude of tests to assess peoples differing physical abilities and then going on to write up papers describing the tests and results. Areas of study included exercise rehabilitation, nutrition, anatomy, biomechanics (body movement), exercise physiology (how the body functions during exercise) and many more.

RMIT Osteopathy – Same with the exercise science; it's a very hands on course but it a different way, learning from the view of a health practitioner and how to best see/treat the human body under the osteopathic guidelines. From day one you will be in the prac rooms learning anatomy/palpation skills (feeling with hands during physical examination) and then onto various techniques used in osteopathic treatment.

**What do you love about your course?** I love learning continuously about how the human body works, different problems/diseases the body can encounter, how to diagnose/recognise each specific problem and then go on to treat that problem.

**Give students an example of a 'day in the life' of your course?** Osteopathy - Starting off with a lecture on osteopathic treatment/principles, learning about specific techniques or guidelines and then going up to the prac rooms after to learn from the lecturers each specific technique. Among other areas of learning which all have a similar approach, whether it be learning about pathology (study of different diseases) or radiology (how to identify different problems/pathologies on x-rays). Lectures and practical time is more often provided to ensure you have the opportunity understand the content fully.

**What have been some of the highlights of your course so far?** The learning of different techniques within the osteopathic profession has been awesome, along with the access to the anatomy labs/museums, which have really helped my understanding of anatomy in the human body.

**How did your senior school subjects prepare you for your course?** The Senior Course Guide recommended I do Chemistry in Year 12; it wouldn't have been one of my chosen subjects but I'm glad I completed it as it has helped in my university studies.

**What is the best piece of advice you've received about following your career goals?** Nothing really comes to mind but I chose an area I was interested in (exercise and the human body) and have found a profession that I thoroughly enjoy and am going to have a job in for many years.

**What advice can you offer students considering studying the course?** The RMIT Open Day (in Bundoora) is really well run so if any students are interested, I would urge them to come down and ask more questions. The best way to find out what an osteopath does would be to do work experience at a clinic and/or attend a clinic and receive a treatment from an osteopath.

**What are your future career goals?** My future career goals are to work as an osteopath (hopefully in my own practise but that will be a bit down the road), hopefully in a sports setting using my previous degree to help aid in rehabilitation of the patient and helping people make positive lifestyle changes.

**Course information:**

Bachelor of Exercise and Health Science, Australian Catholic University, <http://bit.ly/29DzpFV>

Bachelor of Health Science/Bachelor of Applied Science (Osteopathy), RMIT, <http://bit.ly/1Q702xz>