



Unit List for Master of Interdisciplinary Studies – Allied Health Focus

Occupational Therapy (OT)

- OT Practice & Theory Foundations
- Human Anatomy & Physiology for Health Professionals
- Occupational Therapy in Mental Health
- Paediatric Occupational Therapy
- Neurorehabilitation in OT
- Community-based OT Practice
- Occupational Therapy Assessment and Intervention
- Assistive Technology and Adaptive Devices
- Occupational Performance and Participation

Example universities: University of Sydney, Curtin University, La Trobe University

Speech Pathology

- Speech, Language and Communication Disorders
- Introduction to Phonetics and Phonology
- Language Development and Disorders
- Assessment and Intervention in Speech Pathology
- Neurogenic Communication Disorders
- Paediatric Speech Pathology
- Dysphagia and Swallowing Disorders
- Voice and Fluency Disorders
- Evidence-Based Practice in Speech Pathology

Example universities: University of Queensland, University of Sydney, La Trobe University

Physiotherapy (Physio)

- Human Anatomy and Kinesiology
- Physiology for Physiotherapists
- Musculoskeletal Physiotherapy
- Neurological Physiotherapy
- Cardiorespiratory Physiotherapy
- Physiotherapy Assessment and Treatment Techniques
- Exercise Prescription and Rehabilitation
- Pain Science and Management
- Evidence-Based Practice in Physiotherapy

Example universities: University of Melbourne, University of Sydney, Curtin University

Behavioural Science / Behaviour Therapy

- Principles of Behaviour Analysis
- Applied Behaviour Analysis (ABA) Techniques
- Behavioural Assessment and Intervention
- Functional Behavioural Assessment
- Ethics and Professional Practice in Behavioural Therapy
- Autism Spectrum Disorders: Behavioural Approaches
- Cognitive and Behavioural Therapy Foundations
- Behavioural Research Methods
- Developmental Psychology

Example universities: Griffith University, University of Queensland, Macquarie University

Mental Health

- Foundations of Mental Health Practice
- Psychological Disorders and Diagnosis
- Mental Health Assessment and Treatment Planning
- Psychopharmacology Basics
- Trauma-Informed Care
- Counselling Skills and Interventions
- Community Mental Health and Recovery
- Suicide Prevention and Risk Management
- Mental Health Policy and Ethics

Example universities: University of New South Wales, University of Melbourne, Monash University

Disability Studies

- Disability Policy and Legislation
- Social Models of Disability
- Disability Rights and Advocacy
- Inclusive Education and Community Participation
- Assistive Technologies in Disability
- Supporting People with Intellectual and Developmental Disabilities
- Disability and Ageing
- Communication and Sensory Disabilities
- Interdisciplinary Practice in Disability Support

Example universities: University of Sydney, Flinders University, La Trobe University

How to Study an Open Degree to Qualify for MTARA Registration

1. Understand MTARA's Registration Requirements

- MTARA prefers the **Master of Interdisciplinary Studies** or equivalent open degree that allows you to select units from multiple allied health areas.
- You need to include units that cover core competencies in:
 - Occupational Therapy
 - Speech Pathology
 - Physiotherapy
 - Behavioural Science / Behaviour Therapy

- Mental Health
 - Disability Studies
 - Accreditation requires a balance of theory, applied skills, ethics, and evidence-based practice in these areas.
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2. Choose a Suitable Open Degree Provider

- Look for universities offering **Open Degrees** or **Interdisciplinary Studies** Masters that let you customize unit selection. Examples in Australia include:
 - University of New England (UNE) – Master of Arts (Open) or Master of Professional Studies
 - Deakin University – Master of Professional Practice (Flexible)
 - Charles Sturt University – Master of Interdisciplinary Studies
 - Check each provider's policy on cross-school/discipline unit enrollment.
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3. Map Your Unit Selection

- Use the unit list provided as your curriculum guide.
- Contact the university's academic advisor to confirm:

- Which units are open to you as an Open Degree student
 - Any prerequisites or co-requisites
 - Availability of clinical/practical placements (if applicable)
 - Credit transfer options if you have prior study
 - Aim for a minimum number of units that cover the core allied health disciplines (usually 8–12 units depending on the program).
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4. Enroll and Plan Your Study

- Enroll in a mix of foundational and advanced units across the allied health fields relevant to your registration goals.
 - Balance your workload by mixing theory-heavy units with applied practice or case study units.
 - Prioritize units offered in upcoming semesters and check for online/distance learning options if needed.
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5. Complete Practical Requirements

- Some clinical or practical skill units may require:
 - Placement in allied health settings
 - Supervision by qualified practitioners
 - Submission of reflective journals, case reports, or projects
 - Confirm with MTARA and your university if these are mandatory for registration eligibility.
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6. Maintain Documentation for MTARA Registration

- Keep detailed records of:

- Units completed with transcripts and syllabi
 - Clinical placement evidence (if applicable)
 - Professional development activities and workshops
 - Ethical training and codes of conduct compliance
 - MTARA will assess your qualification package and may require additional proof of competency or assessment.
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7. Stay Connected with MTARA Throughout Your Studies

- Engage with MTARA's resources, webinars, and mentoring programs to align your learning with their registration standards.
 - Seek guidance on emerging requirements or recommended additional certifications.
 - Participate in MTARA professional development to build your multidisciplinary network.
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Step	Action	Notes
1. Registration Needs	Review MTARA's requirements	Use official MTARA guidelines
2. Degree Provider	Select open degree university	Confirm cross-discipline options
3. Unit Mapping	Choose units covering key allied health areas	Check unit availability
4. Enrollment & Study	Enroll in units, plan workload	Mix theory and applied units
5. Practical Skills	Complete placements if required	Confirm with MTARA and university

6. Document Everything Collect transcripts, evidence of learning Needed for MTARA registration

7. Ongoing MTARA Support Use MTARA resources, attend events Stay updated on standards
