

## APA WMPH: Women's Stream Level 1 – 2 Courses Information and FAQ's

### The new women's stream courses

The APA's Women's Men's and Pelvic Health (WMPH group) are rolling out a new suite of courses that consist of highly contemporary and relevant information for physiotherapists practicing in these areas. They are foundation and intermediate courses for WMPH, representing the most important knowledge and skills.

The new suite of women's stream courses will consist of an online 'Introductory Women's Health physiotherapy' course, followed by a choice to undertake one or both of the two women's sub-streams:

- Women's Health through the Life Stages (Women's Life Stages)
- Women's Pelvic Health

### Women's Stream Level 1 courses and pre-requisites

Introductory Women's Health Physiotherapy Level 1 – online course, approximately 6 hours, pre-requisite to Women's 'Life Stages' and the 'Pelvic Health' sub-streams

#### Women's Health Physiotherapy through the Life Stages Level 1

- Online – approximately 9 hours, pre-requisite to face-to-face classroom course
- Classroom course – 1 day, pre-requisite to Level 2 'Women's Health through the Life Stages'

#### Women's Pelvic Health Physiotherapy Level 1

- Online – approximately 10-11 hours, pre-requisite to face-to-face classroom course
- Classroom course – 1 day, pre-requisite to Level 2 'Women's Pelvic Health'

Information on the topics and modules are outlined in Appendix A.

### Women's Stream Level 2 courses and pre-requisites

#### Women's Health Physiotherapy through the Life Stages Level 2

- Online – approximately 9 hours, pre-requisite to face-to-face classroom course
- Classroom course – 1 day

#### Women's Pelvic Health Physiotherapy Level 2

- Online – approximately 20 hours, pre-requisite to face-to-face classroom course
- Classroom course – 3 days

### Flexible options

#### Following the Career Pathway

Physiotherapists may choose to follow one or both streams; this flexibility will enable a physio to skill up at a time when it suits them best. For example, a physiotherapist could:

- Complete Level 1 and 2 in Women's Life Stages only
- Complete Level 1 and 2 in Women's Pelvic Health only
- Complete Level 1 in both Women's Life Stages and Women's Pelvic Health, then complete Level 2 in both streams

#### Continuing professional development

Physiotherapists may wish to build or refresh their continuing professional development by just undertaking one or two of the online courses (outlined in Appendix A).

### When can I enrol?

#### Level 1

The online Level 1 courses are now available on [cpd4physios.com.au](http://cpd4physios.com.au):

- [Introductory Women's Health Physiotherapy Level 1](#)
- [Women's Pelvic Health Physiotherapy Level 1](#)
- [Women's Health Through the Life Stages Physiotherapy Level 1](#)

The Level 1 face-to-face courses have now commenced. Please check the PD calendar to see when the face-to-face courses will be running in your state.

#### Level 2

The Level 2 women's health online courses are expected to be available online by early-2023. Our aim is to commence the Level 2 face-to-face courses in the second half of 2023.

### What about the APA's Contenance and Women's Health Level 1 course?

The APA's Contenance and Women's Health Level 1 course has been retired.

### What about the W.H.T.A. introductory courses?

The new Women's Stream Level 1 and 2 courses replace the following W.H.T.A. courses:

- Introductory Women's Health 5 Day Course
- Introductory Maternity Ward Physiotherapy 2 Day Course
- Introductory Pelvic Floor 3 Day Course

### I've completed the APA Contenance and Women's Health Level 1 (CWH Level 1) course, can I go straight into Women's Health through the Life Stages Level 2 or Women's Pelvic Health Level 2 course?

There has been a significant revision of the topics and content covered from the CWH Level 1 to the new Women's Stream Level 1 courses. This has largely involved a much greater theoretical depth within the online courses. The new level 2 courses in Women's Life Stages and Women's Pelvic Health have been designed to build on this deeper theoretical content now covered in Level 1. The following table outlines the pre-requisite courses that you need to complete in order to be eligible to undertake the new Level 2 courses.

Course	Introductory Women's Health Physiotherapy Level 1 Online	Life Stages Level 1 Online	Life Stages Level 1 face-to-face	Pelvic Health Level 1 Online	Pelvic Health Level 1 face-to-face
Do I need to complete this in order to undertake level 2?	Yes  This is a pre-requisite and must be completed in order to progress in either sub-stream	Yes  This is a pre-requisite and must be completed in order to be eligible to undertake Life Stages Level 2	No  You do not need to complete this	Yes  This is a pre-requisite and must be completed in order to be eligible to undertake Pelvic Health Level 2	No  You do not need to complete this

**I've completed the W.H.T.A. Women's Health 5 Day Course, can I go straight into Women's Health through the Life Stages Level 2 or Women's Pelvic Health Level 2 course?**

Yes. The WHTA Introductory Women's Health 5 day course makes you eligible to progress straight to the level 2 courses. However if you completed this course more than three years ago and not had regular education or clinical practice in the field since, we would encourage you to undertake all of the new Level 1 courses.

Course	Introductory Women's Health Physiotherapy Level 1 Online	Life Stages Level 1 Online	Life Stages Level 1 face-to-face	Pelvic Health Level 1 Online	Pelvic Health Level 1 face-to-face
Do I need to complete this in order to undertake level 2?	No You do not need to complete this	No You do not need to complete this	No You do not need to complete this	No You do not need to complete this	No You do not need to complete this

**I've only completed the W.H.T.A. Introductory Maternity Ward Physiotherapy 2 Day course, can I go straight into Women's Health through the Life Stages Level 2 or Women's Pelvic Health Level 2 course?**

If you have completed the WHTA Introductory Maternity Ward Physiotherapy 2 Day course, the following table outlines the pre-requisite courses that you need to complete in order to be eligible to undertake the new Level 2 courses. However, if you completed this course more than 3 years ago, and not had regular education or clinical practice in the field since, we would encourage you to undertake all of the new Level 1 courses to refresh your knowledge.

Course	Introductory Women's Health Physiotherapy Level 1 Online	Life Stages Level 1 Online	Life Stages Level 1 face-to-face	Pelvic Health Level 1 Online	Pelvic Health Level 1 face-to-face
Do I need to complete this in order to undertake level 2?	Yes This is a pre-requisite and must be completed in order to progress in either sub-stream	No You do not need to complete this	No You do not need to complete this	Yes This is a pre-requisite and must be completed in order to be eligible to undertake Pelvic Health Level 2	Yes This is a pre-requisite and must be completed in order to be eligible to undertake Pelvic Health Level 2

**I've only completed the W.H.T.A. Introductory Pelvic Floor 3 Day Course\*, can I go straight into Women's Health through the Life Stages Level 2 or Women's Pelvic Health Level 2 course?**

If you have completed the WHTA Introductory Pelvic Floor 3 Day course, the following table outlines the pre-requisite courses that you need to complete in order to be eligible to undertake the new Level 2 courses. However, if you completed this course more than three years ago and not had regular education or clinical practice in the field since, we would encourage you to undertake all of the new Level 1 courses to refresh your knowledge.

Course	Introductory Women's Health Physiotherapy Level 1 Online	Life Stages Level 1 Online	Life Stages Level 1 face-to-face	Pelvic Health Level 1 Online	Pelvic Health Level 1 face-to-face
Do I need to complete this in order to undertake level 2?	Yes This is a pre-requisite and must be completed in order to progress in either sub-stream	Yes This is a pre-requisite and must be completed in order to be eligible to undertake Life Stages Level 2	Yes This is a pre-requisite and must be completed in order to be eligible to undertake Life Stages Level 2	No You do not need to complete this	No You do not need to complete this

\*The above criteria also applies if you have completed a 2 day or longer Introductory Pelvic Floor Course provided by another professional development provider.

**Can I undertake the new Women's Health through the Life Stages Level 2 or Women's Pelvic Health Level 2 course if I have not undertaken the new Level 1 courses?**

If you have completed training that you believe is equivalent (or higher) than Level 1 Introduction to Women's Health and relevant sub-stream online and face-to-face courses, you may be able to enrol straight into Women's stream Level 2.

If you believe you possess the equivalent training, we have an exemption process which includes:

- completing an application form outlining your relevant learning, skills and experience
- your CV
- evidence that you have attained the skills required.

This will be assessed to determine your eligibility for an exemption.

Please contact the APA branch for the course outline, exemption information and application form.

**Career Pathway to Women's, Men's and Pelvic Health Titling and Specialisation**

The new Women's Stream courses are part of the career pathway. We will be bringing the title into alignment with the new national group name in late 2021 or early 2022. Currently the title remains APA Continence and Women's Health Physiotherapist.

**Titling pre-requisites**

**I've done the Continence and Women's Health Physiotherapy Level 1 course – what do I need to complete?**

Up to 31 July 2021 - Continence and Women's Health Physiotherapy Level 1 course is the pre-requisite for titling.

From 1 August 2021, the pre-requisites for titling are:

- Contenance and Women's Health Physiotherapy Level 1
- [Introductory Women's Health Physiotherapy Level 1](#) (online)
- [Women's Health Through the Life Stages Physiotherapy Level 1](#) (online)
- [Women's Pelvic Health Physiotherapy Level 1](#) (online)

## **I haven't done the Contenance and Women's Health Physiotherapy Level 1 course – what do I need to complete?**

From April 2021 - for all other members (who did not complete the Contenance and Women's Health Physiotherapy Level 1) the pre-requisites for titling are:

- [Introductory Women's Health Physiotherapy Level 1](#) (online)
- Women's Health Through the Life Stages Physiotherapy Level 1 (online and face-to-face)
- Women's Pelvic Health Physiotherapy Level 1 (online and face-to-face)

The level 2 courses will become titling pre-requisites when they are released.

## Appendix A - Women's stream level 1 courses & pathway to level 2

