National Textbook List - Undergraduate

The textbook list below is valid from September 2026 to March 2027. APA 7 style referencing has been used in this document.

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BIOA111 INTRODUCTION TO HUMAN BIOLOGY
Stoker, H. S. (2016). *General, Organic, and Biological Chemistry* (7th ed.). Cengage Learning. [ebook]
Tortora, Gerard J., et al. (2026). *Principles of Anatomy and Physiology* (4th Asia Pacific ed.). Wiley. [ebook]
BIOA122 SYSTEMS PHYSIOLOGY
Tortora, Gerard J., et al. (2026). *Principles of Anatomy and Physiology* (4th Asia Pacific ed.). Wiley.[ebook]
BIOD311 CLINICAL DIAGNOSIS TECHNIQUES AND INTERPROFESSIONAL CARE
Jarvis, Carolyn and Anne Eckhardt. (2023). *Physical examination & Health Assessment* (9th ed.). Elsevier. [ebook]
Pagana, Kathleen Deska, et al. (2023). *Mosby's® Diagnostic and Laboratory Test Reference* (16th ed.). Elsevier. [ebook]
BIOP212 CLINICAL PATHOPHYSIOLOGY AND PHARMACOLOGY 1
Davidson, S; I. D. Penman, et al. (2023). *Davidson's Principles and Practice of Medicine* (24th ed.). Elsevier. [ebook] Special resource requirements • Two bath-sheet sized towels per student • Penlight • Percussion reflex hammer • Sphygmomanometer • Stethoscope • Thermometer • Otoscope
BIOP213 PATHOPHYSIOLOGY AND PHARMACOLOGY
Penman, I. D., Ralston, S. H., Strachan, M. W. J., & Hobson, R. P. (Eds.). (2023). Davidson's principles and practice of medicine (24th ed.). Elsevier.
BIOP221 CLINICAL PATHOPHYSIOLOGY AND PHARMACOLOGY 2
Davidson, S; I. D. Penman, et al. (2023). *Davidson's Principles and Practice of Medicine* (24th ed.). Elsevier. [ebook] Special resource requirements • Two bath-sheet sized towels per student • Penlight • Sphygmomanometer • Stethoscope
BIOP311 CLINICAL PATHOPHYSIOLOGY AND PHARMACOLOGY 3
Davidson, S; I. D. Penman, et al. (2023). *Davidson's Principles and Practice of Medicine* (24th ed.). Elsevier. [ebook] Special resource requirements • Two bath-sheet sized towels per student • Penlight • Percussion reflex hammer • Sphygmomanometer • Stethoscope • Thermometer • Otoscope
BIOX212 INTRODUCTION TO PATHOPHYSIOLOGY AND PHARMACOLOGY
Best, Janie T., et al. (2022). *Pathophysiology, Physical Assessment, and Pharmacology: Advanced Integrative Clinical Concepts.* F. A. Davis. [ebook]

CMCM221 CHINESE CLINICAL MEDICINE 1	
Maclean, William, et al. (2018). *Clinical handbook of internal medicine: the treatment of disease with traditional Chinese medicine* (2nd ed.). Eastland Press.	
CMCM311 CHINESE CLINICAL MEDICINE 2	
Maclean, William, et al. (2018). *Clinical handbook of internal medicine: the treatment of disease with traditional Chinese medicine* (2nd ed.). Eastland Press.	
CMCM321 CHINESE CLINICAL MEDICINE 3	
Thambirajah, R. (2016). *Cosmetic acupuncture: a Traditional Chinese Medicine Approach to Cosmetic and Dermatological Problems* (2nd ed.). Jessica Kingsley Publishers. [ebook]	
CMCP211 CLINICAL PRACTICUM - CHINESE REMEDIAL MASSAGE A	
Maciocia, G. (2015). *The foundations of Chinese Medicine: a Comprehensive Text* (3rd ed.). Elsevier. [ebook]	
Pritchard, S. (2015). *Tui na: a Manual of Chinese Massage Therapy.* Singing Dragon. [ebook]	
CMCP212 CLINICAL PRACTICUM - CHINESE REMEDIAL MASSAGE B	
Maciocia, G. (2015). *The foundations of Chinese Medicine: a Comprehensive Text* (3rd ed.). Elsevier. [ebook]	
Pritchard, S. (2015). *Tui na: a Manual of Chinese Massage Therapy.* London [ebook]	
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CMHB212 CHINESE DIETETICS AND HERBAL FORMULAS	
Bensky, D., Scheid, V., Clavey, S., Barolet, R., Stöeger, E., Ellis, A., Gamble, A., & Bensky, L. L. (2013). Eastland herb – Chinese medicine: Materia medica & formulas (Version 4.0) [Mobile app]. Apple Store. https://apps.apple.com/us/app/eastland-herb-chinese-herbal-medicine-dan-bensky/id737380894	
Scheid, V., & Ellis, A. (2016). *Handbook of Formulas in Chinese Medicine.* Eastland Press.	

Kastner, J. (2021). *Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine* (3rd ed.). Thieme.

CMHB321 CHINESE HERBAL PRESCRIBING 1

Bensky, D., Scheid, V., Clavey, S., Barolet, R., Stöeger, E., Ellis, A., Gamble, A., & Bensky, L. L. (2013). Eastland herb – Chinese medicine: Materia medica & formulas (Version 4.0) [Mobile app]. Apple Store. https://apps.apple.com/us/app/eastland-herb-chinese-herbal-medicine-dan-bensky/id737380894

Bensky, D., Clavey, S., & Stoeger, E. (2015). Chinese herbal medicine: Materia medica (Portable 3rd ed.). Eastland Press.

Scheid, V., Bensky, D., Ellisa, A., & Barolet, R. (2015). Chinese herbal medicine formulas & strategies (Portable 2nd ed.). Eastland Press.

CMHB411 CHINESE HERBAL PRESCRIBING 2

Bensky, D., Clavey, S., & Stoeger, E. (2015). Chinese herbal medicine: Materia medica (Portable 3rd ed.). Eastland Press.

Eastland Herb. (2019). Eastland herb – Chinese medicine: Materia medica & formulas (Version 3.8). [Mobile app]App Store. https://www.eastlandpress.com (App may be purchased as an alternative to the Benksy, Clavey and Stoeger (2015) and Scheid, Bensky, Ellisa and Barolet (2015) texts).

Scheid, V., Bensky, D., Ellis, A., & Barolet, R. (2015). Chinese herbal medicine formulas & strategies (Portable 2nd ed.). Eastland Press.

CMHB412 CHINESE HERBAL MANUFACTURING, SUPPLY AND FUNCTIONAL LABORATORY

Bensky, D., Clavey, S., & Stoeger, E. (2015). Chinese herbal medicine: Materia medica (Portable 3rd ed.). Seattle, WA: Eastland Press.

Eastland Herb. (2019). Eastland herb – Chinese medicine: Materia medica & formulas (Version 3.8). [Mobile app]. App Store. https://www.eastlandpress.com (App may be purchased as an alternative to the Benksy, Clavey and Stoeger (2015) and Scheid, Bensky, Elissa and Barolet (2015) texts).

Leong, P. K., Leung, H. Y., Chan, W. M., & Ko, K. M. (2018). Differences in the mechanisms in which yang-invigorating and qi-invigorating Chinese tonifying herbs stimulate mitochondrial ATP generation capacity. Chinese medicine, 9(20), 63-74. https://doi.org/10.4236/cm.2018.92005

Scheid, V., Bensky, D., Ellis, A., & Barolet, R. (2015). Chinese herbal medicine formulas & strategies (Portable 2nd ed.). Eastland Press.

Sinneau, P. (1995). *Poa zhi: An Introduction to Processing Chinese Medicine to Enhance their Therapeutic Effect.* (B. Flaws, Trans.) Blue Poppy Press.

CMHB421 CONTEMPORARY CHINESE HERBAL PRESCRIBING

Bensky, D., Clavey, S., & Stoeger, E. (2015). *Chinese herbal medicine: Materia medica* (Portable 3rd ed.). Eastland Press.

Scheid, V., Bensky, D., Ellisa, A., & Barolet, R. (2015). *Chinese herbal medicine formulas & strategies* (Portable 2nd ed.). Eastland Press.

Chen, J. K., & Chen, T. T. (2009). *Chinese Herbal Formulas and Applications : Pharmacological Effects and Clinical Research.* Art of Medicine Press.

Maclean, William, et al. (2018). *Clinical handbook of internal medicine : the treatment of disease with traditional Chinese medicine* (2nd ed.). Eastland Press.

CMPR111 CHINESE MEDICINE FOUNDATIONS

Maciocia, G. (2015). *The Foundations of Chinese Medicine: a Comprehensive Text* (3rd ed.). Elsevier.

CMPR122 CHINESE MEDICINE CONSULTATION AND DIAGNOSIS

Maciocia, G. (2015). *The Foundations of Chinese Medicine: a Comprehensive Text* (3rd ed.). Elsevier.

CMTH111 CHINESE MANUAL THERAPIES 1

Deadman, P., & Al-Khafaji, M. (2007). *A Manual of Acupuncture* (2nd ed.). Journal of Chinese Medicine Publications.

Pritchard, S. (2015). *Tui na: a Manual of Chinese Massage Therapy.* Singing Dragon. [ebook]

CMTH121 POINT PRESCRIPTIONS AND LOCATIONS
Deadman, P., & Al-Khafaji, M. (2007). *A Manual of Acupuncture* (2nd ed.).Journal of Chinese Medicine Publications.
CMTH122 CHINESE MANUAL THERAPIES 2
Tianjun, L., & Xiao, M. Q. (2013). *Chinese Medical Qigong.* Singing Dragon Press. [ebook]
Pritchard, S. (2015). *Tui na: a Manual of Chinese Massage Therapy.* Singing Dragon. [ebook]
CMTH211 ACUPUNCTURE THERAPIES
Deadman, P., & Al-Khafaji, M. (2007). *A Manual of Acupuncture* (2nd ed.). Journal of Chinese Medicine Publications.
Phillips, J. (2018). *The Living Needle : Modern Acupuncture Technique.* Singing Dragon Press.
CMTH212 CHINESE REMEDIAL MASSAGE THERAPIES
Maciocia, G. (2015). *The Foundations of Chinese Medicine: a Comprehensive Text* (3rd ed.). Elsevier. [ebook]
Pritchard, S. (2015). *Tui na: a Manual of Chinese Massage Therapy.* Singing Dragon. [ebook]
FNHW201 FIRST NATIONS AUSTRALIANS' HEALTH AND WELLBEING
Andrews, S., Eades, S., & Stanley, F. (2024). *Health: Spirit, Country and Culture.* Thames and Hudson.
Biles, B., & Biles, J. (2020). *Aboriginal and Torres Strait Islander People's Health and Wellbeing.* Oxford University Press.
Taylor, K., & Guerin, P. (2019). *Health Care and Indigenous Australians: Cultural Safety in Practice* (3rd ed.). Red Globe Press.
HMCL211 CLINICAL SKILLS 1
Cole, Steven A. and Julian Bird. (2014). *The Medical Interview: the Three Function Approach* (3rd ed.). Saunders. [ebook]
HMCL224 CLINICAL NUTRITION SKILLS 2
Raymond, J. L., & Morrow, K. (2023). *Krause and Mahan's Food and the Nutrition Care Process* (16th ed.). Elsevier.
HMCL312 CLINICAL SKILLS 2
No set text. Learning resources will be made available throughout the subject.
HOMC121 HOMEOPATHIC ACUTE PRESCRIBING
No set text. Learning resources will be made available throughout the subject.
NATC321 NATUROPATHIC CLINICAL PRACTICUM 1
No set text.
NATC412 NATUROPATHIC CLINICAL PRACTICUM 2
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NATC425A NATUROPATHIC CLINICAL PRACTICUM 3A
No set text
NATC425B NATUROPATHIC CLINICAL PRACTICUM 3B
No set text
NATP112 NATUROPATHIC PHILOSOPHY, PRINCIPLES AND PRACTICE
No set text: learning resources will be made available throughout the course
NATP321 TRADTIONAL NATUROPATHIC PRACTICES
Wells, M. (2011). *The Bach Flowers Today* (Revised ed.). Mark Wells.

NMBC201 NUTRITION, MENTAL HEALTH AND BEHAVIOUR CHANGE
Craddock, A., Lewis, K., & Moore, J. (2024). *The Handbook Of Health Behavior Change* (6th ed.). Springer Publishing.
NMCI311 CONTEMPORARY ISSUES IN NUTRITION
Whitney, E. et al. (2022). *Understanding Nutrition* (5th Australia and New Zealand ed.). Cengage Learning.
NMDA322 NUTRITIONAL RESEARCH
No Set Text
NMDC223 CLINICAL NUTRITIONAL MEDICINE
Raymond, J. L., & Morrow, K. (2023). *Krause and Mahan's Food and the Nutrition Care Process* (16th ed.). Elsevier.
NMDC315 CLINICAL NUTRITION PRACTICUM 1
Raymond, J. L., & Morrow, K. (2023). *Krause and Mahan's Food and the Nutrition Care Process* (16th ed.). Elsevier.
NMDC321 CLINICAL NUTRITION PRACTICUM 2
Raymond, J. L., & Morrow, K. (2023). *Krause and Mahan's Food and the Nutrition Care Process* (16th ed.). Elsevier.
NMDC322 CLINICAL NUTRITION PRACTICUM 3
Raymond, J. L., & Morrow, K. (2023). *Krause and Mahan's Food and the Nutrition Care Process* (16th ed.). Elsevier.
NMDD211 DIETARY PLANNING ACROSS THE LIFESPAN
No set text – Australian and international guidelines (web resources) referred to during subject
NMDF121 FOUNDATIONS OF HUMAN NUTRITION
Whitney, Eleanor, et al. (2022). *Understanding Nutrition* (5th Australia and New Zealand ed.). Cengage Learning.
NMDF212 NUTRITIONAL BIOCHEMISTRY
Gropper, Sareen S. et al. (2021). *Advanced Nutrition and Human Metabolism* (8th ed.). Wadsworth.
NMDH311 COMMUNITY PUBLIC HEALTH NUTRITION
Boyle, M. A. (2022). *Community Nutrition in Action: an Entrepreneurial Approach* (8th ed.). Cengage Learning.
NMDI221 DIET AND DISEASE
Mahan, K., & Raymond, J. L. (2017). *Krause's Food & the Nutrition Care Process* (14th ed.). Elsevier.
NMDM121 MEDICINAL FOOD SCIENCE
Wahlqvist, M. L. (2020). *Food and Nutrition: Sustainable Food and Health Systems* (4th ed.). Routledge.
NMDR221 METABOLIC REGULATION
Gropper, Sareen S. et al. (2021). *Advanced Nutrition and Human Metabolism* (8th ed.). Belmont, CA: Wadsworth.
Raymond, J. L., & Morrow, K. (2023). *Krause and Mahan's Food and the Nutrition Care Process* (16th ed.). Elsevier.
NMDS112 SOCIOLOGY OF FOOD
Germov, J., & Williams, L. (2017). *A Sociology of Food and Nutrition: the Social Appetite* (4th ed.). Oxford University Press.
NMDS312 SPORTS NUTRITION
No set text – Australian and international guidelines (web resources) referred to during subject

NMGN221 EQUITY IN GLOBAL NUTRITION AND FOOD SYSTEMS
Gadhoke, P., Brenton, B., & Katz, S. (2023). *Transformations of Global Food Systems for Climate Change Resilience: Addressing Food Security, Nutrition and Health.* Taylor and Francis.
NMHC211 HEALTH COMMUNICATION AND EDUCATION
Schiavo, R. (2013). *Health Communication: From Theory to Practice* (2nd ed.). Jossey-Bass.
NMHN221 HEALTH AND NUTRITION IN WEIGHT MANAGEMENT
Bray, G., & Bouchard, C. (2024). *Handbook of Obesity Volume 1: Epidemology, Etiology, and Physiopathology* (4th ed.). CRC Press. [ebook]
NMHP221 HEALTH PROMOTION, IMPLEMENTATION AND EVALUATION
McKenzie, J., Nelger, B., & Thackeray, R. (2020). *Planning, Implementing and Evaluating Health Promotion Programs* (8th ed.). Jones and Bartlett Publishers.
NMPA311 FOOD POLICY AND ADVOCACY
Athaus, C., Ball, S., Bridgman, P., Davis, G., & Threlfall, D. (2022). *The Australian Policy Handbook: A Practical Guide to the Policymaking Process* (7th ed.). Routledge.
NMPM211 MATERNAL AND PAEDIATRIC HEALTH AND NUTRITION
Brown, J. (2019). *Nutrition Through the Life Cycle* (7th ed.). Cengage.
NMSN311 PLANETARY HEALTH, SUSTAINABILITY AND NUTRITION
Lawrence, M., & Friel, S. (2020). *Healthy and Sustainable Food Systems.* Routledge.
Willett, W., Rockstrom, J., Loken, B., Springmann, M., Lang, T., Vermeulen, S., & Murray, C. J. (2019). Food in the Anthropocene: The EAT-Lancet Commission on Healthy Diets from Sustainable Food Systems. *The Lancet, 393*(1170), 447-492.
SOCA221 COMMUNICATION AND COUNSELLING IN PRACTICE
Burns, Kidge and Sarah Northcott. (2023). *Working with Solution Focused Brief Therapy in Healthcare Settings : A Practical Guide.* Routledge. [ebook]
McLeod, J., & McLeod, J. (2022). Embedded counselling in the helping professions: A practical guide. McGraw-Hill Education.
SOCC111 DEVELOPING CULTURAL COMPETENCE IN HEALTHCARE
Dudgeon, P. M. (2014). *Working Together: Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principles and Practice.* Retrieved from Department of the Prime Minister and Cabinet: https://www.telethonkids.org.au/globalassets/media/documents/aboriginal-health/working-together-second-edition/working-together-aboriginal-and-wellbeing-2014.pdf
Dune, T. K. (2021). *Culture, Diversity and Health in Australia: Towards Culturally Safe Health Care.* Routledge.
SOCE311 ESTABLISH & MANAGE A PRACTICE
Medhurst, R. (2016). *The Business of Healing: a Common-sense Guide to the Establishment and Management of the Non-medical Healthcare Practice.* Robert Medhurst.
Weir, M. (2022). *Law and Ethics in Complementary Medicine: A Handbook for Practitioners in Australia and New Zealand* (6th ed.). Routledge. [ebook]
SOCE321 ESTABLISH & MANAGE A PRACTICE
Medhurst, R. (2016). *The Business of Healing: a Common-sense Guide to the Establishment and Management of the Non-medical Healthcare Practice.* Robert Medhurst.
Weir, M. (2022). *Law and Ethics in Complementary Medicine: A Handbook for Practitioners in Australia and New Zealand* (6th ed.). Routledge. [ebook]

SOCM312 WELLNESS AND MINDFULLNESS PRACTICES
Brown, K. W., Creswell, J. D., & Ryan, R. M. (Eds.). (2016). Handbook of mindfulness: Theory, research, and practice. The Guilford Press. [ebook].
SOCQ121 FOUNDATIONS OF CRITICAL INQUIRY
Leavy, P. (2023). *Research Design: Quantitative, Qualitative, Mixed Methods, Arts-Based, and Community-Based Participatory Research Approaches* (2nd ed.). The Guilford Press. [ebook]
SOCQ122 REFLECTIVE INQUIRY IN ACTION
Leavy, P. (2023). *Research Design: Quantitative, Qualitative, Mixed Methods, Arts-Based, and Community-Based Participatory Research Approaches* (2nd ed.). The Guilford Press. [ebook]
WHMC313 CLINICAL HERBAL MEDICINE
No set text: learning resources will be made available throughout the course
WHMF121 HERBAL BOTANY AND MANUFACTURING
Adams, J., & Tan, E. (2011). *Herbal Manufacturing: How to Make Medicines from Plants* (2nd ed.). Eleanor Tan & Jenny Adams.
Capon, B. (2022). *Botany for Gardeners : an Introduction to the Science of Plants* (4th ed.). Timber Press.
WHMF221 HERBAL MEDICINE PHARMACOLOGY AND PHARMACOGNOSY
Mills, S. (2013). *Principles and Practice of Phytotherapy: Modern Herbal Medicine* (2nd ed.). Churchill Livingstone Elsevier. [ebook]
WHMF222 HERBAL MEDICINE MATERIA MEDICA
Braun, L. (2015). *Herbs and natural supplements: an evidence-based guide* (4th ed., Vol. 2). Elsevier. [ebook]
Fisher, C. (2018). *Materia Medica of Western Herbs* (2nd ed.). London: Aeon Books. [ebook]
WHMF321 ADVANCED HERBAL MEDICINE
Bone, K. (2021). *Functional Herbal Therapy: a Modern Paradigm for Clinicians.* Aeon Books.
ENDEAVOUR CLINIC UNIFORMS
Clinic uniforms can be purchased from the Endeavour Wellness Clinic on campus.
SOURCING BOOKS
For full details on prescribed texts and recommended readings refer to the learning management site for each subject. All prescribed texts and resources can be purchased online via a number of recommended retailers such as: Booktopia Amazon Books China Books MedShop