

# PSA – Physiotherapy Students Association

## What is it?

The PSA is a student run organization with three primary aims:

- To enhance the social experience of being a La Trobe University physiotherapy student.
- To facilitate learning via the provision of relevant training and equipment.
- To act as a direct link between the student body and the School of Physiotherapy staff.

## What do we do?

- ORGANISE SOCIAL EVENTS!! Here are some of the events that we organize annually :
  - o 1<sup>st</sup> year orientation camp.
  - o Physio Ball.
  - o Massage Camp.
  - o Football match against Melbourne Uni physio's.
  - o Booze Cruise.
  - o Graduation Ball and Yearbook.
- Provide training courses and equipment sales for physio students including :
  - o First Aid.
  - o Sports Trainers.
  - o Goniometer sales.
- Represent the views of the student body via :
  - o Attending clinical education sub committee meetings.
  - o Regular meetings with the Head of School.
  - o Regular contact with the co-ordinators of all subjects on the curriculum.

## How can I join?

- At the beginning of 1<sup>st</sup> year, PSA representatives conduct several membership sales.
- If you miss these sales, contact a PSA representative to join.
- The joining fee of \$10.00 is valid for the entire 4 years of the course.

## What are the benefits of joining?

- Members can purchase tickets for all social events and PSA merchandise (shirts, underwear, etc) at a \$5.00 reduced price.
- Free PSA keyring.
- You will be added to the PSA e-mail list. The mailing list is used to notify members of upcoming social events and training courses. Often staff will also request to use the PSA mailing list to contact students regarding subject information.

### **Who can join?**

- The majority of members are undergraduate physiotherapy students at La Trobe University, however, anyone can join.
- It is common for the partners of physiotherapy students to join in order to receive the \$5.00 discount to all social events.

### **What is the structure of the organization?**

- Each year level is represented by 4 students on the PSA committee.
- The following positions of office are elected annually :
  - o President (4<sup>th</sup> year committee member).
  - o Vice president.
  - o Treasurer.
  - o Secretary.
- The committee meets once a month with sub committees meeting as necessary during the organization of events.

### **How can I get involved?**

- Year level representatives are elected for each incoming 1<sup>st</sup> year group shortly after the 1<sup>st</sup> year orientation camp (approximately 5 weeks into Semester 1).
- Applicants must be nominated by their peers and submit a written statement outlining how they can contribute to the PSA committee.
- The committee then evaluates all applications and chooses 4 representatives.
- The contribution each committee member has made to the PSA is evaluated at the end of each year in order to determine :
  - o Who will be nominated to accept a position of office for the following year.
  - o If advertising for new committee members needs to be undertaken to replace any members who have made little contribution.

### **I want to get involved but I'm not on the committee.**

- If you do not get elected via the initial selection procedure there are still plenty of opportunities to get involved with the various sub committees that are formed to organize large functions such as the annual ball or massage camp.
- People who volunteer regularly to help organize events can be considered for election into the PSA committee.

## LINKS

### 1. Current news / upcoming events

#### *First Year "O" Week*

#### *Massage camp*

### MASSAGE CAMP

#### *So...What's it all about?*

It only comes around once a year-so don't miss it!! Massage camp is a weekend away where you learn plenty of new techniques, have a blast while you're doing it and meet heaps of new people from other Unis.

#### *Who's welcome to come?*

Open to Physiotherapists from La Trobe or Melbourne Uni, and our new recruits The Osteopaths from Vic Uni, Massage Camp is ideal for either 1st and 2nd year students.

#### *What happens at Massage Camp?*

Well, where do I start? The weekend is jam packed with practical sessions, which are run by the tutors from each uni. Each tutor runs classes on their area of expertise or just something that they find particularly interesting. We also manage to squeeze in the opening games night, theme night, giveaways and prizes, and no doubt there's plenty more spontaneous silliness!

#### *Where is Massage Camp?*

This year we're at a new location, Campaspe Downs in Kyneton, around 80km from Melbourne. There'll be buses heading there or you can drive yourself down.

#### *What's the cost?*

Including all meals, accommodation, transport, etc. it costs \$150.00 approx.

#### *What sort of things do we learn?*

Topics are still to be confirmed with the tutors but to give you some idea, in past years there have been practical sessions covering a wide range of topics such as sports massage, acupressure, myofascial release, baby massage, reflexology and Swiss ball in therapy. If we're lucky we may even get to kick start our Sunday with a bit of Tai chi!

This is really a fantastic opportunity, not just for a weekend away with mates but it's a great chance to experience things you won't see in the classroom. Massage Camp is always a memorable event so DON'T MISS OUT !!

## First Aid

The PSA will be organizing qualified level 2 first aid instructors to come to the university in September. Your PSA reps will give you more information about times, locations and prices in the coming weeks. Level 2 first aid qualifications are required for clinical placements.

## New shirts

PSA usually design / manufacture a new La Trobe physio t-shirt each year.

## **2. PSA committee members and contact details**

### 4<sup>th</sup> year

tba

### 3<sup>rd</sup> year

tba

### 2<sup>nd</sup> year

tba

### 1<sup>st</sup> year

tba

All members can be contacted at [latrobepsa@hotmail.com](mailto:latrobepsa@hotmail.com)