

## SCHOOL OF LIFE SCIENCES

The School of Life Sciences has a vision of healthcare for the 21st Century. The approach is flexible and responsive to the needs of the whole person, and it demands fully qualified practitioners taking an inter-professional approach to healthcare. A unique portfolio of courses has been developed in complementary medicine. The Scheme of degrees which includes Acupuncture, Homoeopathy, Naturopathy, Nutritional Therapy and Therapeutic Bodywork was the first of its kind in the UK and the range of complementary medicine courses is now the widest available in Europe. The School has on-site teaching clinics, arrangements for NHS observation and close links with the Marylebone Health Centre where the integration of complementary medicine into mainstream GP practice has been pioneered.

All courses recognise that learning is a community activity in which individuals find their own meaning in and through practice. Self-direction and reflection are developed, and the teaching and learning settings reflect the situation in which the learning will be used. Theoretical understanding, practical skills and attitudinal development are integrated through reflective practice. Responsibility and research-mindedness in the evaluation of professional work, from both practitioner and patient perspectives, are promoted.

### Modules

In the first semester we offer modules in the areas of Anatomy, Chinese Medicine, Herbal Medicine, Nutrition, Homoeopathy and Bodywork. Please note that because of the specific nature of some of these subjects, you must be prepared to demonstrate previous knowledge in the subject area before you can undertake certain modules. Please pay attention to any pre-requisites.

Please note that the University of Westminster is unable to guarantee the availability of the modules in this catalogue. All modules are subject to change, but are as accurate as possible at the time of going to print.

### Complementary Medicine

Module Code	Title	Semester	Level	Credits
3CMR431	Perspectives in Complementary Medicine	1	4	15
FCMM400	Anatomy and Physiology	Full Year	4	30
3CMB451	Therapeutic Massage and Applied Anatomy	Full Year	4	30
3CMA401	Chinese Medicine Concepts and Context	Full Year	4	30
3CMP401	Botany and Botanical Medicine	Full Year	4	30
3CTS500	Energy Concepts and Therapeutics	1	5	15
3CTB501	Soft Tissue Approaches	1	5	15
3CMN509	Dietetics and Dietary Therapy	1	5	15
3CMO505	Therapeutic Aromatherapy	1	5	15

### PERSPECTIVES IN COMPLEMENTARY MEDICINE

#### Module Code 3CMR431 Level 4 Credit 15 Semester 1

This module examines the history, philosophy, practice, diagnostic approaches, clinical governance and regulation of a range of therapies in the field of complementary medicine (CM). The module engages in current debates around CM – changes in the way CM is developing, being delivered, and the place of CM in relation to biomedical and scientific knowledge.

## **ANATOMY AND PHYSIOLOGY**

### **Module Code FCMM400 Level 4 Credit 30 Full Year**

This module aims to illustrate the importance of macromolecules to living systems and to provide knowledge and understanding of the anatomy and physiology of cells and tissues and of the musculoskeletal and nervous systems. It also aims to help you to develop appropriate 'touch' skills in order that you can palpate and identify various structures in the living human body within the context of the care of the individual. The module also aims to provide you with practice in information seeking, problem solving and team working

## **THERAPEUTIC MASSAGE AND APPLIED ANATOMY**

### **Module Code 3CMB451 Level 4 Credit 30 Full Year**

For those who are new to massage or whose training was some time ago, this course provides an introduction to the basic principles of therapeutic massage. The practice of massage requires skilful touch. This skilfulness comes from developing sensitivity to the patient's experience as well as through correct practice of techniques, and knowledge of their effects. The module aims to meet this requirement through education in safe, effective practice of massage where the practical skills are informed by anatomical and physiological understanding. Students will also learn how to develop a massage practice. The content includes: Theory and practice of basic massage skills including effleurage, petrissage, friction and tapotement throughout the whole body \* Use of oils and lubricants \* Professional practice and hygiene \* Effective use of towels and pillows and positioning of the client \* Effective practitioner self-care \* Applied anatomy & physiology in relation to massage and bodywork \* Contraindications and indications \* Taking a case history and developing a treatment plan \* Development of a massage practice.

## **CHINESE MEDICINE CONCEPTS AND CONTEXT**

### **Module Code 3CMA401 Level 4 Credit 30 Semester Full Year**

#### ***Pre-requisites: Capable of Level 4 study in this subject area***

This module presents the conceptual framework which underpins Chinese medicine: yinyang, wuxing, jing/qi/shen, qi/xue/jinye. Students will develop an understanding of the concepts - historical, philosophical and practical - on which Chinese medicine is based and the different relationships and processes which contribute to the balance of health and disease. This module begins the process of understanding how Chinese Medicine offers a complete medical model that is verifiable and that can be applied clinically. It also aims to begin to help the student on their journey to being a scholar physician by helping to develop 'yangsheng' (self-cultivation) as part of this learning process.

## **BOTANY AND BOTANICAL MEDICINE**

### **Module Code 3CMP401 Level 4 Credit 30 Semester Full Year**

#### ***Pre-requisites: Capable of Level 4 study in this subject area***

This course provides an introduction to the herbal medicine materia medica and to selected medicinal plants and their constituents, pharmacological actions and therapeutic uses. Through practical sessions, students learn to assess the quality of fresh and dried plant materials and to make herbal medicines, while botanical studies include an introduction to plant anatomy, physiology and taxonomy, with examples from important plant families and medicinal species. Students will receive practical instruction in herbal horticulture, and visits to important plant collections and natural habitats will develop skills in plant identification and an awareness of environmental issues in plant conservation and biodiversity.

## **ENERGY CONCEPTS AND THERAPEUTICS**

### **Module Code 3CTS500 Level 5 Credit 15 Semester 1**

#### ***Pre-requisites: Capable of Level 4 study in this subject area***

This course explores traditional, esoteric and scientific views of the human body as an energy system. It aims to illustrate how the various philosophies concerning the body as an energetic system can be integrated to produce an holistic framework for the development of therapeutic modalities. You will consider practical techniques used in energy healing, developing sensitivity to energy, the placebo and nocebo effect, the history of energy healing, current research and the evidence base for energy healing.

## **SOFT TISSUE APPROACHES**

**Module Code 3CTB501 Level 5 Credit 15 Semester 1**

***Pre-requisites: capable of Level 5 study in this area***

This module looks at the neuromuscular technique for assessment and treatment of soft tissue dysfunction, along with positional release approaches. The module focuses on trigger points (TrP's) as a major factor in myofascial pain and dysfunction, applied anatomy and physiology of soft tissue dysfunction. The module also covers theory and skills for working with the patients' experience and therapist self-care.

## **DIETETICS AND DIETARY THERAPY**

**Module Code 3CMN509 Level 5 Credit 15 Semester 1**

***Pre-requisites: Anatomy and Physiology to Level 4 or equivalent***

The Dietetics and Dietary Therapy module considers macronutrients, micronutrients and phytonutrients, dietary requirements through the life cycle and factors that affect nutritional status. The module develops the knowledge and skills needed to provide basic dietary advice based on individual dietary analysis and evaluation. Teaching methods include lectures, interactive lessons, group work/role play, student lead seminars, a computer workshop on the use of dietary analysis software and guided self-directed learning. Application of knowledge to case studies and the discussion of examples of dietary analysis occurs throughout and are introduced at the beginning of the module.

## **THERAPEUTIC AROMATHERAPY**

**Module Code 3CMO505 Level 5 Credit 15 Semester 1**

***Pre-requisites: Knowledge of Principles & Practice of Aromatherapy, Pathophysiology or equivalent***

This course is designed to further students' practical skills and theoretical understanding of the application of aromatherapy as a therapeutic tool in the clinical environment. It prepares students for professional practice as an aromatherapist. The course looks at the therapeutic rationale for planning, delivering and evaluating the outcome of a course of treatments, and at the application of aromatherapy for a range of acute and chronic conditions. It also explores the evidence base and critiques research in aromatherapy.