

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

The School of Integrated Health offers modules in the areas of Anatomy, Yoga, Chinese Medicine, Herbal Medicine, Nutrition, Homeopathy and Sports Therapy. Please note that because of the specific nature of these subjects, you must be prepared to demonstrate previous knowledge in the subject before you can undertake certain modules and pay great 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 THERAPIES

Module Code	Title	Semester	Level	Credits
3CMO401	Principles and Practice of Aromatherapy	2	4	15
3CMO402	Principles and Practice of Reflexology	2	4	15
3CMO403	Shiatsu and Qigong Techniques	2	4	15
3CMO404	Exploring Mind & Body Through Yoga	2	4	15
3CMM412	Anatomy & Physiology 2	2	4	15

COMPLEMENTARY THERAPIES

PRINCIPLES AND PRACTICE OF AROMATHERAPY

Module Code 3CMO401 Level 4 Credit 15 Semester 2

This module is designed to introduce the student to safe working practices using essential oils. The content will include the production and quality of oils, botany, chemistry of essential oils, methods of application of essential oils, health and safety in essential oils use.

PRINCIPLES AND PRACTICE OF REFLEXOLOGY

Module Code 3CMO402 Level 4 Credit 15 Semester 2

This module is designed to introduce the student to safe working practices with reflexology. The content will include history, theory and rationale for reflexology, identification of zones and reflex points and their relationship to the foot and body, assessing patients for reflexology, recognising contra-indications and will introduce practical skills in reflexology.

SHIATSU AND QIGONG TECHNIQUES

Module Code 3CMO403 Level 4 Credit 15 Semester 2

This module gives a practical and theoretical approach to understanding the philosophy of shiatsu, qigong and makko-ho stretching in the treatment of muscular skeletal dysfunction. The module will explore the relationship of shiatsu, qigong and makko-ho principles to other forms of bodywork. The module also looks at: correct application of the principles of shiatsu in a therapeutic environment; exploring the use of shiatsu, qigong and makko-ho as a system for preventing illness and improving the health of both practitioner, patient, giver and receiver.

EXPLORING MIND & BODY THROUGH YOGA

Module Code 3CMO404 Level 4 Credit 15 Semester 2

This module provides an introduction to the physical, mental, spiritual and social dimensions of yoga. The theoretical aspect of the module is integrated with practice, allowing the student to personally explore the effects of yoga on mind and body.

ANATOMY AND PHYSIOLOGY 2

Module Code 3CMM412 Level 4 Credit 15 Semester 2

This module aims to provide knowledge and understanding of how the major organs and systems operate and how their functions contribute to homeostasis. The module aims to build on the knowledge gained in Anatomy & Physiology I (3CMM411) and develop the team-working skills gained from the practical palpation sessions to the laboratory setting.