

UNDERGRADUATE MODULE INTRODUCTIONS

Module Pre-requisites: Other Modules that must be satisfactorily completed prior to commencement of the Module.

Module Co-requisites: Other Modules that need to either be completed or are being attempted simultaneously. NB Students should carefully consider Co-requisites if thinking of withdrawing from any Module

Distance Education: Modules marked with an asterisk (*) are unable to be studied by distance education at this time due to their practical nature. These Modules may be held as short intensive courses for Distance Education students as required.

Module Outlines for all courses not listed, flexible / individually tailored courses and seminars are available on request. Other modules will be developed on a needs basis and upon request.

DEPARTMENT OF REMEDIAL THERAPIES

The Remedial Therapies offer a range of bodywork techniques that collectively present a total physical approach to health and an effective means of attaining a balanced emotional, physical and intellectual well-being while assisting the recuperation of patients from a multitude of muscular, skeletal and neural disorders. There are many philosophies embraced under the Remedial Therapies but the underlying principal is identifying factors that block the body's natural healing processes.

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*** Advanced Shiatsu (*)** 3612

Pre-requisites: Applied Anatomy and Physiology 1

The use of advanced Shiatsu techniques as a remedial therapy in the treatment of certain disease states/conditions. The application of the four diagnostic techniques to assist shiatsu therapy. This module concentrates on the practical application of shiatsu techniques in a clinical situation.

*** Advanced Sports Massage (*)** 3652

Pre-requisites: Applied Anatomy and Physiology 2, Sports Massage

Co-requisites: Applied Anatomy & Physiology 3

This module teaches the student how to integrate knowledge of massage therapy techniques and modalities to provide a comprehensive massage treatment package for sports people. The main focus of this module is on the clinical application of practical techniques.

*** Applied Kinesiology (*)** 2611

Co-requisites: Applied Anatomy and Physiology 1

Introduction to the principles and practice of kinesiology.

*** Basic Massage & Advanced Massage** 1601

Co-requisites: Applied Anatomy & Physiology 1 / Practical Anatomy

Introduces the student to the more important concepts that apply to almost all remedial therapy or bodywork modalities. Using basic massage techniques, the module examines ethics, contra-indications, the various massage strokes, and the physiological benefits of massage. As in all practical-based massage modules, participants are expected to supply their own towels, linen and oils as appropriate.

*** Classical Massage (*)** 1602

Pre-requisites: Basic Massage, Applied Anatomy & Physiology 1 / Practical Anatomy

The study of the clinical applications of the classical massage techniques and practical experience in massage in a clinical environment rather than the classroom. As in all practical-based massage modules, participants are expected to supply their own towels, linen and oils as appropriate.

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*** Deep Tissue Massage (*)** 4601

Pre-requisites: Applied Anatomy and Physiology 1, Classical Massage

Apply deep tissue massage techniques to treat musculoskeletal dysfunctions. Integrate knowledge of massage therapy techniques and modalities to provide a deep tissue massage treatment for athlete/client with musculoskeletal dysfunctions.

*** Fascia Stretches (*)** 3600

Co-requisites: Applied Anatomy and Physiology 2

Gentle stretches and rolls are the most effective method of warming up tight muscles, enabling increased flexibility of joints and strengthening muscles and tendons. A technique ideally used on patients prior to deep muscle massage and in cases where restorative therapies are needed before intensive treatment.

*** Lymphatic Drainage (*)** 4662

Pre-requisites: Applied Anatomy and Physiology 1, Classical Massage

The use of classical massage techniques to stimulate the flow of lymph throughout the body is defined as Lymphatic drainage. The original techniques of lymphatic drainage were originally developed some 50 years ago in Europe and used to stimulate the body's natural healing process, particularly in infectious diseases. These techniques are used to prevent lymphatic congestion resulting in the more efficient clearance of toxins from the body. Its other main claim to fame is in beauty therapy clinics where it is used to assist with the breakdown of cellulite.

*** Myofascial Massage (*)** 4661

Pre-requisites: Classical Massage

Co-requisites: Applied Anatomy & Physiology 2

Myofascial release is a bodywork technique where massage and pressure are applied along the myofascia (the connective tissue which surrounds the muscles) in order to assess myofascial restriction and apply appropriate techniques to facilitate the release of tissue. This module includes Trigger Point Therapy, and Cranio-Sacral Therapy.

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*** Myotherapy (*)** 2670

Pre-requisites: Applied Anatomy & Physiology 2, Remedial Massage

A range of bodywork and massage techniques aimed at improving muscular tone and function. These techniques concentrate on the prevention, correction and rehabilitation of soft tissue dysfunction.

*** Neuromuscular Massage (*)** 3660

Co-requisites: Applied Anatomy & Physiology 2

Pre-requisites: Classical Massage

The student gains a general understanding of the principles of neuro-diagnosis, enabling the clinical treatment of people with various neuromuscular conditions. Comprehensive muscle testing is used as a diagnostic measure of the function of bodily systems. This module also covers Proprioceptive Neuromuscular Facilitation.

*** Postural Analysis & Correction (*)** 2612

Pre-requisites: Applied Anatomy and Physiology 1

This module provides an introduction to the biomechanics of postural deviation. In particular, it addresses postural deviation through postural analysis, the location of weak muscles and their effect on posture. Simple remedies for correction of postural deviations are also taught.

*** Reflexology - Foot (*)** 1611

This is an ancient Chinese therapy related to acupuncture. Specific areas (zones) of the foot are related to the different organs of the body, and manipulation of these zones can improve the function of the specific organs. This module seeks to teach the location of the zones, their organ significance, and the elements of therapeutic manipulation using several techniques.

*** Reflexology - Body (*)** 1612

Using skills and techniques similar to those of Foot Reflexology. An ancient Chinese therapy used to stimulate specific zones on the body related to the organs of the body. Manipulation of these zones can improve the function of the specific organs. This module teaches location of the zones, their organ significance, and therapeutic manipulation using several techniques.

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*** Remedial Laser Therapy (*)** 3630

Co-requisites: Applied Anatomy & Physiology 2

This Module provides the student with an introductory insight into Laser, frequency and other photon therapies - explaining the theories, principles, safety, treatment methods, and practice.

*** Remedial Massage (*)** 2601

Pre-requisites: Classical Massage

Co-requisites: Applied Anatomy & Physiology 2

Massage is an excellent primary or adjunctive therapy and need not just be used for relaxation. This Module covers nerves arising from the spine - negative indications and methods of remedying; identification and location of vertebrae, recognition of irregularities; postural analysis - location of weak muscles and methods of treatment.

*** Shiatsu (*)** 3611

This form of remedial therapy is really a relatively modern Japanese application of Traditional Chinese Medicine, developed this century. Instead of using needles on acupuncture points and meridians, the energy flow (Qi) is stimulated or sedated by the use of pressure from the fingers, hands, heels or elbows. This module teaches the principles and philosophy of Shiatsu as well as some simple shiatsu techniques.

*** Sports Injuries (*)** 2650

Pre-requisites: Applied Anatomy and Physiology 2

The most important philosophy of sports injury treatment is "do no harm", this module is aimed at the provision of first aid treatment for sports with a natural perspective. Attention is paid to taking an accurate case history and location of common injury sites with in-depth anatomical studies.

*** Sports Massage (*)** 3651

Pre-requisites: Applied Anatomy and Physiology 2

Co-requisites: Applied Anatomy and Physiology 3

This module covers advanced massage techniques to deliver a full body sports massage, a pre-event massage, a post-event recovery massage and a maintenance massage.

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*** Therapeutic Massage (*)** 2660

Pre-requisites: *Applied Anatomy & Physiology 2, Classical Massage*

Co-requisites: *Applied Anatomy and Physiology 3*

A range of bodywork and massage techniques promoting efficiency in the function of the body's individual systems, which in turn enhances the functioning of the body as a whole. Techniques that are taught include lymphatic drainage, autogenic reflex techniques, paediatric and massage for pregnancy.

*** Trigger Point Therapy (*)** 2680

Pre-requisites: *Applied Anatomy and Physiology 1, Classical Massage*

This module teaches the student how to assess and safely apply specific massage therapy techniques to identify and/or treat active, latent, secondary and satellite trigger points and, where relevant, their associated pain referral patterns.