



**International Academy  
of Applied Health**

**Winter 2021 Course Planner**

# **“Natural Health Education which can change your life”**

Career Development or Personal Interest CEU Courses  
Full-Time or Part-Time Study

**Winter Semester Starts January 3<sup>rd</sup> 2021**

**Register by December 15<sup>th</sup> 2020 and Save**



**380 Forest Street  
Ottawa, ON K2B 8E6**

(Just West of Lincoln Fields Shopping Centre)

**613-820-4046**

**1-800-267-8732**

**info@intlacademy.com**

**www.intlacademy.com**

**Register on-line through the website -click on Admission tab,  
then fill up “Registration Form”, or email [yomara@intlacademy.com](mailto:yomara@intlacademy.com)**



# International Academy of Applied Health



## **Picture Yourself as a Qualified Health Professional Registration for Spring 2021 is now open!**

“Applicants to full-time programs may be eligible for financing for those who qualify”

Online information session available. Email your program of interest to [aileen@intlacademy.com](mailto:aileen@intlacademy.com)  
or go online at [www.intlacademy.com](http://www.intlacademy.com)

### **Programs:**

**Contemporary Acupuncture for the Healthcare Professional  
Massage Therapy**

**Acupuncture Practitioner**

**Reflexology, Aromatherapy, Iridology, Herbology, NHP with Nutrition CEU's**

**Winter Semester Starts January 3<sup>rd</sup> 2021**

**IAM** - International Academy of Massage

**TCM** - International Academy of Traditional Chinese Medicine

**NHP** - International Academy of Natural Health Practitioners

**CEU** - Continuing Education Unit -open to anyone (Public)

**Note: No classes on Family Day Monday, February 15, 2021.**

**Advanced Theory & O.S.C.E. Preparation (IAM) – In-person**

Students undertake a thorough presentation and participation towards being prepared for the CMTA (OSCE) hands-on examination for future registration to become an RMT. In addition to the class sessions there is mock oral practical (schedule is TBA).

(2 credits) Pre-requisite: Complete/Massage Therapy Semesters 1-5

**Mondays** 1:15pm – 5:15pm

January 4 to March 15

**Anatomy 5 (IAM/TCM/NHP) - Online**

Anatomy 5 or Osteology is the study of the science of the structure and function of bone. This course takes an in-depth look into the human skeleton concentrating on the bones and bony landmarks of the body.

(1 credit) Pre-requisite: Anatomy/Physiology 4

**Thursdays** 8:30am – 10:30am

January 7 to March 18

**Anatomy 8 (IAM/NHP/CEU) - Online**

This course discusses the digestive system and accessory organs of digestion in the human body. The urinary and reproductive systems will also be discussed. The end of the course provides an introduction to the nervous system.

(1 credit) Pre-requisite: Anatomy 7

**Wednesdays** 3:15pm – 5:15pm

January 6 to March 17

**Anatomy 8 (TCM/NHP/CEU) - Online**

This course discusses the digestive system and accessory organs of digestion in the human body. The urinary and reproductive systems will also be discussed. The end of the course provides an introduction to the nervous system.

(1 credit) Pre-requisite: Anatomy 7

**Thursdays** 6:00pm – 8:00pm

January 7 to March 18

**Aromatherapy 1 (NHP/CEU) – Online**

The use of essential oils for relaxation, beauty and health. Learn several hands-on applications.

(1 credit) No Pre-requisite

**Mondays** 6:00pm – 9:00pm

January 25 to March 15

**Client Assessment Lab 1 (IAM) – In-person**

This assessment course will introduce the student to clinical assessment techniques such as taking case histories, and interviewing clients. Other topics discussed are assessing client pain, assessment responses and end-feels during physical examination. The student will also learn how to assess gait and posture. Basic kinesiology is also included. The student will also be assessing the lower extremity using ROM, orthopedic and neurological tests.

(1 credit) Pre-requisite: Client Assessment 1

**Fridays** 3:15pm – 5:15pm

January 8 to March 19

**Client Assessment Lab 2 (IAM) – In-person**

This assessment course will introduce the student to clinical assessment techniques such as taking case histories, interviewing clients and the interview process. The student will be assessing the upper extremity and back using ROM, orthopedic and neurological tests.

(1 credit) Pre-requisite: Client Assessment 6

**Tuesdays** 8:30am – 12:30pm

February 16 to March 16

**Client Assessment 2 - 3 (IAM) - Online**

This course is the beginning of regional assessment of the body, starting with the lower limb.

(2 credits) Pre-requisites: Client Assessment 1, Anatomy/Physiology 4

**Mondays** 1:15pm – 3:15pm & **Tuesdays** 8:30am – 10:30am

January 4 to March 16

**Client Assessment 6 (IAM) - Online**

This is a continuation of client assessments focusing on the joints of the upper extremity.

(1 credit) Pre-requisite: Client Assessment 4/5

**Tuesdays** 8:30am – 12:30pm

January 5 to February 9

**Ethics & the Healthcare Practitioner (IAM/TCM/NHP/CEU) - Online**

The focus is on developing the student's ability to understand the role of a professional and the necessary commitment, by recognizing ethical issues encountered in their role, distinguishing between legal and ethical responsibilities, meeting the professional and ethical requirements of client care and personal conduct, and to develop a step by step skill in helping to make ethical decisions.

(1/2 credit) No pre-requisite

**Mondays** 10:30am – 12:30pm

January 4 to February 8

**First Aid and CPR (IAM) – In-person**

(Space limited to max 9 students)

(1 credit) No pre-requisite

**Sundays** 8:30am-5:15pm

January 17 & 31

**Herbalism 1a (NHP/CEU) - Online**

Growing and harvesting herbs in your everyday life. Medicinal herb focus.

(1 credit) No pre-requisite.

**Wednesdays 6:00pm - 8:00pm**

January 6 to March 17

**Iridology 1 (NHP/CEU) – Online**

Learn the foundational principles of Iridology and its use as an assessment aid for natural health practitioners.

(1 credit) No Pre-requisite (Textbook required)

**Wednesdays** 6:00pm – 8:00pm

January 13 to March 3

**Meridian Theory 1 (TCM) - Online**

The course presents an insight into this fascinating system of Chinese medicine, which encompasses the important concept of Yin/Yang to the presence of illness or wellness, and the need to balance both.

(1 credit) No Pre-requisite

**Tuesdays** 6:00pm – 8:00pm

January 5 to March 16

**Meridian Theory 2 (TCM) - Online**

This course reviews the 12 regular meridians and the 8 extraordinary meridians, provides detailed descriptions of the 12 divergent channels, the 15 collaterals, the 12 muscular regions and the 12 cutaneous regions.

(1 Credit) Pre-requisite: Meridian Theory 1

**Thursdays** 10:30am – 12:30pm

January 7 to March 18

**Myology 1 (IAM/NHP/CEU) - Online**

This course is an in-depth study of the muscles of the lower extremity, hip, leg, foot, gluteal region and anterior thorax. It discusses the origin, insertion, action and nerve supply of the muscles that move the lower limb.

(1 credit) Pre-requisite: Anatomy/Physiology 4

**Thursdays** 1:15pm – 3:15pm

January 7 to March 18

**Myology 1 (TCM/NHP/CEU) - Online**

A study of the relationship between the muscles and acupuncture points of the body.

(1 Credit) Pre-requisite: Meridian Theory 1

**Tuesdays** 10:30am – 12:30pm

January 5 to March 16

**Myology 3 (IAM/CEU) - Online**

This course is an in-depth study of the muscles of the head, face and neck. Origin, insertion, action and nerve supply of the muscles that move the head and face and neck are discussed.

(1 credit) Pre-requisite: Myology 2

**Tuesdays** 1:15pm – 3:15pm

January 5 to March 16

**Neuroscience 1 (IAM) - Online**

Neuroscience 1 is an in-depth examination of the nervous system. The physiology of the central nervous system and peripheral nervous systems are broken down in a detailed analysis of structure and function. The special senses are also included during this course of study.

(1 credit) Pre-requisite: Anatomy/Physiology 1-4

**Mondays** 10:30am – 12:30pm

January 4 to March 15

**Nutrition 1 (IAM) - Online**

This course provides an understanding of nutritional concepts. The ability to communicate effectively with your clients or other healthcare practitioners about basic nutritional elements and considerations, as well as the macro and micro nutrients.

(0.5 credit) No pre-requisite

**Thursdays** 3:15pm – 5:15pm

January 7 to February 11

**Off-Site / On-site Lab 1 – In-person**

Students learn how to perform a 15-minute chair/table massage and how to network with the general public. Clients are fully dressed for this segment of training. They learn networking skills on how to communicate with the general public and encourage clients to come into student clinic for treatment.

(2 credits) Pre-requisites: Massage Techniques 1-4 & Client Assessment 1

**Tuesdays** 1:30pm – 4:00pm

January 5 to March 16

**Off-Site / On-site Lab 2 (IAM) – In-person**

Massage therapy treatment is given to clients while fully supervised by a RMT. The student will learn how to transfer clients on/off the massage table. Students will learn how to treat the elderly, including all the ailments that can affect that population (dementia/Alzheimer's/osteoporosis, etc.)

(2 credits) Pre-requisites: Massage Techniques 1-4 & Anatomy/Physiology 1-4

**Wednesdays** 1:15pm – 5:15pm

January 6 to March 17

**On-Site Clinical Case Study 1 (IAM) – In-person**

Each massage therapy student assesses a client, develops a treatment plan and then applies the treatment plan to the same client weekly throughout the semester. Students learn how to prepare a detailed progress report.

(2 credits) Pre-requisite: Program Director Approval

**Thursdays** 1:15pm – 4:30pm

January 7 to March 18



**On-Site Clinical Case Study 2 (IAM) – In-person**

Each senior massage therapy student assesses a client, develops a treatment plan and then applies the treatment plan to the same client weekly throughout the semester. Students then prepare a detailed progress report.

(2 credits) Pre-requisite: On-site Clinical Case Study 1

**Tuesdays** 1:15pm – 4:30pm

January 5 to March 16

**Oriental Acupressure and TuiNa 1 (TCM/NHP/CEU) – In-person**

Students evolve a basic understanding of TuiNa techniques. The use of TuiNa to treat common pain-related ailments is also presented and discussed.

(1 credit) No pre-requisite.

**Mondays** 9:15am – 1:15pm

January 4 to February 1

**Oriental Acupressure and TuiNa 2 (TCM/NHP/CEU) – In-person**

Students learn to complete a full-body treatment, facial massage and self-massage using Tuina. It's principles as a TCM treatment modality are also presented and discussed.

(1 credit) No Pre-requisite

**Mondays** 9:15pm – 1:15pm

February 8 to March 15

**Pathology 2 (IAM/TCM) - Online**

Pathology 2 is an in-depth study of diseases of the skin.

(1 credit) Pre-requisites: Anatomy/Physiology 4 & Pathology 1

**Mondays** 8:30am – 10:30am & **Thursdays** 10:30am – 12:30pm

January 4 to February 4

**Pathology 3 (IAM/TCM) - Online**

Pathology 3 is an in-depth study of diseases of the joints and bones.

(1 credit) Pre-requisites: Anatomy/Physiology 4 & Pathology 1

**Mondays** 8:30am – 10:30am & **Thursdays** 10:30am – 12:30pm

February 8 to March 18

**Pathology 7 (IAM/TCM) - Online**

Pathology 7 is an in depth study of diseases of the respiratory system and cardiovascular system.

(1 credit) Pre-requisites: Anatomy/Physiology 4 & Pathology 1

**Wednesdays** 8:30am – 10:30am & 1:15pm – 3:15pm

January 6 to February 10

**Pathology 8 (IAM/TCM) - Online**

Pathology 8 is an in depth study of diseases of the cardiovascular system.

(1 credit) Pre-requisites: Anatomy/Physiology 4 & Pathology 1

**Wednesdays** 8:30am – 10:30am & 1:15pm – 3:15pm

February 17 to March 17

**Pharmacology (IAM/TCM/NHP/CEU) - Online**

This course gives the student an understanding of the concepts and principles of pharmacology. The student will learn the different classification of medications, uses and effects. The student will also learn to research drug profiles and know how to read prescription labels. This course is designed to educate the student about drug therapy used as a treatment for a client's condition and how that drug therapy may help or hinder treatment.

(1 credit) Pre-requisite: Anatomy/Physiology 4 & Physiology 7

**Thursdays** 3:00pm – 5:15pm

January 7 to March 18

**Physiology 5 (IAM/TCM/NHP/CEU) - Online**

Physiology 5 is the study of the human body on a chemical and cellular level. Also included are tissue types in the human body. It revisits the material covered during Anatomy/Physiology 1 and 2 and expands in greater depth in order to further the students' knowledge of the physiology of the human body.

(1 credit) Pre-requisite: Anatomy/Physiology 4

**Mondays** 3:15pm – 5:15pm

January 4 to March 15

**Physiology 8 (IAM/TCM/NHP/CEU) - Online**

This course takes an in-depth look at the respiratory system of the human body. This course also further investigates the renal system, hormones, reproduction and the skin.

(1 credit) Pre-requisite: Physiology 7

**Wednesdays** 10:30am – 12:30pm

January 6 to March 17

**Principles of Treatments & Advanced Techniques 1-4 (IAM) – Online & In-person**

This course of study presents the theory of the principles of treatment for massage therapy. During this course the proper advanced techniques will be taught for treating acute and sub-acute injuries during these stages of healing. Students will learn to treat the following conditions in acute and sub-acute stage of injury: fracture, sprain, strain, tendonitis, tenosynovitis, bursitis, synovitis and contusion.

(4 credits) Pre-requisites: Massage Techniques 1 – 4 & Anatomy/Physiology 4

**Tuesdays** 10:30am – 12:00pm (Online) & **Fridays** 8:30am – 12:30pm & 1:15pm – 3:15pm (In-person)

January 5 to March 19

**Point Location 2 (TCM) - Online**

Point Location 2 provides students with the correct anatomical description of the location of each acupuncture point on the body. This is the second course in a 2 part series, each covering different meridians and acupuncture points. Point Location 2 covers the points along the kidney, pericardium, san jiao, gall bladder, liver, ren and DU meridians as well as extra points.

(1 credit) Pre-requisite: Meridian Theory 1

**Tuesdays** 8:00pm – 10:00pm

January 5 to March 16



**Point Functions 1 (TCM) - Online**

The Point Functions courses examine different functions and uses in TCM point prescriptions to successfully improve patients' health. This first module explores points located on the lung, large intestine, stomach, spleen, heart, small intestine, and the bladder meridians.

(1 Credit) Pre-requisites: Point Location 1 and 2 (or in progress)

**Tuesdays** 8:30am – 10:30am

January 5 to March 16

**Professionalism and the Healthcare Practitioner (IAM/TCM/NHP/CEU) - Online**

As healthcare practitioners, the development of the skills and specific knowledge applicable to your principle health discipline remains a high priority, however, good character, personal and professional behaviors and practices, and work ethic have become vitally important to the overall health industry.

Health care is also a service business, yet for many this is a foreign concept. Patient and client satisfaction is necessary to the continuance in business as a professional.

(1/2 Credit) No pre-requisite

**Mondays** 10:30am – 12:30pm

February 22 to March 15

**Reflexology 1 (NHP/CEU) – In-person**

An introduction to the history, principles and theory of Reflexology, its benefits, its cautions, possible client reactions and what it does not do. The student also learns to see the foot as a reflection of the body.

R-1 looks at the zones of the foot and specific reflexes for the major organs and glands will be presented. Students will be introduced to the plantar and dorsal foot charts, and learn to identify the location of reflex points on the feet.

(1 credit) Pre-requisite: IPAC Certificates Completion

**Mondays** 7:00pm – 9:00pm January 11 to March 8

**Saturdays** 9:00am – 1:00pm February 13 & March 13

**Remedial Exercise 2 (IAM) - Online**

This course teaches principles of aerobic and resistance exercises. Once the principles are learned the student will be able to use them to develop an exercise program for the treatment of their massage client.

(1 credit) Pre-requisite: Remedial Exercise 1

**Tuesdays** 3:15pm – 5:15pm

January 5 to March 16

**Specialized Care (IAM) - Online**

This course covers the proper skills and techniques required by a massage therapist to recognize and stay current on developments in areas requiring specialty care. Topics include concussion, PTSD, palliative and end of life care.

(0.75 credit) Pre-requisite: Treatments 1 or concurrently

**Mondays** 8:30am-10:30am

January 4 to March 8 (9 weeks)

**Sports Massage (IAM) - Online**

Learn specific treatments for stages of injury for various physical activities.

(1 credit) Pre-requisite: Principles of Treatments and Advanced Techniques 5 – 8

**Thursdays** 1:00pm – 3:00pm

January 7 to March 18

**TCM Clinical Safety (Formerly, Clean Needles/Depths and Angles) - Online**

By following the highest standards of acupuncture hygiene, this course will introduce techniques for safe, clean and effective needling.

(1 credit) Pre-requisites: Point Location 1 & 2 (or concurrently enrolled)

**Tuesdays** 6:00pm – 8:00pm

January 5 to March 16

**Techniques of Acupuncture 1 (TCM) – In-person**

Students learn basic treatment methods used in Chinese Medicine such as needling techniques and treatments, scalp acupuncture, and auricular acupuncture.

(1 credit) Pre-requisite: Point Locations 1 & 2, Clinical Safety, TCM Diagnosis & Treatments 1, Meridian Theory 1 & Theory Foundation 1 (or in progress)

**Sundays** 9:00am - 1:00pm, January 3, 10, 17, 24, 31 & 9:00am – 11:00am February 7

**Techniques of Acupuncture 2 (TCM) – In-person**

Students learn basic treatment methods used in Chinese Medicine such as cupping treatment, moxibustion (moxa), Gua Sha techniques, and electro acupuncture. This is theory and hands-on/practice lab class.

(1 credit) Pre-requisite: TCM Diagnosis & Treatments 1, Meridian Theory 1, & Theory Foundation 1 (or in progress)

**Sundays** 11:00am - 1:00pm February 7 & 9:00am – 1:00pm, February 14, 21, 28, March 7, 14

**Theory Foundations 1 (TCM/NHP/CEU) - Online**

Learn the foundation of this 3000-year-old Chinese medicine, including Yin-Yang theory, the 5 elements, Qi, blood and all organ functions.

(1 credit) No Pre-requisite

**Sundays** 1:15pm – 5:15pm

January 17, 24, 31, February 7, 21, 28

**Theory Foundations 2 (TCM/NHP/CEU) - Online**

Students learn deeper meaning of theory in Traditional Chinese Medicine for purpose of better comprehension and application in diagnosing and treating patients.

(1 credit) Pre-requisite: Theory Foundations 1

**Thursdays** 8:30am – 10:30am

January 7 to March 18

**Treatments 1 (IAM) - Online & In-person**

This course covers the proper skills and techniques required by a massage therapist to treat certain conditions, pathologies, illnesses and diseases. The student will study the causes, signs and symptoms, contraindications, testing, aims of treatment, and treatment of a clients' condition using massage therapy. The student will also review proper assessment tests and remedial exercises needed to treat their client.

(6 credits) Pre-requisite: Principles of Treatments & Advanced Techniques 5 – 8

**Mondays** 1:15pm – 5:15pm (Online), **Wednesdays & Thursdays** 8:30am – 12:30pm (In-person)

January 4 to March 18

**Treatments 3 (IAM) – Online & In-person**

This course covers the proper skills and techniques required by a massage therapist to treat certain conditions, pathologies, illness and diseases. It is a continuation of Treatments 1 and 2. The student will study the causes, signs and symptoms, contraindication, testing, aims of treatment and treatments of a clients' condition using massage therapy. The student will also review proper assessment tests and remedial exercises needed to treat their client. The content of Treatments 3 deals with conditions of the nervous system which include systematic conditions affecting the brain and spinal cord and nerve lesions.

(6 credits) Pre-requisite: Treatments 2

**Mondays** (In-person), **Tuesdays** (In-person) & **Thursdays** (Online) 8:30am – 12:30pm

January 4 to March 18

## Tuition Fees

<u>Credits</u>	<u>Fee*</u>
6	\$1,776.00
4	\$1,184.00
2	\$ 592.00
1	\$ 296.00
½	\$ 150.00

\* includes class notes and handouts

### Refund Policy

Please visit [www.intlacademy.com](http://www.intlacademy.com) for detailed refund policies for each school

**Part-time/CEU students: Register and Pay Your Tuition Fee by December 15, 2020 and save - only \$287 per credit/\$145 ½ credit. After that date \$296 per credit/\$150 for ½ credit. \$10 late registration fee per subject starting December 22<sup>nd</sup>, 2020.**

**Register on-line through the website - click on "Admissions" tab then "Registration Form", email [yomara@intlacademy.com](mailto:yomara@intlacademy.com).**

## Self-Study - Distance - CEU Courses

**Meridian Educational Network** offers comprehensive, self-study educational programming, on a CEU basis. Start towards an International Academy of Applied Health certificate or diploma, from the comfort of your home! [www.meridianedu.net](http://www.meridianedu.net) directly on-line or workbook/email assignment option.

For more information: Call: 613-820-0318 or Email: [admin@intlacademy.com](mailto:admin@intlacademy.com)



**International Academy  
of Natural Health Practitioners**

**CEU's** -Nutrition, Aromatherapy, Cannabis, Herbs, Colour Therapy, Iridology, Reflexology, Acupuncture

**Diploma** (Part-Time) (2100 hours):  
Natural Health Practitioner

**Certificates** (Part-Time) (240-350 hours):  
Aromatherapy  
Herbology  
Iridology  
Reflexology



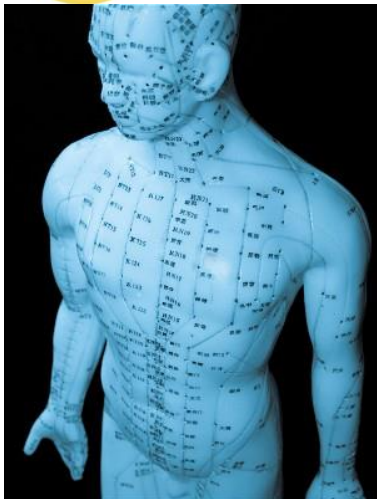
### **General Information**

- \* Transfer credits where applicable
- \* Daytime, Evening and Weekend classes
- \* Home study credits
- \* Email [info@intlacademy.com](mailto:info@intlacademy.com) for application or more information
- \* Tours of the Academy available (daytime, evening and weekends)
- \* NHP Certificates all start in March 2021 – inquire now for information. Email [Marilyn@intlacademy.com](mailto:Marilyn@intlacademy.com)

**Telephone: 613-820-0318 Ask for Marilyn**



## International Academy of Traditional Chinese Medicine



### General Information

- \* Transfer credits where applicable
- \* Daytime, Evening & Weekend classes (online and in-class training)
- \* Home study credits
- \* Winter 2021 Semester starts January 3
- \* Full-time 2100-hour Acupuncture Practitioner Diploma Program starts March 26 2021 Completion possible in 27 months
- \* Part-time study also available
- Acupuncture and Traditional Chinese Medicine and Natural Health Science students
- \* Graduates qualify to undertake provincial Registration examinations
- \* Contemporary Acupuncture program 384 hrs (Acupuncture training for RMTs and other professionals also available)

**Telephone: 613-820-4046**

**Web: [www.intlacademy.com](http://www.intlacademy.com)**



## International Academy of Massage



### Become a Massage Therapist

2318-Hour Massage Therapy Diploma Program

**Full-Time Program Starts March 26<sup>th</sup> 2021**

*For More Information:*

*Tour or to be a students for a day*

Call: 613-820-4046

Email: [info@intlacademy.com](mailto:info@intlacademy.com)

Visit: [www.intlacademy.com](http://www.intlacademy.com)



# International Academy of Applied Health

*Welcome to our*



## Health & Relaxation Clinics

### International Academy of Massage

Student Wellness Clinic – Therapeutic Massage

**Tuesdays & Thursdays** 5:00pm, 6:30pm & 8:00pm \$35

**613 820-4046**

### International Academy of Traditional Chinese Medicine

Senior Students - Acupuncture, Chinese Assessment

**Mondays** 2:15pm, 3:45pm, 5:15pm, 6:45pm & 7:30pm \$20

**613 820 4046**

**Wednesdays** 5:45pm, 7:15pm & 8:45pm \$20

**Fridays** 9:15am, 10:45am & 12:15pm \$20

**Saturdays** 9:45am to 5:45pm \$20