



# International Academy of Applied Health

Summer 2021 Course Planner

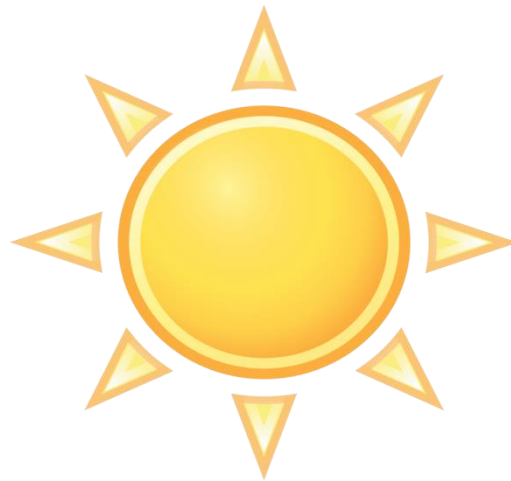
## “Natural Health Education which can change your life”

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

Summer Semester Starts June 21<sup>st</sup> 2021

Online classes via Zoom & Google Classroom

Register by June 4<sup>th</sup> 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](mailto:info@intlacademy.com)

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

Register on-line at [www.intlacademy.com](http://www.intlacademy.com) -click on tab “Course Registration”, email [yomara@intlacademy.com](mailto:yomara@intlacademy.com), in-person or call 613 820 4046.

International Academy of Applied Health  
(613) 820-4046 1-800-267-8732 www.intlacademy.com  
**Courses - - Summer 2021 (June 21– September 19)**



## International Academy of Applied Health



### Picture Yourself as a Qualified Health Professional

**Registration for Summer is now open!**

**“Applicants for 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)**

**Contemporary Acupuncture for the Healthcare Professional  
Massage Therapy  
Acupuncture Practitioner  
Reflexology, Aromatherapy, Iridology, Herbology, NHP with nutrition CEU's**

**Summer Semester Starts June 21<sup>st</sup> 2021**

**IAM** - International Academy of Massage (Full-time) This program is registered under the Private Career Colleges Act, 2005. Financing is available to those who may qualify.

The following programs and subjects, are not required to be registered under the Private Career Colleges Act, 2005

**TCM** - International Academy of Traditional Chinese Medicine (Full-time funding is available to those who qualify...and this division also offers Part-time programs).

**NHP** - International Academy of Natural Health Practitioners (Part-time programs)

**CEU** - Continuing Education Unit -open to anyone (Subject by Subject)

**Note: No Classes on July 1 - Canada Day; August 2 – Civic Holiday; September 6 – Labor Day  
Summer Breaks: June 27-July 4; July 31-August 6; September 4-5,**

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

Students undertake a thorough presentation and participation towards being prepared for the CMTO (OSCE) hands-on examination for future registration to become an RMT

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

**Mondays** 1:15pm – 4:30pm

June 21 to August 30

### **Anatomy/Myology 1 (IAM/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

**Mondays** 1:15pm – 3:05pm

June 21 to September 13

### **Anatomy/Myology 3 (IAM/CEU) – In-person**

This course is an in-depth study of the muscles of the head, face and neck. The course of study discusses the origin, insertion, action and nerve supply of the muscles that move the head and face and neck.

(1 credit) Pre-requisite: Anatomy/Myology 2

**Tuesdays** 3:15pm – 4:30pm

June 22 to September 14

### **Anatomy 5 (IAM/TCM/NHP/CEU) – 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

**Tuesdays** 10:35am – 12:30pm

June 22 to September 14

**Anatomy 8 (IAM/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

**Wednesdays** 3:20pm – 5:15pm

June 23 to September 8

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

This assessment course will introduce the student to clinical assessment techniques including techniques such as taking case histories, interviewing clients and the interview process. 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 neurologic tests.

(1 credit) Pre-requisite: Client Assessment 1

**Fridays** 3:15pm – 5:15pm

June 25 to September 17

**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 back using ROM, orthopedic and neurological tests.

(1 credit) Pre-requisite: Client Assessment 6

**Tuesdays** 8:30am – 12:30pm

August 17 to September 14

**Client Assessment 2-3 (IAM) – Online/In-person**

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

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

**Tuesdays** 1:15pm – 3:15pm (Online); **Fridays** 1:15pm – 3:15pm (In-person)

June 22 to September 17

**Client Assessment 6 (IAM) – In-person**

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

June 22 to August 10

**Clinical Modalities (TCM) – In-person**

This is a practical course dedicated to the theory and practice of moxibustion, gua sha, and cupping (silicone and suction cups).

(1 Credit) Pre-requisites: Clinical Safety, Diagnosis and Treatments 1, Meridian Theory 1, Point Locations 1-2, Theory Foundations 1

**Sundays** 11:00am – 1:00pm

June 20 to September 19

**Courses - - Summer 2021 (June 21– September 19)**

**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: Meridian Theory 1, Point Location 1-2 and Theory Foundations 1

**Mondays** 10:35am – 12:30pm

June 21 to September 13

**Diagnosis & Treatments 1 (TCM) – Online**

Students learn the four methods of TCM diagnosis (inspection, palpation, interrogation and olfactory/listening). After completing this course, students will be able to begin to differentiate TCM patterns based on signs and symptoms, and to understand treatments in term of related pattern.

(1 credit) No Pre-requisite

**Mondays** 1:15pm – 3:05pm

June 21 to September 13

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

This course is designed to introduce students to the professional role and the ethical commitment practitioners must have in the roles as both regulated healthcare and general healthcare practitioners. 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.

(.5 credit) No pre-requisite

**Mondays** 10:35am – 12:30pm

June 21 to August 9

**Gynecology 1 (TCM) - Online**

Learn the acupuncture points for PMS, menopause, menstrual problems, infertility, postpartum and more.

(1 credit) Pre-requisites: Meridian Theory 1, Diagnosis & Treatments 1, Point Locations 1-2 and Theory Foundations 1

**Wednesdays** 8:30am – 10:20am

June 23 to September 15

**Gynecology 2 (TCM) – Online**

Students learn western pathologies related to pregnancy and childbirth, and to differentiate TCM patterns for these conditions. Emphasis are made to understand TCM patterns, treatment principles and acupuncture point prescription for every medical condition discussed in class.

(1 credit) Pre-requisites: Diagnosis & Treatments 1, Meridian Theory 1, Point Locations 1-2 and Theory Foundations 1

**Thursdays** 8:30am – 10:20am

June 24 to September 16

**Courses - - Summer 2021 (June 21– September 19)**

**Internal Medicine 1 (TCM) - Online**

Students learn to differentiate TCM patterns for disorders of the 4 Yin organs. Acupuncture point combinations for each pattern diagnosis are presented and discussed.

(1 credit) Pre-requisites: Diagnosis & Treatments 1, Meridian Theory 1, Point Locations 1-2 and Theory Foundations 1

**Wednesdays** 7:00pm - 8:50pm

June 23 to September 15

**Internal Medicine 2 (TCM) - Online**

Learn the TCM treatments for ailments such as constipation, indigestion, common colds, headaches, dizziness and bladder infections.

(1 credit) Pre-requisites: Diagnosis & Treatments 1, Meridian Theory 1, Point Locations 1-2 and Theory Foundations 1

**Thursdays** 8:05pm - 10:00pm

June 24 to September 16

**Modern Physical Diseases (TCM) - Online**

To understand the symptoms and causes of physical disorders and what TCM may or may not be able to do.

(1 credit) Pre-requisites: Diagnosis & Treatments 1, Meridian Theory 1, Point Locations 1-2 and Theory Foundations 1

**Wednesdays** 5:00pm - 6:50pm

June 23 to September 15

**Myology 1 (TCM) - Online**

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

(1 Credit) Pre-requisites: Anatomy & Physiology 1-4, Meridian Theory 1, Point Locations 1-2 and Theory Foundations 1

**Tuesdays** 6:00pm – 7:50pm

June 22 to September 14

**Neuroscience 1 (IAM/TCMP) - Online**

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** 10:35am – 12:30pm

June 21 to September 13

**Nutrition (IAM/NHP/CEU/TCMP) - 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

**Tuesdays** 3:20pm – 5:15pm

June 22 to August 10

**Courses - - Summer 2021 (June 21– September 19)**

**Off Site 1/Onsite Clinical 1 - Corporate Community (IAM) – In-person**

This first clinical rotation is centered on corporate personnel to practice foundational massage therapy and build a student's hand skills. Students also learn how to perform a 15-minute chair massage and how to communicate with the general public. Massage therapy treatment is given to clients located onsite, with possible scheduled off-site sessions.

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

**Thursdays** 1:15pm – 4:30pm

June 24 to September 16

**Off Site 2/Onsite Clinical 2 - Geriatrics and Senior Care (IAM) – In-person**

Students learn massage therapy treatments and techniques most beneficial for senior citizens. This subject may include off-site sessions in retirement facilities.

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

**Wednesdays** 1:15pm – 5:15pm

June 23 to September 15

**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

June 24 to September 16

**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

June 22 to September 7

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

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

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

**Mondays** 8:30am – 10:20am; **Tuesdays** 8:30am – 10:20am

June 21 to July 27

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

Pathology 3 is an in-depth study of diseases of the joints and bones. Subjects are undertaken in sequence during the semester.

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

**Mondays** 8:30am – 10:20am; **Tuesdays** 8:30am – 10:20am

August 9 to September 14

**Courses - - Summer 2021 (June 21– September 19)**

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

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

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

**Wednesday** 8:30am – 10:20am; 1:15pm – 3:05pm

June 23 to July 28

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

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

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

**Wednesday** 8:30am – 10:20am; 1:15pm – 3:05pm

August 11 to September 8

**Pediatrics (TCM) - Online**

Learn the TCM treatments used for TCM patterns of various childhood disorders.

(1 credit) Pre-requisites: Diagnosis and Treatments 1, Meridian Theory 1, Point Locations 1- 2 and Theory Foundations 1

**Thursdays** 6:00pm – 7:50pm

June 24 to September 16

**Pharmacology (IAM/TCM/NHP) - 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-requisites: Anatomy/Physiology 4 and Physiology 7 (recommended)

**Thursdays** 3:00pm – 5:15pm; June 24 to September 2

**Thursday** 1:00pm – 5:15pm; September 9

**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 on that material 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** 3:20pm – 5:15pm

June 21 to September 13

**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** 10:35am – 12:30pm

June 23 to September 8



**Courses - - Summer 2021 (June 21– September 19)**

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

Students further evolve their knowledge of acupuncture point functions and combinations.

(1 credit) Pre-requisite: Point Location 2

**Tuesdays** 8:05pm – 10:00pm

June 22 to September 14

**Principles of Treatments & Advanced Techniques 1-4 (IAM) – 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 4 and Anatomy/Physiology 4

**Thursdays** 8:30am -12:30pm; **Fridays** 8:30am – 12:30pm

June 24 to September 17

**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.

Healthcare 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.

(.5 credit) No pre-requisite

**Mondays** 10:35am – 12:30pm

August 16 to September 13

**Qi Gong/Tai Chi (TCM/CEU) – In-person**

Students learn the theory behind Qigong as well as develop various related skills such as the alignment of breath, physical activity and awareness. Studying Tai Chi allows students to learn to balance their own energy, manage their stress load and generally improve their health by simply practicing the techniques learned in class. This introductory course involves studying the Yang style short form, otherwise known as the 'Yang Style 24 Form.

(1 credit) No pre-requisite

**Sundays** 9:00am – 11:00am

June 20 to September 19

**Remedial Exercise 2 (IAM) – In-person**

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

(1 credit) Pre-requisite: Remedial Exercise 1

**Tuesdays** 1:15pm – 3:15pm

June 22 to September 14

**Courses - - Summer 2021 (June 21– September 19)**

**Specialized Care - 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-10:20am

June 21 to August 30

**Sports Massage (IAM) - Online**

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

(1 credit) Pre-requisites: Principles of Treatments and Advanced Techniques 8

**Thursdays** 1:00pm – 3:00pm

June 24 to September 2

**TCM Terminology - Online**

Students will learn fundamental vocabulary in Chinese used in TCM, and pronunciation.

(.5 Credit) No pre-requisite

**Wednesdays** 9:00pm – 10:00pm

June 23 to September 15

**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. This is theory and hands-on/practice lab class.

(1 credit) Pre-requisites: Meridian Theory 1, Point Locations 1-2 and Theory Foundation 1

**Sundays** 1:30pm - 3:30pm

June 20 to September 19

**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-requisites: Meridian Theory 1, Point Locations 1-2 and Theory Foundation 1

**Sundays** 3:30pm - 5:30pm

June 20 to September 19

**Treatments 1 (IAM) - 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-requisites: Principles of Treatments and Advanced Techniques 8

**Mondays** 1:15pm – 3:15pm, **Wednesdays** 8:30am – 12:30pm & **Thursdays** 8:30am – 12:30pm

June 21 to September 16

**Courses - - Summer 2021 (June 21– September 19)**

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

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** 8:30am – 12:30pm (In-person), **Tuesdays** 8:45am – 12:30pm (In-person) &

**Thursdays** 8:30am – 12:30pm (Online)

June 21 to September 9

## 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

### Refund Policy

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

\* includes class notes and handouts

**Part-time/CEU students: Register and Pay Your Tuition Fee by June 4<sup>th</sup>, 2021 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 June 18<sup>th</sup>, 2021.**

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



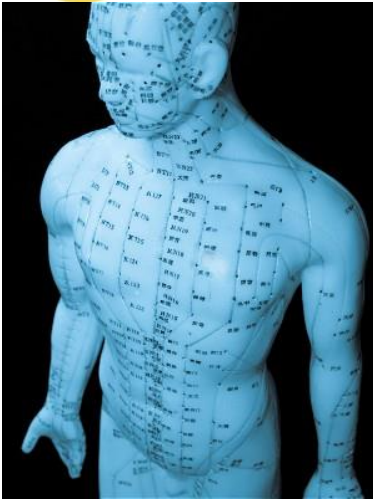
### **General Information**

- \* 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 September 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-person training)
- \* Home study credits
- \* Full-time 2100-hour Acupuncture Practitioner Diploma Program starts September 24 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 September 24th 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

<b>Wednesdays &amp; Thursdays</b>	1:15pm-4:00pm	\$20	<b>613 820-4046</b>
<b>Mondays, Tuesdays &amp; Thursdays</b>	5:00pm, 6:30pm & 8:00pm	\$35	

### International Academy of Traditional Chinese Medicine

Senior Students - Acupuncture, Chinese Assessment

<b>Mondays</b> 1:30pm, 3:00pm, 5:45pm, 7:15pm & 8:45pm	\$20	<b>613 820 4046</b>
<b>Wednesdays</b> 5:45pm, 7:15pm & 8:45pm	\$20	
<b>Fridays</b> 9:15am, 10:45am & 12:15pm	\$20	
<b>Saturdays</b> 9:30am to 7:00pm	\$20	