



**International Academy  
of Applied Health**

**Fall 2021 Course Planner**

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

Career Development or Personal Interest

Days, Evenings & Weekends

Full-Time or Part-Time Study

**Fall Semester Starts September 26 2021**

**Register by September 10<sup>th</sup> 2021 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 [deegriffiths@intlacademy.com](mailto:deegriffiths@intlacademy.com), in-person or call 613 820 4046**



# International Academy of Applied Health



Tour the Academy and learn more about your potential educational plans and opportunities.

To attend an information session and tour, please send an email with your planned date, time and program of interest to [anadaza@intlacademy.com](mailto:anadaza@intlacademy.com) or call 613-820-9934.

**Fall Semester Starts September 26 2021**  
**380 Forest St. Ottawa, ON K2B 8E6**

(Near Lincoln Fields Shopping Centre) Web: [www.intlacademy.com](http://www.intlacademy.com)

E-mail: [info@intlacademy.com](mailto:info@intlacademy.com)

Tel: 613-820-4046

**IAM** - International Academy of Massage (Full-time) this program is registered under the Private Career Colleges Act, 2005.

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 and 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 October 11, 2021 Thanksgiving**

**Anatomy 6 (IAM/TCM) - Online**

A study of the major joints and ligaments of the human body.

(1 credit) Pre-requisite: Anatomy 5.

**Wednesdays** 1:15pm – 3:05pm

September 29 to December 15

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

A study of the cardiovascular, respiratory and lymphatic systems.

(1 credit) Pre-requisite: Anatomy 6.

**Mondays** 8:30am – 10:20am

September 27 to December 13

**Anatomy & Physiology 1 (IAM/TCM/CEU) - Online**

Introduction to the structure and function of the body. Study of tissues, organs, skeletal and muscular systems.

(1 credit) No Pre-requisite.

**Mondays** 2:15pm – 5:15pm, **Tuesdays** 1:15pm – 3:05pm, and **Wednesdays** 2:15pm – 5:15pm

September 27 to October 18

**Anatomy & Physiology 2 (IAM/TCM/CEU) - Online**

Study the nervous, endocrine, reproductive and digestive systems, and senses.

(1 credit) Pre-requisite: Anatomy & Physiology 1.

**Mondays** 2:15pm – 5:15pm, **Tuesdays** 1:15pm – 3:05pm, and **Wednesdays** 2:15pm – 5:15pm

October 19 to November 8

**Anatomy & Physiology 3 (IAM/TCM/CEU) - Online**

An introduction to the study of the cardiovascular, urinary, respiratory and integumentary systems.

(1 credit) Pre-requisite: Anatomy & Physiology 2.

**Mondays** 2:15pm – 5:15pm, **Tuesdays** 1:15pm – 3:05pm, and **Wednesdays** 2:15pm – 5:15pm

November 9 to November 29

**Anatomy & Physiology 4 (IAM/TCM/CEU) - Online**

An introduction to the lymphatic, immune & hepatic systems, as well as electrolyte balance, the acid-base balance and metabolism.

(1 credit) Pre-requisite: Anatomy & Physiology 3.

**Mondays**, 2:15pm – 5:15pm, **Tuesdays** 1:15pm – 3:05pm, and **Wednesdays** 2:15pm – 5:15pm  
November 30 to December 15

**Business Skills (IAM/TCM/NHP/CEU) - Online**

Learn the components and aspects involved in the start-up and operation of a healthcare clinic or home business.

(1 credit) No Pre-requisite.

**Tuesdays** 3:20pm – 5:15pm  
September 28 to December 14

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

An introduction to clinical assessment including case histories, client-interview, as well as both visual and physical examination techniques.

(1.5 credit) No Pre-requisite.

**Mondays** 10:30am – 12:30pm September 27 to November 1

**Mondays** 8:30am – 12:30pm November 8 to December 13

**Client Assessment 4-5 (IAM) – In-person**

A continuation of the regional assessment of the human body.

(2 credits) Pre-requisite: Client Assessment 2-3.

**Thursdays** 8:30am – 12:30pm  
September 30 to December 16

**Communications and Terminology 1 (IAM/TCM/NHP/CEU) - Online**

The use of roots, prefixes, suffixes, plurals and opposites.

(1 credit) No Pre-requisite.

**Tuesdays** 10:35am – 12:30pm, and **Wednesdays** 10:35am – 12:30 pm  
September 28 to November 3

**Communications and Terminology 2 (IAM/TCM/NHP/CEU) - Online**

Significant focus is placed on the understanding, writing and pronouncing of medical terms, as they relate to Anatomy, Physiology and Pathology. The emphasis is on body systems.

(1 credit) Pre-requisite: Communication Terminology 1.

**Tuesdays** 10:35am – 12:30pm, and **Wednesdays** 10:35am – 12:30 pm  
November 9 to December 15



**Communications and the Healthcare Professional (IAM/TCM/NHP/CEU) - Online**

Learn the key characteristics for day-to-day communications with clients and understand the personal and client needs.

(1 credit) No Pre-requisite.

**Wednesdays** 8:30am – 10:20am

September 29 to December 15

**Dermatology and 5 Senses (TCM) - Online**

Students learn to differentiate TCM patterns for disorders of the ears, eyes, nose, throat, mouth and skin. Treatment principles, acupuncture point prescription and other methods of treatment are discussed for each TCM pattern.

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

**Thursdays** 8:30am – 10:20am

September 30 to December 16

**Food Cures (TCM) - 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.

(1 credit) Pre-requisite: Meridian Theory 1, Theory Foundations 1, Diagnostics & Treatments 1, Point Locations 1-2.

**Wednesdays** 6:00pm – 8:00pm

September 29 to December 15

**Hydrotherapy for the RMT (IAM/NHP) – In-person**

The majority of this course covers hydrotherapy theory with emphasis on practical hydrotherapy applications in both a clinical and self-care context.

(2 credits) Pre-requisite: Anatomy/Physiology 1-4, Massage Techniques 1-4.

**Tuesdays** 1:15pm – 4:30pm

September 28 to December 14

**Jurisprudence (IAM) - Online**

A study of provincial and federal law, as it applies to registered massage therapists.

(1 credit) No Pre-requisite.

**Wednesdays** 10:35am – 12:30pm

September 29 to December 15

**Massage Foundations 1-4 (IAM) – In-person**

Learn the basics of massage, including draping and positioning. Develop a routine for a general full body massage treatment.

(4 credits) No Pre-requisite.

**Fridays** 8:30am – 12:30pm, and **Fridays** 1:30pm – 5:15pm

October 1 to December 17

**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 for balance between Yin & Yang.

(1 credit) No Pre-requisite.

**Wednesdays** 6:00pm – 8:00pm  
September 29 to December 15

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

Students learn to differentiate TCM patterns for disorders such withdrawal, mania, irritability, frequent joy, worry, over-thinking, fear, fright, agitation, impaired memory, profuse dreams, insomnia, ADHD, schizophrenia, obsessive compulsive disorder (OCD), bipolar, depression and anxiety. Appropriate acupuncture point combinations for each pattern diagnosis are presented and discussed.

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

**Thursdays** 8:05pm – 10:00pm  
September 30 to December 16

**Myology 2 (IAM) – In-person**

An in-depth study of the torso muscles.

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

**Mondays** 1:15 pm – 3:15pm  
September 27 to December 13

**Myology 2 (TCM) – Online**

The study of the muscular system and meridians from a TCM perspective, including the study of the structure, function and diseases of muscle/meridians continue.

(1 credit) Pre-requisite: Myology 1 (TCM).

**Thursdays** 6:05pm – 7:50pm  
September 30 to December 16

**Needling Lab (TCM) – In-person**

Students evolve their needling skills via this hands-on course. Students are guided by faculty to needle numerous combinations of acupuncture points.

(1 credit) Pre-requisite: Anatomy/Physiology 1-4, Pathology 1, Diagnosis and Treatments 1, Meridian Theory 1, Point Locations 1-2, Techniques of Acupuncture 1-2, Theory Foundations 1, Clinical Safety.

**Sundays** 11:00am – 1:00pm  
September 26 to December 12

**Neuroscience 2 (IAM) - Online**

An in-depth examination of the sensory division of the nervous system.

(1 credit) Pre-requisite: Neuroscience 1.

**Wednesdays** 1:15pm – 3:05pm

September 29 to December 15

**Off Site Clinical Practical 3 (IAM) – In-person**

Massage therapy treatment is given to people with mental and physical developmental disabilities.

(2 credits) Pre-requisite: Massage Techniques 1-4, Anatomy & Physiology 4.

**Thursdays** 1:15pm – 4:30pm

September 30 to December 16

**Orthopedics (TCM) – In-person**

Students learn to differentiate TCM patterns for disorders of the locomotor system including bones, muscles, joints and all related tissues. Acupuncture point combinations for each pattern diagnosis are presented and discussed.

(1 credit) Pre-requisite: Meridian Theory 1, Diagnosis & Treatments 1, Theory Foundations 1, Point Location 1-2, Techniques of Acupuncture 1-2, Clinical Safety.

**Sundays** 9:00am – 11:00am

September 26 to December 12

**Pain Management and Rehabilitation 1 (TCM) - Online**

Students learn to differentiate TCM patterns for pain located in various parts of the body including the heel, foot, leg, and knee. Acupuncture point combinations for each pattern diagnosis, are presented and discussed.

(1 credit) Pre-requisite: Meridian Theory 1, Diagnosis & Treatments 1, Theory Foundations 1, Point Location 1-2, Techniques of Acupuncture 1-2, Clinical Safety.

**Mondays** 10:35am – 12:30pm

September 27 to December 13

**Pain Management and Rehabilitation 2 (TCM) - Online**

Students learn to differentiate TCM patterns for pain located in various parts of the body including the hip, low-back, hand, elbow, shoulder and the neck. Appropriate acupuncture point combinations for each pattern diagnosis are presented and discussed.

(1 credit) Pre-requisite: Meridian Theory 1, Diagnosis & Treatments 1, Theory Foundations 1, Point Location 1-2, Techniques of Acupuncture 1-2, Clinical Safety.

**Mondays** 1:00pm – 3:00pm

September 27 to December 13

**Pathology 1 (IAM/TCM/NHP/CEU) - Online**

Begin the study of the structural effects of disease on body systems and organs at the tissue and cellular level.

(1 credit) No Pre-requisite

**Tuesdays** 8:30am – 10:20am.

September 28 to December 14

**Pathology 4 (IAM/TCM) - Online**

An in-depth study of muscle-related diseases.

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

**Mondays** 8:30am – 10:20am

September 27 to December 13

**Pathology 5 (IAM/TCM) - Online**

An in-depth study of diseases of the nervous system.

(1 credit) Pre-requisite: Pathology 1.

**Mondays** 10:35am – 12:30pm, and **Wednesdays** 8:30am – 10:20am

September 27 to November 3

**Pathology 6 (IAM/TCM) - Online**

An in-depth study of the digestive tract diseases and conditions.

(1 credit) Pre-requisite: Pathology 1.

**Mondays** 10:30am – 12:30pm, and **Wednesdays** 8:30am – 10:20am

November 8 to December 15

**Pathophysiology 1 (TCM) - Online**

This course provides a brief overview of the etiology and pathogenesis of the conditions listed in Appendix K and L of the Candidate's Guide for the Pan Canadian Examinations from a Biomedicine approach only.

(1 Credit) Prerequisites: Meridian Theory 1, Theory Foundations 1, Diagnostics & Treatments 1, Point Locations 1-2, Anatomy/Physiology 1-4, Pathology 1 and Point Functions 1.

**Thursdays** 10:35am -12:30pm

September 30 to December 16

**Patient Clinical Studies 1 (TCM) – In-person**

Students evolve their diagnosis/treatments skills via instructor-directed case studies.

(3 credit) Pre-requisite: Diagnosis and Treatments 1, Meridian Theory 1, Point Locations 1-2, Theory Foundations 1, Anatomy/Pathology 1-4, Physiology 1, Point Function 1, Clinical Safety and Techniques of Acupuncture 1-2. Students must request approval from the Program Director before enrolling in this course.

**To be determined**

September 27 to December 13



**Physiology 6 (IAM/TCM) - Online**

A deeper study of energy formation in the cell, the nervous system and metabolism.

(1 credit) Pre-requisite: Physiology 5

**Wednesdays** 8:30am – 10:20am

September 29 to December 15

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

Students continue to study the finer aspects of the nervous system. This course also takes an in-depth look into the muscular system, including a study of skeletal and smooth muscle; and the cardiovascular system.

(1 credit) Pre-requisite: Physiology 6.

**Wednesdays** 10:35am – 12:30pm

September 29 to December 15

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

The Point Functions courses examine different functions and uses in TCM point prescriptions to successfully improve patients' health. This second module explores point location, function and combination of the following meridians: Kidney, San Jiao, Pericardium, Gallbladder, Liver, Du & Ren

(1 Credit) Pre-requisites: Meridian Theory 1, Theory Foundations 1, Point Locations 1-2.

**Thursdays** 1:00pm – 3:00pm

September 30 to December 16

**Point Functions 3 (TCM) – Online**

The study of numerous acupuncture point categories, along with the extra acupuncture points listed in the Pan Canadian Candidate Examination Guide.

(1 Credit) Pre-requisites: Meridian Theory 1, Theory Foundations 1, Point Locations 1- 2.

**Thursdays** 4:00pm – 5:50pm

September 30 to December 16

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

Students learn the location of approximately half of the body's acupuncture points.

(1 credit) No pre-requisite.

**Mondays** 6:00pm – 10:00pm - September 27 to November 1

**Monday** 6:00pm – 8:00pm - November 8

**Point Locations 2 (TCM) – Online**

Students learn to locate and palpate the acupuncture point for all of the points from the following seven meridians: Kidney, Pericardium, San Jiao, Gallbladder, Liver, Ren (conception) and Du (governing).

(1 Credit) No pre-requisite

**Monday** 8:00pm – 10:00pm - November 8

**Mondays** 6:00pm – 10:00pm - November 15 to December 13

**Pregnancy Theory & Clinic (IAM) –In-person**

This course covers the proper skills and techniques required by a massage therapist to treat pregnant, laboring, postpartum women and their infants.

(1 credits) Pre-requisite: Treatments 1.

**Tuesdays** 3:15pm – 5:15pm

September 28 to December 14

**Principles of Treatments & Advanced Techniques 5-8 (IAM) – In-person**

Learn to treat a variety of chronic conditions using massage therapy.

(4 credits) Pre-requisite: Principles of Treatments/Advanced Techniques 1-4.

**Tuesdays** 8:30am – 12:30pm, and **Thursdays** 1:15pm – 5:15pm

September 28 to December 16

**Remedial Exercise 1 (IAM) – In-person**

The theory and practice of remedial exercise assessment, plan development, implementation and evaluation. Range of motion and stretching is also presented.

(1 credit) Pre-requisite: Advanced Techniques 1-4 and Myology 1.

**Mondays** 3:15pm – 5:15pm

September 27 to December 13

**Remedial Exercise 3 (IAM) – In-person**

Students continue to evolve their knowledge of exercise and stretching.

(1 credit) Pre-requisite: Remedial Exercise 2.

**Tuesdays** 1:15pm – 3:15pm

September 28 to December 14

**Research 1 (IAM/TCM/NHP/CEU) – Online**

Research 1 is a course which aims to present and discuss the importance of research literacy among health care practitioners. Topics covered include critical thinking, various ways knowledge/intelligence can be acquired, decision making and heuristics that impact decision making, the importance of research in healthcare, the critical evaluation of published articles and papers, and how it applies to professional health practitioners, health research sources, calculating and interpreting basic statistics, and the structure of a research paper and how to approach the development of a research paper.

(1 credit) No pre-requisite.

**Wednesdays** 3:20pm – 5:15pm

September 29 to December 15

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

Students are guided through the creation of their own research paper.

(1 credit) Pre-requisite: Research 1.

**Wednesdays** 3:20pm – 5:15pm

September 29 to December 15

**Theory Foundations 1 (TCM/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.

**Thursdays** 6:05pm – 8:00pm

September 30 to December 16

**Treatments 2 (IAM) – In-person**

Learn to treat a variety of pathologies and conditions using massage therapy. A hands-on skill development.

(1 credits) Pre-requisite: Diagnosis and Treatments 1.

**Mondays** 2:00pm–5:15pm, **Tuesdays** 8:30am–12:30pm and **Thursdays** 8:30am–12:30pm

September 27 to December 16

**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.

**Sundays** 1:30pm – 5:30pm September 26 to October 31

**Sunday** 1:30pm – 3:30pm November 7

**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) Pre-requisite: TuiNa 1.

**Sunday** 3:30pm – 5:30pm November 7

**Sundays** 1:30pm – 5:30pm November 14 to December 12

## 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.

\* include electronic notes. Print outs can be ordered for \$10 / course.

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**Part-time/CEU students: Register and Pay Your Tuition Fee by September 10, 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 September 17, 2021. Register on-line through the website - click on “Admissions” tab then “Registration Form”, email [deegriffiths@intlacademy.com](mailto:deegriffiths@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, and Acupuncture

**Diploma** (Part-Time) (1000 hours):  
Natural Health Practitioner

**Certificates** (Part-Time) (240-350 hours):

Aromatherapy  
Herbology  
Iridology  
Reflexology



### General Information

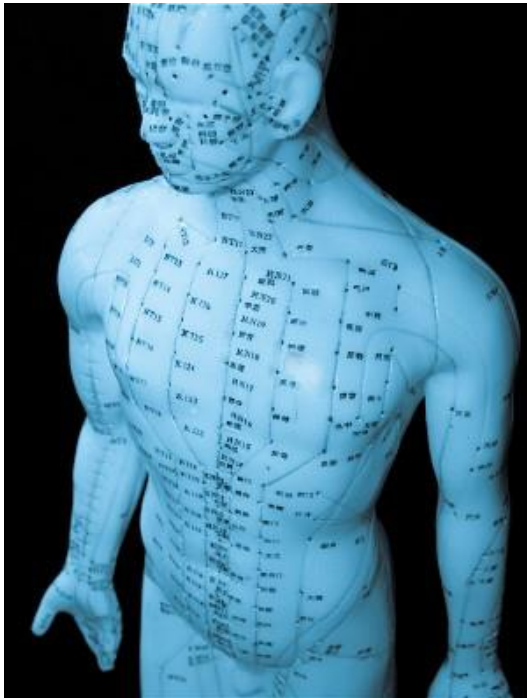
- \* Transfer credits where applicable
- \* Daytime, Evening and Weekend classes
- \* Home study credits
- \* Email [info@intlacademy.com](mailto:info@intlacademy.com) for application or more information
- \* Tours of the Academy available (daytime, evening and weekends)
- \* NHP Certificates all start 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 26, 2021 Completion possible in 21 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**  
**www.intlacademy.com**



**International Academy  
of Massage**



**Become a Massage Therapist**

2318-Hour Massage Therapy Diploma Program

**Full-Time Program Starts September 27<sup>th</sup> 2021**

*For More Information:*

*Tour or be a student for a day*

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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>Thursday</b>	1:30pm and 3:00pm	\$35	<b>613 – 820 - 4046</b>
<b>Tuesdays &amp; Thursdays</b>	5:00pm, 6:30pm & 8:00pm	\$35	

### Traditional Chinese Medicine

Senior Students - Acupuncture, Chinese Assessment

<b>Mondays</b>	To be determined	\$20	<b>613 – 820 - 4046</b>
<b>Fridays</b>	To be determined	\$20	
<b>Saturdays</b>	9:45am to 5:45pm	\$20	