



**International Academy
of Applied Health**

Fall 2022 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 25 2022

Register by September 16th 2022 and Save!



161 Greenbank Rd. Suite 201, Ottawa, ON K2H 5V6

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www.intlacademy.com | info@intlacademy.com

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email deegriffiths@intlacademy.com, in-person or call 613 - 820 - 4046**



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.”

Online information sessions available, upon request. Email your program of interest to **anadaza@intlacademy.com** or go online at **www.intlacademy.com**

**Massage Therapy
Acupuncture Practitioner
Personal Support Worker (PSW)
Traditional Chinese Medicine Practitioner (TCMP)
Contemporary Acupuncture for the Healthcare Professional
Reflexology, Aromatherapy, Iridology, Herbology, NHP with nutrition CEU's**

Fall Semester Starts September 25th 2022

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 10, 2022 Thanksgiving

Hybrid Courses

Hybrid courses are a blend of asynchronous, self-guided study, and one-on-one instructor interaction. There are 3, one hour sessions (including one hour for the final exam online where the instructor will proctor and mark assignments for the course). The remaining 2 sessions are dedicated to reviewing the concepts presented in the course notes, or any of the contents that students may wish to further discuss. The intention is to focus on areas that the student needs to best grasp the ideas presented in the course note packs. Timing for these courses is established between the student and the assigned instructor, with the main requirement remaining that **final exams must be completed before the commencement of the winter 2022 semester.**

Anatomy 6 (IAM/TCM) – In-person

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

(1 credit) Pre-requisite: Anatomy 5.

Mondays 1:15pm – 3:15pm

September 26 to December 12

Anatomy 7 (IAM/TCM) – In-person

A study of the cardiovascular, respiratory, and lymphatic systems.

(1 credit) Pre-requisite: Anatomy 6.

Mondays 10:30am – 12:30pm

September 26 to December 12

Anatomy & Physiology 1 (IAM/TCM/CEU) – In-person

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

(1 credit) No Pre-requisite.

Mondays 3:15pm – 5:15pm, **Tuesdays** 1:15pm -3:15pm

Wednesdays 3:15pm – 5:15pm, **Thursdays** 1:15pm – 3:15pm

September 26 to October 17

Anatomy & Physiology 2 (IAM/TCM/CEU) – In-person

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

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

Mondays 3:15pm – 5:15pm, **Tuesdays** 1:15pm -3:15pm

Wednesdays 3:15pm – 5:15pm, **Thursdays** 1:15pm – 3:15pm

October 18 to November 7

Anatomy & Physiology 3 (IAM/TCM/CEU) – In-person

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

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

Mondays 3:15pm – 5:15pm, **Tuesdays** 1:15pm -3:15pm

Wednesdays 3:15pm – 5:15pm, **Thursdays** 1:15pm – 3:15pm

November 8 to November 28

Anatomy & Physiology 4 (IAM/TCM/CEU) – In-person

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 3:15pm – 5:15pm, **Tuesdays** 1:15pm -3:15pm

Wednesdays 3:15pm – 5:15pm, **Thursdays** 1:15pm – 3:15pm

November 29 to December 15

Aromatherapy 1 (NHP) – In-person

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

(1 credit) No Pre-requisite

Sunday 9:30am – 4:30pm | November 20

Saturdays 9:30am – 4:30pm | December 10 & 17

Business Skills (IAM/TCM/NHP/CEU) – In-person

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 10:30am – 12:30pm

September 27 to December 13

Case Studies (TCM) – Online

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

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

Thursdays 5:00pm – 6:55pm

September 29 to December 15

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 8:30am – 12:30pm

September 26 to December 12

Client Assessment 3 (IAM) – In-person

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

Wednesdays 10:30am – 12:30pm, **Thursdays** 8:30am – 10:30am

September 28 to December 15

Clinical Patient Case Studies and Public Clinic (TCM) – In-person

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

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

Mondays 4:30pm - 9:30pm

September 26 to December 12

Communications and the Healthcare Professional (IAM/TCM/NHP/CEU) – In-person

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

(1 credit) No Pre-requisite.

Wednesdays 1:15pm – 3:15pm

September 28 to December 14

Communications and Terminology 1 (IAM/TCM/NHP/CEU) – In-person

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

(1 credit) No Pre-requisite.

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

September 26 to November 1

Communications and Terminology 2 (IAM/TCM/NHP/CEU) – In-person

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.

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

November 7 to December 13

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.

Tuesdays 7:05pm – 9:00pm

September 27 to December 13

Gynecology 2 (TCM) – Online

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

(1 credit) Pre-requisites: TCM Diagnosis & Treatments 1, Theory Foundations 1, Meridian Theory 1

Tuesdays 5:00pm - 6:55pm

September 27 to December 13

Herbalism - Materia Medica 1 (NHP) - Hybrid

An in-depth exploration of a broad diversity of medicinal and healing plants used by Western herbalists. This course will provide a basic understanding of what a Materia Medica is and how to use it to deepen your herbal practice.

You will gain knowledge of the specifics of many common herbs including indications and contraindications, energetic applications, the most recent scientific research, modern usage and dosage information. *Emphasis on local, bio-regional plants.

(1 credit) No pre-requisite.

Thursdays 6:30pm – 8:30pm | September 28 to December 14

In-person: September 28, November 3 and December 11

Online: October 6, 13, 20 & 27, November 10, 17 & 24 December 1 & 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.

Mondays 8:30am – 12:30pm

September 26 to December 12

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: Meridian Theory 1, Diagnosis & Treatments 1, Theory Foundations 1

Thursdays 7:05pm - 9:00pm

September 29 to December 15

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)

Thursdays 6:30pm – 8:30pm

October 13 to December 15

Iridology 3 (NHP/CEU) – Online

This course is a detailed study of Iridology Chart by body systems. The main components and the basic functions of each system will be covered. Corresponding mapped reaction fields will be located on iris charts and will be compared to actual positions in the body through the use of anatomical charts. Iris markings emphasizing the nervous, endocrine/glandular, and eliminative systems will also be covered.

(1 credit) Pre-requisite: Iridology 2

Wednesdays 6:30pm – 8:30pm

October 12 to December 14

Jurisprudence (IAM) – In-person

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

(1 credit) No Pre-requisite.

Tuesdays 8:30am – 10:30am

September 27 to December 13

Jurisprudence (TCM) - Hybrid

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

(0.5 credit) No Pre-requisite

TBD

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.

Wednesdays and Thursdays 8:30am – 12:30pm

September 28 to December 15

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.

Mondays 7:30pm – 9:30pm

September 26 to December 12

Myology 2 (IAM) – In-person

An in-depth study of the torso muscles.

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

Thursdays 10:30am – 12:30pm

September 29 to December 15

Neuroscience 2 (IAM) – In-person

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

(1 credit) Pre-requisite: Neuroscience 1.

Wednesdays 1:15pm – 3:15pm

September 28 to December 14

Nutrition 1 (NHP/CEU) – In-person

An overview of both the digestive process and individual essential nutrients (vitamins, minerals, amino acids and water).

(1 credit) No Pre-requisite

Mondays 6:30pm – 8:30pm

September 26 to December 12

Nutrition 2 (NHP/CEU) - Online

This dynamic course guides you towards taking a positive approach to daily food requirements. Evolve your understanding of pH balance, food and non-fanatical healthy living.

(1 credit) No Pre-requisite.

Tuesdays 6:30pm – 8:30pm

September 27 to November 22

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 29 to December 15

Pathology 1 (IAM/TCM/NHP/CEU) – In-person

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 3:15pm – 5:15pm

September 27 to December 13

Pathology 4 (IAM/TCM) – In-person

An in-depth study of muscle-related diseases.

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

Tuesdays 1:15pm – 3:15pm

September 27 to December 13

Pathology 5 (IAM/TCM) – In-person

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

(1 credit) Pre-requisite: Pathology 1.

Mondays and Wednesdays 8:30am – 10:30am

September 26 to November 2

Pathology 6 (IAM/TCM) – in-person

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

(1 credit) Pre-requisite: Pathology 1.

Mondays and Wednesdays 8:30am – 10:30am

November 7 to December 14

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 5:00pm - 6:55pm

September 29 to December 15

Pathophysiology 3 (TCM) - Online

TCM Pathophysiology 3 continues the discussion of the etiologies and pathophysiologies of gynecology; pediatrics; orthopedics and traumatology; ophthalmology and otorhinolaryngology from Appendix L of the Pan Canadian Candidate's guide.

(1 Credit) Prerequisite: Pathophysiology 2, or approval from the Program Director.

Thursdays 7:05pm - 9:00pm

September 29 to December 15

Physiology 6 (IAM/TCM) – In-person

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

(1 credit) Pre-requisite: Physiology 5

Wednesdays 8:30am – 10:30am

September 28 to December 14

Physiology 7 (IAM/TCM) – In-person

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 10:30am – 12:30pm

September 28 to December 14

Point Location 1 (TCM) – In-person

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

(1 credit) No pre-requisite

Sundays 9:00am - 1:00pm | September 25 to October 30

Sunday 9:00am - 11:00am | November 6

Point Locations 2 (TCM) – In-person

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

Sunday 11:00am – 1:00pm | November 6

Sundays 9:00am – 1:00pm | November 13 to December 11

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 27 to December 13

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.

Wednesdays and Thursdays 1:15pm – 5:15pm

September 28 to December 15

Professional Portfolio (IAM/NHP/CEU) – In-person

A fundamental foundation for the creation and maintenance of a professional portfolio. This course will include creation of a resume, a cover letter and interview skills.

(0.5 credit) No Pre-requisite

Wednesdays 3:15pm – 5:15pm

November 30 to December 14

Reflexology 1 (NHP/CEU) - In-person

Reflexology 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

Saturday and Sunday 9:30am – 4:30pm | October 1 & 2

Saturdays 9:30am – 4:30pm | October 22 & November 5

Reflexology 2 (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.

(1 credit) Pre-requisite: Reflexology 1, IPAC Certificates Completion

Saturdays 9:30am – 4:30pm

November 12, 19, 26 & December 3

Reflexology 4 (NHP/CEU) - In-person

To identify conditions and treatments and the philosophy underlying the world of Reflexology, especially ear. (1 credit) Pre-requisite: Reflexology 3

Saturday and Sunday 9:30am – 4:30pm | September 24 & 25

Saturdays 9:30am – 4:30pm | October 15 & 29

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.

Tuesdays 10:30am – 12:30pm

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 27 to December 13

Research 1 (IAM/TCM/NHP/CEU) – In-person

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.

Mondays 3:15pm – 5:15pm

September 26 to December 12

Research 2 (IAM/TCM) - Online

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

(1 credit) Pre-requisite: Research 1.

Wednesdays 3:15pm – 5:15pm

September 28 to November 23

TCM Classics (TCM) - Online

This course is the study of the Huang Di Nei (Yellow Emperor book). Students' complete assignments related to each chapter and discuss the content of each chapter with faculty. Additionally, students learn to read, pronounce and understand Pin Yin & Chinese characters for acupuncture and Traditional Chinese Medicine purposes.

(1 Credit) No pre-requisite

Wednesdays 7:00pm - 9:00pm

September 28 to December 14

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.

Mondays 5:30pm – 7:30pm

September 26 to December 12

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

September 26 to December 15

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 25 to October 30

Sunday 1:30pm – 3:30pm | November 6

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 6

Sundays 1:30pm – 5:30pm | November 13 to December 11

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 for detailed refund policy for each school

** includes electronic class notes and handouts. Printed notes are \$10 per course.*

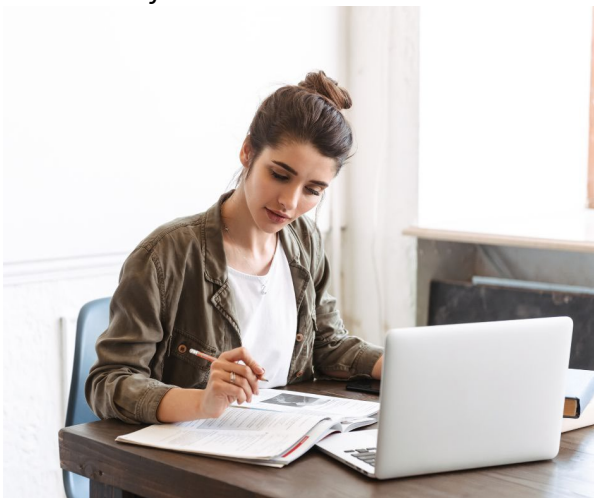
Part-time/CEU students: Register and Pay Your Tuition Fee by September 16, 2022 and save - only \$287 per credit/\$145 ½ credit. After that date \$296 per credit/\$150 for ½ credit. \$10 late registration fee* per subject starting September 22, 2022.

Register on-line through the website - click on “Admissions” tab then “Registration Form”, or email deegriffiths@intlacademy.com.

***Late registration fees may be applied if registration/payment is not completed prior to September 22, 2022 – please contact office for additional information.**

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! Register online at www.intlacademy.com.
For more information: Call: 613-820-4046.





International Academy of Natural Health Practitioners

CEU's - Aromatherapy, Herbs,
Iridology, Reflexology, and Acupuncture

Diploma (Part-Time) (1160 hours):
Natural Health Practitioner

Certificates (Part-Time) (130-350 hours)
Aromatherapy
Reflexology
Herbalist
Iridology

General Information

- * Transfer credits where applicable
- * Daytime, Evening and Weekend classes
- * Home study credits
- * Tours of the Academy available
- * NHP Certificates start in September 2022

- For more information. Email
*anadaza@intlacademy.com or
info@intlacademy.com

Telephone: 613-820-9934



Natural Health Practitioner



International Academy of Applied Health
(613) 820-4046 1-800-267-8732 www.intlacademy.com
Courses - - Fall 2022 (September 25 – December 17)



International Academy of Massage



Become a Massage Therapist
2341 - Hours Massage Therapy Diploma Program
Full-Time Program Starts September 26, 2022

*For More Information:
Tour or be a student for a day*

Call: 613-820-4046

Email: info@intlacademy.com

Visit: www.intlacademy.com



International Academy of Traditional Chinese Medicine



General Information

- * Transfer credits where applicable
- * Daytime, Evening & Weekend classes
(Online and in-class training)
- * Home study credits
- * Summer 2022 Semester starts June 19
- * Full-time 2100-hour Acupuncture
Practitioner Diploma Program start September
2022 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 354 hrs
(Acupuncture training for RMTs and other
professionals also available)

Telephone: 613-820-4046

Web: www.intlacademy.com



International Academy of Applied Health



Welcome to our

Health & Relaxation Clinics

Appointments 613-820-4046

International Academy of Massage

Student Wellness Clinic – Therapeutic Massage

Tuesdays & Thursdays 5:45pm, 7:00pm & 8:15pm \$35

Traditional Chinese Medicine

Students Clinic - Acupuncture, Chinese Assessment

Mondays* 4:45pm to 7:45pm \$20

Saturdays 9:30am to 4:00pm \$20

*Patient Case Studies are \$90 for 10 treatments