



**International Academy
of Applied Health**

Spring 2023 Course Planner

“Natural Health Education which can change your life”

Career Development or Personal Interest CEU Courses

Full-Time or Part-Time Study

Spring Semester Starts March 26, 2023

Register by March 17, 2023 and Save



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

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www.intlacademy.com | info@intlacademy.com

**Register on-line at www.intlacademy.com - click on tab “Course Registration”,
email deegriffiths@intlacademy.com, in-person or call 613 - 820 - 4046**



International Academy of Applied Health



Picture Yourself as a Qualified Health Professional

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

Online information session available.

Email your program of interest to anadaza@intlacademy.com or go online at www.intlacademy.com

Programs:

- **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**

Spring Semester Starts March 26, 2023

Summer Semester Starts June 18, 2023

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 April 7 (Good Friday), 8, & 9, and May 20, 21 & 22 (Victoria Day)

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

March 27 to June 12

Anatomy 7 (IAM/TCM) - In-person

A study of the cardiovascular, respiratory and lymphatic systems.

(1 credit) Pre-requisite: Anatomy 6

Thursdays 8:30 am - 10:30am

March 30 to June 15

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

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

(1 credit) No Pre-requisite

Monday 1:15pm - 3:15pm, Tuesdays 3:15pm – 5:15pm, Wednesdays 1:15pm - 3:15pm, and Thursdays 1:15pm - 3:15pm

March 27 to April 17

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

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

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

Monday 1:15pm - 3:15pm, Tuesdays 3:15pm – 5:15pm, Wednesdays 1:15pm - 3:15pm, and Thursdays 1:15pm - 3:15pm

April 18 to May 8

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

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

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

Monday 1:15pm - 3:15pm, Tuesdays 3:15pm – 5:15pm, Wednesdays 1:15pm - 3:15pm, and Thursdays 1:15pm - 3:15pm

May 9 to May 30

Anatomy & Physiology 4 (IAM/TCM) - 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

Monday 1:15pm - 3:15pm, Tuesdays 3:15pm – 5:15pm, Wednesdays 1:15pm - 3:15pm, and

Thursdays 1:15pm - 3:15pm

May 31 to June 15

Anatomy/Neuroscience 2 (IAM) - In-person

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

(1 credit) Pre-requisite: Neuroscience 1

Mondays 3:15pm - 5:15pm

March 27 to June 12

Business Skills (IAM/TCM) - 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

March 28 to June 13

Case Studies (TCM) - Online

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

(1 credit) Pre-requisite: TCM Diagnosis and Treatments 1

Thursdays 5:00pm - 6:55pm

March 30 to June 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 credit) No Pre-requisite

Mondays 10:30am - 12:30pm | March 27 to May 1

Mondays 8:30am - 12:30pm | May 8 to Jun 12

Client Assessment 3 (IAM) – In-person

A continuation of the regional assessment of the human body.

(2 credits) Pre-requisite: Client Assessment 2

Wednesdays 1:15pm - 3:15pm, and Thursdays 8:30am - 10:30am

March 29 to June 15

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: Diagnosis and Treatments 1, Meridian Theory 1, Point Locations 1, Point Locations 2, Theory Foundations 1, Clinical Safety

Sundays 3:30pm - 5:30pm

March 26 to June 11

Communications and the Healthcare Professional (IAM/TCM) - 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 3:15pm - 5:15pm

March 29 to June 14

Communications Terminology 1 (IAM/TCM) - In-person

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

(1 credit) No Pre-requisite

Tuesdays 8:30am – 10:30am, and Thursdays 3:15pm - 5:15pm

March 29 to May 4

Communications Terminology 2 (IAM/TCM) - 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

Tuesdays 10:30am - 12:30pm, and Thursdays 10:30am - 12:30pm

May 10 to June 15

CTCMPAO Preparation Course (TCM) – TBD

Senior students are introduced to standards, policies and regulations set by the CTCMPAO. The review includes documents, obligation, and responsibility a new member needs to be informed about. This class is for graduates only.

Pre-requisite: Approval by Program Director

Diagnosis & Treatments 2 (TCM) – Online

Students learn different methods of diagnosis based on principles of 6 stages, 4 levels, and 3 Jiaos as well as analyzing different TCM patterns for various western ailments.

(1 credit) Pre-requisite: TCM Diagnosis & Treatments 1

Mondays 7:30pm – 9:30pm

March 27 to June 12

Herbal Therapeutic 1 (NHP) - Online / In-person

This course takes you from seed to seed. Learn how to cultivate medicinal plants for peak nutrition and optimal constituents. Explore the ethics and practices of wild crafting. Learn proper post-harvest handling and seed saving techniques. Gain an understanding of basic botany.

(1 credit) No Pre-requisite

Thursdays 6:00pm – 8:00pm | March 30 to Jun 15 | In-person: March 30, May 4, and June 15

Hydrotherapy and Self Care for the RMT (IAM) – 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-requisites: Anatomy/Physiology 1-4, Massage Techniques 1-4

Tuesdays 1:15pm to 5:15pm

March 28 to June 13

Iridology 5 (NHP/CEU) – Online

The study and practice of Iridology requires the ability to analyze the health condition of tissues in the body by looking at the markings of the sclera and iris. Students will master this ability, comparing an individual's strengths to their weaknesses, through comprehensive analyses and gain confidence in client management in order to prepare them for private practice.

(1 credit) Pre-requisite: Iridology 4

Time: 6:30pm –8:00pm, Dates: June 2, 5, 6, 7, 8, & 9

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

March 28 to June 13

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 8:30am - 12:30pm, and Thursday 8:30am - 12:30pm

March 29 to June 15

Materia Medica 2 (NHP) - Online / In-person

A continuation of Materia Medica I, this course further explores the healing plants of Western herbalism while continuing to build your own Materia Medica. 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 8:00pm – 10:00pm | March 30 to Jun 15, In-person: March 30, May 4, and Jun 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 7:35pm - 9:30pm

March 27 to June 12

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, Point Locations 2

Mondays 5:30pm - 7:25pm

March 27 to June 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

March 30 to June 15

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-requisites: 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 1:30pm - 3:30pm

March 26 to June 11

Nutrition (IAM) – In-person

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

Wednesdays 3:15pm – 5:15pm

March 29 to June 14

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-requisites: Meridian Theory 1, Diagnosis & Treatments 1, Theory Foundations 1, Point Location 1, Point Locations 2, Techniques of Acupuncture 1, Techniques of Acupuncture 2, Clinical Safety

Tuesdays 6:00pm - 8:00pm

March 28 to June 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-requisites: Meridian Theory 1, Diagnosis & Treatments 1, Theory Foundations 1, Point Location 1, Point Locations 2, Techniques of Acupuncture 1, Techniques of Acupuncture 2, Clinical Safety

Tuesdays 8:00pm - 10:00pm

March 28 to June 13

Pan-Canadian Preparation Course (TCM) - TBD

Last semester students go through detailed program review of western and TCM subjects in preparation for board examinations.

(0.5 credit) Pre-requisite: Approval by Program Director.

Pathology 1 (IAM/TCM) - 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 1:15pm - 3:15pm

March 28 to June 13

Pathology 4 (IAM/TCM) - In-person

An in-depth study of muscle-related diseases.

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

Wednesdays 10:30am - 12:30pm

March 29 to June 14

Pathology 5 (IAM/TCM) - In-person

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

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

Mondays 1:15pm - 3:15pm and Wednesdays 8:30am - 10:30am

March 27 to May 3

Pathology 6 (IAM/TCM) - In-person

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

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

Mondays 1:15pm - 3:15pm and Wednesdays 8:30am - 10:30am

May 8 to June 14

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

March 29 - June 15

Physiology 6 (IAM) - 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

March 29 to June 14

Physiology 7 (IAM) - 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

March 29 to June 14

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, Point Locations 2

Mondays 7:35pm - 9:30pm

March 27 to June 12

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

March 26 to April 30

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

Sundays 9:00pm - 1:00pm

May 7 to June 11

Pregnancy and Stages of Life 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.

(1.5 credits) Pre-requisite: Treatments 1

Tuesdays 3:15pm - 5:15pm

March 28 to June 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

Mondays 8:30am - 12:30pm, and Thursdays 1:15pm – 5:15pm

March 27 to June 15

Reflexology 4 (NHP/CEU) - In-person/Online

To identify conditions and treatments and the philosophy underlying the world of Reflexology, especially ear.

(1 credit) Pre-requisite: Reflexology 3

In-person: Saturday 9:30am – 4:30pm | May 11, April 15 & 29

Online: Tuesday 6:30pm – 9:00pm | May 14, & 28

Reflexology 5 (NHP/CEU) - In-person/Online

This course explores the use of aromatherapy oils in support of reflexology treatments. It will discuss and present reflexology treatments for various common pathologies which a practitioner may encounter.

(1 credit) Pre-requisite: Reflexology 4

In-person: Saturday May 6, 27 (9:30am – 4:30pm), June 3 (9:30am – 12:30pm), Jun 10 (10:00am – 3:15)

Online: Tuesday 6:30pm – 9:00pm | May 9

Professional Portfolio (IAM) – 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

Thursdays 10:30am – 12:30pm

March 30 to June 15

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-requisites: Advanced Techniques 1-4, Myology 1

Tuesdays 10:30am – 12:30pm

March 28 to June 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

March 28 to June 13

Research 1 (IAM/TCM) – In-person

This 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

March 27 to June 12

Research 2 (IAM/TCM) – In-person

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

(1 credit) Pre-requisite: Research 1

Thursdays 10:30am - 12:30pm

March 30 to June 15

TCM 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).

Tuesdays 4:00pm – 5:55pm

March 28 to June 13

Theory Foundations 1 (TCM) - 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 - 7:25pm

March 27 to June 12

Treatments 2 (IAM) – In-person

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

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

Mondays 8:30am - 12:30pm, Tuesday 8:30am - 12:30pm and Wednesdays 1:15pm – 5:15pm

March 27 to June 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 for detailed refund policies for each school

** Includes class notes and handouts*

Part-time/CEU students: Register and Pay Your Tuition Fee by March 17, 2023 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 March 25, 2023.

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

***Late registration fee may be applied if registration/payment is not completed prior to March 25, 2023 – please contact the 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! www.intlacademy.com directly on-line or workbook/email assignment option.
For more information: Call: 613-820-4046.

Personal Support Worker



The Personal Support Worker 720-hour Certificate program prepares you for immediate work in healthcare. This 32-week program (including 2 vacation breaks) provides you with the knowledge and practical skills to work as a care provider in a range of healthcare settings.

New 3 day week format – Thursday to Saturday

The next Program Start March 30 2023 and Completes on November 4, 2023
Orientation day will be Friday March 20, 2023.

Request information by email info@intlacademy.com or call at 613 - 820 - 9934



**International Academy
of Natural Health Practitioners**

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

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

Certificates (Part-Time) (130-350 hours)
Aromatherapy
Herbology
Iridology

General Information

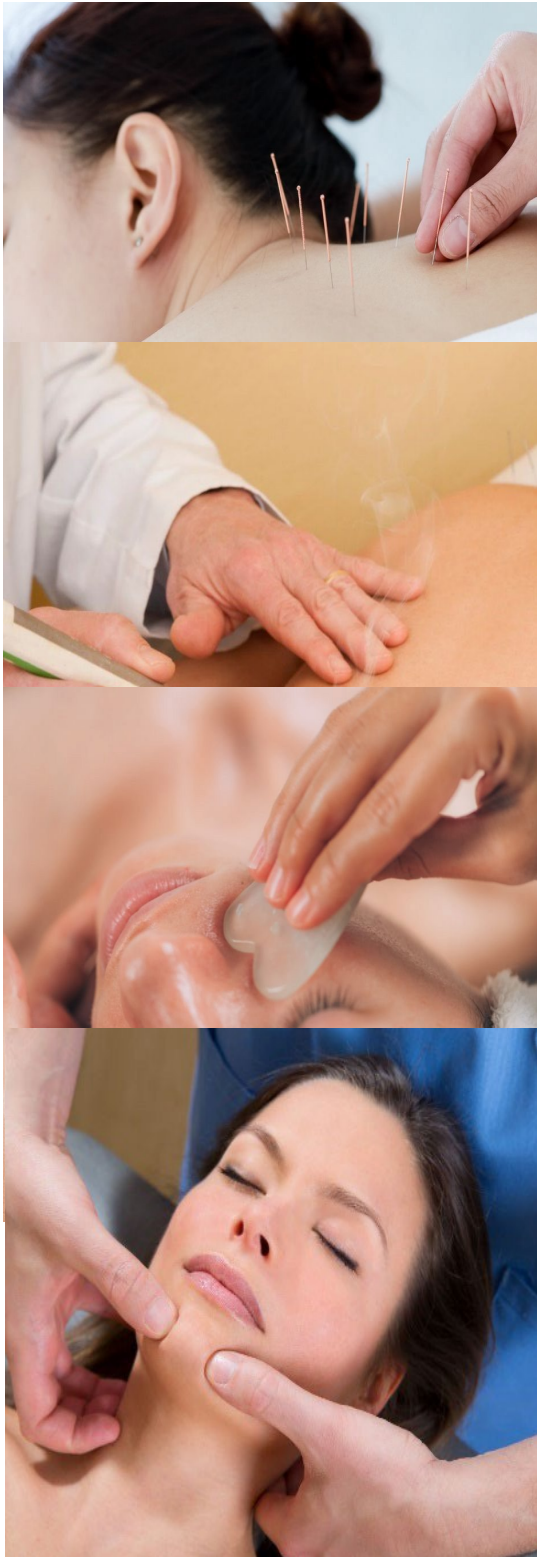
- Transfer credits where applicable
Daytime, Evening and Weekend classes
- Home study credits
Email info@intlacademy.com for application or more information
- Tours of the Academy available
- NHP Certificates
-

For more information

Email anadaza@intlacademy.com
Telephone: 613-820-9934



International Academy of Traditional Chinese Medicine



General Information

- * Transfer credits where applicable
- * Daytime, Evening & Weekend classes (Online and in-class training)
- * Home study credits
- * Spring 2023 Semester starts March 25
- * Full-time 2100-hour Acupuncture Practitioner Diploma Program start March 2023 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
(613) 820-4046 1-800-267-8732 www.intlacademy.com
Courses - - Spring 2023 (March 26 – June 17)



**International Academy
of Massage**



Become a Massage Therapist
2341-Hour Massage Therapy Diploma Program

Full-Time Program Starts March 27th 2023

*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 Applied Health

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

Senior Students - Acupuncture, Chinese Assessment

Wednesdays* 4:45pm, 6:15pm & 10:00pm \$90

Saturdays* 9:45am, 11:00am, 12:45pm, 2:15pm & 3:45pm \$20

*Patient Case Studies are \$90 for 10 treatments