



International Academy of Applied Health

Summer 2023 Course Planner

“Natural Health Education can change your life”

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

Summer Semester Starts June 18, 2023

Register by June 9, 2023 and Save!



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

613-820-4046 | 1-800-267-8732

www.intlacademy.com | info@intlacademy.com

Register on-line at www.intlacademy.com - click on tab “Course Registration”

International Academy of Applied Health
(613) 820-4046 | www.intlacademy.com
Courses - - Summer 2023 (June 18 – September 16)



**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**

International Academy of Applied Health
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Courses - - Summer 2023 (June 18 – September 16)

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 July 1 - Canada Day, July 2, August 5 - 7 – Civic Holiday, September 2 - 4 – Labour Day Weekend

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 – 5:15pm, June 19 to September 11 and Tuesday 1:15pm – 5:15pm, September 12

Anatomy/Myology 1 (IAM) – In-person

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.

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

Tuesdays 1:15pm – 3:15pm, June 20 to August 1 and Tuesdays 1:15pm - 5:15pm, August 15 to September 12

Anatomy/Myology 3 (IAM) – 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

Mondays 3:15pm – 5:15pm, June 19 to September 11

Anatomy 5 (IAM/TCM) – In-person

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

Wednesdays 1:15pm – 3:15pm, June 21 to September 13

Anatomy 8 (IAM/TCM) – In-person

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/Physiology 4, and Anatomy 7

Wednesdays 3:15pm – 5:15pm, June 21 to September 6

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

Tuesdays 10:30am – 12:30pm, June 20 to September 12

Client Assessment 2 (IAM) – 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, and Anatomy/Physiology 4

Mondays 10:30am – 12:30pm and Tuesdays 8:30am – 10:30am, Jun 19 to September 12

Client Assessment 4 (IAM) – In-person

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

(1 credit) Pre-requisite: Client Assessment 3

Tuesdays 3:15pm – 5:15pm, June 20 to September 12

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

TBD

Diagnosis & Treatments 1 (TCM) – In-person

Students learn to assess and diagnosis patients via the TCM patterns of Yin-Yang, 5 elements and Organs using the 4 methods of diagnosis: palpation, observation, listening, hearing and inquiry. After completing this course, students will be able to begin to differentiate TCM patterns based on symptoms and assessment results.

(1 credit) No pre-requisite

Sundays 3:30pm – 6:00pm, July 9 to August 20 and Sundays 1:30pm – 5:00pm, August 27 & September 10

Ethics & the Healthcare Practitioner (IAM/TCM/NHP) – In-person

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

Thursdays 8:30am – 10:30am, June 22 to August 3

Ethics & the Healthcare Practitioner (TCM/NHP) - 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

Fridays 6:00pm – 8:00pm, June 23 to August 4

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-requisites: Meridian Theory 1, Theory Foundations 1, Point Locations 1-2.

Thursdays 8:00pm – 10:00pm, June 22 to September 14

Gynecology 1 (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

Mondays 6:00pm – 8:00pm, June 19 to September 11

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

Thursdays 6:00pm - 8:00pm, June 22 to September 14

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

Sundays 1:30pm – 3:30pm, June 18 to September 10

Neuroscience 1 (IAM/TCMP) – In-person

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

Wednesdays 3:15pm – 5:15pm, June 21 to September 13

Nutrition (IAM /TCMP) – 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

Tuesdays 3:15pm – 5:15pm, June 20 to August 1

Off Site 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 22 to September 14

Off Site 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 21 to September 13

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 – 5:15pm, June 22 to September 14

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 and Program Director Approval

Tuesdays 1:15pm – 5:15pm, June 20 to September 5

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 3:30pm – 5:30pm, June 18 to September 10

Pathology 2 (IAM/TCM) – In-person

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

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

Monday 8:30am – 10:30am and **Wednesdays** 10:30am – 12:30pm, **June 21 to July 31**

Pathology 3 (IAM/TCM) - In-person

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

Monday 8:30am – 10:30am, and **Wednesdays** 10:30am – 12:30pm, **August 3 to September 13**

Pathology 5 (IAM/TCM) - In-person

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

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

Tuesdays 1:15pm - 3:15pm, **June 20 to September 12**

Pathology 7 (IAM/TCM) – In-person

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

Wednesdays 8:30am – 10:30am and 1:15pm – 3:15pm, **June 21 to July 26**

Pathology 8 (IAM/TCM) – In-person

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

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

Wednesdays 8:30am – 10:30am and 1:15pm – 3:15pm, **August 2 to September 6**

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

Mondays 8:00pm – 10:00pm, **June 19 to September 11**

Pharmacology (IAM/TCM) – In-person

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 22 to September 14

Physiology 5 (IAM/TCM) – In-person

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

Wednesdays 8:30am – 10:30am, June 21 to September 13

Physiology 8 (IAM/TCM) – In-person

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: Anatomy/Physiology 4, and Physiology 7

Wednesdays 10:30am – 12:30pm, June 21 to September 13, and Thursday 1:00am - 3:00pm, September 14

Point Functions 1 (TCM) - Online

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

(1 credit) Pre-requisite: Point Location 2

Thursdays 8:30am -10:30pm, 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

Mondays 1:15pm – 5:15pm and Thursdays 8:30am -12:30pm, June 19 to September 14

Professionalism and the Healthcare Practitioner (IAM/TCM/NHP) – In-person

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

Thursdays 8:30am – 10:30am, August 17 to September 14

Professionalism and the Healthcare Practitioner (TCM/NHP) - 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

Fridays 6:00pm – 8:00pm, August 18 to September 15

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

Mondays 1:15pm – 3:15pm, June 19 to September 11

Specialized Care (IAM) – In-person

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.

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

Thursdays 10:30am – 12:30pm, June 22 to August 31

Sports Massage (IAM) – In-person

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 22 to September 7

Tai Chi/ Qi Gong (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 - 1:00pm, July 9 to August 20

TCM Myology 1 (TCM) - Online

A study of the muscles of the upper half of the body and some of their respective acupuncture points.

(1 Credit) Pre-requisite: none

Mondays 4:00pm – 6:00pm, June 19 – September 11

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 9:00am - 1:00pm, June 18 to July 23

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 9:00am - 1:00pm, July 30 to September 10

TCM Terminology (TCM) – In-person

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

(.5 Credit) No pre-requisite

Sundays 1:30pm – 3:30pm, July 9 to August 20

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.

(5 credits) Pre-requisites: Principles of Treatments and Advanced Techniques 8

Mondays, Tuesdays and Wednesdays 8:30am – 12:30pm, June 19 to September 13

Treatments 3 (IAM) – In-person

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

(5 credits) Pre-requisite: Treatments 2

Mondays, Tuesdays and Thursdays 8:30am – 12:30pm, June 19 to September 7, Wednesday and Thursday 8:30am – 1:00pm, September 13 & 14

Tuition Fees

<u>Credits</u>	<u>Fee*</u>	<u>Refund Policy</u> Please visit www.intlacademy.com for detailed refund policies for each school
6	\$1,776.00	
4	\$1,184.00	
2	\$ 592.00	
1	\$ 296.00	
½	\$ 150.00	

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

Part-time/CEU students: Register and Pay Your Tuition Fee by June 9, 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 June 15, 2023.

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

***Late registration fees will be applied if registration and payment are not completed prior to June 15 – 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! 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 break weeks) provides you with the knowledge and practical skills to work as a care provider in a range of healthcare settings.

The next Program Starts Fall 2023 and will be completed April 2026.
Request information by email (info@intlacademy.com) or call 613-820-9934



**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, Herbalist, Iridology, Reflexology

General Information

- * Transfer credits where applicable
- * Daytime, Evening and Weekend classes
- * Home study credits
- * Tours of the Academy available
- * NHP Certificates start in September 2023
 - For more information. Email
*anadaza@intlacademy.com or
info@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
- * Summer 2023 Semester starts June 18
- * Full-time 2100-hour Acupuncture
Practitioner Diploma Program start September
2023 Completion possible in 21 months.
- * Part-time study also available
Traditional Chinese Medicine and Natural Health
Practitioner
- * 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 Massage**



Become a Massage Therapist

2341 - Hours Massage Therapy Diploma Program

Full-Time Program Starts September 8, 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

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

Wednesdays* 4:45pm, 6:15pm & 7:45pm **\$90**

Saturdays * 9:30am, 11:00am, 12:45pm, 2:15pm & 3:45pm **\$20**

*TCM Patient Case Studies are \$90 for 10 treatments