



Certificate IV in Ayurvedic Lifestyle Consultation

Please note: Course structure is current as of 24 January 2011

The Certificate IV in Ayurvedic Lifestyle Consultation is a professional training program which is completed part-time over approximately 18 months.

Ayurveda is the traditional system of healing that has been practised over the past 5,000 years in India. It is a holistic approach that sees the human being as a body-mind-spirit complex and recognises the need for working with the physical, emotional, attitudinal and spiritual aspects of our lives in order to promote better health and wellbeing.

The course is designed to give participants a foundation in the principles and practice of Ayurveda. Ayurveda is inherently a science of self-healing and as such the course requires that students undertake it in that spirit. The teaching of the course involves both theoretical and experiential learning in order to help students delve into the essence of this ancient healing tradition.

On completion of the program students will have the opportunity of further study and clinical training at an affiliated, government accredited Ayurvedic college in Pune, India. Details are distributed during the program.

Certificate IV in Ayurvedic Lifestyle Consultation - Course Content

▶ Introduction to Ayurvedic Medicine	- 24 hours
▶ Ayurvedic Physiology, Symptomatology and Diagnosis	- 42 hours
▶ Ayurvedic Nutrition	- 24 hours
▶ Ayurvedic Psychology	- 24 hours
▶ Ayurvedic Kitchen Herbs	- 24 hours
▶ Ayurvedic Massage	- 42 hours
▶ Ayurvedic Therapeutics	- 24 hours
▶ Yoga and Meditation	- 24 hours
<i>N.B. Students who have completed the subjects 'Asana Levels 1 & 2', 'Pranayama Level 1' and 'Relaxation and Meditation' do not have to do 'Yoga and Meditation'</i>	
▶ Anatomy & Physiology 1A (Regional)	- 24 hours
▶ Anatomy & Physiology 1B (Systematic)	- 24 hours
▶ Swedish Massage	- 42 hours
▶ Introduction to Nutrition	- 24 hours
<i>N.B. Students who have completed Nutrition 1A, 1B & 1C do not have to do Introduction to Nutrition</i>	
▶ Communicate With Clients	- 24 hours
<i>NB: Students who have completed Communication Skills For Health Professionals 1A do not have to do Communicate With Clients</i>	
▶ Business Skills	- 21 hours
▶ Safe Practices	- 12 hours
▶ Apply First Aid Certificate	- 12 hours
▶ Ayurvedic Student Clinic	- 80 hours

NB. The hours shown above represent hours of face to face teaching and do not reflect time for home study, which is considerable in some subjects.

Certificate IV in Ayurvedic Lifestyle Consultation

Unit Of Study Descriptions & Study Options

Introduction to Ayurvedic Medicine (2 hours a week for 12 weeks)

This course is designed to give students an overview of Ayurveda and an experiential understanding of its utility as a healing science. Students are introduced to the concept of the three doshas and how to balance the different doshas to improve health.

Ayurvedic Physiology, Symptomatology and Diagnosis (3.5 hours a week for 12 weeks)

This course provides a more in depth grounding in how Ayurveda conceives the bodymind in health and disease. The sub-doshas of Vata, Pitta and Kapha, the seven body tissues (dhatus) and the principle waste products (malas) of the body are explored. Students will then be taken through the process of how to assess a client's body type and their current health imbalance from an Ayurvedic perspective.

Pre-requisites: Introduction to Ayurvedic Medicine, Yoga and Meditation

Co-requisites: Anatomy & Physiology 1A,

Ayurvedic Nutrition (2 hours a week for 12 weeks)

This course focuses on the energetics of different types of food and how food can be used as medicine in creating balance in an individual. It will also introduce students to the Ayurvedic views on fasting and how to work with common problems such as obesity and the inability to gain weight. Special diets for infants, pregnant women and the elderly are also studied. Includes one mentoring session.

Pre-requisites: Introduction to Ayurvedic Medicine, Ayurvedic Physiology, Symptomatology & Diagnosis

Co-requisite: Introduction to Nutrition

Ayurvedic Psychology (2 hours a week for 12 weeks)

This course is designed to give students an understanding of Ayurvedic and Yogic approaches to working with the mind. You will be taught how to assess the mental temperament of clients and will then be guided through various practices used to promote emotional, mental and spiritual harmony in day to day living.

Pre-requisites: Introduction to Ayurvedic Medicine

Co-requisites: Anatomy & Physiology 1A, Yoga and Meditation

Ayurvedic Kitchen Herbs (2 hours a week for 12 weeks)

The use of medicinal fruits, vegetables and kitchen herbs to bring about balance to the bodymind is explored. The course includes the study of 22 commonly available Ayurvedic kitchen herbs and their application in a clinical setting.

Pre-requisites: Introduction to Ayurvedic Medicine, Ayurvedic Physiology, Symptomatology & Diagnosis

Co-requisites: Ayurvedic Nutrition

Ayurvedic Massage (Intensive)

This module is designed to enable students to give an Ayurvedic oil massage that can be used to revitalise and strengthen the bodymind. The massage practices taught will balance all three doshas and nourish the seven tissues of the body. The course also aims to give students an understanding of how to adjust massage practices for different body types, how to prepare medicated oils and how to work with the marma points when massaging.

Pre-requisites: Introduction to Ayurvedic Medicine, Swedish Massage

Co-requisites: Anatomy & Physiology 1A

Ayurvedic Therapeutics (2 hours a week for 12 weeks)

The aim of this module is to give students an overview of the various therapeutic approaches to be found within Ayurveda. Students will get exposure to Ayurvedic aromatherapy and Ayurvedic approaches to counselling and lifestyle management. Students will be given simple practical tools for use in their practices as well as skills in how to develop a good working relationship with clients. This module will also include presentation and discussion of typical client case scenarios.

Pre-requisites: Introduction to Ayurvedic Medicine, Ayurvedic Physiology, Symptomatology & Diagnosis, Ayurvedic Kitchen Herbs, Ayurvedic Nutrition

Anatomy & Physiology 1A (Regional) (2 hours a week for 12 weeks OR Distance Learning)

This module will teach you about the structure, general function and organisation of the human body.

Anatomy & Physiology 1B (Systematic) (2 hours a week for 12 weeks OR Distance Learning)

This module introduces you to the structure and function of the following body systems: nervous, endocrine, cardiovascular, lymphatic, digestive, respiratory and genito-urinary.

Pre-requisite: Anatomy & Physiology 1A (Regional)

Introduction to Nutrition (2 hours a week for 12 weeks OR Distance Learning)

This module will provide you with an in-depth understanding of basic concepts of nutrition and current nutritional trends.

(Students who have completed Nutrition 1A, 1B & 1C do not have to do Introduction to Nutrition.)

Swedish Massage (3.5 hours a week for 12 weeks OR Intensive)

This course offers a wonderful introduction to the principles and fundamental techniques of massage. You will learn massage routines for the whole body, consider contra-indications and professional conduct.

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Yoga and Meditation (2 hours a week for 12 weeks)

This course explores the many different aspects of yoga (including postures, breathing exercises, relaxation techniques and meditation) from both an experiential and philosophical point of view.

N.B. Students who have completed the subjects 'Asana Levels 1 & 2', 'Pranayama Level 1' and 'Relaxation and Meditation' do not have to do 'Yoga and Meditation'

Communicate With Clients(2 hours a week for 12 weeks OR Intensive)

This module covers the skills required by practitioners to establish and maintain effective communication with the client throughout all interactions and provide basic counselling as required and as appropriate to facilitate the treatment or health service being provided.

NB: Students who have completed Communication Skills For Health Professionals 1A do not have to do Communicate With Clients.

Safe Practices (Workshop)

This unit of study incorporates two topics: Infection Control in Alternative Health Clinics and Occupational, Health and Safety (OHS). This unit incorporates the skills and knowledge required to comply with infection control policies and procedures and contribute to OHS processes.

Business Skills (Workshop)

This unit of study introduces students to basic business skills. Covered are issues of referrals, bookkeeping requirements for a practice and working with colleagues for the resolution of a treatment plan for the client.

Apply First Aid Certificate

It is a requirement of the course that students hold a current First Aid qualification at graduation.

Ayurvedic Student Clinic

Total requirement: 80 hours

Pre-requisites: All Ayurvedic subjects, Safe Practices.

Assessment

All courses are assessed through a variety of assessments eg practical and written examinations, assignments, class presentations, role plays etc. Individual subject outlines detailing the timing and assessment methods and weighting will be given out in your first week of class for each subject and are available prior to enrolment by contacting Student and Learning Services on 02 8423 8333 or info@naturecare.com.au

Teaching Methods

A range of teaching methods are incorporated for delivery of course content as relevant to the subject These include a combination of modified lectures utilizing visual aids, workbooks and handouts, class and group discussions, theory and practical exercises, demonstrations role plays and presentations.

Set Part-time 5 Term Study Plan

	term one	term two	term three
year one	<ul style="list-style-type: none"> ▶Anatomy & Physiology 1A ▶Intro to Ayurvedic Medicine ▶Swedish Massage ▶Yoga and Meditation 	<ul style="list-style-type: none"> ▶Anatomy & Physiology 1B ▶Ayurvedic Physiology, S & D ▶Ayurvedic Massage ▶Ayurvedic Psychology 	<ul style="list-style-type: none"> ▶ Ayurvedic Nutrition ▶Introduction to Nutrition ▶Ayurvedic Kitchen Herbs ▶Communicate With Clients
Year two	<ul style="list-style-type: none"> ▶Ayurvedic Therapeutics ▶Business Skills ▶Safe Practices ▶Apply First Aid Certificate 	<ul style="list-style-type: none"> ▶Ayurvedic Student Clinic 	<ul style="list-style-type: none"> ▶Ayurvedic Student Clinic

In order to complete this Certificate IV over 2 years students must follow the above study plan as most of the Ayurvedic specific units of study are only offered in the terms shown. Please contact a Course Advisor at the College if you need to vary the study plan. Coursework can be completed in 4 terms or longer, with student clinic work taking approximately 16 weeks extra. Students have a maximum of three years in which to complete this Certificate.

The College reserves the right to change the course curriculum to reflect the changing needs of the profession and to retain leadership in academic standards.