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Nature Care College

Applied Anatomy & Assessment Techniques

DESCRIPTION	The focus of this course is to develop a systematic method to evaluate clients when determining an appropriate treatment strategy that is safe and effective. You will learn to identify major muscle groups of the shoulder, neck, hip and sacrum and lower limb. Body patterns associated with these regions will be discussed and basic orthopaedic tests will be practiced.	
DURATION	24 hours	
LEARNING OUTCOMES	By the conclusion of this unit, the student should be able to: <ol style="list-style-type: none"> 1. Perform a comprehensive health assessment of the client 2. Determine the scope of the assessment and the client's needs 3. Obtain and accurately document the assessment 4. Manage the health assessment 5. Plan the remedial massage treatment strategy according to findings 6. Discuss the treatment strategy with the client 7. Apply the remedial massage treatment 	
TEACHING METHOD	Modified lectures Visual aids Demonstrations & practical work	
ASSESSMENT	Progressive practical examination	100%
	Pass mark: Pass / Fail only – No grade available. All components must be passed at 60% in order to pass this subject.	
COMPETENCIES PARTIAL COMPLETION	Successful completion of this Unit of Study is in partial completion of the following Health Training Package HLT07 Units of Competency: <ul style="list-style-type: none"> HLTREM502B Provide remedial massage treatment HLTREM503B Plan remedial massage treatment strategy HLTREM504B Apply remedial massage assessment framework HLTREM505B Perform remedial massage health assessment HLTAP501A Perform remedial massage health assessment 	
ATTENDANCE	90% minimum	
PRE-REQUISITES	Certificate IV level Massage qualification	
CO-REQUISITES	Nil.	

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MATERIALS REQUIRED	Notebook, pen, comfortable clothing.
TEXTBOOKS	<p>Compulsory: Nil</p> <p>Recommended Reading / References: Chaitow L, Palpation and Assessment Skills, 2nd Edition 2003 Churchill Livingstone</p>

WEEK-BY-WEEK OUTLINE

WEEK 1	Surface anatomy of the shoulder - Identify major muscles of the shoulder
WEEK 2	Analyse body patterns – shoulder ROM assessment tests
WEEK 3	Surface anatomy – anterior thigh – Identify major muscles of the anterior thigh
WEEK 4	Surface Anatomy – posterior thigh – Identify major muscles of the posterior thigh
WEEK 5	Analyse body patterns – thigh ROM assessment tests
WEEK 6	Vertebral artery test – Demonstration and Practice of Vertebral Artery Test Palpate and identify structures of the neck
WEEK 7	Surface anatomy of the hip and sacrum Identify major muscles of the hip and sacrum
WEEK 8	Analyse body patterns - hip and sacrum ROM assessment tests
WEEK 9	Surface anatomy – leg – Identify major muscles on the leg and foot
WEEK 10	Analyse body patterns leg and ankle ROM assessment tests for the ankle
WEEK 11	Revision
WEEK 12	PRACTICAL ASSESSMENT

INTENSIVE OUTLINE

DAY 1	Surface anatomy of the shoulder - Identify major muscles of the shoulder Analyse body patterns – shoulder ROM assessment tests - shoulder Surface anatomy – anterior thigh – Identify major muscles of the anterior thigh Surface anatomy – posterior thigh – Identify major muscles of the posterior thigh
DAY 2	Analyse body patterns – thigh ROM assessment tests - thigh Demonstration and practice of vertebral artery test Palpate and identify structures of the neck Surface anatomy of the hip and sacrum Identify major muscles of the hip and sacrum
DAY 3	Analyse body patterns - hip and sacrum ROM assessment tests – hip and sacrum Surface anatomy – leg Identify major muscles on the leg and foot Analyse body patterns leg and ankle ROM assessment tests for the ankle Revision

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.