SECTION 1 – GENERAL INFORMATION

Award/s: Bachelor of Complementary Medicine
Total Course Credit Points: 48
Level: 2nd Year

Duration: 1 Semester
Subject Coordinator: Daniela Kurt (Perth Campus)
Subject is: Core
Subject Credit Points: 2

Student Workload:

<table>
<thead>
<tr>
<th>No. timetabled hours per week:</th>
<th>No. personal study hours per week:</th>
<th>Total hours per week:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>2</td>
<td>5</td>
</tr>
</tbody>
</table>

Delivery Mode:
- e-Learning (Online)
  - Narrated PowerPoint presentations
  - Tutorials: Asynchronous tutor moderated discussion forum and activities
  - Student handouts, web-based resources

Pre-requisites: BIOH111
Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject provides an introduction to manual therapies and gives the student a comprehensive foundation for interdisciplinary understanding within the field of complementary medicine. There are numerous disciplines within manual therapies, including massage, myotherapy / musculoskeletal therapy, physiotherapy, chiropractic, osteopathy, tui na and kinesiology, etc. In the context of each discipline, students examine the different approaches in the treatment of conditions affecting the neuromusculoskeletal system. In addition, students will learn how to undertake self-treatment for common musculoskeletal ailments.

Learning Outcomes

1. Identify and discuss the aims and diversity of approaches within manual and physical therapies.
2. Compare and contrast the core concepts within myotherapy, chiropractic, osteopathy and physiotherapy.
3. Identify and respond effectively to ethical issues in manual and physical therapies practice.
4. Describe the application of the range of manual and physical therapies therapeutic methods and their uses.

<table>
<thead>
<tr>
<th>Assessment Tasks</th>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Discussion Forums &amp; 7 Activities</td>
<td></td>
<td>1-4</td>
<td>1-13</td>
<td>Forum only: Sessions 1, 5, 7, 8, 12 &amp; 13 + Activity plus forum: Sessions 2, 3, 4, 6, 9, 10, 11</td>
<td>12% (6x2%) + 28% (7x4%)</td>
</tr>
<tr>
<td>weekly posts (minimum 150 words, each)</td>
<td></td>
<td>1-4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Written Reflection</td>
<td>ethics case study</td>
<td>3</td>
<td>1-11</td>
<td>Week 13</td>
<td>20%</td>
</tr>
<tr>
<td>(750 words)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Final Written Exam</td>
<td>short answer</td>
<td>1-2, 4</td>
<td>1-13</td>
<td>Final Examination Period</td>
<td>40%</td>
</tr>
<tr>
<td>(1 hour)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS

Prescribed Readings:
Nil

Recommended Readings:


<table>
<thead>
<tr>
<th>Subject Content</th>
<th>Week</th>
<th>Lectures</th>
<th>Tutorials / Practicals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1.</td>
<td><strong>Introduction</strong> (Subject Outline / Subject Aims / Assessment / Teaching Resources)</td>
<td>Activities are developed to allow the students to explore relevant concepts, expand on ideas and</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>History of Manual Therapies</strong></td>
<td></td>
</tr>
<tr>
<td>Touch: what makes it healing?</td>
<td>have peer and lecturer interaction. Activities also allow for formative assessment and feedback</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------------------</td>
<td>-----------------------------------------------------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage around the world</td>
<td>1. Forum Discussion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Types and benefits of touch</td>
<td>2. Introductory Webinar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>therapies</td>
<td>3. Overview and expectations of the subject</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Questions and discussion about assessments</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Information management</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. **Soft Tissue Therapies in Australia**
   - Recent history
   - Swedish massage
   - Spa/relaxation massage
   - Sports massage
   - Foot and hand reflexology

   1. Forum Discussion
   2. Activity
      - Massage techniques: Effleurage, petrissage

3. **Remedial Techniques**
   - Remedial massage
   - Tui na
   - Trigger point therapy
   - Muscle energy techniques

   1. Forum Discussion
   2. Activity
      - Draw your referral pattern from a trigger point

4. **Proprietary Techniques**
   - Structural integration/Rolfing™
   - Myofascial release
   - Bowen Therapy™
   - Lymphatic drainage
   - Visceral manipulation

   1. Forum Discussion
   2. Activity
      - Ethical issues: Scope of practice; informed consent

5. **Physiotherapy**
   - History
   - Evidence base
   - Scope of practice
   - Governance
   - Principles
   - Use in Australia

   1. Forum Discussion

6. **Chiropractic**
   - History
   - Evidence base
   - Scope of practice
   - Governance
   - Principles
   - Use in Australia

   1. Forum Discussion
   2. Activity
      - Ethical issues: Pain and abuse

7. **Osteopathy**
   - History

   1. Forum Discussion
<table>
<thead>
<tr>
<th>Evidence base</th>
<th>Scope of practice</th>
<th>Governance</th>
<th>Principles</th>
<th>Use in Australia</th>
</tr>
</thead>
</table>

**NON-TEACHING WEEK** (note that make-up classes may be scheduled in this week)

**Online students** – The non-teaching week falls between Weeks 7 and 8

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>History</td>
<td>Evidence base</td>
<td>Assessment methods</td>
</tr>
<tr>
<td>Scope of practice</td>
<td>Governance</td>
<td>Postural alignment</td>
</tr>
<tr>
<td>Principles</td>
<td>Use in Australia</td>
<td>Range of movement</td>
</tr>
<tr>
<td>Use in global healthcare</td>
<td></td>
<td>Special testing and joint examination</td>
</tr>
</tbody>
</table>

**Treatment techniques**
- Joint mobilisation
- Neurodynamic techniques
- Dry needling
  - Electrostimulation
- TENS

**Forum Discussion**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Connecting with a client through touch</td>
<td>Types and characteristics of stretching</td>
<td>Forum Discussion</td>
</tr>
<tr>
<td>Energy in the hands</td>
<td>Precautions and contraindications</td>
<td></td>
</tr>
<tr>
<td>Analog communication in the tissues</td>
<td>Resistance exercise/strength</td>
<td></td>
</tr>
<tr>
<td>Influencing tensegrity</td>
<td>Correcting posture</td>
<td></td>
</tr>
<tr>
<td>Energetic boundaries</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
1. Aims and effectiveness of manual therapies
2. Scope of practice
3. Multimodality practices
4. Referral
5. Informed consent
6. Duty of care
7. Models for professional regulation

14. **Non-Teaching Week/Practical Examination Week 1**
   Note that make-up classes may be scheduled in this week

15. **Non-Teaching Week/Practical Examination Week 2**
   Note that make-up classes may be scheduled in this week

16. **Final Examination Week 1**
   Students are required to sit examinations using the Respondus Lockdown Browser software per the [Examination Policy – Higher Education](#). Refer to your local campus calendar for exam opening and closing times.

17. **Final Examination Week 2**
   Students are required to sit examinations using the Respondus Lockdown Browser software per the [Examination Policy – Higher Education](#). Refer to your local campus calendar for exam opening and closing times.