International Academy of Applied Health

Fall 2020 Course Planner

"Natural Health Education which can change your life"

Career Development or Personal Interest CEU Courses

Full-Time or Part-Time Study

Fall Semester Starts September 25th 2020

Hybrid classes via Online & In-person Training

Register by September 21st and Save

380 Forest Street
Ottawa, ON K2B 8E6
(Just West of Lincoln Fields Shopping Centre)
613-820-4046
1-800-267-8732
info@intlacademy.com
www.intlacademy.com

Register on-line through the website -click on Admissions tab, then "Course Registration", or email yomara@intlacademy.com

International Academy of Applied Health

Picture Yourself as a Qualified Health Professional
Registration for Fall is now open!

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

Online information session available. Email your program of interest to aileen@intlacademy.com or go online at www.intlacademy.com

Programs:
Contemporary Acupuncture for the Healthcare Professional
Massage Therapy
Acupuncture Practitioner
Reflexology, Aromatherapy, Iridology, Herbology, NHP with Nutrition CEU's

Fall Semester Starts September 25th 2020

IAM - International Academy of Massage
TCM -International Academy of Traditional Chinese Medicine
NHP -International Academy of Natural Health Practitioners
CEU -Continuing Education Unit -open to anyone (Public)

Note: There are no classes on Thanksgiving Monday October 12, 2020

Anatomy 6 (IAM/TCM/CEU) – Online
A study of the major joints and ligaments of the human body.
(1 credit) Pre-requisite: Anatomy 5
Mondays 1:15pm – 3:15pm
September 28 to December 14

Anatomy 7 (IAM/TCM/CEU) – Online
A study of the cardiovascular, respiratory systems and lymphatic systems.
(1 credit) Pre-requisite: Anatomy 6
Wednesdays 10:30am – 12:30pm
September 30 to December 16

Anatomy/Myology 2 (IAM/CEU) – Online
An in-depth study of the torso muscles.
(1 credit) Pre-requisite: Anatomy/Myology 1
Mondays 8:30am – 10:30am, September 28 to December 14
Wednesdays 1:15pm – 2:15pm, September 30 to November 18

Anatomy/Neuroscience 2 (IAM/CEU) – Online
An in-depth examination of the sensory division of the nervous system.
(1 credit) Pre-requisite: Neuroscience 1
Wednesdays 3:15pm - 5:15pm
September 30 to December 16

Anatomy/Physiology 1 (IAM/TCM/CEU) – Online
Anatomy and Physiology 1 is an introduction course to the human body which includes body descriptions, terminology and basic physiology such as protein synthesis and cell division. All individual systems of the human body will be presented.
(1 credit) No Pre-requisite
Mondays 1:15pm – 5:00pm; **Tuesdays** 1:15pm – 3:15pm; **Wednesdays** 10:00am – 12:00pm
September 28 to October 19

Anatomy/Physiology 2 (IAM/TCM/CEU) – Online
Study the senses, nervous, endocrine, reproductive, and digestive systems.
(1 credit) Pre-requisite: Anatomy & Physiology 1
Mondays 1:15pm – 5:00pm; **Tuesdays** 1:15pm – 3:15pm; **Wednesdays** 10:00am – 12:00pm
October 20 to November 9

Anatomy/Physiology 3 (IAM/TCM/CEU) – Online
An introduction to the study of blood & the cardiovascular, urinary, respiratory, and integumentary systems.
(1 credit) Pre-requisite: Anatomy & Physiology 2
Mondays 1:15pm – 5:00pm; **Tuesdays** 1:15pm – 3:15pm; **Wednesdays** 10:00am – 12:00pm
November 10 to November 30

Anatomy/Physiology 4 (IAM/TCM/CEU) – Online
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
Mondays 1:15pm – 5:00pm; **Tuesdays** 1:15pm – 3:15pm; **Wednesdays** 10:00am – 12:00pm
December 1 to December 16

Anatomy/Physiology 1 (NHP) – Online
Learn about the skeletal and muscular systems, as well as, general terminology, cell growth and structural units.
(0.5 credit) No Pre-requisite
Tuesdays 6:00pm – 8:00pm
October 6 to November 10

Aromatherapy 1 (NHP/CEU) – Online
The use of essential oils for relaxation, beauty and health. Learn several hands-on applications.
(1 credit) No Pre-requisite
Mondays 6:00pm – 9:00pm
October 5 to November 30

Business Skills (IAM/TCM/NHP/CEU) – Online
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
September 29 to December 15

Client Assessment 1 (IAM) – Online
An introduction to clinical assessment including case histories, client-interview, as well as both visual and physical examination techniques.
(1.5 credits) No Pre-requisite
Mondays 10:30am – 12:30pm, September 28 to November 2
Mondays 8:30am – 12:30pm, November 9 to December 14

Client Assessment 4-5 (IAM) – In-person
A continuation of the regional assessment of the human body.
(2 credits) Pre-requisite: Client Assessment 2-3
Wednesdays 8:30am – 12:30pm
September 30 to December 16

Communications and the Healthcare Professional (IAM/TCM/NHP/CEU) - Online
Learn the key characteristics for day-to-day communications with clients, and understand the personal and client needs.
(1 credit) No Pre-requisite
Tuesdays 3:15pm – 5:15pm
September 29 to December 15

Communications Terminology 1 (IAM/NHP/CEU/TCM) – Online
The use of roots, prefixes, suffixes, plurals and opposites.
(1 credit) No Pre-requisite
Wednesdays 1:15pm – 5:15pm
September 30 to November 4

Communications Terminology 2 (IAM/NHP/CEU/TCM) – Online
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) No Pre-requisite
Wednesdays 1:15pm – 5:15pm
November 11 to December 16

Diagnosis & Treatments 1 (TCM) – Online
Students learn four methods of TCM diagnosis including inspection, palpation, interrogation and olfactory/listening. After completing this course, students will be able to begin to differentiate TCM patterns based on signs and symptoms, and to understand treatments in term of related pattern.
(1 credit) No Pre-requisite
Sundays 9:00am – 1:00pm, November 15, 22, 29, December 6, 13
Thursday 6:00pm – 10:00pm, December 17

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 1:15pm – 3:15pm
September 28 to December 14

Gynecology 2 (TCM) – Online
Students learn western pathologies related to pregnancy and childbirth, and to differentiate TCM patterns for these conditions. Emphasis are made to understand TCM patterns, treatment principles and acupuncture point prescription for every medical condition discussed in class.
(1 credit) Pre-requisite: TCM Diagnosis & Treatments 1, Theory Foundations 1, Meridian Theory 1
Thursdays 1:15pm – 3:15pm
October 1 to December 17

Herbalism 1a (NHP/CEU/TCMP) - Online
Growing and harvesting herbs in your everyday life. Medicinal herb focus.
(1 credit) No pre-requisite.
Thursdays 6:00pm - 8:00pm
October 8 to December 17

Hydrotherapy and Self Care for the RMT (IAM/NHP) – 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-requisite: Anatomy/Physiology 1-4, Massage Techniques 1-4
Wednesdays 2:15pm – 5:15pm
September 30 to December 16

Internal Medicine 3 (TCM) – Online
Students learn to differentiate TCM patterns for sexually transmitted diseases and proctology disorders as well as external skin disorders such as alopecia, herpes, lyme disease and scleroderma. Appropriate acupuncture point combinations for each pattern diagnosis are presented and discussed.
(1 Credit) Pre-requisite: Meridian Theory 1, Diagnosis & Treatments 1, Theory Foundations 1
Thursdays 3:15pm – 5:15pm
October 1 to December 17

Iridology 1 (NHP/CEU) – Online
Learn the foundational principles of Iridology and its use as an assessment aid for natural health practitioners.
(1 credit) No Pre-requisite (Textbook required)
Wednesdays 6:00pm – 8:00pm
October 7 to November 25

Massage Foundations 1-4 (IAM/NHP/CEU) – 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
Friday 1:15pm – 5:15pm, October 2
Fridays 8:30am – 12:30pm & 1:15pm – 5:15pm, October 9 to December 18

Meridian Theory 1 (TCM) – Online
The course presents an insight into this fascinating system of 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 6:00pm – 8:00pm
September 28 to December 14

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)
Mondays 10:30am – 12:30pm
September 28 to December 14

Nutrition 1 (IAM/NHP/CEU) – Online
An overview of both the digestive process and individual essential nutrients (vitamins, minerals, amino acids and water).
(0.5 credit) No Pre-requisite
Tuesdays 3:15pm – 5:15pm
September 29 to November 3

Pathology 1 (IAM/TCM/NHP/CEU) – Online
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 8:30am – 10:30am
September 29 to December 15

Pathology 4 (IAM/TCM/NHP/CEU) – Online
An in-depth study of muscle-related diseases.
(1 credit) Pre-requisite: Pathology 1, Anatomy/Physiology 4
Tuesdays 10:30am – 12:30pm
September 29 to December 15

Pathology 5 (IAM/TCM/NHP/CEU) – Online
An in-depth study of diseases of the nervous system.
(1 credit) Pre-requisite: Pathology 1, Anatomy/Physiology 4
Wednesdays 8:30am – 10:30am **& Thursdays** 10:30am – 12:30pm
September 30 to November 5

Pathology 6 (IAM/TCM/NHP/CEU) – Online
An in-depth study of the digestive tract diseases and conditions.
(1 credit) Pre-requisite: Pathology 1, Anatomy/Physiology 4
Wednesdays 8:30am – 10:30am **& Thursdays** 10:30am – 12:30pm
November 11 to December 17

Physiology 6 (IAM/TCM/NHP/CEU) – Online
A deeper study of energy formation in the cell, the nervous system and metabolism.
(1 credit) Pre-requisite: Physiology 5
Mondays 3:15pm – 5:15pm
September 28 to December 14

Physiology 7 (IAM/TCM/NHP/CEU) – Online
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 1:15pm – 3:15pm
September 30 to December 16

Physiology 7 (TCM) – Online
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
Mondays 8:30am – 10:30am
September 28 to December 14

Point Location 1 (TCM) – Online
Students learn the location of approximately half of the body's acupuncture points.
(1 credit) No Pre-requisite
Mondays 8:00pm - 10:00pm
September 28 to December 14

Pregnancy and Stages of Life (IAM) – Online & In-person
This course covers the proper skills and techniques required by a massage therapist to treat pregnant, laboring, and postpartum women, and their infants.
(1.5 credits) Pre-requisite: Treatments 1
Thursdays 3:15pm – 5:15pm
October 1 to December 17
Friday Clinics: November 6, 20, 27 at 8:30am – 12:30pm (In-person)

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
Thursdays 8:30am – 12:30pm & 1:15pm – 5:15pm
October 1 to December 17

Professional Portfolio (IAM/CEU) – Online
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 8:30am – 10:30am
October 8, 22, November 19

Qi Gong/Tai Chi (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) Pre-requisite: IPAC Certificates Completion
Mondays 6:00pm – 10:00pm (Indoors)
September 28, October 5, 19, 26, November 9, 16

Reflexology 1 (NHP/CEU) – In-person
An introduction to the history, principles and theory of Reflexology, its benefits, its cautions, possible client reactions and what it does not do. The student also learns to see the foot as a reflection of the body.
R-1 looks at the zones of the foot and specific reflexes for the major organs and glands will be presented. Students will be introduced to the plantar and dorsal foot charts, and learn to identify the location of reflex points on the feet.
(1 credit) Pre-requisite: IPAC Certificates Completion
Saturdays & Sundays 9:30am – 4:30pm
October 17, 18, 24, 25

Reflexology 2 (NHP/CEU) – In-person
The student's knowledge and skill development continues to be developed for the feet with additional foot techniques being presented to enhance skill development. The student will be able to complete a professional full foot treatment upon the completion of this subject. The hands will be introduced including the treatment order.
(1 credit) Pre-requisite: Reflexology 1, IPAC Certificates Completion
Saturdays & Sundays 9:30am – 4:30pm
November 14, 15, 21 & 22

Remedial Exercise 1 (IAM) – Online
The theory and practice of remedial exercise assessment, plan development, implementation and evaluation. Range of motion and stretching is also presented.
(1 credit) Pre-requisite: Advanced Techniques 1-4 & Myology 1
Tuesdays 8:30am – 10:30am
September 29 to December 15

Remedial Exercise 3 (IAM) – Online
Students continue to evolve their knowledge of exercise and stretching.
(1 credit) Pre-requisite: Remedial Exercise 2
Thursdays 1:15pm – 3:15pm
October 1 to December 17

Research 1 (IAM/TCM/NHP/CEU) – Online
Research 1 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 10:30am – 12:30pm
September 28 to December 14

Research 2 (IAM/TCM) – Online
Students are guided through the creation of their own research paper.
(1 credit) Pre-requisite: Research 1
Thursdays 8:30am – 10:30am
October 1, 15, November 5, December 3

Theory Foundations 1 (TCM/CEU) – Online
Did you know that TCM is now used in several North American Hospitals? 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
Sundays 9:00am – 1:00pm
September 27, October 4, 18, 25, November 1, 8

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: Treatments 1
Mondays 8:30am – 12:30pm & 1:15pm – 5:15pm
Tuesdays 8:30am – 12:30pm
September 28 to December 15

Tuition Fees

Credits	Fee*
6	$1,776.00
4	$1,184.00
2	$ 592.00
1	$ 296.00
½	$ 150.00

** includes class notes and handouts*

Refund Policy
Please visit www.intlacademy.com for detailed refund policies for each school

Part-time/CEU students: Register and pay your tuition fee by September 21st 2020 and save - only $287 per credit and $145 for ½ credit. After that date $296/credit and $150 for ½ credit. $10 late registration fee per subject starting September 23rd 2020.
Register on-line through the website -click on tab"Course Registration" or email yomara@intlacademy.com

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.meridianedu.net directly on-line or workbook/email assignment option.
For more information: Call: 613-820-0318 or Email: admin@intlacademy.com

International Academy of Natural Health Practitioners

CEU's -Nutrition, Aromatherapy, Cannabis, Herbs, Colour Therapy, Iridology, Reflexology, Acupuncture

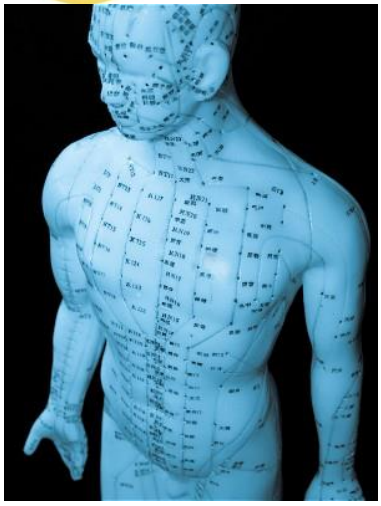
Diploma (Part-Time) (2100 hours):
Natural Health Practitioner

Certificates (Part-Time) (240-350):
Aromatherapy
Herbology
Iridology
Reflexology

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 (daytime, evening and weekends)
* NHP certificates all start in September 2020 - inquire now for information - email Marilyn@intlacademy.com

Telephone: 613-820-0318 Ask for Marilyn

International Academy of Traditional Chinese Medicine



General Information

* Transfer credits where applicable
* Daytime, Evening & Weekend classes (Online and In-class training)
* Home study credits
* Fall 2020 Semester starts September 25
* Full-time 2318-hour Acupuncture Practitioner Diploma Program starts September 25, 2020
* Completion possible in 27 months
* Part-time study also available for Acupuncture and Traditional Chinese Medicine and Natural Health Science students
* Graduates qualify to undertake provincial registration examinations
* Contemporary Acupuncture program 384 hours (acupuncture training for RMTs and other professionals also available)

Telephone: 613-820-4046
Toll-Free: 1-800-267-8732
Web: www.intlacademy.com

International Academy of Massage

Become a Massage Therapist

2318-Hour Massage Therapy Diploma Program

Full-Time Program Starts September 25th 2020

For More Information: Tour or to be a student for a day

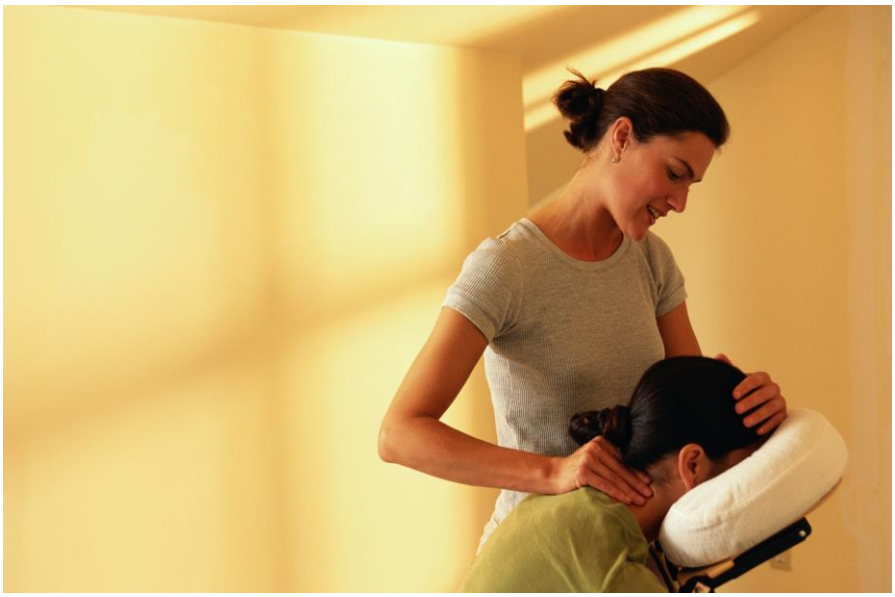
Call: 613-820-4046 or 1-800-267-8732

Email: info@intlacademy.com

Visit: www.intlacademy.com

International Academy of Applied Health

Welcome to our



Health & Relaxation Clinics

International Academy of Massage

Student Wellness Clinic – Therapeutic Massage

Tuesdays & Thursdays Evenings 5:00pm, 6:30pm, 8:00pm $35 **613 820-4046**

International Academy of Traditional Chinese Medicine

Senior Students - Acupuncture, Chinese Assessment

Wednesdays 6pm to 9pm (TBD) $20

Saturdays 10am to 5pm $20 **613 820 4046**