

Rationale for ITEC Level 3 Diploma in Anatomy and Physiology

Aims and objectives

The Anatomy and Physiology award is the 'foundation' upon which all other Complementary, Beauty and Sports Therapy awards are based. It is comprised of several units encompassing all systems of the body.

It is vital that a therapist understands the anatomy and physiology in detail, as they will be working in direct contact with the body structures. It is also vital that they have a full knowledge of diseases and disorders of the human so that they are aware of when and when not to treat a client and only operate within certain perimeters.

The units are mandatory and should be taught concurrently to be examined concurrently

Skeletal system
Muscular system
Skin
The Cell
Circulatory and Lymphatic systems
Neurological system
Endocrine system
Respiratory system
Digestive system
Urinary system
Reproductive system

The examination is as follows:

- A 1 hour Multiple Choice Theory paper comprising of 50 questions on all aspects of the syllabus testing across all units and therefore all systems

The qualification aims:

- to provide skills at Level 3 in the National Qualification Framework for those interested in the Beauty, Complementary and Sports Therapy industry
- to provide opportunities for staff in the Beauty, Complementary and Sports Therapy industry to gain a Level 3 qualification
- to qualify candidates as Beauty, Complementary or Sports Therapists at Level 3 in the industry
- to sustain the interest of candidates wanting to work in the Beauty, Complementary or Sports Therapy industry
- to encourage knowledge and understanding for the Beauty, Complementary or Sports Therapy industry at Level 3

The qualifications would be suitable for:

Any adult returnee with a good basic general education returning to education that may have a desire to work as a massage therapist or Reflexologist for which the A&P is a pre-requisite.

Anyone already working as a nurse or carer who may wish to become a complementary therapist as the A&P is a pre-requisite qualification to many other awards.

Anyone involved in gym or aerobics who must have a good understanding of the body structure or who may wish to add sports massage to their skills as the A&P with Holistic Massage is a pre-requisite for this qualification.

Anyone who requires to train as a Beauty Therapist

Recommended Prior Learning

It is recommended that candidates should have achieved a level of education equivalent to five GCSEs at grades A*-C (preferably to include English Language, a science subject and/or GCSE in Physical Education) prior to commencing the ITEC Level 3 Diploma in Anatomy and Physiology, however exemptions may be made for adult returners with experience of the work place.

Opportunities for progression

Once candidates have achieved the ITEC Anatomy and Physiology qualification they may progress on to other ITEC or equivalent complementary, beauty or sports therapy awards:

Other ITEC or equivalent awards:

Diploma in Body Treatments

Diploma in Holistic Massage

Diploma in Reflexology

If Graduates take therapy qualifications in addition to the Anatomy and Physiology qualification they can work on Liners, Health farms and Health Clubs.

Anatomy and physiology is part of Gym instruction and Aerobics qualifications and other forms of fitness training.

There are now several degree courses available in Complementary Therapies to which candidates may progress.

Each unit requires candidates to understand the structure, function and main diseases and disorders of each system.

Relationship with National Occupational Standards

ITEC have ensured that best practise is reflected in the syllabus by requiring a high level of underpinning knowledge of the structure and function of the systems of the body as well as knowledge of diseases so that any therapist will understand when and why a client may be contraindicated to any further treatment.