

## CERTIFICATE IV IN AYURVEDIC LIFESTYLE CONSULTATION – HLT41207

***THIS IS A PART-TIME ONLY COURSE AND NOT AVAILABLE FOR OVERSEAS STUDENTS***

AIHM Subject	Brief Unit description	Unit fee Domestic Students
ANP101 - Anatomy & Physiology	This is a core unit for all the courses offered and the areas covered include an introduction to the human body and it's various systems. Other areas covered in more depth include; cells, the skeletal system, joints, muscle systems and muscle tissues.	\$546.50
PHI102 - Naturopathic Philosophy	The history and philosophy of several areas of Natural Therapies are studied including; Acupuncture, Homoeopathy, Herbal Medicine, Iridology, Kinesiology, Reflexology, Massage, Meditation, Cleansing, Ayurveda, Mind Body connection, Tai-Chi, Flower Essences and Life Purpose and Fulfilment are explored	\$546.50
NAT107 – Foundations of Nutrition	Areas covered include; carbohydrates, lipids, protein, water soluble vitamins, lipid soluble vitamins and their sources, availability, interaction signs and symptoms of vitamin and mineral deficiency, toxicity, food allergies, exclusion diet and food and drug interaction	\$546.50
AYV130 – History & Philosophies of Ayurveda	This unit covers the meaning, origin, history and branches of Ayurveda; detailed explanation of Panchamahabhootas (Five great elements) and Tridoshas (Vata, Pitta and Kapha); recognition of Prakruthi, Vikruthi in greater indepth with practical work. Introduction to other topics including Manasa gunas, dhatus, malas, Agni, tastes, etc. together with a general description of Doshic Diet with emphasis on how to apply to daily cooking. An introduction to daily and seasonal routine with emphasis on how to apply this knowledge in practical daily life is also addressed. Also discussed is an introduction to Panchakarma (Detoxification therapies)	\$546.50
CLI129 - Clinical Procedures & First Aid	Areas covered in this unit include; clinical procedures, client history taking, general examination, instrument handling, use of computer software associated with natural medicine, laboratory tests relating to natural therapies and results, consultation demonstrations and treatment protocols & OH&S.  It also provides a training program to achieve the standard required for the nationally recognised Senior First Aid Certificate. Areas covered include; cardio-pulmonary resuscitation, management of an unconscious casualty, internal and external bleeding, fractures, burns, poisons, bites, stings, eye and ear injuries.	\$546.50
AYV230 – Principles of Ayurveda	Areas covered in this unit include: detailed explanations of 15 Sub-types of the Tridoshas; an explanation of Manasa gunas (3), dhatus (7), malas (3) (with normal, increased and decreased functions, etc); Anatomy and Physiology in Ayurveda; Concept of Agni and its types and detailed explanation of Ojas, Nidra	\$546.50
AYV330 – Ayurvedic Nutrition	This unit covers areas such as the knowledge of role of nutrition in health; factors of diet and dietetics; knowledge of Agni (digestion) and diet according to prakruthi and vikruthi; basic knowledge of process of digestion, absorption and metabolism; dietary factors includes - Rasa, guna, virya, vipaka, prabhava, etc of food and herbs; concept of the six tastes of Ayurveda and its actions on body, food and mind; Sattvic diet and the energetics of food and cultural restrictions on diet and nutritional supplementation  This unit also includes specific diets for the doshas, dual types – digestion and dietary advice, diet according to seasons, Zonal diet, Ayurvedic cooking recipes and practical demonstrations and a brief overview of diseases and diet relations	\$546.50
AYV630 – Introduction to Ayurvedic Tactile Therapies	Detailed explanation and practical sessions of Ayurvedic therapies, division of the body according to Ayurveda, Ayurvedic massage technique individual parts of the body, ailment specific massage techniques in specific areas of the body, full body massage – Relaxation Technique (Anti-stress). Selection of various Ayurvedic oils for Massages, Shiro Dhara therapy – A unique	\$546.50

	therapy of continuous flow of medicated oils on forehead for insomnia, hypertension, anti-stress, etc and also Ayurvedic Sauna Therapy – Full body Sauna and Partial body steam techniques	
PAT104 – Pathology I	To provide the participants with the knowledge and skills to understand and describe the pathological mechanisms of common disorders. Disease processes; Aetiological factors in disease, Aging, Cellular adaptation, injury and death, Definitions and terminology, Immunity, immunopathology, Inflammation, healing, pathological investigations, neoplasia & pain Systematic Pathology: Disorders of the skin & musculoskeletal system.	\$546.50
BHS106 - Behavioural Science	This unit is an introduction to understanding human behaviour and the relationship between basic behavioural influences and ill health, both physiologically and psychologically. Nature, Nurture and Need Factor Influences are studied through a combination of theory and practical applications.	\$546.50
PHA112 - Pharmacology	Areas covered include; terminology used in pharmacology; methods of administration, absorption, metabolism, excretion, formulations, drugs used in cardio-vascular problems, NSAID, opiates, anti microbials, hypoglycaemic agents, anti-depressants, hypnotics and anxiolytic drugs, poisoning and antidotes, sympathomimetics, antihistamines, anti-parkinsonians, drugs used with GI tract disorders, chemotherapy, preparation of ointments, creams and mixtures, WA Drug and Poison Act, labelling, writing and understanding prescriptions; drug-herb interactions and drug-nutrient interactions	\$546.50
MAN120 – Practice Management & Ethics	This unit is designed to develop the knowledge of Act of Parliament and Regulations in relation to the practice of Natural Medicine, professional indemnity and liability insurance, accounting and taxation requirements, advertising and promotion, business planning and other issues related to the establishment of your own practice. Students will be required to complete their own business plan by the completion of this unit.	\$546.50
BHS206 - Behavioural Science	This unit takes the fundamentals of human behaviour discussed in Unit BHS106 and moves the student's knowledge and application skills to the next level by adding lateral thinking skills, non-verbal and verbal communication techniques, dealing with difficult behaviours, basic counselling skills and situational analysis procedures. As in Unit BHS106, this unit is taught experientially with each lecture being a combination of theory and application exercises	\$546.50

**\*\*These fees may be subject to alteration and should be confirmed upon application to the AIHM.**

\*\*Students are required to complete 2 electives from those offered by the Institute during the completion of this course. Electives are generally 30 hours.

^Students are required to complete a minimum of 150 clinical training hours as a component of this course.