



Module Title:	Complementary, Alternative Medicine
Academic year:	2009 2010
Credit Value:	5.0
Pre- requisites:	3.2, 3.2, 3.4
Assessment:	Continuous Assessment: 30% Workshop Skills: 20% Final Examination: 50%
Aims	<p>The aim of this module is to introduce the student to the principles and practices of Complementary and Alternative Medicine (CAM) and Therapies and their role in Sport Science and Health. This introduction into CAM will be developed further in the 'Health and Exercise Science: Injuries, Treatment and Therapy' Module in Semester 6. In this module a range of Complementary and Alternative Medicines and Therapies will be examined, including Herbs and Supplements and Bio-energetic Therapies. This module will assist students in identifying the applicable CAM to a particular Sports of Health Injury and to understand the roles played by Complementary and Alternative Medicine professionals in the fields of Sports Science and Health. To this end, a range of subject related topics will be examined, providing the student with a significant grounding on the theory, and application of Complementary and Alternative Medicine in the Sports Science and Health settings.</p>
Module Content	Introduction to Complementary and Alternative Medicine (CAM) Physical CAM Therapies Bio-energetic CAM Therapies Homeopathy and Herbal CAM Therapies Mind-Body Exercise Evaluating CAM Therapies

Intended Learning Outcomes:	<p>On completion of the module and following a period of personal study students will be able to:</p> <ol style="list-style-type: none">1. Discuss the role played by CAM therapies in Sport Science and Health2. Discuss their understanding of key principles and applications of Physical CAM therapies including; Massage, Acupuncture and Reflexology.3. Describe the role of the 'Healer' and principles of Bio-energetic CAM therapies.4. Identify the appropriate CAM therapy applicable to Sports Science and Health related injuries and conditions.5. Identify the applications of Herbal Remedies to Health and Treatment of Disease.6. Demonstrate a basic knowledge of the practical applications of mind-body therapies.7. Identify the Associated Risks and Ethical, Legal and Regulatory Issues associated with CAM therapies.
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