



ITEC Level 3 Diploma in Anatomy and Physiology Rationale

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 essential for therapists to have a sound understanding of anatomy and physiology, as they will be working in direct contact with the body structures. It is also vital that they have a comprehensive knowledge of diseases and disorders of the human body so that they are aware of when and when not to treat a client, and only operate within certain parameters.

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

Unit 30 Skeletal system	Unit 36 Endocrine system
Unit 31 Muscular system	Unit 37 Respiratory system
Unit 32 Skin	Unit 38 Digestive system
Unit 33 The Cell	Unit 39 Urinary system
Unit 34 Circulatory and Lymphatic systems	Unit 40 Reproductive system
Unit 35 Neurological 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 qualification is suitable for:

Any adult returnee with a good basic general education, returning to education with a desire to work as a massage therapist or reflexologist for which the A&P award 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 wishes 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 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:

- 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 also part of the Gym Instruction and Aerobics qualifications along with other fitness training qualifications.

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 has 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.