



# Course Information, Curriculum and Modules

## Diploma in Human Anatomy & Physiology

27 Craigs Avenue, Corstorphine,  
Edinburgh, EH12 8HS

Phone: 08454-757871 or 07917-757871

Email: [info@scottishmassage.co.uk](mailto:info@scottishmassage.co.uk)

Website: [www.scottishmassage.co.uk](http://www.scottishmassage.co.uk)



[www.facebook.com/scottishmassage/](http://www.facebook.com/scottishmassage/)



&

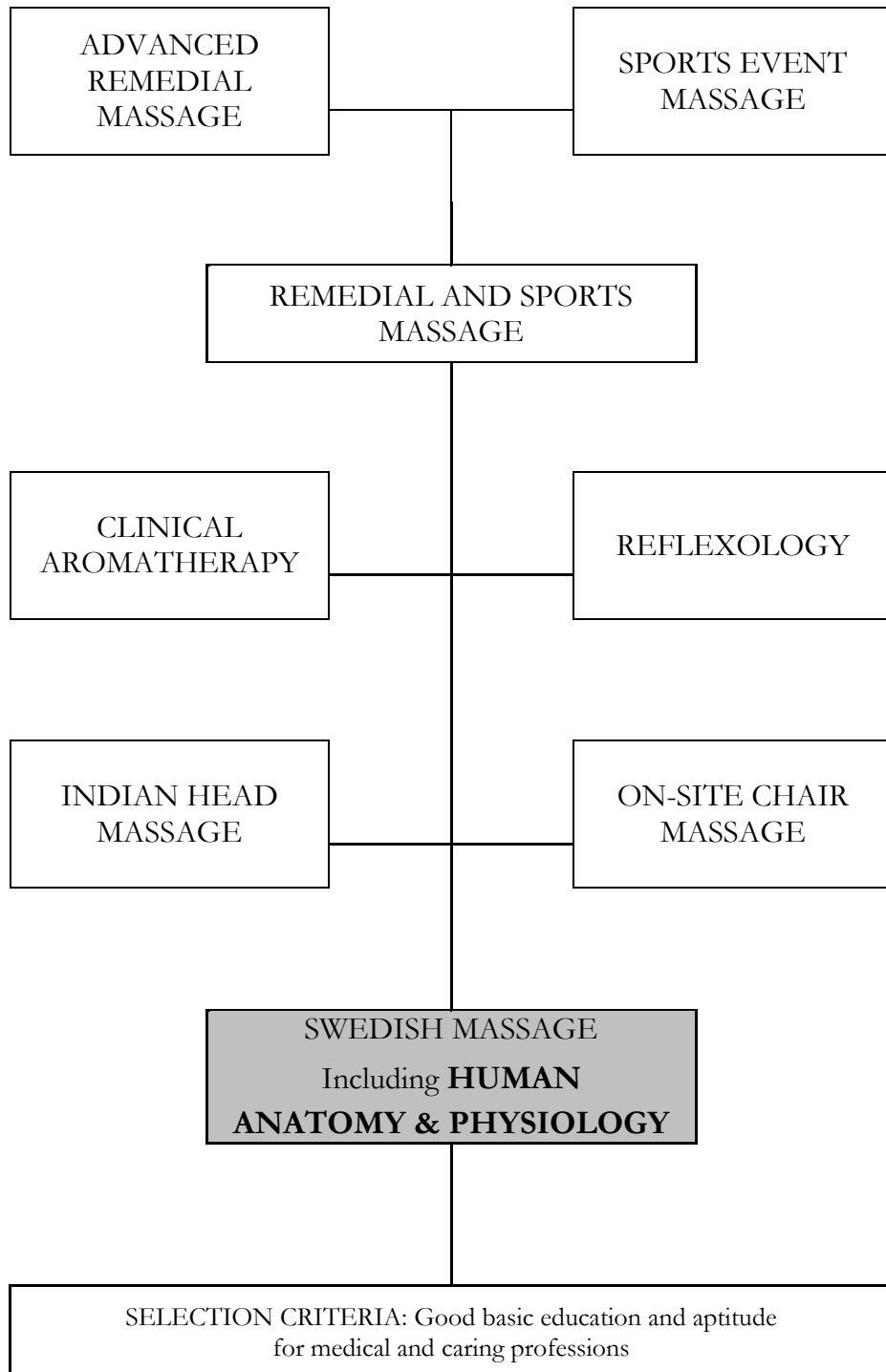


@scottishmassage

## CAREER PROGRESSION

---

The courses run by Scottish Massage Schools are intended to provide the serious student with a complete career structure.





# Scottish Massage Schools

27 Craigs Avenue, Corstorphine, Edinburgh, EH12 8HS.

Telephone: 08454-757871 Mobile: 07917-757871

Email: [info@scottishmassage.co.uk](mailto:info@scottishmassage.co.uk) <http://www.scottishmassage.co.uk>

**Scotland's leading provider of complementary therapies training**

## DIPLOMA IN HUMAN ANATOMY & PHYSIOLOGY

**Welcome to the Scottish Massage Schools'  
Diploma in Human Anatomy & Physiology course held in  
Aberdeen, Inverness, Perth, Edinburgh and St.Boswells.**

Please find enclosed information about our Diploma in Human Anatomy & Physiology (A&P) course, an outline of the weekends and the contents of the modules.

As well as being a qualification in its own right, the A&P course is the first step in a full career progression as a massage therapist. Our courses include: Swedish Massage, Remedial & Sports Massage, Advanced Remedial Massage, Sports Event Massage, and Manipulative Therapy, as well as Reflexology, Aromatherapy, On-Site Chair Massage and Indian Head Massage.

We are an SQA Approved Centre. Our Swedish Massage course contains two SQA Higher National Units:

**F9T5 34 - Human Anatomy & Physiology at SCQF level 7 and**

**DN6C33 - Body Massage at SCQF level 6.**

The Diploma in Human Anatomy & Physiology contains just the Human Anatomy & Physiology unit.

The course is interesting; the human body is a fantastic piece of engineering!

We include a brochure, which contains the fees for the current course, and an application form.

We look forward to hearing from you.

Best wishes,

***Lorna Forrester***

Lorna Forrester  
Principal



---

## SCOTTISH MASSAGE SCHOOLS

---

### Our venues:

- Aberdeen:** Curl Aberdeen, Eday Walk, Summerhill, Aberdeen AB15 6LN
- Inverness:** Jurys Inn Hotel, Millburn Road, Inverness, IV2 3TR.
- Perth:** 10<sup>th</sup> Perthshire Scout Hall, Murray Place, Perth, PH1 1NJ.
- Edinburgh:** Edinburgh Academy Junior School, 10 Arboretum Road, Edinburgh EH3 5PL
- Borders:** St Boswell's Village Hall, Jenny Moore's Rd, St Boswells, Melrose TD6 0AA

For course details at all schools, please contact Lorna Forrester, Principal, Scottish Massage Schools, on:  
08454-757871 or 07917-757871 or [info@scottishmassage.co.uk](mailto:info@scottishmassage.co.uk)

---

## COURSE TUTORS

---

**Lorna Forrester BSc MBA RMT DCA DIR DOSM DSM SMTO TQFE**- Principal of Scottish Massage Schools. Lorna is a practising Remedial and Sports Massage Therapist, Clinical Aromatherapist, Reflexologist and On-Site Massage Therapist in Edinburgh, and runs her own company offering Massage in the Workplace to businesses throughout the UK.

**Barbara Fairbairn DRSM DSM SMTO** - One of the leaders of the Swedish Massage course in Edinburgh. Barbara works in a busy practice using Swedish, Remedial and Sports Massage, Emotional Freedom Technique and Thai Foot Massage.

**Lori Smith DSM DRSM DSEM Med Acup SMTO CNHC STO** - Leader of the Swedish Massage course in Aberdeen and Inverness. Lori runs 2 busy clinics in Peterhead and Ellon where she practices Swedish, Remedial & Sports Massage, Hot Stone & Aromatherapy Facial Massage, Kinesio Taping and Medical Acupuncture. She also works closely with local sport clubs.

**Diane Duguid RMT DIR DSM SMTO** -Leader of the Swedish Massage course in Perth. Diane runs a busy clinic in Edinburgh where she practises Remedial Massage and Reflexology.

**Katy Master DARM DRSM DSM Med Acup SMTO** - Leader of the Swedish Massage course in the Borders and Edinburgh. Katy runs a busy massage practice from her home in Coldingham, using Advanced Remedial Massage and Medical Acupuncture. She is also an Iris trained Oncology Massage practitioner.

---

## PART I – ANATOMY & PHYSIOLOGY

---

### ENTRY REQUIREMENTS

A good basic education and an interest and enthusiasm for the caring professions. Time and motivation are necessary for the home study required, as well as a reasonable level of fitness!

It is suggested that students hold English and Maths at Nat 5/ Standard Grade / O'Grade / GCSE / O'Level or equivalent. Students for whom English is a second language should be confident about learning in English.

If you have any queries about whether this course is right for you, please get in contact with the SMS Principal

---

### FEES

There is a non-refundable registration fee to be paid. Then tuition fees can either be paid at the beginning of the course or paid monthly by banker's order. Please see individual course brochures from your local School for further details (contact details on page 1)

All fees must be paid by weekend three (3). Failure to comply will result in exclusion from the final exams.

Where full tuition fees have been paid at the beginning of the course, a proportion of the fees will be returned should a student defer / leave due to illness. As our costs are front loaded, there are no refunds after weekend one (1).

---

### REGISTRATION

Please complete an application form and return to the School of your choice, along with your non-refundable registration fee, as soon as possible to avoid disappointment.

---

### DATES

These are found enclosed in the course letter. Start dates for all courses can be found on Scottish Massage Schools website [www.scottishmassage.co.uk](http://www.scottishmassage.co.uk) or each School's website (links from Scottish Massage Schools' website).

---

### DURATION

Eight (8) weekends; 8.30am – 12.30pm both days.

---

### ATTENDANCE

100% is recommended. In the event of a day being missed, an alternative can usually be arranged at an alternative venue.

---

### ABSENCE

Please discuss any planned absences before the start of the course. Make-ups of the practical aspect of the course can be arranged for weekends missed, or weekend can be attended at an alternative venue.

---

### COURSE BOOKS

“Anatomy, Physiology and Pathology for the Massage Therapist” by Su Fox and Darien Pritchard ISBN 1903333075 (available at a discount through Scottish Massage Schools) and a nurse's dictionary.

---

### HANDOUTS

You will receive handouts, which we hope will help you in your studying.

---

### HOMEWORK

There will be homework set at the end of weekends 1-5; homework forms part of the course. This is posted to a course tutor (details will be given at the beginning of the course) within 14 days of each course weekend.

---

## ESSAY

---

You are asked to write an essay as part of the course, the subject of which will be 'the effects of Swedish Massage Therapy on the 11 systems of the body' [*part of achievement of SQA Higher National qualification*]. Students will be provided with clear and detailed guidelines about how to research the subject and construct the essay.

---

## STANDARDS

---

A programme of Continuous Assessment is in situ and will contribute to 10% of the final mark.

---

## TEACHING METHODS

---

Though beginners are catered for, the range of knowledge and background obviously varies. With this in mind the course is structured to include a variety of teaching methods.

---

## FORMAL TEACHING

---

The theoretical part of the course tends to take place in the mornings.

---

## GROUP LEARNING

---

Group work is encouraged in the afternoon practical sessions, when students can also refer to charts and models and a wide range of books under the auspices of a practical tutor, '*search and discovery style*'.

---

## SMALL GROUP TUTORIALS

---

These are arranged on some of the review subjects. Tutorial requirements vary from class to class. Assistance is given to those students who require help in setting up a study programme.

---

## SPECIAL NEEDS

---

Many of our students have included people with physical, auditory, visual and learning impediments. They have all been very successfully in their achievements. If you wish to discuss your special needs and how we can help you, please call Scottish Massage Schools on 08454-757871 (contact details on page 1).

---

## ASSESSMENTS

---

Written assessments are sat on weekends six (6), seven (7), and weekend eight (8).

---

## PLAGIARISM

---

Intentional plagiarism will not be tolerated and will result in disciplinary action will be taken.

---

## RESITS

---

If the required standard is not reached and the examinations are not passed; resits will be organised within one month of the examination date. Resit fee £50. There is an appeals procedure.

---

## APPEALS

---

There is an appeals procedure.

---

## DIPLOMA

---

A Diploma in Anatomy & Physiology is awarded to those candidates who are successful on the course, assuming that all criteria have been satisfied.

---

## DISCONTINUATION OF TRAINING

---

The Principal and/or Head of Studies reserve the right to discontinue the training with any student who is likely to bring disrepute to the profession.

---

## SWEATSHIRTS/POLOSHIRTS

---

School sweatshirts and poloshirts are available in various colours.

---

## CONTENTS OF MODULES

### MODULE 1 – ANATOMY, PHYSIOLOGY AND PATHOLOGY

---

#### MODULE 1-A CELLS, TISSUES AND FUNCTIONS; TERMINOLOGY

- (a) The make up and contents of a typical cell. The contents to include:
  - (i) basic structure of the cell
  - (ii) cell membrane
  - (iii) cytoplasm
  - (iv) the Golgi apparatus
  - (v) the mitochondria
  - (vi) lysosomes
  - (vii) organelles
- (b) Cell division: cell physiology
- (c) Types of tissues found in the human body to include:
  - (i) epithelial tissue – simple squamous, cuboidal, columnar, transitional and glandular
  - (ii) connective tissue – specialised cells, fibres, matrix, loose, dense, elastic and reticular connective tissues, adipose tissue, cartilage, bone, blood lymph and tissues which produce blood cells
  - (iii) muscle tissue – skeletal, cardiac, smooth
  - (iv) nervous tissue
  - (v) membranes – mucous, serous
  - (vi) neoplasms and abnormal growths
- (d) Terminology:
  - (i) words pertaining to parts of the body
  - (ii) basic medical terminology

#### MODULE 1-B THE SKELETAL SYSTEM

- (a) The role of the skeletal system - support, protection, production of blood cells, storage of tissue salts.
- (b) Types of bone: long, flat, short, irregular, sesamoid.
- (c) Macroscopic and microscopic anatomy and the development of bone.
- (d) Bones of the axial and appendicular skeleton.
- (e) Bone deformities and disorders.
- (f) Benefits of Massage on the Skeletal system

#### MODULE 1-C THE ARTICULATORY SYSTEM

- (a) The classification of Joints:-
  - (i) fibrous
  - (ii) cartilaginous
  - (iii) synovial
- (b) Types of Synovial Joints:-
  - (i) ball and socket
  - (ii) condyloid
  - (iii) gliding
  - (iv) hinge
  - (v) pivot
  - (vi) saddle
- (c) Movements of joints – terminology
- (d) Anatomy of the:-
  - (i) Lower limb - knee, ankle, foot and toe joints
  - (ii) Upper limb - elbow, wrist, hands and finger joints
  - (iii) Joints of the pelvis and spine
  - (iv) Joints of the shoulder, shoulder girdle, sternum, clavicle and ribs
  - (v) Joints of the head, face and temporo-mandibular joint
- (e) Anatomy of the vertebral column:-
  - (i) cervical spine

- (ii) thoracic spine
- (iii) lumbar spine
- (iv) sacrum
- (v) coccyx
- (f) The intervertebral disc and its functions
- (g) Diseases and abnormalities of joints

#### **MODULE 1-D THE MUSCULAR SYSTEM**

- (a) Muscle types - smooth, cardiac and skeletal
- (b) Characteristics of muscle
- (c) Structure of muscle
- (d) The functions of muscle
- (e) Principles of muscle contraction
- (f) The origins, insertions and actions of 40 major skeletal muscles
- (g) Muscle conditioning, strengthening and stretching
- (h) The relationship between muscle health and circulation
- (i) Effects of trauma on the muscular system
- (j) Benefits of Massage on the Muscular system

#### **MODULE 1-E THE INTEGUMENTARY SYSTEM**

- (a) The structure and function of the skin:-
  - (i) epidermis
  - (ii) dermis
  - (iii) subcutaneous layer
- (b) Accessory organs of the skin:-
  - (i) hair follicles
  - (ii) sebaceous glands
  - (iii) nails
  - (iv) sweat glands
- (c) Functions of the skin: protection, absorption, excretion, secretion and temperature control
- (d) Skin disorders
- (e) Benefits of Massage on the Integumentary system

#### **MODULE 1-F THE NERVOUS SYSTEM**

- (a) The general function and role of the nervous system
- (b) The nerve:
  - (i) structure
  - (ii) nerve pathways and transmission
  - (iii) the synapse
- (c) The reflex arc
- (d) The central nervous system - the brain and cranial nerves
- (e) The peripheral nervous system - the spine and spinal nerves
- (f) The autonomic nervous system - sympathetic and parasympathetic
- (g) The lumbar, sacral and brachial plexi
- (h) The nervous system related pathology
- (i) Benefits of Massage on the Nervous system

#### **MODULE 1-G THE ENDOCRINE SYSTEM**

- (a) The endocrine and exocrine glands
- (b) Hormones, their actions and interactions with the nervous system and their regulation and transport
- (c) The position, structure and function of:-
  - (i) pituitary gland
  - (ii) thyroid gland
  - (iii) parathyroid glands



- (iv) adrenal glands
- (v) pancreas
- (vi) pineal gland
- (vii) thymus gland
- (viii) testes and ovaries
- (d) Disorders of the endocrine system
- (e) Benefits of Massage on the Endocrine system

#### **MODULE 1-H THE CARDIOVASCULAR SYSTEM**

- (a) The structure and function of:-
  - (i) heart
  - (ii) arteries
  - (iii) arterioles
  - (iv) capillaries
  - (v) venules
  - (vi) veins
- (b) Blood:-
  - (i) function and composition
  - (ii) the coagulation of blood
  - (iii) disorders of the blood
- (c) The physiology of circulation:
  - (i) pulmonary circulation
  - (ii) systemic circulation
  - (iii) blood pressure
- (d) Disorders of the cardiovascular system
- (e) Benefits of Massage on the Cardiovascular system

#### **MODULE 1-I THE RESPIRATORY SYSTEM**

- (a) The organs of the respiratory system:-
  - (i) nasal cavity
  - (ii) pharynx
  - (iii) larynx
  - (iv) trachea
  - (v) bronchi
  - (vi) lungs
- (b) The physiology of respiration:-
  - (i) pulmonary ventilation
  - (ii) inspiration
  - (iii) exhalation
  - (iv) modified respiratory movements
- (c) The transport and exchange of gases
- (d) Internal and external respiration
- (e) Control of respiration
- (f) Ageing and the respiratory system
- (g) Disorders of the respiratory system
- (h) Benefits of Massage on the Respiratory system

#### **MODULE 1-J THE DIGESTIVE SYSTEM**

- (a) The digestive processes and organisation of the gastro-intestinal tract
- (b) The position, structure and function of:-
  - (i) oral cavity, tongue and pharynx
  - (ii) salivary glands
  - (iii) oesophagus
  - (iv) stomach

- (v) pancreas
- (vi) liver
- (vii) gallbladder
- (viii) small intestine - duodenum, jejunum, ileum
- (ix) large intestine
- (x) rectum and anus
- (c) The actions of enzymes and digestive secretions on:-
  - (i) carbohydrates
  - (ii) proteins
  - (iii) fats
- (d) Nutrition
- (e) Ageing and disorders of the digestive system

#### **MODULE 1-K THE URINARY SYSTEM**

- (a) The position, structure and function of:-
  - (i) kidneys
  - (ii) ureters
  - (iii) bladder
  - (iv) urethra
- (b) The formation and elimination of urine
- (c) Disorders of the urinary system

#### **MODULE 1-L THE LYMPHATIC SYSTEM**

- (b) The structure and function of the lymphatic system
  - (i) lymph
  - (ii) vessels, capillaries and trunks
  - (iii) collecting ducts
  - (iv) lymphatic nodes
- (c) Organs connected with the lymphatic system:-
  - (i) spleen
  - (ii) thymus gland
  - (iii) tonsils and adenoids
  - (iv) Peyer's patches
- (d) Immunity – innate and adaptive
- (e) Disorders of the lymphatic system
- (f) Benefits of Massage on the Lymphatic system

#### **MODULE 1-M THE REPRODUCTIVE SYSTEM**

- (a) The position, structure and function of:-
  - (i) ovary
  - (ii) uterine tubes
  - (iii) uterus
  - (iv) vagina
  - (v) mammary glands
  - (vi) testes
  - (vii) epididymus
  - (viii) prostate gland
  - (ix) scrotum
  - (x) penis
- (b) Pre-menstrual tension, menstruation and menopause
- (c) Disorders of the male and female reproductive systems
- (d) Benefits of Massage on the Reproductive system

---

## MODULE 1-N PATHOLOGY

- (a) Definition of pathology
- (b) The inflammatory response
- (c) The acute condition
- (d) The chronic condition
- (e) The emergency condition
- (f) Pathological conditions as related to the different systems; referral protocols

---

## OPTIONAL MODULE – FIRST AID

- (a) Identifying the emergency condition
- (b) Emergency procedures and immediate action response
- (c) Cardio-pulmonary resuscitation
- (d) First Aid management of burns, head injuries, strokes, heart attacks, fainting, choking, shock and haemorrhage
- (e) First Aid treatment of sprains and strains.

WEEKEND 1	WEEKEND 2	WEEKEND 3	WEEKEND 4
<p>Introduction to SMS / house-keeping Holistic Approach</p> <p><b>Introduction to the human body – cells, organs &amp; systems – overview</b></p> <p>Cautions and contraindications</p> <p><b>Anatomical terms and movements of the body.</b></p> <p><b>Anatomy of the lower limb.</b></p> <p><b>Introduction to pathology</b></p> <p><b>The skeletal system</b></p>	<p><b>Tissues of the body</b></p> <p><b>The muscular system</b></p> <p><b>The integumentary system</b></p> <p><b>Anatomy of the</b></p> <ul style="list-style-type: none"> <li>• <b>Ankle and foot</b></li> <li>• <b>Upper limb</b></li> </ul> <p>Practice Management:</p> <ul style="list-style-type: none"> <li>• the consultation: assessing the client's needs.</li> </ul> <p><b>Essay guidelines</b></p>	<p><b>The nervous system</b></p> <p><b>The endocrine system</b></p> <p><b>The cardiovascular system</b></p> <p><b>The respiratory system</b></p> <p><b>Anatomy of the</b></p> <ul style="list-style-type: none"> <li>• <b>back</b></li> <li>• <b>pelvis</b></li> <li>• <b>hip</b></li> </ul> <p><b>Body Analysis (Somatypes)</b></p>	<p><b>The digestive system</b></p> <p><b>The urinary system</b></p> <p><b>The lymphatic system</b></p> <p><b>The reproductive system</b></p> <p><b>Anatomy of the</b></p> <ul style="list-style-type: none"> <li>• <b>shoulder joint and girdle</b></li> <li>• <b>neck</b></li> </ul> <p><b>Assessment guidelines</b></p>
WEEKEND 5	WEEKEND 6	WEEKEND 7	WEEKEND 8
<p><b>Homeostasis:</b></p> <ul style="list-style-type: none"> <li>• <b>Calcium homeostasis</b></li> <li>• <b>Blood Sugar homeostasis</b></li> <li>• <b>Cardiovascular homeostasis</b></li> <li>• <b>Respiratory homeostasis</b></li> <li>• <b>General Adaptation Syndrome</b></li> </ul> <p><b>Stress:</b></p> <ul style="list-style-type: none"> <li>• <b>Effects on health</b></li> <li>• <b>Benefits of relaxation</b></li> </ul> <p><b>The Inflammatory Response.</b></p> <p><b>Anatomy of abdominal area.</b></p> <p><b>Group revision session</b></p>	<p><b>Mock written assessments 1+2</b> (All 11 systems of the body)</p> <p>Group revision session</p>	<p><b>Final written assessments 1</b> (Muscular, skeletal &amp; cardiovascular systems only)</p> <p>First Aid – the emergency condition</p>	<p><b>Final written assessments 2</b> (3 out of the remaining 8 systems of the body)</p> <p>Practice Management:</p> <ul style="list-style-type: none"> <li>• setting up in business</li> <li>• professionalism, ethics and code of conduct.</li> <li>• the importance of Continual Professional Development (CPD)</li> <li>• Scottish Massage Therapists Organisation (SMTO) membership and Insurance</li> </ul>