

Programme Specification and Curriculum Map

BSc (Hons) Complementary Health Sciences (Ayurveda)

1. Programme title	BSc (Hons) Complementary Health Sciences (Ayurveda)
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Programme accredited by	
5. Final qualification	BSc (Hons)
6. Academic year	2008 – 09
7. Language of study	English
8. Mode of study	Full-Time/Part-Time

9. Criteria for admission to the programme

Applications are welcomed from school leavers and mature students. The student body is diverse and varied in age, background and work and study experience. While formal educational qualifications are important, in particular evidence of in depth study of biological sciences, applicants are also assessed on the basis of their social skills, ability to communicate clearly and sympathetically, and to develop into competent and caring Ayurvedic practitioners. All applicants will therefore normally be interviewed prior to the offer of a place on the programme being made.

Normal entry requirements are:

- a minimum of two A levels (including one science subject at Grade C, preferably Biology or Human Biology) as well as a minimum of three GCSEs (grades A-C), including Mathematics, English Language and a science subject;
- or an overall pass with distinction at BTEC National Certificate or Diploma in science subjects (including passes in English and Mathematics)
- or a science based Access course which includes biology and chemistry (including evidence of equivalent studies in GCSE English and Mathematics).

Mature applicants may be accepted, but must produce evidence of recent study with knowledge of biology or human biology and will require a formal interview.

General entry requirements for the university as a whole are listed in the university undergraduate prospectus.

Applicants to the programme are encouraged to consider whether they may be eligible for APL/APEL. Successful applicants with previous study or experience may wish to join the programme with appropriate advanced standing, and may present the university with general advanced credits in science based programmes from other universities, in Ayurvedic/herbal medicine studies, or in research.

10. Aims of the programme

The overarching aim of the programme is to provide education and training to produce graduates who will be competent, safe and caring in using Ayurvedic therapies. Specifically, this programme aims to:

- provide students with a thorough preparation in the principles and applications of Ayurveda.
- underpin the Ayurvedic teaching with sufficient knowledge and understanding of current orthodox medical anatomy, physiology, pathology, pharmacology, and diagnostic processes and procedures.
- allow students to acquire the competence and experience to effectively manage patients using a range of Ayurvedic therapies, notably Ayurvedic therapeutic massage, nutritional therapy and stress management.
- ensure that students are able to provide safe, legal and ethical care for their patients using Ayurvedic therapies.
- facilitate the development of student's intellectual and imaginative powers, understanding and judgement, and problem solving and counselling skills through autonomous learning.
- assist students to become critical, analytical and reflective therapists.
- enable students to be responsible for their own personal and professional growth, through a programme of Continuous Professional Development (CPD).
- ensure students are able to utilise a holistic approach in the delivery of patient care based on the philosophy and science of Ayurveda.
- facilitate Ayurvedic research, and to enable students to utilise research findings from many disciplines in providing high-quality health care.

11. Programme outcomes	
<p>A. Knowledge and understanding</p> <p>On completion of this programme the successful student will have knowledge and understanding of :</p> <ol style="list-style-type: none"> 1. Professional, ethical and legal practice 2. Personal, professional and reflective development 3. Decision making 4. Medical Sciences 5. Eliciting an accurate diagnostic interpretation using the underpinning of medical sciences 6. Ayurvedic therapies and herbal medicine (OTC) 7. Setting up an Ayurvedic practice 	<p>Teaching/Learning Methods</p> <p>Students gain knowledge and understanding through attendance at lectures, seminars, workshops and through a variety of directed and self-directed learning activities.</p> <p>Assessment Method</p> <p>Students' knowledge and understanding is assessed by coursework, unseen exam, clinical assessment, report writing, reflective practice and dissertation.</p>
<p>B. Cognitive (thinking) skills</p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Adopt a professional perspective in practice 2. Understand concepts and principles of Ayurveda 3. Recognise the need for an holistic approach 4. Critically evaluate patient problems within the range of Ayurveda 5. Application to practice of Ayurveda therapies 6. Critically appraise research literature 	<p>Teaching/Learning Methods</p> <p>Students learn cognitive skills through problem solving, case studies, reflection and role modelling.</p> <p>Assessment Method</p> <p>Students' cognitive skills are formatively and summatively assessed by coursework, clinical assessment, examination and report writing.</p>
<p>C. Practical skills</p> <p>On completion of the programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Perform patient history taking and patient assessment based upon history taken 2. Prepare treatment and care plans appropriate as a therapist, based on Ayurvedic principles using massage, marma therapy and advice on diet, nutrition and lifestyle. 3. Demonstrate a range of clinical skills, e.g. clinical examination to elicit a diagnosis. 4. Use evidence to develop a treatment and care plan. 5. Evaluate a treatment and care plan, with follow-up. 6. Prepare a business proposal. 	<p>Teaching/Learning Methods</p> <p>Students learn practical skills through demonstration, observation, doing, feedback, experimentation and role modelling.</p> <p>Assessment Method</p> <p>Students' practical skills are assessed by clinical assessment, laboratory simulations, examination of clinical skills, report writing and reflection</p>
<p>D. Graduate Skills</p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Communication and interpersonal skills 2. Teamwork skills 3. Personal and career development plans 4. Effective learning skills 5. Competence in the use of information technology. 6. Competency in numeracy and problem solving techniques 	<p>Teaching/Learning Methods</p> <p>Students acquire graduate skills through group work and exercises, structured learning, practical work and reflection</p> <p>Assessment method</p> <p>Students' graduate skills are assessed formatively and summatively through portfolio development,</p>

coursework, clinical assessment and examination.

12. Programme structure (levels, modules, credits and progression requirements)

12.1 Overall structure of the programme

This BSc (Hons) degree programme is jointly delivered by Middlesex University and The College of Ayurveda (UK). The degree course may be studied over 3 years full-time or 5 years part-time. Study is undertaken at levels 1 to 3 and supervised clinical practice is during the summer periods of Year 1 and Year 2, and during the academic final year. The course is divided into study units called modules, each having a credit value of 30 credits and there are 14 modules altogether so that a total of 420 credits are achieved for the final award.

An innovative feature of this programme is that successful graduates will gain a BSc (Hons) Complementary Health Sciences (Ayurveda) award from Middlesex University (MU) and a Certificate in Ayurvedic Nutrition and Diet Therapy from the College of Ayurveda (UK). Graduates will be deemed competent, to practise Ayurvedic massage, marma therapy, to advise patients about Ayurvedic diet and nutrition, and to counsel them about lifestyle and stress issues – but not to prescribe medicines. Successful graduates will be able to apply for associate membership of the Ayurvedic Practitioners Association (UK).

In addition, after successful completion of Years 1 and 2 of the BSc programme, students who chose to exit can do so with named awards. After successful completion of Year 1, students who chose to exit can be awarded a Certificate in Ayurvedic Massage from the CoA, validated by Middlesex University. With this qualification, students would be deemed competent to practice Ayurvedic relaxation massage, and would be able to obtain the requisite professional insurance. In order to obtain this qualification students would be required to complete and pass 150 credits at level 1 to include all designated modules as follows; BMS1515, CMH1100, CMH1134, CMH1300 and CMH 1310.

After successful completion of Year 2 of the BSc programme, students can choose to exit with a Diploma in Ayurvedic Therapeutic Massage from the CoA, validated by Middlesex University. In gaining this certificate, students would be deemed competent to practice Therapeutic Massage including Marma therapy, and would be able to obtain the requisite professional insurance. In order to obtain this qualification students would be required to complete and pass all designated modules at level 1 as identified above, plus 150 credits at level 2 to include the following modules; CMH2100, CMH2110, IPH2222, CMH2300, CMH2310.

Graduates from the BSc (Hons) Complementary Health Sciences (Ayurveda) will have the opportunity to train to become a fully qualified Ayurvedic practitioner by applying for progression onto the Masters in Ayurvedic Medicine, also being delivered jointly by Middlesex University and The College of Ayurveda (UK). On successful completion of the one-year Postgraduate Diploma programme which includes a clinical internship in India or Sri Lanka, students will be entitled to apply to join a register as an Ayurvedic Practitioner with the Ayurvedic Medical Association. Students who continue and successfully complete a 60 credit dissertation at level will also graduate with a Masters degree in science.

Teaching on the BSc degree programme will take place during the 12 teaching weeks of each semester. Specialist Ayurvedic modules will be taught by staff of The College of Ayurveda (UK). Other modules will be taught by University lecturers. Clinical practice will be undertaken at the specified Ayurvedic Clinics.

12.2 Levels and modules		
Level 1		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: BMS1515 Human Sciences CMH1100 Introduction to Complementary & Alternative Medicine CMH1134 Professional and Skills Development CMH1300 Ayurvedic Fundamental Principles CMH 1310 Ayurvedic Clinical Practice I	There are no optional modules for this programme.	In order to progress through the Programme of study from level 1 to level 2, students are required to have successfully completed all modules at Grade 16 or above. Students also need to have met the attendance requirements outlined in the University Regulations, as well as the Programme Handbook.
Level 2		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: CMH2100 Clinical Science CMH2110 Diagnostic Skills IPH2002 Research Methods and Processes CMH2300 Ayurvedic Pharmacology and Pharmacy CMH2310 Ayurvedic Clinical Practice II	There are no optional modules for this programme.	In order to progress through the Programme of study from level 2 to level 3, students are required to have successfully completed all modules at Grade 16 or above. Students also need to have met the attendance requirements outlined in the University Regulations, as well as the Programme Handbook.
Level 3		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS

<p>Students must take all of the following: CHM3100 Nutrition and Lifestyle Management CMH3110 Professional Practice Management HSS3330 Proposition (Dissertation) CMH3300 Ayurvedic Therapeutics</p>	<p>There are no optional modules for this programme.</p>	<p>In order to graduate from the Programme students are required to have successfully completed all modules at Grade 16 or above. Students also need to have met the attendance requirements for both theory and practice outlined in the University Regulations, as well as the Programme Handbook.</p>
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12.3 Non-compensatable modules	
Module level	Module code
<i>Level 1</i>	<i>All level 1 modules are non-compensatable</i>
<i>Level 2</i>	<i>All level 2 modules are non-compensatable</i>
<i>Level 3</i>	<i>All level 3 modules are non-compensatable</i>

13. A curriculum map relating learning outcomes to modules
See Curriculum Map attached.

14. Information about assessment regulations
<p>Assessment regulations for the programme follow Middlesex University's Academic Regulations and the School's Assessment Policy. In addition, assessment regulations for the Programme are set out as follows:</p> <ul style="list-style-type: none"> • Where there is more than one component to a module assessment, students are required to achieve a Grade 16 or above, in each component, in order to pass the module. • Self deferral is NOT permitted. <p>In order to progress through the Programme, students must meet the attendance requirements of the Programme as indicated in the programme handbook.</p>

15. Placement opportunities, requirements and support

Students on the programme are required to complete a total of 300 hours of clinical practice linked to theory in years 1, 2 & 3. Clinical placement takes place under the supervision of Ayurvedic Practitioners at approved training clinics in London, Milton Keynes, Letchworth and Oxford. Clinical training will be arranged and supervised by The College of Ayurveda (UK) and students will be allocated a tutor to support their learning in the clinical environment. Students are required to keep a record of their clinic attendance and also to maintain a Reflective Practice Journal, which forms part of the student's formative assessment.

Attendance times and clinic locations will be arranged on an individual basis, taking into account both the needs of students and the availability of practitioners. The programme fees cover placement supervision, but students will be required to meet travel and other expenses involved in undertaking a placement.

16. Future careers

This programme prepares students for practice in Ayurvedic therapies with graduates deemed competent to practise Ayurvedic massage, marma therapy, and to advise patients about Ayurvedic diet and nutrition and counsel them about lifestyle and stress issues; but not to prescribe medicines. Successful graduates from the programme may take up a range of work opportunities related to Ayurvedic therapy which is a rapidly expanding area. These include practice as a massage therapist, marma therapist, Ayurvedic Nutritionist, Stress and Lifestyle counsellor in a small business, independently or with other complementary medicine practitioners, or in conjunction with other organisations including charitable and commercial organisations. In addition students may join commercial, retail, manufacturing, research, teaching and horticultural concerns related to herbal medicine.

Graduates from the BSc (Hons) Complementary Health Sciences (Ayurveda) also have the opportunity to train to become a fully qualified Ayurvedic practitioner by applying for progression onto the Masters in Ayurvedic Medicine also being delivered jointly by Middlesex University and The College of Ayurveda (UK). On successful completion of the one-year Postgraduate Diploma, which includes a clinical internship in India or Sri Lanka, students will be entitled to apply to join the register as an Ayurvedic Practitioner with the Ayurvedic Medical Association. Students who continue and successfully complete a 60 credit dissertation at level will also graduate with an MSc.

17. Particular support for learning

ILRS Facilities at Middlesex University including CAL suite and internet access; College of Ayurveda Reference Library; Access to English language and Learning Support; Biomedical laboratories at Hendon & Archway Campuses and Clinical Skills Laboratories at Archway; Herb Garden with support from a Herb Gardener; Staff from the Disabled Centre support students with disabilities; Support for modules on OASISplus; Academic advice and support; Ayurvedic practitioners at Ayurvedic Clinics; Ayurvedic pharmacy and herbarium; Kailash Centre for Oriental Medicine.

18. JACS code (or other relevant coding system)

B340

19. Relevant QAA subject benchmark group(s)

12 Subjects Allied to Medicine

20. Reference points

Ayurvedic Medical Association Code of Ethics
Ayurvedic Practitioners Association Code of Practice
European Herbal & Traditional Medicine Practitioner's Association Core Curriculum
House of Lords Select Committee on Science and Technology: Complementary and Alternative Medicine (6 Report 2000)
Middlesex University and HSSc School Learning, Teaching and Assessment Policy and Strategy
Middlesex University Regulations
The framework for higher education qualifications in England, Wales and Northern Ireland; Quality Assurance Agency for Higher Education.
Code of practice for the assurance of academic quality and standards in higher education; Quality Assurance Agency for Higher Education.

21. Other information

The programme has been designed in collaboration with the Ayurvedic Medical Association and the Ayurvedic Practitioners Association and successful graduates may join their New Members Scheme.

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the student programme handbook and the University Regulations.

Module Title	Module Code by Level	Programme outcomes																										
		A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5	B6	C1	C2	C3	C4	C5	C6	D1	D2	D3	D4	D5	D6		
Human Sciences	BMS1515				X					X	X												X		X	X	X	
Introduction to Complementary & Alternative Medicine	CMH1100	X	X						X	X	X		X											X	X			
Professional & Skills Development	CMH1134	X	X	X	X	X			X	X	X		X	X	X	X						X	X			X		
Ayurvedic Fundamental Principles	CMH1300	X	X				X		X	X	X		X											X	X			
Ayurvedic Clinical Practice 1	CMH1310	X	X	X					X		X				X	X						X	X			X	X	
Clinical Sciences	CMH2100	X			X	X			X	X					X		X								X			
Diagnostics Skills	CMH2110			X	X	X			X	X					X		X					X	X					
Ayurvedic Pharmacology and Pharmacy	CMH2300						X			X		X	X			X		X								X	X	
Ayurvedic Clinical Practice 2	CMH2310	X	X	X		X	X	X	X	X	X	X	X		X	X	X	X	X			X	X	X				
Approaches to Health & Social Care Research	IPH2222				X					X				X				X	X					X	X	X	X	
Nutrition & Lifestyle Management	CMH3100				X					X			X		X										X	X	X	
Professional Practice Management	CMH3110	X	X	X				X	X	X			X							X			X	X	X	X		X
Ayurvedic Therapeutics	CMH3300	X	X	X		X	X		X	X	X	X	X		X	X	X	X	X			X	X		X			
Dissertation	BIO3330			X						X				X				X						X	X	X	X	