



# OSTEOPATHY UNDERGRADUATE PROSPECTUS



## **The London programme**

Admissions Office  
College of Osteopaths  
13 Furzehill Road  
Borehamwood Herts  
WD6 2DG

## **Stoke-on-Trent programme**

The Osteopathy Programme  
The School of Health & Rehabilitation  
MacKay Building  
Keele University  
Staffordshire  
ST5 5BG

Photography by Ede and Ravenscroft



## Contents

Page 3	A Welcome from the College
Page 3	Is Osteopathy A Career for You?
Page 4	An Introduction to Osteopathy
Page 4	A Career in Osteopathy
Page 5A	Brief History of Osteopathy and the College of Osteopaths
Page 6	The Mission and Vision of the College of Osteopaths
Page 7	The BSc (Hons) Osteopathy Extended Pathway
Page 8	Progress Through the Course
Page 9	An Overview of the Course Content
Page 10	Clinical Teaching
Page 10	Student Welfare at the College of Osteopaths
Page 11	Entry Requirements
Page 12	Open Days
Page 12	Admissions Procedure
Page 13	The Selection Process
Page 13	Tuition Fees and Funding the Course
Page 14	The Academic Year

**The information given in this prospectus is, as far as possible, accurate at the time of publication.**

**The College authorities reserve the right to amend any of the described details without notice, if changed circumstances so require.**



## **A welcome from the College**

Thank you for your interest in the College of Osteopaths. We have been an educational establishment since 1948 and have graduated many osteopaths since then. The College is proud of its record of offering the opportunity for people from a wide background of lifestyles, countries and careers to train as osteopaths.

The College of Osteopaths offers a friendly, caring and supportive environment in which to study, where everyone is committed to helping you reach your professional goal. The course is designed for students from a wide range of age and experience. Upon completion of studies, students are awarded a BSc (Hons) in Osteopathy validated by either Middlesex or Keele University.

The College of Osteopaths remains an independent provider and as such has the autonomy to continuously monitor and develop our courses and training in the most effective way, aiming for the best delivery possible. The College of Osteopaths graduates well-trained professionals equipped to become successful osteopaths, osteopathic educational practitioners or active members within the wider professional sphere.

## **Is osteopathy a career for you?**

If you are interested in a career in osteopathy and are to get the best out of the educational opportunities which await you at the College, then you need to be both enthusiastic and possess the right personal and academic qualities. For example:

Do you like people?

Do you have a desire to help people?

Are you an effective communicator?

Are you able to relate easily to people from different age groups and backgrounds?

Do you have good physical co-ordination and manual dexterity?

Are you methodical in your thinking?

Do you enjoy problem solving?

Are you able to work both alone and as a member of a team?

Are you willing to commit yourself to five years of hard, but rewarding work?

Are you prepared to take responsibility for your own learning, making good use of the opportunities the course will provide?

If the answer to each of these questions is “yes,” then you are likely to find osteopathy an interesting and rewarding vocation.



## **An introduction to osteopathy**

Osteopathy is a system of manual medicine that focuses primarily on the musculo-skeletal system, its bio-mechanics and how tensions and restrictions throughout the body can affect physiology, homeostasis and therefore health and function.

Osteopaths use manual techniques to help restore normal movement to joints and normal tension and elasticity to muscles and other soft tissues, to aid both physical and mental well-being. Osteopathy encourages normal function and enhances the body's natural self-healing and restorative properties. Restoring mechanical and soft tissue balance benefits the structures of the body and improves the body's physiological mechanisms.

Osteopaths recognise that dysfunction in body structure and tissues can affect the functioning of the nervous, circulatory, gastro-intestinal and other body systems. This can give rise to a number of symptoms and problems such as pain, headaches, digestive and breathing problems, postural stress and emotional stress. Osteopaths can help these and many other problems.

Osteopaths consider each person as an individual. After evaluating each case and considering suitability for treatment, osteopaths use gentle stretching and mobilising techniques, exercises and health advice to remove restrictions, help reduce symptoms and improve health and quality of life. Osteopaths strive to remove the underlying causes to poor health and function and aim to encourage better long-term function for each individual patient. The scope of practice is broad and there is an area to suit the interests of every practitioner.

## **A career in osteopathy**

Osteopathy is both the largest and best established of the professions complementary to medicine. It is rapidly developing in prestige, becoming recognised as part of mainstream healthcare and developing increasingly close relationship with the medical profession. With an increasing public awareness of what osteopathy has to offer, our graduates can expect to find a strong demand for their specialised skills.

Once qualified and registered, osteopaths face the challenge of building up their own practices. Opportunities abound – for example: some of our graduates may set up on their own, whilst others may wish to be part of a complementary healthcare practice. Some osteopaths work within the NHS and others in consultancy roles to sports clubs, industry or local health authorities.

Osteopathy is overseen by a statutory self-regulatory body – the General Osteopathic Council (GOsC). Only those practitioners registered with the GOsC may practice osteopathy and call themselves osteopaths. The GOsC can be contacted at:

Osteopathy House, 176 Tower Bridge Road, London. SE1 3LU  
Telephone: 020 7357 6655

As qualified practitioners, osteopaths are required to undergo continuing professional development and courses exist to further expand clinical experience and practice proficiency.



---

### **A brief history of osteopathy and The College of Osteopaths**

---

- 1874 Osteopathy was founded in the US by Dr. Andrew Taylor Still.
- 1892 The first school of osteopathy was chartered in Kirksville, Missouri.
- 1900 Osteopathy was brought to the United Kingdom.
- 1917 John Martin Littlejohn, a student of Dr. Taylor Still, founded the first UK teaching institution. Various other schools and professional bodies were established over the following years.
- 1948 The College of Osteopaths was established, responding to the need for high quality part-time education and training in osteopathy.
- 1979 The College of Osteopaths gained charitable status becoming the College of Osteopaths Educational Trust (COET). Charity Number: 1072976.
- 1993 The Osteopaths Act was passed in Parliament. The Act made provision for the formation of a professional self-regulatory body, the General Osteopathic Council (GOsC). This would give practising osteopaths similar status to doctors and dentists and would guarantee the public an equivalent level of protection.
- 1997 The five year extended pathway College of Osteopaths course was validated by Middlesex University as a BSc (Hons) degree in Osteopathy.
- 2000 The General Osteopathic Council was established and now regulates the osteopathic profession in the UK.
- 2005 The five/six year extended pathway programme was validated by Keele University as a BSc (Hons) in Osteopathy.
-



## **The Mission and Vision of the College of Osteopaths**

### **Mission**

The College of Osteopaths is committed to producing autonomous and reflective practitioners, capable of contributing to the health care needs of an ever changing population, as well as contributing to the shape of future health care provision. The College remains faithful to meeting the educational and professional needs of a diverse range of students and remains focused in providing a challenging professionally recognised programme, underpinned by innovative research, scholarship and professional practice.

### **Vision**

Over the next five years, the College of Osteopaths will develop its role as an osteopathic school specialising in part-time provision for mature learners, committed to a socially inclusive approach to participation in higher education. We will deliver quality training programmes on our campuses in London and Keele, enabling those who choose to study at The College of Osteopaths to transform their lives and shape their own futures. We will prepare our students to be professional, skilled individuals fitted for the modern world, committed to continued professional development and able to contribute to the communities in which they live and work.



## The BSc (Hons) Osteopathy programme

London Programme In Collaboration With Middlesex University  
Stoke-on-Trent Programme In Collaboration With Keele University

The College of Osteopaths offers a five/six year extended pathway degree course which develops through three levels. Using a flexible approach to learning, it is particularly suitable for those wishing to have a career change, but who prefer to combine employment with study, rather than embark on a full time course. Students should take note that in the third, fourth and fifth year the workload (including clinical attendance) becomes more intense and many students find that they cannot carry on with full time employment in their final years. Some students may also wish to extend their training into a sixth year.

The lecture weekends are conducted at each university campus site respectively. The London programme is taught at Middlesex University's Archway Campus, Highgate Hill, (opposite the Whittington Hospital) and the Stoke-on-Trent programme at Keele University. Clinical training takes place alternately at the Borehamwood and Marylebone clinics for the London programme and at the Medical Institute at Stoke-on-Trent. Tuition is provided by a range of lecturers including experienced osteopathic practitioners and specialists in other subjects, such as pathology and clinical methods. The syllabus encompasses a complete training in the philosophy, principles and practice of osteopathy, equipping graduates for a successful professional career. All osteopathic Colleges are now regulated by the General Osteopathic Council, which ensures educational standards and accredits individual College's courses.

The course takes place over **18** weekends each year and consists of seminars, lectures, workshops and practical sessions. The taught course is combined with distance learning packages, self-directed study and coursework. Students are expected to spend approximately 15 hours per week on these self-directed activities.

Students are also required to attend 1200 hours of clinical study over the course of the five years. The degree of BSc (Hons) Osteopathy is awarded on graduation, and all students are required to apply to the General Osteopathic Council for registration, in order to enter onto the Register of Osteopaths and be able to practice.

Alternatively, if the student is unable to complete the course, there are opportunities to withdraw from the programme but still obtain an interim Higher Education qualification. The qualification gained is dependant on the modules completed, and on the validating university.



## Progression through the course

The course is organised in three levels, with six or seven modules in each level. Theoretical knowledge and skills are increasingly applied and integrated within a clinical context as the student progresses. The table below indicates the key components of each level / module and shows how they develop across the curriculum.

<p><b>LEVEL ONE</b>  <b>Clinical Osteopathy (1)</b>            An introduction to clinic and osteopathic philosophy and principles</p> <p><b>Supportive Skills</b>            Communication, self-reflection, IT and learning skills to support learning throughout the course</p> <p><b>Tissue Dynamics</b>            Human biomechanics</p> <p><b>Form &amp; Function</b>            Anatomy and physiology</p> <p><b>Function &amp; Dysfunction</b>            Tissue movement, integrated anatomy and palpation</p> <p><b>Osteopathic Skills</b>            Palpation, soft tissue examination and treatment</p>	<p><b>LEVEL TWO</b>  <b>Clinical Osteopathy (2)</b>            Clinical skills, through attendance at the teaching clinic</p> <p><b>Natural Therapeutics</b>            Diet, nutrition, naturopathy, complementary care systems, healthcare philosophy</p> <p><b>Exploration &amp; Analysis</b>            Examination and evaluation of joints and body tissues, using a variety of techniques, focusing on palpation skills</p> <p><b>Dysfunction &amp; Disease</b>            Epidemiology, pathological processes and disease profiles</p> <p><b>Osteopathic Principles in Practice</b>            Osteopathic principles, underpinning scientific concepts and hypotheses. Scope and limits to osteopathic practice. Case history and examinations skills. Case exploration .</p> <p><b>Clinical Osteopathy (3)</b>            Clinical skills through attendance at teaching clinic</p>	<p><b>LEVEL THREE</b>  <b>Clinical Osteopathy (4)</b>            Integration of clinical skills, through attendance at the teaching clinic</p> <p><b>Analysis of Dysfunction &amp; Disease</b>            Differential Diagnosis and clinical examination skills</p> <p><b>Integration &amp; Reflection</b>            Integrated osteopathic care</p> <p><b>Professional Practice</b>            Professional regulation, critical self-reflection, autonomous life-long learning, business and accounting skills, interprofessional communication</p> <p><b>Research Skills</b>            Research methodology, hypothesis testing, statistics, audit</p> <p><b>Research Dissertation</b>            Research project            Module:</p> <p><b>Clinical Osteopathy (5)</b>            Integration of clinical skills through attendance at the teaching clinic</p> <p><b>ELECTIVE MODULES (for postgraduate study)</b>            Visceral Osteopathy            Cranial Osteopathy            Naturopathy            Paediatric Osteopathy</p>
---	--	--



## **An overview of the course content**

### **CORE SCIENCES**

Regional and functional anatomy  
Physiology  
Biomechanics  
Embryology  
Neuroanatomy and neurophysiology  
Clinical sciences, medical pathology and differential diagnosis  
Imaging techniques

### **PRACTICAL SKILLS**

Interpersonal skills  
Manual handling and dexterity and palpatory awareness  
Osteopathic examination and technique  
Patient handling in different clinical scenarios  
Awareness of patient needs

### **CLINICAL SKILLS**

Clinical observation  
Teamwork  
Critical self-reflection  
Case history taking, examination strategies and case management skills  
Patient re-evaluation, short term and long term care strategies  
Patient referral and self-care  
Clinical emergency management  
Practice management

### **CONCEPTS, PRINCIPLES AND PHILOSOPHY**

History and philosophy of osteopathy  
Principles in theory and practice  
Orthodox and complementary healthcare systems, contrasts and comparisons to osteopathy  
Nutrition and natural therapeutics  
Integrated osteopathic approaches



## **Clinical teaching**

Clinical teaching is a large and important component of the course, with students being required to spend 1200 hours in the clinic during their five years at the College. The time requirement per year increases as students gain more theoretical knowledge and skills, which they then need to apply in practice. Clinical observations start in year one and 'hands on' clinical responsibility starts within year three.

Throughout the course the students have a steadily increasing exposure to and responsibility for patients in the clinical setting. Often a student's first contact with patients in the clinic can be a little challenging as one gets used to taking responsibility and the College makes every effort to support students as they learn the necessary skills. By the end of their clinical training, students will be competent in all aspects of osteopathic patient management. They will have become critically reflective practitioners and demonstrate the ability to be caring, creative and proficient in professional practice. All standards of training at the College of Osteopaths are in accordance with the criteria laid down by the General Osteopathic Council.

The main clinical training occurs in London at both the Borehamwood and Marylebone clinics and at Stoke-on-Trent at the Medical Institute. In Addition to the general osteopathic clinic, students also gain experience in the College's areas of specialized care through our Children/Baby's Sports and Orthotics clinics.

## **Student Welfare at the College of Osteopaths**

Although the College actively encourages a mix of school-leavers and mature students, it has always had a predominance of mature students. The welfare of students from all backgrounds is very important to staff and we strive to be as supportive as possible to everyone both during their time at the College and as alumni. Many of our ex-students come back to teach either in the academic programme or within the clinic and so they understand and appreciate the stresses and strains of a modern osteopathic course.

The College is fully committed to encouraging a friendly and caring community amongst the staff and student body. This commitment together with the help and the facilities of our collaborative universities provides a strong and effective student support structure.

The College has an administration department at both geographic locations, which serves as the main point of contact with students. There is a system of educational support officers (ESO's), personal tutors, a student liaison officer, link tutors and student representatives to aid communication.

There is a good network of internal communication between staff and students through personal contact, telephone fax and e-mail. The College values (and acts upon) feedback from students. There are regular internal meetings within the College and bi-annual meetings with University representatives, where students are represented. The College can also help with details of local hotels/bed and breakfast facilities and details of GPs and dentists, should the need arise.



## Entry Requirements

The College of Osteopaths is committed to and experienced in enabling adult learners to achieving a degree in osteopathy. The diverse skills, knowledge and experience of applicants with non-traditional backgrounds will therefore be considered. The minimum entry requirements below are therefore given as guidance only:

---

### Minimum Entry Requirements for BSc (Hons) Osteopathy

---

- a) 5 GSCE (grades A to C) /GCE subjects including Maths and English and 2 Advanced Level qualifications

**Or**

vocational equivalents (preferably in science subjects) or

- b) A BTEC National Diploma in a relevant subject

**Or**

a degree awarded by a British University, a CNAAB, or an equivalent qualification acknowledged by the CNAAB, or

- c) An Access to HE Certificate/Diploma or relevant OU modules or Scottish/Irish Highers, preferably including passes in science subjects.

---

The College also recognises equivalent international qualifications such as the International Baccalaureate, and degrees from other disciplines.

Students applying without minimum entry requirements or non-scientific qualifications may be offered the opportunity to complete College's Foundation Course.

If you are unsure about your qualifications or experience, please contact the Admissions Office for advice.

Short-listed applicants are invited for an interview based on the information supplied on their application forms. The interview allows the College to assess the personal qualities of the applicants and gives the candidates the opportunity to highlight their strengths and abilities.

## Open Days



The College of Osteopaths holds a number of open days in the autumn, spring and summer of each year, where prospective students are invited to meet and mingle freely with students and staff, view the facilities, take part in some osteopathic and anatomical exercises and attend talks and presentations.

If you wish to attend an open day, please complete the on-line request form which can be found on the College's website: [www.collegeofosteopaths.ac.uk](http://www.collegeofosteopaths.ac.uk) or email:

[admin@collegeofosteopaths.ac.uk](mailto:admin@collegeofosteopaths.ac.uk) for details of Open Days for the **London** programme or [osteopathy@shar.keele.ac.uk](mailto:osteopathy@shar.keele.ac.uk) for Open Days for the **Stoke-on-Trent** programme.



## **Admissions procedure**

Applicants are required to complete and return an application form which can be downloaded from the College website or completed on-line.

### **A completed application consists of the following items:**

- Application Form.
- Disclaimers Form.
- Equal Opportunities Form.

### **Applicants are also required to provide:**

- Two references.
- Four passport sized photos.
- Copies of examination certificates
- Criminal Records Bureau (CRB) documentation **from** September 2008 onwards (prior to acceptance on the programme)

### **Immigration Status**

- All students **must bring a current passport to their interview.**
- For UK citizens only without a valid passport please bring National Insurance Card and full Birth Certificate.
- Please ***do not*** bring copies - **we must see originals.**

### **Address for postal applications:**

London programme	Admissions Office College of Osteopaths 13 Furzehill Road Borehamwood, Herts WD6 2DG
Stoke-on-Trent programme	The Osteopathy Programme The School of Health & Rehabilitation MacKay Building Keele University Staffordshire ST5 5BG



## **The selection process**

Suitable candidates are invited for interview on the basis of the information submitted on their application form. As the course attracts many adult learners looking for career changes, and those with non-traditional qualifications, past work experience, personal attributes and achievements form an essential part of the interview process.

## **Tuition fees & funding the course**

Fees are maintained at the lowest practical level and are payable either in one lump sum in advance (by end August), by two instalments (September and January), or by one third (in September) followed by eight equal instalments on standing order. Fees for the academic year 2010/2011 are £5,200 per annum. In addition students will be required to purchase certain key text books, osteological specimens, stationery, clinic coats and some clinical equipment throughout the course.

### **Special Note:**

While the Trustees will attempt to maintain the current fee level, they may have to review this for subsequent years.

### **Bursaries – The London programme only**

The College is able to offer a bursary for eligible students on the London programme. For 2010/2011 it is £400, but the amount is variable. Students should budget to pay full fees.

### **Professional and Career Development Loans**

Professional and Career Development Loans are bank loans that can be used to help pay for work related learning. You can borrow between £300 and £10,000 to help support the cost of up to two years of learning (or three years if it includes one year's relevant unpaid practical work). The Young People's Learning Agency will pay the interest on the loan while you are learning and for one month afterwards. The loan can be used to pay course fees or other costs such as travel and living expenses. You can also use the loan to supplement other forms of support such as grants or bursaries.

Because the Professional and Career Development Loan is a commercial loan product, they should only be considered as an option once all other student funding options have been investigated.

For further information on financial assistance to support your learning, please visit [www.direct.gov.uk/adultlearning](http://www.direct.gov.uk/adultlearning) or contact Careers Advice 0800 100 900.

If you have any queries, please email [PCDLproviders@ypla.gov.uk](mailto:PCDLproviders@ypla.gov.uk) or telephone the helpline number 0845 000 0045

### **Charitable Organisations**

The 'Educational Grants Directory' and 'The Grants Register' give details of charitable organisations that may be willing to help with finance. Charities do not often give money to individuals so students are advised to look carefully at the 'Policy of Trustees' and 'Type of Beneficiary' sections. These publications can be found in any public library.



### **Osteopathic Educational Foundation**

This organisation offers help to students mainly in their final year(s) of study. Details about the fund and student eligibility, can be obtained from the College Administrative Offices

### **Alternatives**

Some students finance themselves through personal savings or donations from friends and relatives. The nature of the extended pathway allows students to continue to earn a living as they study.

### **The Academic Year**

The main academic year for both programmes commence in September and consists of 18 teaching weekends, divided into two semesters, finishing in late June. **The London programme has an additional Fast-track January intake of students**, who can complete year one of the programme by August of the same year, ready to start year two in September.

The Borehamwood clinic is open six days a week (including three evenings), throughout the year (Saturdays only when there is not a teaching weekend). The Keele clinic is currently open for three days a week.

THE INFORMATION GIVEN IN THIS PROSPECTUS IS AS FAR AS IS POSSIBLE, ACCURATE AT THE TIME OF PUBLICATION. THE COLLEGE AUTHORITIES RESERVE THE RIGHT TO AMEND ANY OF THE DESCRIBED DETAILS, IF CHANGED CIRCUMSTANCES SO REQUIRE



**THE COLLEGE OF OSTEOPATHS**

**MIDDLESEX PROGRAMME**

**DATES FOR TEACHING WEEKENDS ACADEMIC YEAR 2010/11**

**2010**

04/05 September  
02/03 October  
30/31 October  
27/28 November

18/19 September  
16/17 October  
13/14 November  
11/12 December

**2011**

08/09 January (last weekend of 1<sup>st</sup> Semester)

**2<sup>nd</sup> Semester, 2011**

29/30 January  
26/27 February  
26/27 March  
07/08 May  
11/12 June

12/13 February  
12/13 March  
09/10 April  
21/22 May

**GRADUATION EVENT (MIDDX & KEELE)  
SATURDAY, 25<sup>th</sup> SEPTEMBER, 2010**



## THE COLLEGE OF OSTEOPATHS

### KEELE PROGRAMME

#### DATES FOR TEACHING WEEKENDS ACADEMIC YEAR 2010/11

##### **2010**

11/12 September  
16/17 October  
06/07 November  
04/05 December

25/26 September  
23/24 October  
20/21 November  
11/12 December

##### **2011**

08/09 January (last weekend of 1<sup>st</sup> Semester)

##### **2<sup>nd</sup> Semester, 2011**

05/06 February  
05/06 March  
02/03 April  
14/15 May  
11/12 June

19/20 February  
19/20 March  
16/17 April  
28/29 May

**GRADUATION EVENT (MIDDX & KEELE)  
SATURDAY, 25<sup>th</sup> September , 2010**