

# **What to expect when you study Osteopathy with the College of Osteopaths:**

The programme is designed to ensure that you meet the learning outcomes essential to graduate as an Osteopath and apply for registration with the General Osteopathic Council.

The following document outlines some of the ways we will deliver the 'Learning Outcomes' and Osteopathic Practice Standards and aims to help you understand what you can expect from the course. The document also outlines some of the expectations that the College has of you, as a learner, on a programme which leads to a professional qualification.

## **General:**

- Flexibility and adaptability are important aspects of part-time study.
- Study will be by a blended approach, consisting of onsite, in-person sessions and online virtual sessions.
- Lecturers and college staff are 'guides' who will facilitate your learning journey. You must be prepared to be proactive in your learning and manage your own study schedule.

## **Home Study:**

Lectures only account for a small proportion of your learning time. A 20-credit module will equate to approximately 200 hours of study. Some of these hours will be in-class learning or online virtual learning and the remainder will be home study.

It is expected that you will complete between 1-2 hours of home study per day.

## **Face to Face Lectures:**

Please come prepared for your lectures. Bring with you any requested notes and make sure you have completed any pre-lecture reading. Electronic devices are allowed in class.

Punctuality, preparation and participation are key to success.

## **Zoom and/or Teams Lectures:**

Try to ensure as far as possible that the session will not be overheard and that you have the privacy in place to engage with the lecture.

Please ensure you have a suitable workspace set up at home, preferably in a quiet area where you are less likely to be disturbed.

Check you have a suitable internet connection. You may need to use an internet booster or ethernet cable.

Remember the same etiquette and mutual respect applies online as it would in the classroom. For more information on participating in Zoom and/or Teams lectures, please take a look at the [Online Teaching Policy](#)

### **Practical Sessions:**

All practical work is carried out in a safe space and everyone's dignity is upheld at all times.

- Students will be expected to undress in the classroom. Although colleagues and lecturers will be respectful, please be aware that there will not be any specific changing areas or screens.
- All students will be expected to participate as models unless there is a specific medical reason for having to sit out of a particular session.
- Practical sessions will involve locating relevant landmarks and tissues on all members of the class, including all genders. For all examinations and techniques, students will need to act as both the practitioner and the patient. Close person to person contact is an essential element of Osteopathy.
- As we are working on each other, excellent hygiene is expected.
- During a practical session, students are divided into pairs and the pairs are expected to alternate so students can work on different body types.
- Please wear suitable underwear that covers intimate areas but that still enables your fellow students to carry out a thorough assessment. Comfy clothing that is easy to remove would be sensible to wear between the practical sessions.
- For the majority of examinations and techniques, female students will need to undress to bra (can be a sports bra) and shorts (mid-thigh). Males should not wear boxer shorts.
- Remember, students have to fulfil both roles, observe and be observed, practice and be practiced on.

### **Virtual Clinic:**

The College's virtual clinic is designed to help students develop personal and interpersonal (clinician and patient) skills in the professional practice of osteopathy. The clinical scenarios presented during each session of the clinic support students in acquiring and expanding clinical skills and integrating it with the academic knowledge presented at teaching weekends.

The Virtual Clinic **is in addition** to scheduled weekend teaching and generally takes place in the evenings. Hours attained by attending the virtual clinic go towards your overall clinic hours for Year 1.

### **Teaching Clinic (in-person):**

There will be a (virtual) clinic induction prior to attendance at one of the teaching clinics. However, you should note:

- Attendance at the teaching clinic **is in addition** to the scheduled weekend teaching and takes place during the week with the option for alternative Saturday attendance when a teaching weekend is not running.
- That there are no individual changing areas for students. Students can use individual clinic rooms to get changed at the start and end of the day.
- Students work on patients of all ages, different gender identities, ethnicities, who have various cultural or religious beliefs, and body types. You will also be supervised by a male or female clinic tutor.
- Practising treatment techniques, physical examination, etc. and participation in clinical workshops may mean that you need to undress and are demonstrated or practised on by clinical tutors or students of either gender.
- Whilst we value the experience that people may have gained in other therapeutic disciplines, treatment given in clinic will be Osteopathic.
- Students cannot be treated in the teaching clinics. If you require Osteopathic treatment you will need to select an Osteopath from the GOsC register.

### **Assessments:**

There are a number of different assessments during the duration of the degree programme. These range from presentations to written exams to essays to practical assessments. These assessments may take place at a teaching weekend, in the evening, or during the week. Clinical assessments generally take place during the week when the Clinics are open. This means that you may have to take additional time away from your employment to attend these assessments. All assessment dates will however be provided at the start of term so you are able to plan ahead.

### **To conclude:**

Please remember that whilst the Osteopathy programme with the College of Osteopaths is a part-time course, it is a degree course and will be hard work. Students are expected to do a significant amount of self-study and prepare effectively for teaching weekends.

We aim however to create a fun and engaging learning environment and will fully support you in your journey from student to Osteopath.