



# Applicant Pre-reading

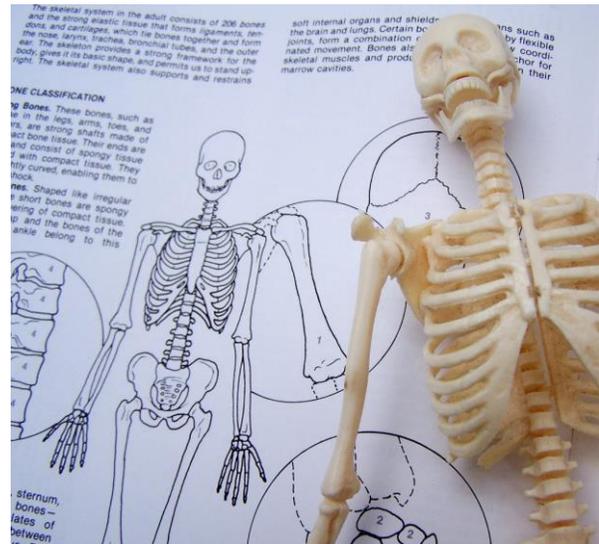
TO HELP YOU PREPARE FOR ENTRY INTO YEAR 0  
OF THE MCHIRO PROGRAMME

MChiro (Hons) | September 2017 entry

## Introduction

This is the suggested reading for you to do before you start your studies on the chiropractic programme in September. This reading is intended to help you prepare for your studies and by doing this you should find the first few weeks a little bit easier.

For each unit listed below the unit leaders have put together some reading from web resources, or from books that you will need for the course. They have also listed “Learning outcomes” which outline what you should know, or be able to do, once you have completed the reading. It is recommended that you look at these learning outcomes before you start the reading so that you know what you are aiming for!



## UNIT 001 & 002 HUMAN BIOLOGY & PHYSIOLOGY I & II

The pre-reading for these units comes from Marieb, E.N. and Hoehn, K., 2016. Human Anatomy and Physiology. 10th ed. Harlow: Pearson Education Ltd.

### Reading

Unit 1, Chapter 2 Chemistry Comes Alive, Part 1, pages 43 – 55.

### Learning outcomes

After completing this reading you should be able to....

1. List the four most common elements that make up the human body.
2. Understand the difference between an atom and an ion.
3. Explain what a molecule is.
4. Define ionic, covalent and hydrogen bonding.
5. Understand different types of reaction: synthesis, decomposition and exchange and oxidation – reduction.

## Reading

Unit 1, Chapter 2 Chemistry Comes Alive, Part 2, pages 58-74.

## Learning outcomes

After completing this reading you should be able to....

1. Define acid and alkali (or base), what pH is and why it is important in living cells.
2. Explain the role of dehydration (or condensation) reactions in organic reactions.
3. Describe the building blocks and structure of carbohydrates, lipids, proteins and nucleic acids.
4. Explain what an enzyme is and the importance of enzyme activity in living cells.
5. Define ATP.

## UNIT 003 INTRODUCTION TO CHIROPRACTIC

## Reading

Please read 2 publications produced by the GCC (General Chiropractic Council)

1. [What can I Expect when I See a Chiropractor?](#)
2. [Student Fitness to Practise: Guidance for Students](#)

Both of these can be found on the web-site ([www.gcc-uk.org](http://www.gcc-uk.org))

## Learning outcomes

After completing this reading you should....

1. Be aware of how chiropractors are expected to behave and what they are expected to do when assessing and treating a new patient.
2. Be aware of the standards of behaviour required of chiropractic students and note that these apply as soon as you join the course.
3. Become aware of the role of the GCC in regulating chiropractors, chiropractic students and chiropractic colleges in the UK. For the next 5 years you will work under these rules, even if you do not intend to work in the UK when you graduate.

## Additional reading

It will also be useful to have a look through the *Anatomy Colouring Book by Kapit and Elson* (4<sup>th</sup> or 5<sup>th</sup> edition) which is used in this unit and other units in year 0.

## UNIT 004 CLINICAL PROBLEM SOLVING

### Reading

Chapter 1, pages 1-26, from Bickley, L.S. and Szilagy, P.G., 2017. Bates' pocket guide to physical examination and history taking. 8th ed. Philadelphia, Pennsylvania, USA: Wolters Kluwer.

### Learning outcomes

After completing this reading you should be able to....

1. Define what clinical problem solving is and why it is important.
2. Recognise and appreciate the principles of identifying a clinical problem.
3. Recognise the steps of clinical problem solving.

## UNIT 005 TRANSFERABLE SKILLS

### Reading

Chapter 1, pages 9-34 from Cottrell, S. 2013. The Study Skills Handbook. 4th ed. Basingstoke: Palgrave Macmillan.

### Learning outcomes

You should think about....

1. What studying at the AECC might be like
  - a. How do you think university education will differ from school level education?
  - b. What worries you most about university?
  - c. How will you overcome these worries?
  - d. What excites you most about university?
  - e. Will these things have an impact on your education?
2. What it means to be an independent learner? How will being an independent learner differ from your previous education?
3. What can you do to be the best learner, ready to start your training as a chiropractor?

## UNIT 006 HEALTH CONCEPTS

The unit Health Concepts I focuses on **promoting health and preventing disease**. It consists of three elements: Health Improvement, Fundamentals of Nutrition in Health and Psychology in Health.

This clinically orientated unit will explore the influence of lifestyle factors on maintaining health, and particularly, the roles that physical activity and good nutrition can play. It will also explore the role chiropractors can/should play in health promotion.

With the current challenges, which health care systems face worldwide, such as more people living with long-term disease and increasing health care costs, topics related to promoting health and preventing disease are frequently covered in the media.

### Reading

To prepare yourself for this unit, you are encouraged to **follow media coverage** on the topics of health promotion and disease prevention.

### Learning outcomes

After completing this reading you should be able to....

1. Discuss the necessity of promoting health and preventing disease in societies
2. Identify national and international health promotion campaigns aiming at changing behaviour of individuals (for example, increasing physical activity, improving nutrition, and reducing smoking, alcohol intake and mental stress)
3. Identify some of the factors that challenge behaviour change. What will make individuals change their behaviour(s) to improve their health in the long term?

Enjoy your summer and  
we look forward to seeing  
you in September!

