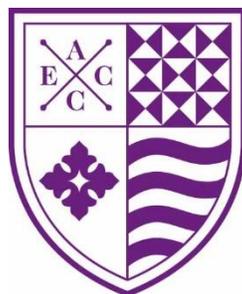




Applicant Pre-reading

TO HELP YOU PREPARE FOR ENTRY INTO GATEWAY
OF THE MCHIRO (HONS) PROGRAMME

MChiro (Hons) | September 2020 entry

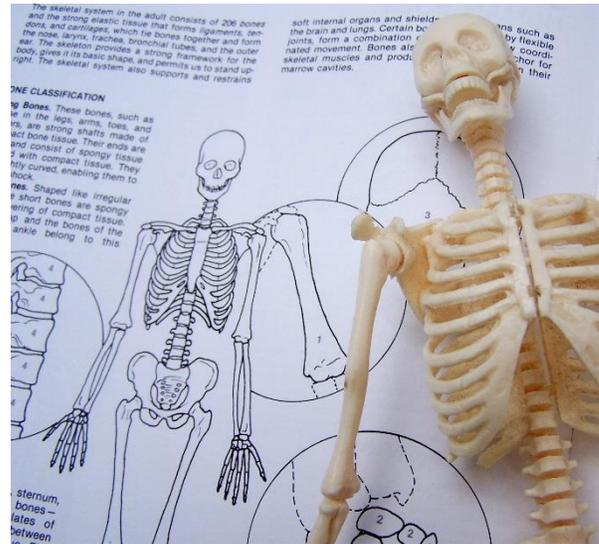




Introduction

This is the suggested reading for you to do before you start your studies on the Gateway to Chiropractic programme in September. This reading is 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. They have also listed "Learning outcomes" which outline what you should know, or be able to do, once you have completed the reading. We recommend that you look at these learning outcomes before you start the reading so that you know what you are aiming for. Please note that you are not expected to buy all of the books and you may be able to find some of the information elsewhere.



Please note only Units that run in Semester 1 have pre-reading listed below.

UNIT 001 INTRO TO CELLULAR AND TISSUE BIOLOGY

The pre-reading for this unit comes from Marieb, E.N. and Hoehn, K., 2016. Human Anatomy and Physiology. 10th ed. Harlow: Pearson Education Ltd. This is the textbook that Dr Taylor recommends for Human Biology & Physiology I & II. If you feel a bit rusty on the Science, going back to GCSE level can be a really good idea. The BBC Bitesize content is excellent to recap areas you may not have studied for a while. <https://www.bbc.co.uk/bitesize>



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.

Further 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 002 HUMAN PHYSIOLOGY

PLEASE NOTE UNIT 002 RUNS IN SEMESTER 2 ONLY

UNIT 003 REFLECTIVE WORK-BASED LEARNING

NO PRE-READING REQUIRED FOR THIS UNIT



UNIT 004 INTRODUCTION TO CLINICAL HEALTHCARE

Reading

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.

Use the NHS Live Well website to start seeing the aspects of health and wellbeing that matter. <https://www.nhs.uk/live-well/>

By understanding what aspects of our health we can change, we can start to see how we will be able to influence our patients to make lifestyle choices and changes to promote health.

You can also look at the latest health news on this site: <https://www.nhs.uk/news/>. Read up on some of the articles that interest you and think about how the media promotes health.

Learning Outcomes

After completing this reading, you should be able to;

1. Recognise lifestyle changes and behaviours that effect health.
2. Recognise and appreciate the role the media has in promoting health behaviours and choices
3. Recognise that physical and mental health impact wellbeing of ourselves and our patients.
4. 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)

UNIT 005 INTRO TO HEALTH RESEARCH

PLEASE NOTE UNIT 005 RUNS IN SEMESTER 2 ONLY



UNIT 006 ACADEMIC SKILLS FOR HE

READING

Whether you are returning to study, or have come straight from college, getting into studying at university can be a challenge. This Unit is designed to help you know your strengths and areas for improvement and give you the skills you need to succeed. UCAS have some excellent study guides online to help with the transition to University level study. <https://www.ucas.com/undergraduate/student-life/study-skills-guides> Alternatively if you prefer a book try this one: 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 007 FOUNDATIONS IN CHIROPRACTIC

Professionalism Element Reading

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

1. <https://www.gcc-uk.org/chiropractic-standards/seeing-a-chiropractor-for-the-first-time>

2. [https://www.gcc-uk.org/assets/publications/Student FtP Guidance for students 2018.pdf](https://www.gcc-uk.org/assets/publications/Student_FtP_Guidance_for_students_2018.pdf)

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. Have an awareness of student fitness to practice in your studies.
3. Have an awareness of basic boney surface landmarks of the skull, spine, pelvis and scapular.

Practical Skills Element Reading

For the hands-on part for this Unit, Field's Anatomy, Palpation and Surface Markings by Field and Hutchinson (5th ed) is recommended. This book is available as an electronic book from the library. Semester 1 will cover surface anatomy of the posterior skull, spine, pelvis and scapular.

You may also like to look through the *Anatomy Coloring Book by Kapit and Elson* (4th or 5th edition) which is useful in other units in year 0 as well.



AECC
University College

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

