



## MChiro Year 1 - Introduction

In your first year there will be a great deal of emphasis on the core human sciences. You will be introduced to the anatomy and physiology of the human body that is essential for chiropractors. You will start to gain an understanding of the clinical biomechanics of how the body works. You will be introduced to the basics of history taking and physical examination of a patient. You will be taught to recognise what is considered within the normal range of examination findings.

### UNIT 4001 - CLINICAL CHIROPRACTIC I

This unit aims to develop your basic cognitive and psychomotor skills relevant to examination of the spine and extremities, and an understanding of what is 'normal'.

You will be introduced to the functional assessment of the spine and extremity joints. You will develop a basic understanding of patient centred care, effective communication and professionalism and apply those in history taking of a current complaint. You will be required to demonstrate basic patient assessment skills in the clinician-patient encounter and identify common contraindications to chiropractic care.

### UNIT 4002 - EVIDENCE BASED CLINICAL REASONING I

This unit aims to provide you with learning opportunities to apply knowledge gained in other units to a wide range of clinical scenarios. You will be provided with a focused environment for student-centred exploration of issues requiring discussion, collaboration, and reasoned decision-making. This unit will allow you to develop a basic approach to problem solving and acquire the rudimentary skills of clinical reasoning. You will be introduced to the basic concepts of evidence-based practice and the research skills required, including developing clinical questions and searching for appropriate evidence. The learning from this unit forms a central thread of your clinical training, future clinical practise and aims to contribute to the development of skills for lifelong learning.

### UNIT 4003 - PROFESSIONALISM AND PSYCHOLOGY

This unit aims to identify and explain the attitudes required of chiropractor's requirements of through student fitness to practice, the responsibilities of chiropractors and the duty of care associated with the practice of chiropractic. In addition, it will identify and explain the nature of chiropractic in today's multidisciplinary healthcare environment with reference to relevant historical context. You will develop your understanding of professionalism through examination of the personal and co-operative attributes of healthcare professionals, including self-awareness, ethical practice, and respect for patients, concordance, teamwork and social responsibility. During this unit you will learn to effectively communicate with patients in a professional manner and demonstrate an ability to perform history taking and physical examination skills in a clinical environment. You will also develop your skills and technical competencies required to perform psychosocial interventions and instil an understanding of the importance of clear communication between the practitioner and patient in all encounters.



## **UNIT 4004 - HUMAN STRUCTURE AND FUNCTION I**

This unit aims to develop your understanding of the gross anatomy of the human spine. You will also develop your understanding of the gross anatomy and physiology of the thoracic, abdominal, and pelvic cavities. During this unit you will be introduced to the structure and functions of the spinal cord, peripheral nerves, and the autonomic nervous system.

## **UNIT 4005 - HUMAN STRUCTURE AND FUNCTION II**

This unit aims to develop your understanding of the gross anatomy and functional relationships of the upper and lower limbs. You will be required to integrate knowledge of normal 3-dimensional anatomy to 2-dimensional investigative images of the upper and lower limbs. You will develop your appreciation of the biomechanical properties of select tissues pertinent to the study and professional application of chiropractic. Through this unit you will develop your basic understanding of neuro-muscular physiology and immunology. An important part of this unit will be the development of your knowledge of anatomy, physiology, and biomechanics using clinical scenarios to highlight the relationships between these areas of study and emphasize their clinical relevance.

## **UNIT 4006 - PUBLIC HEALTH AND HEALTH PROMOTION**

This unit aims to develop your understanding of public health, including health promotion and working within multidisciplinary clinical environments. You will explore the diverse factors that can influence health, including how people change their behaviour through the use of a biopsychosocial, patient-centred approach to health and wellbeing. During this unit you will be made aware of the skills and competences required to promote the holistic health and wellbeing of individuals, groups, and communities. An emphasis will be placed on the benefits of behaviour change, lifestyle modification, exercise, and physical activity in healthy and unhealthy populations. You will learn how to promote and improve areas such as nutrition, stress management, physical activity, and exercise for the promotion of health and wellbeing.