

# NATIONAL DIPLOMA: SOMATOLOGY

## Qualification code: NDSY97 - NQF Level 6

Campus where offered: Arcadia Campus

### Important notification to new applicants:

Students who intend to enrol for this qualification for the first time in 2017 or thereafter, should note that it will not be possible to continue with any Baccalaureus Technologiae as from 2020, since it is being replaced by qualifications aligned with the newly-implemented Higher Education Qualification Sub-Framework. Potential students are advised to consult the University's website for any new qualifications which might not be published in this Prospectus.

## REMARKS

a. *Admission requirement(s) and selection criteria:*

### • FOR APPLICANTS WHO OBTAINED A SENIOR CERTIFICATE BEFORE 2008:

#### **Admission requirement(s):**

A Senior Certificate or an equivalent qualification with at least a D symbol at Standard Grade for English and Biology, Physiology, Physical Science or Mathematics. Subjects with an E symbol at Higher Grade will also be considered.

#### **Recommended subjects:**

Biology, Mathematics, Physical Science, and Physiology.

#### **Selection criteria:**

Applicants may be required to write an academic proficiency test, however all applicants will be interviewed by a departmental selection panel for a final selection.

#### **Assessment procedures:**

- Applicants with an APS of 24 and more will be considered for admission without an academic proficiency test, but will be interviewed by a departmental selection panel.
- Applicants with a score of 18 to 23 will be required to write an academic proficiency test and will be interviewed by a departmental panel.

### • FOR APPLICANTS WHO OBTAINED A NATIONAL SENIOR CERTIFICATE IN OR AFTER 2008

#### **Admission requirement(s):**

A National Senior Certificate with a bachelor's degree or a diploma endorsement, or an relevant qualification, with an achievement level of at least 3 for English (home language or first additional language) and 3 for Mathematics or 4 for Mathematical Literacy and 3 for Life Sciences or 3 for Physical Sciences.

#### **Recommended subjects:**

None.

#### **Selection criteria:**

To be considered for this qualification, applicants must have an Admission Point Score (APS) of at least **18** (with Mathematics) or **19** (with Mathematical Literacy).

#### **Assessment procedures:**

- Applicants with an APS of 24 and more will be considered for admission without an academic proficiency test, but will be interviewed by a departmental selection panel.
- Applicants with a score of 18 (or 18 with Mathematics) to 23 will be required to write an academic proficiency test and will be interviewed by a departmental panel.



- b. *Minimum duration:*  
Three years.
- c. *Presentation:*  
Day classes.
- d. *Intake for the qualification:*  
January only.
- e. *Exclusion and readmission:*  
See Chapter 2 of Students' Rules and Regulations.
- f. *Recognition of Prior Learning (RPL), equivalence and status:*  
See Chapter 30 of Students' Rules and Regulations.
- g. *Theory and practical:*  
Before students may enrol for the next level, they must pass both the practical and theoretical components of Biotics I, II and III, and Soma Techniques I, II and III. Students must attend at least 85% of both the practical and theoretical classes of those two subjects. Should a student fail to attend 85% of the classes, permission to sit for the final practical and theoretical examinations may be denied. Should a student be physically unable to carry out the practical component, permission to continue with this qualification may be refused.
- h. *Textbooks:*  
Textbooks will be required.
- i. *Uniforms:*  
A specific uniform is compulsory and must be purchased by the student. Students who do not wear their uniforms will be refused access to classes.
- j. *Projects and assignments:*  
Students will be expected to undertake projects and assignments in some of the subjects.
- k. *Subject credits:*  
Subject credits are shown in brackets after each subject.

Key to asterisks:

- \* The subject Soma Techniques III (STH300T) must be taken simultaneously with Soma Techniques Project II (STP200T); alternatively, Soma Techniques III (STH300T) must already have been completed before Soma Techniques Project II (STP200T) may be taken.

## CURRICULUM

### FIRST YEAR

CODE	SUBJECT	CREDIT	PREREQUISITE SUBJECT(S)
AES110T	Aesthetics I	(0,100)	
APY140B	Anatomy and Physiology I	(0,130)	
BTS100T	Biotics I	(0,150)	
COS100B	Communication Skills I	(0,080)	
NUT100T	Nutrition I	(0,100)	
SCI100T	Science I	(0,140)	
STH100T	Soma Techniques I	(0,300)	
TOTAL CREDITS FOR THE FIRST YEAR:		<b>1,000</b>	

### SECOND YEAR

CODE	SUBJECT	CREDIT	PREREQUISITE SUBJECT(S)
APY220T	Anatomy and Physiology II	(0,120)	Anatomy and Physiology I



BNP110C	Business Practice I	(0,100)	
BTS200T	Biotics II	(0,150)	Biotics I
NUT210B	Nutrition II	(0,100)	Nutrition I
SCI200T	Science II	(0,130)	Science I
SOS100T	Socio-Psychology I	(0,100)	
STH200T	Soma Techniques II	(0,300)	Soma Techniques I

TOTAL CREDITS FOR THE SECOND YEAR: **1,000**

### THIRD YEAR

CODE	SUBJECT	CREDIT	PREREQUISITE SUBJECT(S)
ABS300T	Applied Biological Sciences III	(0,100)	Anatomy and Physiology II Science II
BNP200T	Business Practice II	(0,100)	Business Practice I
BTS300T	Biotics III	(0,150)	Biotics II
NUT320B	Nutrition III	(0,100)	Nutrition II
SOS200T	Socio-Psychology II	(0,100)	Socio-Psychology I
STH300T	Soma Techniques III*	(0,300)	Soma Techniques II Science II
STP200T	Soma Techniques Project II*	(0,150)	

TOTAL CREDITS FOR THE THIRD YEAR: **1,000**

TOTAL CREDITS FOR THE QUALIFICATION: **3,000**

### SUBJECT/MODULE INFORMATION (OVERVIEW OF SYLLABUS)

The syllabus content is subject to change to accommodate industry changes. Please note that a more detailed syllabus is available at the Department or in the study guide that is applicable to a particular subject/module. On 01 August 2017, the syllabus content was defined as follows:

#### A

#### **AESTHETICS I (AES110T) 1 X 3-HOUR PAPER AND PRACTICAL**

*(Subject custodian: Department of Pharmaceutical Sciences)*

History of make-up, current make-up techniques, corrective make-up, evening make-up, photographic make-up, day make-up, make-up for different skin colours, make-up for the aged skin, hairstyles, client cards, make-up products, eyebrow shaping. Principles of colour and form. (Total tuition time: not available)

#### **ANATOMY AND PHYSIOLOGY I (APY140B) 1 X 3-HOUR PAPER**

*(Subject custodian: Department of Biomedical Sciences)*

Introduction to homeostasis. Basic body topography. Cytology (cell membrane, membrane transport mechanisms, cytoplasm, cell cycle). Histology (epithelial tissues, connective tissues). Dermatology (epidermis, dermis, hair, nails, glands, pigmentation, acid mantle). Osteology (compact bone, cartilage tissue, skeletal macrostructure, classification of joints, synovial joints). Myology (muscle contraction physiology, muscle metabolism, skeletal muscle location and actions). Cardiovascular system (heart, blood vessels, blood pressure, blood tissue, hemostasis). Lymphatic system (lymph vessels, lymphatic organs, lymph flow). Immunology (non-specific resistance mechanisms, specific immunity concepts). (Total tuition time: ± 100 hours)

#### **ANATOMY AND PHYSIOLOGY II (APY220T) 1 X 3-HOUR PAPER**

*(Subject custodian: Department of Biomedical Sciences)*

The skin, sensory organs, lymphatic system and immunology, digestive system, metabolism and nutrition. Excretory organs, urinary system, fluids and electrolytes, reproductive, endocrine and respiratory systems. Practical work. (Total tuition time: ± 100 hours)



**APPLIED BIOLOGICAL SCIENCES III (ABS300T)****1 X 3-HOUR PAPER****(Subject custodian: Department of Pharmaceutical Sciences)**

Microbiology, hygiene, introduction to pharmacology, introduction to pathology. (Total tuition time: not available)

**B****BIOTICS I (BTS100T)****1 X 3-HOUR PAPER AND PRACTICAL****(Subject custodian: Department of Pharmaceutical Sciences)**

Components of well-being, movement, applied anatomy, anthropometry, aerobic programming and injury prevention. Practical: aerobic participation, body analysis and music planning. (Total tuition time: not available)

**BIOTICS II (BTS200T)****1 X 3-HOUR PAPER AND PRACTICAL****(Subject custodian: Department of Pharmaceutical Sciences)**

Anthropometry, physiology of exercise and energy systems. Practical: anthropometry, aerobics, step, toning and stretching classes. (Total tuition time: not available)

**BIOTICS III (BTS300T)****1 X 3-HOUR PAPER AND PRACTICAL****(Subject custodian: Department of Pharmaceutical Sciences)**

Injuries, stress management, exercise and pregnancy, fitness evaluation. Practical: advanced aerobics and callisthenics classes, fitness evaluation, gymnasium equipment, personal training and prenatal and postnatal exercise. (Total tuition time: not available)

**BUSINESS PRACTICE I (BNP110C)****1 X 3-HOUR PAPER****(Subject custodian: Department of Management and Entrepreneurship)**

Introduction to the business world, marketing orientation, non-verbal and verbal communication, written business communication, professional ethics, selling techniques, sales administration. (Total tuition time: not available)

**BUSINESS PRACTICE II (BNP200T)****1 X 3-HOUR PAPER****(Subject custodian: Department of Management and Entrepreneurship)**

Identifying market opportunities, locating the clinic, product and service strategy, pricing strategy, advertising, sales promotions, public relations, legal aspects. (Total tuition time: not available)

**C****COMMUNICATION SKILLS I (COS100B)****1 X 3-HOUR PAPER****(Subject custodian: Department of Applied Languages)**

Writing and letter-writing skills for the somatology industry. Oral presentation and demonstration skills. (Total tuition time: not available)

**N****NUTRITION I (NUT100T)****1 X 3-HOUR PAPER****(Subject custodian: Department of Hospitality Management)**

Study of the chemical structure, metabolism and physiological functions of each nutrient, as well as the interaction of nutrients in the body. (Total tuition time: not available)

**NUTRITION II (NUT210B)****1 X 3-HOUR PAPER****(Subject custodian: Department of Hospitality Management)**

Application of basic nutritional knowledge gained in the first year regarding energy metabolism, planning of nutritionally balanced meals and the nutrition of specific age groups. Basic knowledge of the modification of the normal diet when planning therapeutic menus. (Total tuition time: not available)

**NUTRITION III (NUT320B)****1 X 3-HOUR PAPER****(Subject custodian: Department of Hospitality Management)**

Factors influencing dietary patterns. Dietary habits of ethnic, religious and other groups in Southern Africa. Nutrition and the food industry. Consumer education. (Total tuition time: not available)



**S**

- SCIENCE I (SCI100T)** **1 X 3-HOUR PAPER**  
(*Subject custodian: Department of Chemistry*)  
Weight and measures, nature of matter, two-phase preparations, properties of solids, liquids and gases, heat, water, saponification, acids, bases, salts, neutralisation, oils, fats, waxes, starches, gums, gels, resins, synthetic mucilages, colours, lakes, pigments and dyes. Cosmetology practical. (Total tuition time: not available)
- SCIENCE II (SCI200T)** **1 X 3-HOUR PAPER**  
(*Subject custodian: Department of Chemistry*)  
Electricity, light, sound. Classification of cosmetic preparations. Mask, make-up cosmetics, nail products and bath preparations. Organic chemistry. Cosmetology practical. (Total tuition time: not available)
- SOCIO-PSYCHOLOGY I (SOS100T)** **1 X 3-HOUR PAPER**  
(*Subject custodian: Department of Pharmaceutical Sciences*)  
Personality development, intelligence, emotion, motivation. Sociology. Family systems, society and culture. Development psychology. The adolescent, mature, middle-aged and aged client. (Total tuition time: not available)
- SOCIO-PSYCHOLOGY II (SOS200T)** **1 X 3-HOUR PAPER**  
(*Subject custodian: Department of Pharmaceutical Sciences*)  
Abnormal psychology: frustration, conflict, stress, neurosis and pathological manifestations. Basic principles and handling techniques. (Total tuition time: not available)
- SOMA TECHNIQUES I (STH100T)** **1 X 3-HOUR PAPER AND PRACTICAL**  
(*Subject custodian: Department of Pharmaceutical Sciences*)  
Safety, hygiene and sterilisation. Record-keeping. Skincare and products. Skin diseases and disorders. Facial treatments, and electrical apparatus. Manicure, pedicure, waxing and body massage. Students are required to attend and pass all product training and workshops. Students may be required to do community service. (Total tuition time: not available)
- SOMA TECHNIQUES II (STH200T)** **2 X 2-HOUR PAPER AND PRACTICAL**  
(*Subject custodian: Department of Pharmaceutical Sciences*)  
Facial treatments. Body treatments. Epilation techniques, Reflexology, aromatherapy. Students are required to attend and pass all product training workshops and to do a certain amount of community service. (Total tuition time: not available)
- SOMA TECHNIQUES III (STH300T)** **2 X 3-HOUR PAPER AND PRACTICAL**  
(*Subject custodian: Department of Pharmaceutical Sciences*)  
Lymph drainage, reflexology, aromatherapy, specialised facial treatments, complementary therapies, skin diseases and hereditary diseases, different kinds of therapies, new developments and spa therapies. Students are required to attend and pass all product training and workshops. (Total tuition time: not available)
- SOMA TECHNIQUES PROJECT II (STP200T)** **WORK-INTEGRATED LEARNING**  
(*Subject custodian: Department of Pharmaceutical Sciences*)  
Various techniques and their application. Co-operative learning at an approved spa, health clinic, hospital or on campus. (Total tuition time: not available)

