

## NATIONAL DIPLOMA: SOMATOLOGY

Qualification code: NDSY97 - NQF Level 6

Campus where offered: Arcadia Campus (day classes)  
Last year of new intake: 2018  
Teach-out (phase-out) date: 31 December 2022

Students registered for this qualification should complete their studies according to the teach-out date prescribed for the qualification, subject to the stipulations of Regulation 3.1.11 and 3.1.13 in the Students' Rules and Regulations.

Information on phased-out programmes can be obtained from the TUT website, [www.tut.ac.za](http://www.tut.ac.za).

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

Consult the 2018 Faculty Prospectus for the full contents of the qualification.

#### 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:		<b>1,000</b>	

#### 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 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. On 01 August 2018, the syllabus content was defined as follows:

### A

**AESTHETICS I (AES110T) 1 X 3-HOUR PAPER AND PRACTICAL ASSESSMENT**  
*(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 ASSESSMENT**  
*(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 ASSESSMENT**  
*(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 ASSESSMENT**  
*(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 post-natal 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 ASSESSMENT****(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 PAPERS AND PRACTICAL ASSESSMENT****(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 PAPERS AND PRACTICAL ASSESSMENT****(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)

