

## DIPLOMA IN SOMATIC THERAPY

Dip (Somatic Therapy) - NQF Level 6 (360 credits)

**Qualification code: DPST19**

SAQA ID: 100987, CHE NUMBER: H16/14297/HEQSF

Campus where offered:

Arcadia Campus

### REMARKS

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

Please take note that all completed applications received within the published due dates will be ranked. After consideration of the Departmental Student Enrolment Plan, only the top ranking applicants will be selected. Once a programme is full, a waiting list will be in place to provide an opportunity for applicants to fill places of those who did not register on time. Applicants will be informed of their status per official letter from the Office of the Registrar, alternatively, they can check their application status on the TUT website, [www.tut.ac.za](http://www.tut.ac.za).

• **FOR APPLICANTS WITH A SENIOR CERTIFICATE OBTAINED BEFORE 2008:**

**Admission requirement(s):**

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

**Selection criteria:**

To be considered for this qualification, applicants must have an Admission Point Score (APS) of at least **22**.

• **FOR APPLICANTS WITH A NATIONAL SENIOR CERTIFICATE OBTAINED IN OR AFTER 2008:**

**Admission requirement(s):**

A National Senior Certificate with a bachelor's degree or a diploma endorsement, or an equivalent qualification, with an achievement level of at least 4 for English (home language or first additional language), and 4 for Mathematics or Technical Mathematics or 5 for Mathematical Literacy and 4 for Life Sciences.

**Selection criteria:**

To be considered for this qualification, applicants must have an Admission Point Score (APS) of at least **22** (with Mathematics or Technical Mathematics) or **23** (with Mathematical Literacy). Life Orientation is excluded from the APS calculation.

b. *Assessment procedure(s):*

**For 2023:**

Applicants with a score of 22 and more will be considered for admission.

**As from 2024:**

- Applicants with a score of 22 to 23 will be required to write a TUT potential assessment test and will be interviewed by a departmental panel.
- 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.

The APS will contribute 50% to the final admission score and the interview will contribute 50%. A minimum score of 5/10 will be required of the candidate to be successful in the interview and students with the highest scores might be selected. Please note that meeting the minimum requirements does not guarantee admission.



- c. *Recognition of Prior Learning (RPL), equivalence and status:*  
See Chapter 30 of Students' Rules and Regulations.
- d. *Intake for the qualification:*  
January only.
- e. *Presentation:*  
Day classes.
- f. *Minimum duration:*  
Three years.
- g. *Exclusion and readmission:*  
See Chapter 2 of Students' Rules and Regulations.
- h. *WIL in Somatic Therapy I and II:*  
See Chapter 5 of Students' Rules and Regulations.

## CURRICULUM

### FIRST YEAR

CODE	MODULE	NQF-L	CREDIT	PREREQUISITE MODULE(S)
11P105X	Communication for Academic Purposes	(5)	(10)	
APS105D	Anatomy and Physiology I	(5)	(12)	
CPL105X	Computer Literacy	(5)	(10)	
HCT105D	Holistic and Complementary Therapy I	(5)	(24)	
INI125D	Information Literacy I (block module)	(5)	(2)	
LF1125X	Life Skills I (block module)	(5)	(2)	
NUT105D	Nutrition I	(5)	(12)	
SET105D	Somatic Exercise Therapy I	(5)	(12)	
SOR105D	Science for Occupational Purpose I	(5)	(12)	
STT105D	Skilled Touch Principles and Techniques I	(5)	(24)	
TOTAL CREDITS FOR THE FIRST YEAR:			<b>120</b>	

### SECOND YEAR

CODE	MODULE	NQF-L	CREDIT	PREREQUISITE MODULE(S)
APS206D	Anatomy and Physiology II	(6)	(12)	Anatomy and Physiology I
BSP206D	Business Practice I	(6)	(12)	
HCT206D	Holistic and Complementary Therapy II	(6)	(24)	Anatomy and Physiology I Holistic and Complementary Therapy I Nutrition I
NUT206D	Nutrition II	(6)	(12)	Nutrition I
SET206D	Somatic Exercise Therapy II	(6)	(12)	Somatic Exercise Therapy I
SOP206D	Socio-Psychology I	(6)	(12)	
STT206D	Skilled Touch Principles and Techniques II	(6)	(24)	Anatomy and Physiology I Nutrition I Skilled Touch Principles and Techniques I



WSM206D	WIL in Somatic Therapy I	(6)	(12)	Holistic and Complementary Therapy I Skilled Touch Principles and Techniques I Somatic Exercise Therapy I
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TOTAL CREDITS FOR THE SECOND YEAR: **120**

### THIRD YEAR

CODE	MODULE	NQF-L	CREDIT	PREREQUISITE MODULE(S)
BSP306D	Business Practice II	(6)	(12)	Business Practice I
GMI306D	General Microbiology I	(6)	(12)	Anatomy and Physiology II Science for Occupational Purpose I
GPA306D	General Pharmacology	(6)	(12)	Anatomy and Physiology II Science for Occupational Purpose I
HCT306D	Holistic and Complementary Therapy III	(6)	(15)	Anatomy and Physiology II Holistic and Complementary Therapy II Nutrition II
NUT306D	Nutrition III	(6)	(12)	Nutrition II
SOP306D	Socio-Psychology II	(6)	(12)	Socio-Psychology I
STT306D	Skilled Touch Principles and Techniques III	(6)	(15)	Anatomy and Physiology II Nutrition II Skilled Touch Principles and Techniques II
WSM306D	WIL in Somatic Therapy II	(6)	(30)	Holistic and Complementary Therapy II Skilled Touch Principles and Techniques II Somatic Exercise Therapy II WIL in Somatic Therapy I
TOTAL CREDITS FOR THE THIRD YEAR:			<b>120</b>	
TOTAL CREDITS FOR THE QUALIFICATION:			<b>360</b>	

## 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 module. At time of publication, the syllabus content was defined as follows:

### A

#### **ANATOMY AND PHYSIOLOGY I (APS105D)**

**1 X 3-HOUR PAPER**

*(Module custodian: Department of Biomedical Sciences)*

This module prepares the student to demonstrate informed understanding of the core areas of human anatomy and physiology. To understand key anatomical structures, locations, physiology terms, concepts, medical related facts, and the general principles of the organisation of the human body. (Total notional time: 120 hours)

#### **ANATOMY AND PHYSIOLOGY II (APS206D)**

**1 X 3-HOUR PAPER**

*(Module custodian: Department of Biomedical Sciences)*

This module prepares the student to demonstrate detailed knowledge of the human body's cellular and chemical organisation, the principles of support and movement, the control and maintenance of the human body through the various organ systems, and pathophysiology of the organ systems. (Total notional time: 120 hours)



**B****BUSINESS PRACTICE I (BSP206D)****1 X 3-HOUR PAPER****(Module 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 notional time: 120 hours)

**BUSINESS PRACTICE II (BSP306D)****1 X 3-HOUR PAPER****(Module 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 notional time: 120 hours)

**C****COMMUNICATION FOR ACADEMIC PURPOSES (11P105X)****1 X 3-HOUR PAPER****(Module custodian: Office of the Executive Dean)**

A workable knowledge of English is an essential skill for any graduate who is required to conduct themselves successfully in a professional working environment. This module will equip students with the competencies required to compose a selection of written texts related to communicating both internally and externally within a professional environment. In addition, the module includes strategies that are essential for the effective communication in various situations, including small groups to avoid unproductive conflict, a multicultural context, etc. (Total notional time: 100 hours)

**COMPUTER LITERACY (CPL105X)****CONTINUOUS ASSESSMENT****(Module custodian: End User Computing Unit)**

This module provides students with foundational knowledge in computing fundamentals, essential digital skills in key applications based on MS Office Suite and network basics (i.e. MS Outlook and Internet). Online exams are mapped with End-User Computing: SAQA 49077 (61591) Core Element as well as Internet and Computing Core Certification (IC3). (Total notional time: 100 hours)

**G****GENERAL MICROBIOLOGY I (GMI306D)****1 X 3-HOUR PAPER****(Module custodian: Department of Biotechnology and Food Technology)**

An area of study which focuses on the scientific study of unicellular organisms and colonies, and subcellular genetic matter and their ecological interactions with human beings and other life. Includes instruction in microbial genetics, cell biology, cell physiology, virology, pathogenic microbiology, environmental microbiology, immunology, biostatistics, bioinformatics, and laboratory methods including microscopy. (Total notional time: 120 hours)

**GENERAL PHARMACOLOGY (GPA306D)****1 X 3-HOUR PAPER****(Module custodian: Department of Pharmaceutical Sciences)**

Acquire detailed knowledge and understanding of the basic principles of pharmacology, common organ system conditions and their treatment, transdermal delivery and drugs used to treat common skin conditions. (Total notional time: 120 hours)

**H****HOLISTIC AND COMPLEMENTARY THERAPY I (HCT105D)****1 X 3-HOUR PAPER AND PRACTICAL EXAMINATION****(Module custodian: Department of Pharmaceutical Sciences)**

Application of somatic skills and competencies to conduct an analysis of the body, face and general health and perform the appropriate somatic treatments. Applying somatic treatments in health and wellness, body therapies and dermal therapies. Skills to incorporate hygienic practices, relevant professional products, adequate home-care, nutritional and lifestyle guidelines to restore and maintain health. (Total notional time: 240 hours)



**HOLISTIC AND COMPLEMENTARY THERAPY II (HCT206D)****1 X 3-HOUR PAPER AND PRACTICAL EXAMINATION****(Module custodian: Department of Pharmaceutical Sciences)**

Application of skills and competencies in somatic treatments such as holistic health management, advanced body therapies and advanced dermal therapies. Applying knowledge in somatic treatments relating to a multidisciplinary, holistic approach working alongside other health care providers to restore and maintain health. Identifying integrative and medical treatment options available for somatic conditions that affect physical health, apply electrotherapy aimed at weight management, provide lifestyle advice and home care support. Performing advanced cosmeceutical dermal treatments to improve skin disorders/conditions and perform level 1 cosmetic micro-pigment implantation. (Total notional time: 240 hours)

**HOLISTIC AND COMPLEMENTARY THERAPY III (HCT306D)****1 X 3-HOUR PAPER AND PRACTICAL EXAMINATION****(Module custodian: Department of Pharmaceutical Sciences)**

Recognise and identify physical and emotional conditions suitable for holistic, preventative and remedial therapy and understand the use of holistic and complementary therapy in health. Knowledge in health and wellness such as complementary medicine, complementary medicine techniques and cosmetic micro-pigment implantation. Basic knowledge in stress and distress and therapies and techniques to promote relaxation in order to maintain health, wellbeing and lead a productive lifestyle. Apply different relaxation techniques and perform cosmetic micro-pigment implantation on the eyes and lips. (Total notional time: 150 hours)

**I****INFORMATION LITERACY I (INI125D)****CONTINUOUS ASSESSMENT****(Module custodian: Directorate of Library and Information Services)**

Introduction of information literacy. Development of a search strategy and application of a search string to search engines and academic databases. Evaluation of information sources. Ethical and legal use of information. (Total notional time: 20 hours)

**L****LIFE SKILLS I (LFI125X)****CONTINUOUS ASSESSMENT****(Module custodian: Directorate of Student Development and Support)**

Personal, socio-emotional and academic skills development for students in higher education. This module includes: 1. Intra- and interpersonal skills (e.g. emotional intelligence, relationships, and conflict management); 2. General study skills (e.g. time management, goal setting, learning styles); 3. Health and wellness (e.g. HIV/AIDS, GBV issues, substance abuse); 4. Student life and adjustment (e.g. identity development, adjusting to a higher education environment); and 5. Financial management. (Total notional time: 20 hours)

**N****NUTRITION I (NUT105D)****1 X 3-HOUR PAPER****(Module 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 notional time: 120 hours)

**NUTRITION II (NUT206D)****1 X 3-HOUR PAPER****(Module 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 notional time: 120 hours)

**NUTRITION III (NUT306D)****1 X 3-HOUR PAPER****(Module 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 notional time: 120 hours)



**SCIENCE FOR OCCUPATIONAL PURPOSE I (SOR105D)****1 X 3-HOUR PAPER****(Module custodian: Department of Chemistry)**

The role and importance of chemistry in everyday life. Classification and properties of matter. Atoms, molecules and ions. General properties of aqueous solutions and reactions in aqueous solutions. Motion. Forces. Energy and power. Density. Pressure. Temperature and heat. Basic Electricity. Basic Magnetism. Waves. (Total notional time: 120 hours)

**SKILLED TOUCH PRINCIPLES AND****1 X 3-HOUR PAPER AND PRACTICAL EXAMINATION****TECHNIQUES I (STT105D)****(Module custodian: Department of Pharmaceutical Sciences)**

This module prepares the student to demonstrate skills and competencies to conduct an assessment of the physical and emotional state of the client and perform the appropriate massage technique. Apply knowledge in massage treatments such as Swedish massage, thermal, hydro and mechanical massage, aromatherapy and reflexology. Skills to incorporate hygienic practices, relevant professional products, adequate home-care, nutritional and lifestyle guidelines (Total notional time: 240 hours)

**SKILLED TOUCH PRINCIPLES AND****1 X 3-HOUR PAPER AND PRACTICAL EXAMINATION****TECHNIQUES II (STT206D)****(Module custodian: Department of Pharmaceutical Sciences)**

This module prepares the student to demonstrate skills and competencies to conduct an assessment of the physical and emotional state of the client and perform the appropriate massage therapy treatments. Apply knowledge in massage therapy treatments such as massage techniques for therapeutic and non-therapeutic purposes, advanced aromatherapy, advanced reflexology and sports massage. Skills to incorporate hygienic practices, relevant professional products, adequate home-care, nutritional and lifestyle guidelines. (Total notional time: 240 hours)

**SKILLED TOUCH PRINCIPLES AND****1 X 3-HOUR PAPER AND PRACTICAL EXAMINATION****TECHNIQUES III (STT306D)****(Module custodian: Department of Pharmaceutical Sciences)**

This module prepares the student to demonstrate skills and competencies to conduct and perform the appropriate massage therapy within their scope of practice and that adhere to Occupational Health and Safety regulations and professional ethics. Apply knowledge in massage therapy such as holistic health management, Manual Lymph Drainage and Advanced Sports Massage. Skills to incorporate hygienic practices, relevant professional products, adequate home-care, nutritional and lifestyle guidelines. (Total notional time: 150 hours)

**SOCIO-PSYCHOLOGY I (SOP206D)****1 X 3-HOUR PAPER****(Module custodian: Adelaide Tambo School of Nursing Science)**

Apply knowledge, skills and attitudes in psychology to effectively, and professionally interact with individuals, families and communities, throughout their life span, in a variety of work, therapeutic and health care settings. (Total notional time: 120 hours)

**SOCIO-PSYCHOLOGY II (SOP306D)****1 X 3-HOUR PAPER****(Module custodian: Adelaide Tambo School of Nursing Science)**

Knowledge of psycho-social sciences, throughout the life span, in a variety of work environments, therapeutic and health care settings and communities in response to population needs. (Total notional time: 120 hours)

**SOMATIC EXERCISE THERAPY I (SET105D)****1 X 3-HOUR PAPER AND PRACTICAL EXAMINATION****(Module custodian: Department of Pharmaceutical Sciences)**

This module prepares the student to demonstrate skills and competencies to conduct a somatic analysis of the body and perform the appropriate somatic exercise therapy within their scope of practice and that adhere to Occupational Health and Safety regulations and professional ethics. Apply somatic exercise therapy such as health maintenance, body assessment and measurements and appropriate exercise therapy for specific physical benefit. Provided with skills to incorporate hygienic practices, relevant professional products, adequate home-care, nutritional and lifestyle guidelines. (Total notional time: 120 hours)



**SOMATIC EXERCISE THERAPY II (SET206D) 1 X 3-HOUR PAPER AND PRACTICAL EXAMINATION**  
**(Module custodian: Department of Pharmaceutical Sciences)**

This module prepares the student to demonstrate skills and competencies to conduct a fitness and health evaluation of the body and perform the appropriate somatic exercise treatments related to health management, body assessment and body therapy. Gain insight into exercise physiology in health maintenance and effectively identify and perform various types of exercise activities designed and prescribed for specific physical benefit. (Total notional time: 120 hours)

**W**

**WIL IN SOMATIC THERAPY I (WSM206D)**

**WORK-INTEGRATED LEARNING**

**(Module custodian: Department of Pharmaceutical Sciences)**

Simulated learning on campus which prepares the student to integrate academic learning and real-life experience with its application at the university as part of the fulfilment of the learning programme towards a qualification. (Total notional time: 120 hours)

**WIL IN SOMATIC THERAPY II (WSM306D)**

**WORK-INTEGRATED LEARNING**

**(Module custodian: Department of Pharmaceutical Sciences)**

Work-based learning to integrate academic learning and real-life experience at an approved hospital, health clinic or medical clinic as part of the fulfilment of the learning programme towards a qualification. (Total notional time: 300 hours)

