

## SCHEME OF WORK APPLICATION FORM

For each ITEC qualification, the lecturer/centre must complete a Scheme of Work for each unit indicating how the lecturer is planning to cover the ITEC syllabus throughout the course.

Set out the planned sessions in terms of *Learning Outcomes* to be achieved. These should match those stated within the ITEC syllabus for each unit. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the syllabus.

**Unit Title: Unit 823 - Provide Body Electrotherapy Treatments**

**Lecturer(s) responsible:**

**Total contact tuition hours proposed: 104**

Learning Outcomes	Lecture Content	Suggested Resources	Approx Hours
<b>Introductory session</b>	College rules and regulations College mission statement ITEC rules and regulations Health & Safety Timetable Dates . holidays etc. Syllabus Recommended books Uniform	Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course	
<b>1. Be able to prepare for body treatments using electrotherapy</b>			
Prepare themselves, client and work area for body electrotherapy treatments	~ Preparation of working area ~ Equipment ~ Products ~ Work wear ~ Personal appearance and behavior ~ Hygiene e.g. sterilizing/sanitising tools and equipment ~ Client for treatment ~ Client care and modesty	OHP/Whiteboard Lecture Q&A Homework Test	40
Use suitable consultation techniques to identify treatment objectives	~ Suitable area ~ Positive body language ~ Positioning of the client ~ Communication skills ~ Professionalism ~ Contraindications and contra-actions ~ Treatment plan ~ Products used ~ Consent ~ Confidentiality ~ Client's signature		
Carry out body analysis and relevant tests	~ Height ~ Weight ~ Body measurements É Posture check É Muscle tone test É Body fat É Fluid retention É Body mass index (BMI) É Tactile test É Thermal test		
Provide clear recommendations to the client	~ The outcome of the body analysis ~ Diet ~ Smoking ~ Alcohol ~ Central heating ~ Air conditioning ~ Stress ~ Sleep ~ Exercise ~ Fresh air ~ Occupation ~ Lifestyle ~ Current regime		

Select products, tools and equipment to suit client treatment needs, body types and conditions	<ul style="list-style-type: none"> <li>~ Couch or chair ~ Trolley ~ Stool ~ Towels</li> <li>~ Blanket ~ Additional support if appropriate</li> <li>~ Headband ~ Bedroll ~ Robe ~ Disposable slippers ~ Disinfecting fluid ~ Tissues ~ Cotton wool ~ Sponges ~ Gloves ~ Spatulas ~ Bowls</li> <li>~ Mask brushes ~ Gauze ~ Sterilising solution</li> <li>~ UV cabinet ~ Autoclave ~ Chemical immersion equipment ~ Waste disposal</li> <li>Electrical equipment as follows: <ul style="list-style-type: none"> <li>~ Electro muscle stimulator (EMS) (Faradism)</li> <li>~ Galvanism ~ Microcurrent ~ Vacuum suction (lymphatic drainage) ~ High frequency</li> <li>~ Infrared ~ Mechanical massage/Vibrator treatments(G5)</li> </ul> </li> </ul>		
Describe salon requirements for preparing themselves, the client and work area	<ul style="list-style-type: none"> <li>~ Any particular rights, restrictions and Acts applicable to body electrotherapy treatment</li> <li>~ Code of practice/ethics ~ Insurance and professional association membership</li> <li>~ Record keeping ~ Professional appearance</li> </ul>		
Describe the environmental conditions suitable for body electrotherapy treatments	<ul style="list-style-type: none"> <li>~ Lighting ~ Heating ~ Ventilation ~ Noise levels ~ Available space ~ Music ~ General hygiene ~ Waste disposal ~ Décor</li> <li>~ Equipment ~ Privacy ~ Reception areas</li> <li>~ General use/treatment areas ~ Safety aspects</li> </ul>		
Describe the different consultation techniques used to identify treatment objectives	<ul style="list-style-type: none"> <li>~ Positive body language ~ Positioning of the client (no barriers between themselves and client) ~ Good communication skills (asking open and/or closed questions where appropriate)</li> <li>~ Verbal and non-verbal communication</li> </ul>		
Explain the importance of carrying out a detailed body analysis and relevant tests	<ul style="list-style-type: none"> <li>~ Identifying client's body type and needs</li> <li>~ Thermal test ~ Tactile test</li> <li>~ Contraindications ~ Scope of treatment(s)</li> <li>~ Aftercare advice ~ Home care advice</li> </ul>		
Describe how to select products, tools and equipment to suit client treatment needs, body types and conditions	<ul style="list-style-type: none"> <li>~ Couch or chair ~ Trolley ~ Stool ~ Towels</li> <li>~ Blanket ~ Additional support if appropriate</li> <li>~ Headband ~ Bedroll ~ Robe ~ Disposable slippers ~ Disinfecting fluid ~ Tissues ~ Cotton wool ~ Sponges ~ Gloves ~ Spatulas ~ Bowls</li> <li>~ Mask brushes ~ Gauze ~ Sterilising solution</li> <li>~ UV cabinet ~ Autoclave ~ Chemical immersion equipment ~ Waste disposal</li> <li>Electrical equipment as follows: <ul style="list-style-type: none"> <li>~ Electro muscle stimulator EMS (Faradic) ~ Galvanic</li> <li>~ Microcurrent ~ Vacuum suction ~ Infra red</li> <li>~ Mechanical massage/vibrator treatments</li> </ul> </li> </ul>		



<b>2 Be able to provide body treatments using electrotherapy</b>			
<p>Communicate and behave in a professional manner</p> <p>Follow health and safety working practices</p> <p>Position themselves and client correctly throughout the treatment</p> <p>Use products, tools, equipment and techniques to suit client's treatment needs, body type and conditions</p>	<p>             ÉChecking consultations and contraindications ÉExplaining the treatment to the client ÉBenefits, limitations and co-operation required ÉHelping the client onto the couch prior to and off the couch after the treatment ÉPositioning the client correctly ÉSanitising client's hands/feet as appropriate ÉSanitising own hands as appropriate throughout treatment ÉProtecting the client's modesty at all times ÉEnsuring that all parts of the client are covered except the area being treated ÉEnsuring that the client is comfortable ÉUsing appropriate covered supports ÉAdapt the body electrotherapy treatments to suit the needs of the client ÉEnsuring client does not stand on floor with bare feet ÉClient care ÉCommunication ÉCorrect posture, hygiene and a professional approach to the client throughout treatment           </p> <p>             ÉFire Precautions Act ÉHealth &amp; Safety at Work Act ÉHealth and Safety (First Aid) Regulations ÉThe Management of Health &amp; Safety at Work Regulations ÉThe Workplace (Health, Safety &amp; Welfare) Regulations ÉThe Manual Handling Operations Regulations ÉThe Personal Protective Equipment at Work Regulations ÉThe Provision and Use of Work Equipment Regulations ÉThe Control of Substances Hazardous to Health Regulations (COSHH) ÉThe Electricity at Work Regulations ÉReporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) ÉDisability Discrimination Act ÉData Protection Act ÉAdhere to all safety precautions and manufacturers' instructions           </p> <p>             ÉPositioning of the client ÉClient comfort ÉApplication of the treatments ÉBody therapist self-care           </p> <p>             ~ Couch or chair ~ Trolley ~ Stool ~ Towels ~ Blanket ~ Additional support if appropriate ~ Headband ~ Bedroll ~ Robe ~ Disposable slippers ~ Disinfecting fluid ~ Tissues ~ Cotton wool ~ Sponges ~ Gloves ~ Spatulas ~ Bowls ~ Mask brushes ~ Gauze ~ Sterilising solution ~ UV cabinet ~ Autoclave ~ Chemical immersion equipment ~ Waste disposal Electrical equipment as follows: ~ Electro muscle stimulator EMS (Faradic) ~ Galvanic           </p>	<p>OHP/Whiteboard Lecture Q&amp;A Handout: Homework Test:</p>	<p>64</p>

Complete the treatment to the satisfaction of the client	~ Microcurrent ~ Vacuum suction ~ Infra red ~ Mechanical massage/vibrator treatments É Conclusion of treatment in appropriate manner to meet client's needs		
Evaluate the results of the treatment	~ Reviewing and recording treatment outcomes ~ Treatment recommendations ~ Homecare advice		
Provide suitable aftercare advice	É Recommendations for immediate aftercare ~ Suitable body care regime ~ Use of SPF ~ Lifestyle ~ Recommendation of further salon treatments		
Explain how to communicate and behave in a professional manner	É Consultation É Treatment explanation É Client care É Hygiene É Good communication skills		
Describe health and safety working practices	É Fire Precautions Act É Health & Safety at Work Act É Health and Safety (First Aid) Regulations É The Management of Health & Safety at Work Regulations É The Workplace (Health, Safety & Welfare) Regulations É The Manual Handling Operations Regulations É The Personal Protective Equipment at Work Regulations É The Provision and Use of Work Equipment Regulations É The Control of Substances Hazardous to Health Regulations (COSHH) É The Electricity at Work Regulations É Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) É Disability Discrimination Act É Data Protection Act É Adhere to all safety precautions and manufacturers instructions Specific safety precautions for each machine as follows: Electro muscle stimulator (EMS) (Faradism) ~ Galvanism ~ Microcurrent ~ Vacuum suction (lymphatic drainage) ~ Infra red ~ Mechanical massage/vibrator treatments		
Explain the importance of positioning themselves and the client correctly throughout the treatment	É Ensuring the client is comfortable and correctly supported É Applying the treatments as appropriate to the client's needs É Therapist maintaining correct posture/stance throughout treatment		
Describe different body types and conditions	É Mesomorph É Ectomorph É Endomorph É Dowager's hump É Round shoulders É Winged scapula É Midriff bulge É Protruding abdomen É Hyper-extended knees É Fluid		

Explain the importance of using products, tools, equipment and techniques to suit client treatment needs, body type and conditions	<p>retention ÉWeight distribution ÉPoor muscle tone ÉKyphosis ÉLordosis ÉScoliosis</p> <p>~ Couch or chair ~ Trolley ~ Stool ~ Towels ~ Blanket ~ Additional support if appropriate ~ Headband ~ Bedroll ~ Robe ~ Disposable slippers ~ Disinfecting fluid ~ Tissues ~ Cotton wool ~ Sponges ~ Gloves ~ Spatulas ~ Bowls ~ Mask brushes ~ Gauze ~ Sterilising solution ~ UV cabinet ~ Autoclave ~ Chemical immersion equipment ~ Waste disposal</p> <p>Products and equipment applicable for the following: ~ Electro muscle stimulator EMS (Faradic) ~ Galvanic ~ Microcurrent ~ Vacuum suction ~ Infra red ~ Mechanical massage/vibrator treatments</p>		
Explain the effects and benefits of electrotherapy equipment and products on the skin and underlying structures	<p>~ Microcurrent ~ Vacuum suction ~ Galvanism ~ Infra red ~ Mechanical massage/vibrator treatments (G5) ~ Vacuum suction ~ Electro muscle stimulator EMS (Faradic)</p>		
Explain the principles of electrical currents	<p>Effects of the above electrotherapy treatments on the following:</p> <p>~ Circulation ~ Lymphatic drainage ~ Skin ~ Muscular system ~ Ageing, ~ Moisture levels</p> <p>ÉProtons ÉNeutrons ÉElectrons ÉNucleus ÉVolts ÉWatts and Amperes ÉOhms and Ohm's law and their relevance ÉInsulator ÉConductor ÉTransformer ÉRectifier Éfuses</p> <p>Direct ÉAlternating ÉInterferential ÉModified direct current ÉWiring of a plug</p> <p>Types of equipment and current:</p> <p>ÉFaradic . direct interrupted/surged current ÉHigh frequency . Alternating. indirect/direct ~ Galvanic . Direct . iontophoresis/desincrustation ÉMicrocurrent . Modified direct current ÉVacuum suction . AC É Infra Red - AC</p>		
Describe how treatments can be adapted to suit client treatment needs, body types and conditions	<p>ÉRestrictions ÉClient preferences and commitment ÉProduct availability ÉTime scales ÉCosts ÉMicrocurrent ÉFaradic ÉGalvanic ÉVacuum suction ÉInfra red ÉMechanical massage and Vibratory treatments</p>		
State the contra-actions that may occur during and following treatments and how to respond	<p>Galvanism: ÉCaustic burn ÉGalvanic burn ÉAllergic reaction ÉSkin irritation</p> <p>Faradism: ÉMuscle fatigue ÉVacuum suction: ÉExcessive erythema ÉBruising</p> <p>Infra red: ÉExcessive erythema ÉBurning ÉSkin irritation</p> <p>Mechanical massage and Vibratory</p>		

Explain the importance of completing the treatment to the satisfaction of the client	treatments: ÉExcessive erythema ÉSkin irritation ÉBruising ÉThread veins		
Explain the importance of completing treatment records	Concluding the treatment in appropriate manner to meet client's needs ÉConcluding the electrical treatment in an appropriate and safe manner to meet the client's needs ÉOngoing treatments		
Describe the methods of evaluating the effectiveness of the treatment	Maintaining records Aftercare Home care Product advice Compliance with Data Protection		
Describe the aftercare advice that should be provided	ÉMaintaining records for accurate future treatment ÉAftercare ÉHome care ÉProduct advice ÉCompliance with current legislation ÉConcluding the treatment in the correct manner to meet client's requirements ÉThe treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout		
Describe the structure, growth and repair of the skin	ÉBased upon consultation, body analysis and relevant tests recommendations for ongoing or further treatments, home and aftercare advice ÉHealthy eating ÉFluid/water intake ÉExercise ÉSmoking habits ÉHobbies ÉInterests ÉRest ÉRelaxation ÉStress levels ÉSleep ÉGeneral care and lifestyle advice and the beneficial effects thereof		
Describe body types, conditions, diseases and disorders	♦ Skin - Epidermis: ÉStratum Corneum ÉStratum Lucidum ÉStratum Granulosum ÉStratum Spinosum/Malphigian layer ÉStratum Germinativum/Basal layer ÉMelanocytes ÉDermis: ÉBlood supply ÉLymphatic supply ÉHair follicle ÉHair ÉSebaceous gland ÉSweat glands: ÉEccrine and apocrine ÉSensory nerve endings ÉDermal Papilla ÉCollagen ÉElastin ÉHistiocytes ÉMast Cells ÉFibroblasts ÉErector pili muscle and Subcutaneous layer ÉSecretion ÉHeat Regulation ÉAbsorption ÉProtection ÉElimination ÉSensation ÉVitamin D formation (7-dehydro-cholesterol) ÉKeratinisation ÉMelanin Formation ÉMitosis		
	ÉMesomorph ÉEctomorph ÉEndomorph ÉKyphosis ÉLordosis ÉScoliosis ♦ The skin: ♦ Infestations: ÉScabies ÉPediculosis ♦ Congenital: ÉAtopic eczema ÉAtopic		

<p>Describe the structure, function, position and action of the muscles of the body</p>	<p>dermatitis É Psoriasis</p> <ul style="list-style-type: none"> <li>◆ Bacterial: É Acne vulgaris É Impetigo É Acne rosacea É Boils É Folliculitis</li> <li>◆ Viral: É Warts É Herpes simplex É Herpes zoster</li> <li>◆ Funga: É Tinea (ringworm)</li> <li>◆ Pigmentation disorders: É Vitiligo É Albinism É Chloasma É Ephelides É Lentigo É Moles (papilloma) É Naevae É Port wine stain É Leucoderma</li> <li>◆ General disorders: É UV damage É Urticaria É Allergic reaction É Hyperkeratosis</li> <li>◆ Skeletal: É Arthritis: Osteo and Rheumatoid É Gout É Osteoporosis É Stress</li> <li>◆ Cardio-vascular: É Anaemia É Varicose veins É Haemophilia É Arteriosclerosis É Atherosclerosis É HIV/AIDS É High blood pressure (hypertension) É Low blood pressure (hypotension) É High cholesterol É Hepatitis A,B &amp; C É Coronary thrombosis É Septicaemia É Haemorrhoids É Phlebitis É Thrombus É Leukaemia É Aneurism É Stress</li> <li>◆ Lymphatic: É Oedema/Water retention É Lymphoedema É Hodgkin's disease</li> <li>◆ Muscular: É Fibrositis É Cramp É Muscle Fatigue É Atony É Atrophy É Myositis É Rupture É Spasm É Spasticity É Sprain É Strain É Stress</li> <li>◆ Nervous: É Neuritis É Bell's Palsy É Neuralgia É Parkinson's Disease É Stress É Myalgic Encephalomyelitis (ME) É Cerebral Palsy É Multiple Sclerosis É Sciatica É Motor Neurone Disease</li> <li>◆ Digestive: É Appendicitis É Cirrhosis of the liver É Jaundice É Heartburn É Irritable bowel syndrome (IBS) É Ulcer É Hernia É Stress É Anorexia Nervosa É Bulimia É Constipation É Gall stones É Diabetes Mellitus É Diabetes Insipidus É Coeliac's disease</li> <li>◆ Urinary: É Cystitis É Kidney stones É Nephritis</li> <li>◆ Endocrine: É Addison's syndrome É Amenorrhoea É Cushing's syndrome É Pre-menstrual Syndrome É Polycystic Ovarian Syndrome É Stress É Diabetes Mellitus É Diabetes Insipidus É Endometriosis</li> </ul> <p>É Voluntary É Involuntary É Cardiac É Ligament É Tendon É Fascia É Origin É Insertion É Action É Tone É Tension É Fatigue É Flexion É Extension É Abduction É Adduction É Rotation É Supination É Pronation É Dorsiflexion É Plantarflexion É Eversion É Inversion É Circumduction</p> <ul style="list-style-type: none"> <li>◆ Trunk/torso</li> <li>É Trapezius É Sternocleidomastoid É Erector</li> </ul>		
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<p>Describe the location, function and structure of the bones of the body</p>	<p>           Spinae ÉSplenius Capitis ÉLatissimus Dorsi            ÉSerratus Anterior ÉGluteus Maximus            ÉGluteus Medius ÉGluteus Minimus ÉPsoas            ÉPectoralis Major and Minor ÉRectus            Abdominus ÉInternal Oblique ÉExternal            Oblique ÉTransversus Abdominus            ÉRhomboid Major and Minor ÉInfraspinatis            ÉSupraspinatis ÉTeres Major ÉTeres Minor            ÉIliacus ÉSubscapularis ÉQuadratus            Lumborum            ♦ Arm            ÉDeltoid ÉBiceps ÉTriceps ÉBrachialis            ÉCoraco Brachialis ÉBrachioradialis            ÉPronator Teres ÉSupinator Radii Brevis            ÉFlexor Carpi Radialis ÉExtensor Carpi            Radialis ÉExtensor Carpi Ulnaris ÉFlexor            Carpi Ulnaris ÉFlexor Carpi Digitorum            ÉExtensor Carpi Digitorum ÉMuscles of            Thenar eminence ÉMuscles of Hypothenar            eminence            ♦ Leg/Thigh            ÉQuadriceps: ÉRectus Femoris ÉVastus            Lateralis ÉVastus Medialis ÉVastus            Intermedius ÉHamstrings: ÉBiceps Femoris            ÉSemimembranosus ÉSemitendinosus            ÉAdductor Longus ÉAdductor Magnus            ÉAdductor Brevis ÉGracilis ÉSartorius            ÉPiriformis ÉGluteus Maximus ÉGluteus            Medius ÉGluteus Minimus            ♦ Lower Leg            ÉGastrocnemius ÉTibialis Anterior            ÉPeroneus Longus ÉFlexor Digitorum            Longus ÉExtensor Digitorum Longus            ÉSoleus ÉExtensor Hallucis Longus            ♦ Face, neck and scalp            ÉOrbicularis Oculi ÉOrbicularis Oris            ÉMasseter ÉBuccinator ÉLevator Anguli Oris            ÉLevator Labii Superioris ÉDepressor Anguli            Oris ÉDepressor Labii Inferioris ÉDepressor            Labii Oris ÉMentalis ÉZygomaticus            ÉTemporalis ÉNasalis ÉProcerous            ÉCorrugator ÉFrontalis ÉOccipitalis            ÉPterygoids ÉTriangularis ÉTrapezius            ÉPlatysma            ÉSupport framework ÉProvides attachments            for muscles ÉForms joints to provide            movement ÉForms erythrocytes in the bone            marrow ÉStores calcium ÉProtection ÉLong            ÉShort ÉFlat ÉIrregular ÉSesamoid ÉFixed            ÉSlightly moveable ÉFreely moveable ÉBall            and Socket ÉHinge ÉPivot ÉGliding ÉSaddle            Cranium: ÉParietal ÉFrontal ÉEthmoid            ÉSphenoid ÉOccipital ÉTemporal            Facial: ÉNasal ÉZygomatic ÉMaxilla         </p>		
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	<p> ÉLacrimal ÉTurbinator ÉPalatine ÉMandible  ÉVomer ÉHyoid  Vertebrae: ÉCervical ÉThoracic ÉLumbar  ÉSacrum ÉCoccyx  Shoulder Girdle: ÉScapula ÉClavicle  Thoracic Cage: ÉRibs ÉSternum  Pelvic Girdle: ÉInnominate bones ÉIschium  ÉIlium ÉPubis  Upper Limb: ÉHumerus ÉUlna ÉRadius  Carpals: ÉScaphoid ÉLunate ÉTriquetral  ÉPisiform ÉTrapezium ÉTrapezoid ÉCapitate  ÉHamate ÉMetacarpals ÉPhalanges  Lower Limb: ÉFemur ÉTibia ÉFibula ÉPatella  Tarsals: ÉTalus ÉCalcaneus ÉNavicular  ÉCuneiforms (Medial, Intermediate, Lateral)  ÉCuboid ÉMetatarsals ÉPhalanges </p>		
<p>Describe the structure and function of the circulatory and lymphatic systems for the body</p>	<p> ♦ Cardio-vascular ÉErythrocytes  ÉLeucocytes ÉThrombocytes ÉPlasma and plasma proteins ÉPlatelets ÉArteries  ÉArterioles ÉVeins ÉVenules ÉCapillaries  ÉSuperior Vena Cava ÉAortic Arch ÉInferior Vena Cava ÉAorta ÉRight Atrium ÉRight ventricle ÉLeft atrium ÉLeft ventricle  ÉSeptum ÉPulmonary valve ÉPulmonary artery ÉPulmonary veins ÉMitral (bicuspid) valve ÉTricuspid valve ÉEndocardium  ÉMyocardium ÉPericardium  ÉBlood pressure and pulse ÉContent of lymph ÉTransports waste ÉPurifies toxins  ÉAdds antibodies, antitoxins and lymphocytes  ÉPart of the immune system ÉSecondary circulation ÉLymphocyte ÉLymphatic Capillary ÉLymphatic Vessel ÉLymph Node  ÉLymphatic Duct </p>		
<p>Outline the structure and function of the digestive system</p>	<p> ♦ Digestive - ÉAlimentary canal ÉSalivary glands ÉTongue ÉTeeth ÉMouth ÉEpiglottis  ÉOesophagus ÉStomach ÉSmall intestine (Jejunum, Ileum, Duodenum) ÉAppendix  ÉLarge intestine ÉRectum ÉAnus ÉAccessory organs ÉLiver ÉGall bladder ÉPancreas  ÉPeristalsis ÉIngestion ÉDigestion  ÉAbsorption ÉDefecation </p>		
<p>Outline the structure and function of the endocrine system</p>	<p> ♦ Endocrine - ♦ Pituitary Posterior Lobe  ÉOxytocin ÉAntidiuretic hormone (ADH or vasopressin) ÉAnterior lobe ÉProlactin  ÉHuman growth Hormone (HGH) ÉThyroid Stimulating Hormone (TSH)  ÉAdrenocorticotrophin hormone (ACTH)  ÉLuteinising Hormone (LH) ÉFollicle Stimulating hormone (FSH) ÉInterstitial cell stimulating hormone (ICH)  ÉMelanin Stimulating Hormone (MSH) </p>		

Describe the structure and function of the nervous system for the body	<ul style="list-style-type: none"> <li>◆ Thyroid gland ÉThyroxin ÉTriiodothyronine ÉCalcitonin</li> <li>◆ Parathyroids ÉParathormone</li> <li>◆ Thymus ÉSecretion of T Lymphocytes</li> <li>◆ Pineal ÉReleases melatonin</li> <li>◆ Islets of Langerhans ÉInsulin ÉGlucagon ÉGlycogen</li> <li>◆ Adrenal medulla ÉAdrenalin ÉNoradrenalin</li> <li>◆ Adrenal cortex ÉMineralocorticoids ÉGlucocorticoids ÉSex hormones</li> <li>◆ Ovaries ÉOestrogen ÉProgesterone</li> <li>◆ Testes ÉTestosterone</li> </ul>		
Explain how the ageing process, lifestyle and environmental factors affect the skin, body conditions and underlying structures	<ul style="list-style-type: none"> <li>◆ Nervous - ÉNeurone ÉMotor Neurone ÉSensory Neurone ÉMixed nerve ÉDendrite ÉAxon ÉSynapse ÉNeurilemma ÉNodes of Ranvier ÉWhite matter ÉGrey matter ÉMyelin Sheath ÉEnd feet/axon terminals ÉGanglia ÉReflex arc</li> <li>◆ Central nervous system : ÉBrain ÉSpinal cord</li> <li>◆ Peripheral nervous system: É 31 pairs of spinal nerves É12 pairs of cranial nerves</li> <li>◆ Autonomic nervous system: ÉSympathetic ÉParasympathetic</li> </ul> <p>ÉIntrinsic ageing ÉExtrinsic ageing ÉThe way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social well-being ÉComputers ÉMobile phones ÉProcessed food ÉLack of light ÉStress ÉLack of sleep ÉFinancial problems ÉPoor ventilation ÉLack of exercise ÉChemicals ÉPollution ÉRepetitive strain injuries ÉJet lag ÉLack of natural light</p>		
<b>Mock Practical</b>	To include full treatment		
<b>Mock Theory</b>	To include all the theory	Mock theory paper	