

MYOBODY TRAINING

MY  BODY
TRAINING

COURSES, WORKSHOPS & QUALIFICATIONS IN HEALTH & BODYWORK THERAPIES

AMATSU THERAPIST

2 Year course

- Amatsu Therapy is a 2 year course
- A qualification after each year. Start your clinic after year 1
- Part time so you can train while you still work
- One weekend a month in person class based practical learning
- A career path backed by a network of tutor support
- Access to grant aided course fee financial support (subject to qualifying criteria)
- A route to a better work life balance

INTERESTED?



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www.myobodybalance.ie



ITEC
APPROVED

Myobody Training is an
ITEC accredited college

STARTING MARCH 2024

What is an Amatsu Therapist?

The Amatsu Therapy Course is an Amatsu qualification, It takes 2 years to qualify to full Therapist level under new 2024 guidelines.

Year 1. ANMA level you will learn

- Basic musculo-skeletal assessment
 - Bones
 - Joints
 - Muscles
 - Structures
 - Introduction to Nervous system
 - Introduction to Lymphatic system
 - Fascia
 - Movement
 - Basic Anatomy and Physiology
- Muscle testing for evaluation
 - Basic muscle testing techniques
 - Structural evaluation
 - Structural alignment
 - Walking gait
 - Injury recovery
- Body orientation
 - Planes of movement
 - Range of Movement
 - Symmetry
 - Standard medical orientation
- Body realignment and recovery techniques

Your ANMA year will take you from raw beginner to competent clinically evaluated practitioner, ready to begin in a fully functioning clinic.

Your evaluation process will be a combination of continuous assessment via homeworks, case studies and practical in class observation bolstered by an end of year exam in three parts:

- 1) Written Anatomy and Physiology,
- 2) Written Amatsu Theory.
- 3) Practical Skills demonstration.

ANMA Course Details:

- The Anma course will be divided into 8 modules with a full in person, practical, hands on weekend devoted to each individual module.
- Homeworks for each Module must be submitted 8 days prior to the commencement of the next module no later than 8pm on that day.
- Case studies (3x3 per module... i.e. 3 individual case studies must be completed 3 times for each module) must be submitted on the commencement of the following module. (so the case studies for module 2 must be submitted at the start of module 3 weekend ect ect ect)
- Each module will commence with a short quiz based on the previous module, so at the start of the knee weekend we will have a quiz on the foot, at the start of the femoral heads weekend we'll have a quiz on the knee and so on ... be prepared quiz results will go toward your overall marks.

The following are the anticipated dates although they may be subject to change closer to the time depending on class size. (we will endeavor to confirm accurate schedules by Mid January 2024)

Pre course information day Feb 10th 2024

Module 1. Introduction ... March 9th & 10th 2024

Module 2. The Foot and lower leg... April 20th & 21st 2024

Module 3. The Knee May 18th & 19th 2024

Module 4. The Femoral Heads June 22nd & 23rd 2024

Module 5. The Pelvis Sept 14th & 15th 2024

Module 6. The Spine and Ribs Oct 12th & 13th 2024

Module 7. The Upper extremities Nov 9th & 10th 2024

Module 8. The Head and Neck Dec 7th & 8th 2024

Revision weekend Jan 18th & 19 2025

Exam Weekend Jan 25 & 26th 2025

Year 2. Seitai levelyou will learn

- The ligamentous structure of the body
 - Ligament assessment
 - Ligament location and function
 - Ligament treatment protocols
- The Nervous system
 - Advanced assessment
 - Peripheral nerve syndrome
- The Lymphatic System
 - Assessment
 - Treatment
- Advanced Anatomy And Physiology
 - Systems of the body
 - Digestion
 - Respiration
 - Cardiovascular
 - Urinary
 - Reproductive
 - Endocrine
- Advanced Evaluation
 - Observation
 - Palpation
- Advanced Treatment Techniques
- Clinic Development and management
 - Setting up a clinic
 - Marketing
 - Growing a client base
 - Managing your time

Seitai Course Details:

- The Seitai course will be divided into 7 modules with a full in person, practical, hands on weekend devoted to each individual module.
- Homeworks for each Module must be submitted 8 days prior to the commencement of the next module.
- Case studies (3x3 per module... i.e. 3 individual case studies must be completed 3 times for each module) must be submitted on the commencement of the following module. (so the case studies for module 2 must be submitted at the start of module 3 ect ect ect)
- Each module will commence with a short quiz based on the previous module, so at the start of the knee weekend we will have a quiz on the foot, at the start of the femoral heads weekend we'll have a quiz on the knee and so on ... be prepared quiz results will go toward your overall marks.

The following are the anticipated dates although they may be subject to change closer to the time depending on class size. (we will endeavor to confirm accurate schedules by December 2024)

Module 1. The Foot and lower leg... March

Module 2. The Knee April

Module 3. The Femoral Heads May

Module 4. The Pelvis June

Module 5. The Spine and Ribs Sept

Module 6. The Upper extremities Oct

Module 7. The Head and Neck Nov

Revision weekend Jan 18th & 19 2025

Exam Weekend Jan 25 & 26th 2025

Course Fees and Payment options :

1) Year 1 ANMA ... €3850.00

2) Year 2 SEITAI... €3850.00

3) Payment Option 1 Deposit on sign up €500 & full fee 3 weeks prior to course commencement ... Total fee €3600 including €250 discount for full fee payment.

4) Payment Option 2 Deposit on sign up €500 & 10 equal payments of €340.00 payable monthly by direct debit.... Total fee €3900 including €50 administration fee.

NOTE:

1) Subject to eligibility you may be entitled to 30% grant assistance for course fees. 2) All fees must be paid before commencement of the final module each year otherwise you will not be eligible to attend that module and you will not be allowed to sit exams.

Exams:

The pass mark for the course will be set at 65% - 77%, Merit 77% - 90%, Distinction 90% -100% and subject to achieving same you will be awarded an Amatsu ANMA level certificate which is insurable for active clinical practice. You will also qualify to proceed to year 2 Seitai level and full qualification as an Amatsu Orthopath.

(please note that you will only be allowed to proceed to year 2 Seitai if you pass year one, failure to do so will mean a requirement to resit exams if you wish to progress. We will do everything in our power to ensure that every student is supported and assisted to achieve their goals but this course requires hard and persistent work to complete, we can't do that for you, you will only get out what you put in.)

Student Charter:

A full student charter will be provided to all course participants which will define both student and school obligations and codes of conduct. Signing the student charter will constitute a contract between you as a student and Myobody Training. The charter will define assessment protocols, course materials, student submissions, parameters of qualification and attendance requirements.

If you are interested, have about 10 - 12 hours per week spare to study and want to change your life, then take action, contact us today and we'll send you all the information you'll need to make the best decision you'll ever make....

Contact us via e-mail at : info@myobodybalance.ie

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