

ACADEMIC YEAR 2013 – New fees for 2014 have not yet been confirmed

Dear Student

Diploma in Somatology

NQF Level 6 (360 credits)

Thank you for your enquiry regarding the Diploma in Somatology and / or other programmes offered at the *Isa Carstens Academy*.

The *Isa Carstens Academy* is in its 35th year of operation offering exceptional training in the Health and Skin Care Industry. We pride ourselves in being industry leaders in our profession, always striving to be at the cutting edge of new developments in our field.

The *Isa Carstens Academy* is built on a solid reputation and heritage; we strive to offer our students excellence in quality training and education. We offer skills, qualities and understanding required to be successful in the world of work. In order to uplift our industry and to offer a qualification of high esteem, the *Isa Carstens Academy* has met the requirements to be registered as a Private Higher Education Provider.

The Higher Education Act, 1997 (Act No. 101 of 1997), and the Regulations for the Registration of Private Higher Education Institutions 2002, make it compulsory for private institutions offering full qualifications in higher education, to register with the National Department of Higher Education and Training (NQF level 5 to 10).

Before an institution and its programmes are registered, they must be accredited by the Higher Education Quality Committee (HEQC). Accreditation means the institution has been assessed whether it has the resources, capacity and expertise to offer an acceptable standard of education.

By complying with the requirements of the Higher Education Act and Regulations, the *Isa Carstens Academy* ensures that their students obtain qualifications that are aligned with the national qualifications framework (NQF) and are recognised qualifications.

Registered private higher education institutions are listed in the register of private higher education institutions and should have on display a certificate of registration and a registration number issued by the Department of Higher Education (Registration certificate number 2000/HE07/025). Registered Higher Education Institutions can be viewed at www.saqa.org.za search for higher education institutions / list of registered higher education institutions.

After completion of the Diploma in Somatology, we provide students the opportunity to register for the following national and international membership examinations:

CIDESCO (COMITÉ INTERNATIONAL D'ESTHETIQUE ET DE COSMÉTOLOGIE)

www.cidesco.com

SAAHSP (SOUTH AFRICAN ASSOCIATION OF HEALTH AND SKINCARE PROFESSIONALS)

www.saaahsp.co.za

Course Curriculum

Year 1

- *Anatomy and Physiology*

Description:

Anatomy and Physiology forms the basis of everything that you will encounter as a Somatologist. It is essential to have an in depth knowledge and understanding of the structure (anatomy) of the human body and certain dermatological conditions on the skin.

- *Biotics*

Description:

In order to have an holistic approach toward therapy it is essential to have a proper understanding of the role exercise plays in the well-being of individuals and being able to advise clients on a balanced lifestyle.

- *Nutrition*

Description:

Optimal health is impossible without good nutrition. With the knowledge that good nutrition and optimal health are interrelated, it is essential to achieve a thorough understanding of the various components of a healthy diet.

- *Business Practice*

Description:

The importance of entrepreneurship and small business management is the driving force behind the free market economy. It is essential that students in the Health and Skin Care discipline have a thorough understanding of the environment in which they will operate, whether as an employee or employer. The aim therefore, is to prepare students for this environment in which they will operate.

- *Somatology*

Description:

A subject that is based on the integration of sound theory knowledge into the following practical modules: Manual Facial Treatments, Swedish body massage, Body exfoliation and wrap, Body analysis, Manicure and Pedicure, Hair removal, Electrical Epilation, Hot Stone Massage, Day, Evening and Bridal Make-up

- *Cosmetic Science*

Description:

The purpose of this subject is to highlight the basic principles of Cosmetic Science, enabling the student to comprehend much of the literature of everyday cosmetic pharmacology and cosmetology.

Year 2

- *Anatomy and Physiology*

Description:

In order to treat clients with an holistic approach it is essential to have in depth knowledge and understanding of the functions (physiology) of the human body and certain dermatological conditions on the skin.

- *Biotics*

Description:

The purpose of the subject is to enable a student to fully understand and identify stress and the role physical exercise plays in the management of stress; to become familiar with the different types of injuries incurred by athletes and fully understands the special needs of the pregnant client.

- *Nutrition*

Description:

Being able to provide clients with proper advice plays an integral part in the longevity of your client/therapist relationships. The aim of Nutrition is to supply you with an arsenal of nutritional advice based on sound principles and knowledge, specifically relating to supplementation.

- *Business Management*

Description:

In managing a business of any sort, it is also essential that there is a proper understanding of interpersonal relationships and social psychology. Specific focus is also placed on all aspects of management, including purchasing and selling of products, financial management, marketing, controlling of retail stock and spa management.

- *Somatology*

Description:

A subject that is based on the integration of sound theory knowledge into the following practical modules: Electrotherapy incorporated in to body and skin treatments, Advanced Skin Analysis, Aromatherapy, Reflexology, Manual Lymph Drainage, Electrical Epilation, Advanced Make-up Techniques including stage make-up and Hair Removal Techniques

- *Cosmetic Chemistry*

Description:

The purpose of this subject is to highlight the basic principles of Physics and Chemistry, as they apply to aesthetics and health and skin care therapy to make them accessible to students in this field. Without a sound scientific understanding, the application of therapy would not be creative nor innovative, but would remain mechanical.

- *Introduction to Research Methodology*

Description:

The purpose of the subject is to provide students with an understanding of the research process, enabling them to compile a research statement and perform a comprehensive Literature Review.

Year 3

- *Anatomy and Physiology*

Description:

An in depth study of the disease process and the effect of abnormalities in the various systems (Cell/tissue structure, Skin structure, Skeletal system, Muscular system, Nervous system, Endocrine system, Cardiovascular system, Lymphatic system, Immune system, Gastro–intestinal tract, Respiratory system, Urinary system, Reproductive system) of the human body.

- *Business Planning*

Description:

Many Somatologists dream of one day opening their own business. This subject will therefore equip students with the necessary skills to compile a comprehensive business plan and operational manuals.

- *Somatology*

Description:

A subject that is based on the integration of sound theory knowledge into the following practical modules: Waxing, Electrical Epilation, Peelings, Microdermabrasion, Advanced Aromatherapy, Laser and Plastic Surgery, Spa and Hydrotherapy, Advanced Massage techniques and Thai Massage.

- *Chemistry of Oils*

Description:

An in depth study of the sources and structure of organic compounds, the basic chemistry and constituents of essential oils and an understanding of the properties of essential oils when performing specific treatment plans for clients.

- *Research Principles and Practice*

Description:

The purpose of the subject is to provide students with an understanding of the research process, enabling them to perform a case study and write up the findings in line with a scientific research approach.

Career Opportunities

Isa Carstens alumni could find themselves in one of the following exciting and dynamic careers:

- Therapist at upmarket salon
- Working on international cruise liners
- Support roles in aesthetic medical practices
- Working for wellness clinics
- Entrepreneurship (starting your own business)
- Spa management
- Medical representative
- Cosmetic house representative

Financial Assistance

Should it be necessary, arrangements to accommodate the payment of fees should be made well in advance. We recommend that as soon as a student has been accepted by the Academy following the interview, application must be made at a financial institution for the granting of study assistance. We can further refer you to several providers of financial assistance however all offer competitive rates and it is usually best to first approach the bank you have an account with. Proof of payment must reach our offices 2 weeks prior to registration day (to be confirmed).

Accommodation

A supplement to this pack further explains our offering in terms of its hostel / residence facility. Contact details regarding accommodation can be directed as follows:

Isa Hostel, Stellenbosch (female students only)

Tel: +27 21 883 8827

Isa Hostel, Pretoria (female students only)

Tel: +27 12 348 0125/7

Thanks again for the interest and we look forward to welcoming you to the Academy.

Should you require any further information, please do not hesitate to contact us:

Telephone : +27 21 883 9777 / +27 12 348 0125/7

Fax : +27 21 886 6061 or 0867422060

e-mail : info@isacarstens.co.za

ISA CARSTENS ACADEMY (PTY) LTD.