

STUDENT GUIDE

**Preparing for entry into
Year 1 MChiro (Hons)**

September 2024 entry



Welcome!

Congratulations on making it onto our MChiro (Hons) course!

My name is **Marcus Sanger**, and I am your **Year 1 Tutor Lead** and Academic Lead for the **Year 1 Peer Assisted Learning** scheme (PAL). Last academic year I was Gateway Tutor Lead and so I already know the students who are transitioning up from Gateway.

The **Year 1** teaching team of **AECC School of Chiropractic** is looking forward to meeting you in person soon.

In the meantime, have a read through this document to get some useful guidance to help you settle in your future life as a Health Sciences University (HSU) student.

Please click on our photos which will link you to our bios on the HSU website.



Introduction

Before commencing your studies with us at AECC School of Chiropractic this September, we, the Year 1 teaching team, would like to provide you with some information about what you will study next year and share some pre-reading information to ease your mind. This will help you prepare for your academic studies and enhance your understanding of the subjects that you will study. It will also make your first few weeks somewhat easier as you ease into University life.

The academic calendar is made up of two twelve-week teaching periods, these are called semesters. There are two semesters: the September semester, starting on Monday 23rd of September and the January semester, starting on Monday 13th of January. We strongly recommend that you attend the induction week, to include the opportunity to meet with your Personal Support Tutor, to help you settle into University. At the end of each semester, you will have an 'assessment period' during which your examinations will be scheduled. The timetable will be published closer to the assessment period on our internal Virtual Learning Environment (VLE) also called Moodle.

Units of study

In Year 1, you will study and complete six units. The units are either timetabled in September semester OR January semester, or throughout both September semester AND January semester. The teaching team has recommended some pre-reading that you need to complete prior to attending university for the units starting in the September semester. There are two additional units that you will study in January semester only and details of the recommended reading will be provided later.

Please note that you are not expected to buy the books in these pre-readings.

MCH4001 CLINICAL CHIROPRACTIC I

A hands-on unit to develop your ability to physically examine the body and function of your patients.

Wenona Dancy leads this unit, alongside **Erdi Shaba**, and they will be guiding you through the essential skills that chiropractors use every day in practice: observing the whole body, moving specific areas and joints, and palpating tissues. **Marcus Sanger** will teach the functional movement screening part in this unit.

Here is a message from Wenona:

“The 4001 teaching team are really looking forward to supporting you in developing the skills you will use for the rest of your chiropractic career. Make sure you start getting familiar with surface anatomy as this forms the foundations of what you will learn this year.”



Wenona recommends this pre-reading for the unit:

- Kapit, W. and Elson, L.M., 2013. The Anatomy Colouring Book. 4th edition. Harlow: Pearson (please read pages 17 - 27).
- Field, D., Hutchinson, J. O., 2006. Field's Anatomy Palpation and Surface Markings (Fourth Edition). Elsevier: London.
- Lumley, J. S. P., 2008. Surface Anatomy (Fourth Edition). Churchill Livingstone: London.

MCH4002 EVIDENCE BASED CLINICAL REASONING I

Start diagnosing your patients and begin using trustworthy information for patient care.

Aurélie Marchand leads this unit and will guide you through the essential skills chiropractors use every day when deciding what to do with their patients: knowing what condition they have and where to look for information you can trust to safely apply it to a patient.

Here is a message from Aurélie:

“I’m really looking forward to meeting you and getting you started on thinking like an evidence-based chiropractor. This is a very fun unit where we will make sense of what you learn in other units by applying it to patient scenarios. Enjoy the pre-reading to get a broad idea of what we will be doing this year.”

Aurélie recommends this pre-reading for the unit:

- Bickley, L.S. and Szilagy, P.G., 2017. Bates' pocket guide to physical examination and history taking. 8th edition. Philadelphia, Pennsylvania, USA: Wolters Kluwer (please read chapter 1, pages 1-26).
- Greenhalgh, T., 2019. How to Read a Paper: The Basics of
- Evidence-based Medicine and Healthcare, 6th Edition. Wiley-Blackwell: USA New Jersey (please read chapter 1 – available [HERE](#)).



UNIT 4003 PROFESSIONALISM AND PSYCHOLOGY

Start behaving like a chiropractor and learn how to interact and talk with patients.

Erdi Shaba leads this unit; and will teach the professionalism part, while working closely with **Dr. Humaira Khan**, who will lead the psychology element. Professionalism is essential to chiropractic practice, and you will learn about the personal attributes you need to develop as a future healthcare professional. Chiropractic care starts and finishes by communicating with your patients, you will learn to the latest concepts and theories on how to best communicate and start practising psychosocial interventions used daily in practice.



Here is a message from Erdi and Humaira:



“We are looking forward to helping you develop the softer, but just as essential, skills of professionalism and psychology to become a well-rounded chiropractor. Take the time to do your pre-reading to ease into what you will learn this year in this unit.”

Erdi and Humaira recommended this pre-reading for the unit:

- General Chiropractic Council, 2016. The Code: standards of conduct, performance and ethics for chiropractors - available [HERE](#).
- OpenTextbook Library, 2015. Introduction to Psychology. University of Minnesota Libraries Publishing (**please read chapter 1**, available [HERE](#)).

UNIT 4004 HUMAN FUNCTION AND STRUCTURE I

Learn what the human body is made of, how it works and what it looks like on an x-ray.

Dr Vijay Pabbathi leads this unit and will guide you through the essential building blocks of the human body. Knowing anatomy and physiology is fundamental to building your clinical competence as a chiropractor. In this unit, Inger Roug will lead the anatomical imaging (x-ray reading) section. You will often come across imaging in your practice, learning how to read imaging is an essential skill for any chiropractor.



Here is a message from Vijay and Inger:



“Welcome to the University! We are looking forward to helping you build strong foundations in anatomy and physiology as they underpin what you will do, or not, with your patients in chiropractic practice. Take the time to go through this pre-reading so that you can hit the ground running from the start of the year.”

- Marieb, E.N. and Hoehn, K., 2016. Human Anatomy and Physiology. 11th edition. Harlow: Pearson Education Ltd. (**please read Unit 1**, Organisation of the Body, Chapters 1-4).
- Moore, K.L., Dalley, A.F. and Agur, A.M.R. 2018. Clinically Orientated Anatomy, 8th edition. Wolters Kluwer/Lippincott Williams and Wilkins (**please read pages 1-70**).

Support framework

The University offers an excellent range of student-centred support services. We encourage you to make use of these opportunities if you need them to ensure that you excel in your studies with us. Our aim is to enhance your student experience whilst studying at HSU.

You can receive additional support from any of the services below:

1. **The Virtual Learning Environment (VLE) or Moodle:** this is the University's interactive online learning platform that compliments everything you study in your academic units. Each unit has a dedicated Moodle page that contains everything you need to be successful.
2. **Personal Support Tutor (PST):** these are members of academic staff who are there to support you in your academic, personal and professional development. Your PST will contact you throughout the year to ensure you are progressing at the appropriate pace during your studies and that you are realising your true potential.
3. **Student services:** located on the main building ground floor, they offer a diverse range of support services ranging from mental wellbeing and counselling to study skills and learning support. Further details are available [HERE](#).
4. **Peer Assisted Learning (PAL):** this is an excellent programme that involves a weekly meeting with your PAL mentors who have previously completed the first year of study on the MChiro. Your PAL mentors have had extensive training and are well versed in facilitating supportive weekly sessions. This support programme runs during semester one.
5. **Year Representatives (Reps):** these are students in your year who will be elected into the position at the start of the year. They will represent the first-year student voice and will meet at throughout the year with your Year lead, Marcus Sanger, to share good practice and to identify and consider ways in which the course may be enhanced. If you are interested in becoming involved as a Year Rep, please email SUVPEducation@aecc.ac.uk.
6. **Student Union:** HSU Student Union comprise of our SU Manager, Rhianydd Lewis, and her yearly elected SU exec team. They have an important role of representing you and amplifying your student voice, alongside hosting social events, maintaining the HSU gym, organising sports teams and social clubs. Further details are available [HERE](#).

**Enjoy the rest of your summer,
and we look forward to seeing you in
September!**