



## **NHAA Naturopathy and Western Herbal Medicine Course Accreditation Standards Curriculum Mapping Document v1.0**

**Naturopaths & Herbalists Association of Australia**  
ABN 25 000 009 932. Founded 1920

3/2-4 Holden St  
Ashfield NSW 2131  
Australia

PO Box 696, Ashfield NSW 1800

Phone: +61 2 9797 2244  
Fax: +61 2 8765 0091  
Email: [nhaa@nhaa.org.au](mailto:nhaa@nhaa.org.au)  
Web: [www.nhaa.org.au](http://www.nhaa.org.au)

Produced, maintained and updated by the Examiners Subcommittee of the Board of Directors of the Naturopaths & Herbalists Association of Australia (NHAA). Produced September 2011. Updated May 2018.

NHAA Course Accreditation Standards Guidelines & Curriculum to commence major review by end 2021.

## **Preamble**

The NHAA is a peak professional association representing appropriately qualified naturopathic and Western herbal medicine practitioners. A foundation member of the World Naturopathic Federation and founded in 1920, it is the oldest professional association of complementary therapists in Australia, with a full membership of more than 1,000 full members (total membership with student and associate members is more than 1,400) and the only national professional association specifically concerned with the practice and education of Western herbal medicine (WHM) in Australia. Membership consists of practitioners who choose to use biologically active therapeutic plant substances as their major modality of practice; which includes a variety of allied modalities such as pharmacists, general medical practitioners, nurses, psychologists and other healthcare disciplines.

Our mission is to support naturopaths and Western herbal medicine practitioners to deliver excellence in healthcare in Australia and our vision is Naturopathy and Western herbal medicine for the health of Australia.

The NHAA has been setting standards in the education and practice of herbal medicine since 1920. In this time much has changed, and we will always be at the forefront of that change, supporting and promoting herbal medicine and our members.

The NHAA Course Accreditation Standards (NHAA CAS) aims to assist training providers by providing a standard for curriculum design. By utilising these Guidelines & Curriculum, and the associated documents, your institution can apply to have one or more of its courses recognised by the NHAA. Successful recognition results in that course being given “NHAA Accredited” status, with the attendant benefits for your institution as well as your students and future graduates.

We look forward to building a strong and mutually beneficial relationship with your institution and welcome your feedback and input.

## **The Examiners**

### **About This Document**

This document is a requirement for submission of Course Accreditation Applications. It is designed to be used in conjunction with the “CAS Curriculum Document” and “Course Accreditation Standards”, document and should be submitted in electronic form to [nhaa@nhaa.org.au](mailto:nhaa@nhaa.org.au) as part of your Course Accreditation Application.

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# **Section 1: Using the Curriculum Mapping Document**

## Completing the Curriculum Mapping Document

This document must be completed in its entirety, and a copy included with your institution's application for Course Accreditation. It is important to remember that a separate application must be made for each course, and therefore separate Curriculum Mapping documents must be completed. The aim of this document is to accurately determine the relationships between your institution's course and the NHAA Curriculum.

**Note that this document is an electronic form. This allows you to enter the required information in the grey fields and then include the completed document in your application package in either electronic or printed form.**

As an electronic form it only allows you to enter information in the specified (grey coloured) fields. You cannot modify other areas of the document. The types of fields used in the document are mostly text fields, but there are also some checkboxes and drop-down lists for which you need to choose options. When entering information in a text field, do not worry about the size of the text field being too small – it will automatically adjust size as needed. When selecting a check box, just click on it with your mouse button. To move between fields sequentially, press the TAB key.

**Please note that hours listed for each module(s) must be the portion of hours of that module which are directly related to that NHAA Curriculum Subject. Hours listed cannot be reused in meeting the requirements of another NHAA Curriculum Subject.**

## **Section 2: Course Provider Details (For You to Complete)**

**Completion of all the following areas is necessary for an application to be accepted for review.**

| Institution & Course Details  |  |
|---|--|
| Institution Name  |  |
| Date this Application Submitted   |  |
| Name of course applying for Accreditation   |  |
| Full name of award/qualification conferred by above institution                     |  |
| Accepted abbreviation of full name of award/qualification                           |  |
| Physical address of institution administration                                      |  |
| Postal address of institution administration  |  |
| Telephone number of institution administration                                      |  |
| Email address of institution administration   |  |
| Website URL (address) of institution  |  |
| Physical address of main teaching campus for this course                            |  |
| Date this course commenced in its current form (i.e. as described in this document) |  |
| NHAA Liaison Details  |  |
| Name of primary liaison for the NHAA Accreditation Application                      |  |
| Official position/title of liaison  |  |
| Primary telephone number for liaison  |  |
| Primary email address of liaison  |  |

| <b>Primary Staff Details – Head of Program/Course</b>  |  |
|--|--|
| <b>Name of Head of Program/Course</b>  |  |
| <b>Official title of Head of Program/Course</b>  |  |
| <b>Qualifications (full names)</b>   |  |
| <b>Professional association memberships (if relevant)</b>  |  |
| <b>Primary telephone number for Head of Program/Course</b>   |  |
| <b>Primary email address for Head of Program/Course</b>  |  |
| <b>Primary Staff Details – Head of Herbal Medicine / Naturopathy</b>                                     |  |
| <b>Name of Head of Naturopathy/Herbal Medicine faculty (if same as Head of Program, type “as above”)</b> |  |
| <b>Official title of Head of Naturopathy/Herbal Medicine faculty</b>                                     |  |
| <b>Qualifications (full names)</b>   |  |
| <b>Professional association memberships</b>  |  |
| <b>Primary telephone number for Head of Naturopathy/Herbal Medicine faculty</b>                          |  |
| <b>Primary email address for Head of Naturopathy/Herbal Medicine faculty:</b>                            |  |



| <b>Training Clinic Details</b>  |  |
|---|--|
| <b>Physical address of training clinic facilities</b>   |  |
| <b>Name of academic director of training clinic<br/>(if applicable)</b>                         |  |
| <b>Primary telephone number for academic<br/>director of training clinic</b>                    |  |
| <b>Primary email address for academic<br/>director of training clinic</b>                       |  |
| <b>Name of senior clinical supervisor for<br/>herbal medicine/naturopathy</b>                   |  |
| <b>Qualifications (full names)</b>  |  |
| <b>Professional association memberships</b>   |  |
| <b>Year senior clinical supervisor first<br/>commenced practice</b>                             |  |
| <b>Primary email address for senior clinical<br/>supervisor for herbal medicine/naturopathy</b> |  |

## **Section 3: Subject Mapping Templates for you to complete**

Please ensure that you have attached all subject outlines for each of your subjects.

## Core Subject Areas

Totalling 1400 hours

| SUBJECT AREA                                       | DELIVERY MODE   |
|--|-----------------|
| Anatomy and physiology                             | F2F &/or Online |
| Human biochemistry                                 | F2F &/or Online |
| Communication and counselling skills               | F2F &/or Online |
| Diet, lifestyle and culture in health and disease  | F2F &/or Online |
| Evidence based practice                            | F2F &/or Online |
| Herbal and naturopathic history and philosophy     | F2F &/or Online |
| Inter-professional communication and collaboration | F2F &/or Online |
| Legal, ethical and professional practice           | F2F &/or Online |
| Observation and critical evaluation                | F2F &/or Online |
| Pathophysiology, symptomatology and disease        | F2F &/or Online |
| Pharmacology and drug awareness                    | F2F &/or Online |
| Practice management                                | F2F &/or Online |
| Public health and health promotion                 | F2F &/or Online |

In the following table, please ensure that you complete all information regarding your modules/ units containing content relevant to each of the required core subject areas.

### AAP: Anatomy and Physiology

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Describes structural and functional anatomy of the body, from intracellular to system level.  |                      |
| LO2              | Understands the normal physiological processes at cellular, tissue, organ and system level.   |                      |
| LO3              | Describes mitosis and meiosis, genetic inheritance and transcription, role of genetics and epigenetics in human health and disease. |                      |
| LO4              | Understands organ system integrations and the role of regulatory mechanism is homeostasis.  |                      |
| LO5              | Describes structure and can differentiate roles of central, peripheral and autonomic nervous systems in human body.                 |                      |
| Variations       |   |                      |
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### BIO: Human Biochemistry

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Describe the structure and function of biological molecules, cells membranes, and subcellular structures.   |                      |
| LO2              | Describe the major anabolic and catabolic pathways in human biochemistry, including the purpose, location, inputs and outputs, control mechanisms, important cofactors, and role in health and disease. |                      |
| LO3              | Describe the specialised biochemical functions of tissues including the liver, nervous system, kidney, muscle, connective tissue and eye.   |                      |
| LO4              | Describe the interaction and regulation of human biochemistry on a whole body level.  |                      |
| Variations       |   |                      |
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### COM: Communication and Counselling Skills

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor   | Learning Outcome Met |
|------------------|--|----------------------|
| LO1              | Demonstrated effective communication skills  |                      |
| LO2              | Awareness of limitations of practice and need for referral to psychologist/mental health professional. |                      |
| LO3              | Understanding of and ability to maintain appropriate professional boundaries.                          |                      |
| LO4              | Demonstrate an awareness of cultural competence and issues of diversity.                               |                      |
| Variations       |  |                      |
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## DLC: Diet, Lifestyle and Culture in Health and Disease

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Effectively engage with clients of different ages, genders, backgrounds and cultures and demonstration of cultural competence.                            |                      |
| LO2              | Understanding of cultural dietary considerations, customary protocols and sensitivities.  |                      |
| LO3              | Understanding of diverse traditional and contemporary food production methods and practices with relation to community health and disease considerations. |                      |
| LO4              | Demonstrate an awareness of at risk cultural and socio-economic groups at risk of disease in Australia with knowledge of health promotion strategies.     |                      |
| Variations       |   |                      |
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### EBP: Evidence Based Practice

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Describe and critically evaluate the relevance of various contemporary health care research methods, and basic descriptive and inferential statistical methods. |                      |
| LO2              | Employ effective search methodology to find and retrieve relevant health information.   |                      |
| LO3              | Critically appraise various types of contemporary health care research.   |                      |
| LO4              | Use the results of contemporary research to inform decisions around diagnosis and treatment.  |                      |
| LO5              | Apply the principles of evidence-based practice in making and evaluating clinical decisions around diagnosis and treatment.                                     |                      |
| Variations       |   |                      |
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### HAP: Herbal and Naturopathic History and Philosophy

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor   | Learning Outcome Met |
|------------------|--|----------------------|
| LO1              | Demonstrate an understanding and application of the core principles and philosophies of Western Herbal and Naturopathic medicine as they apply to theoretical case exemplars |                      |
| LO2              | Explain how key historical figures have contributed to the development of Western Herbal Medicine and Naturopathy.   |                      |
| LO3              | Investigate the influence various cultural medicinal paradigms have had on the development of Western Herbal Medicine and Naturopathy.                                       |                      |
| LO4              | Explore the role and importance of Western Herbal and Naturopathic history, philosophies and principles in the modern context.   |                      |
| Variations       |  |                      |
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### ICC: Inter-professional Communication and Collaboration

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor   | Learning Outcome Met |
|------------------|--|----------------------|
| LO1              | Demonstrated effective communication skills  |                      |
| LO2              | Awareness of scope of practice and the need for referral to other health professionals |                      |
| LO3              | Ability to communicate effectively and document appropriately in referring clients.    |                      |
| LO4              | Awareness of the roles of other health professionals.                                  |                      |
| LO5              | Appreciation of scope of practice and referral requirements.                           |                      |
| Variations       |  |                      |
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### LEP: Legal, Ethical and Professional Practice

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Knowledge of the legal requirements and relevant legislation as it applies to health practice in Australia.             |                      |
| LO2              | Understands requirements for ethical and sound professional practice, including implementing this in clinical practice. |                      |
| LO3              | Engages in ongoing professional development and reflective practice.  |                      |
| Variations       |   |                      |
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## OCE: Observation and Critical Evaluation

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Describe the various forms of knowledge acquisition and communication, including real life examples, and debate the strengths, weaknesses and controversies of each method. |                      |
| LO2              | Demonstrate accurate observational habit in various practical situations and one-on-one and group interactions.   |                      |
| LO3              | Effectively structure and communicate information.  |                      |
| LO4              | Develop rational arguments and debates on various issues.   |                      |
| LO5              | Demonstrate the ability to critically analyse information and situations.   |                      |
| LO6              | Demonstrates the ability to distinguish between correlation and causation.  |                      |
| LO7              | Demonstrate a commitment to the principles of intellectual and academic accountability, honesty and integrity.  |                      |
| Variations       |   |                      |
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### PAT: Pathophysiology, Symptomology and Disease

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Describes pathophysiological mechanisms and processes underlying human diseases.  |                      |
| LO2              | Describes micro-organisms in health and disease.  |                      |
| LO3              | Understands healing processes at a cellular through to functional level.  |                      |
| LO4              | Understands, defines and classifies diseases based on pathogenic or morphological characteristics for the systems listed in the contents.                           |                      |
| LO5              | Analyses information (signs, symptoms, physical examination findings, pathology and radiological assessments) to form working diagnoses and differential diagnoses. |                      |
| Variations       |   |                      |
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### PHA: Pharmacology and Drug Awareness

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor   | Learning Outcome Met |
|------------------|--|----------------------|
| LO1              | Define key terms and principles in pharmacology.   |                      |
| LO2              | Demonstrate competence in recognising, classifying and reporting adverse reactions.  |                      |
| LO3              | Demonstrate competence in obtaining, analysing and applying clinically-relevant information on drug classes and individual drugs, including interaction data.  |                      |
| LO4              | Demonstrate knowledge of The Therapeutic Goods Act, Therapeutic Goods Regulations and The Standard for the Uniform Scheduling of Medicines and Poisons (SUSMP) and its application to clinical practice. |                      |
| Variations       |  |                      |
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### PRM: Practice Management

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Knowledge of The Therapeutic Goods Act and The Standard for the Uniform Scheduling of Drugs and Poisons (SUSDP) and its application to clinical practice. |                      |
| LO2              | Aware of work health and safety obligations and practices.  |                      |
| LO3              | First Aid certification.  |                      |
| LO4              | Understands basic book-keeping and finance basics including records requirements, GST, income tax and software.   |                      |
| LO5              | Knowledge of basic business structures, planning and promotion.   |                      |
| Variations       |   |                      |
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### PUB: Public Health and Health Promotion

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA core subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Describe the history, philosophy and underlying principles of public health.  |                      |
| LO2              | Describes principles of health promotion to clinical or community practice.   |                      |
| LO3              | Demonstrated ability to review and critically appraise observational studies.   |                      |
| LO4              | Distinguishes the difference between association and causation, and describes issues arising from inferring causation from observational designs. |                      |
| LO5              | Able to explain evidence in terms of risk in ways useful to clients.  |                      |
| Variations       |   |                      |
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## Herbal Medicine

Totaling to 750 hours.

| SUBJECT AREA                        | DELIVERY MODE    |
|-------------------------------------|------------------|
| Medicinal botany                    | F2F &/or Online  |
| Herbal dispensing                   | F2F &/or Online  |
| Herbal materia medica               | F2F &/or Online  |
| Herbal pharmacy (manufacturing)     | F2F &/or Online+ |
| Herbal therapeutics and prescribing | F2F &/or Online  |
| Pharmacognosy and phytopharmacology | F2F &/or Online  |

In the following table, please ensure that you complete all information regarding your modules/ units containing content relevant to each of the required core subject areas.

### BOT: Medicinal Botany

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Herbal Medicine subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
|              |              |                 |             |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor   | Learning Outcome Met |
|------------------|--|----------------------|
| LO1              | Knowledge of plant taxonomy.                                     |                      |
| LO2              | Ability to identify common medicinal herbs and poisonous plants. |                      |
| LO3              | Evaluates sources and sustainability of medicinal plants.        |                      |
| Variations       |  |                      |
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## HDI: Herbal Dispensing

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Herbal Medicine subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
|              |              |                 |             |
|              |              |                 |             |
|              |              |                 |             |
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|              |              |                 |             |
|              |              |                 |             |

Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor   | Learning Outcome Met |
|------------------|--|----------------------|
| LO1              | Appropriately dispense individualised dry and liquid herbal formulations, including rational dosage calculations and patient dosage instructions |                      |
| LO2              | Dispense herbal medicines effectively to minimise risk of contamination, infection, and other patient risks                                      |                      |
| LO3              | Convert between different drug:extract ratios and dry herb equivalencies, for both diluted and concentrated extracts                             |                      |
| LO4              | Work within the Australian regulatory requirements for extemporaneous dispensing, and adhere to good practices in record keeping                 |                      |
| Variations       |  |                      |
|                  |  |                      |
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### HMM: Herbal Materia Medica

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Herbal Medicine subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
|              |              |                 |             |
|              |              |                 |             |
|              |              |                 |             |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Define the various types of herbal actions, and their clinical application and relevance.   |                      |
| LO2              | Classify herbal medicines by both action and body system affected.  |                      |
| LO3              | Detail the key characteristics of each herbal medicine studied, including – but not limited to – Latin binomial, common names, botanical description, part(s) used, primary relevant constituents, actions, indications, cautions, contraindications, regulatory status in Australia, clinically relevant herb/drug/nutrient interactions, preparation forms, and dosage. |                      |
| Variations       |   |                      |
|                  |   |                      |
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## List A – Core Herbal Medicines (125)

Please indicate (✓) which of the following herbs are covered in your Herbal Materia Medica subjects. Please note that it is **mandatory** that of the 125 herbs listed below, 110 of them are taught throughout the course. The remaining 15 can either be taken from this list or included in the table indicated below.

| BINOMINAL NAME                  | COMMON NAME (Part specified) | COVERED IN SUBJECT |
|---------------------------------|------------------------------|--------------------|
| <i>Achillea millefolium</i>     | Yarrow                       |                    |
| <i>Actaea racemosa</i>          | Black cohosh (root)          |                    |
| <i>Aesculus hippocastanum</i>   | Horse chestnut (seed)        |                    |
| <i>Albizia lebbbeck</i>         | Albizia                      |                    |
| <i>Allium cepa</i>              | Onion                        |                    |
| <i>Allium sativum</i>           | Garlic                       |                    |
| <i>Aloe spp.</i>                | Aloe                         |                    |
| <i>Althaea officinalis</i>      | Marshmallow                  |                    |
| <i>Andrographis paniculata</i>  | Andrographis                 |                    |
| <i>Angelica archangelica</i>    | Angelica (root)              |                    |
| <i>Apium graveolens</i>         | Celery                       |                    |
| <i>Arctium lappa</i>            | Burdock (root)               |                    |
| <i>Arctostaphylos uva-ursi</i>  | Bearberry                    |                    |
| <i>Armoracia rusticana</i>      | Horseradish                  |                    |
| <i>Artemisia absinthium</i>     | Wormwood                     |                    |
| <i>Astragalus membranaceous</i> | Astragalus                   |                    |
| <i>Avena sativa</i>             | Oats                         |                    |
| <i>Bacopa monniera</i>          | Bacopa                       |                    |
| <i>Berberis vulgaris</i>        | Barberry                     |                    |
| <i>Boswellia serrata</i>        | Boswellia                    |                    |
| <i>Bupleurum falcatum</i>       | Bupleurum                    |                    |
| <i>Calendula officinalis</i>    | Calendula                    |                    |
| <i>Camellia sinensis</i>        | Tea (Green)                  |                    |
| <i>Capsicum minimum</i>         | Cayenne                      |                    |
| <i>Cassia angustifolia</i>      | Senna, Indian                |                    |

| BINOMINAL NAME  | COMMON NAME (Part specified) | COVERED IN SUBJECT |
|---|------------------------------|--------------------|
| <i>Centella asiatica</i>  | Gotu kola                    |                    |
| <i>Chelidonium majus</i>  | Celandine (herb)             |                    |
| <i>Cinnamomum zeylanicum</i> / <i>C.cassia</i>                        | Cinnamon (bark)              |                    |
| <i>Coleus forskohlii</i>  | Coleus                       |                    |
| <i>Commiphora myrrha</i>  | Myrrh                        |                    |
| <i>Crataegus oxyacantha</i> / <i>C.monogyna</i>                       | Hawthorn                     |                    |
| <i>Crocus sativus</i>   | Saffron                      |                    |
| <i>Curcuma longa</i>  | Turmeric (root)              |                    |
| <i>Cynara scolymus</i>  | Artichoke (Globe - leaf)     |                    |
| <i>Dioscorea villosa</i>  | Wild yam                     |                    |
| <i>Drosera rotundifolia</i> /D. <i>angelica</i> /D. <i>intermedia</i> | Sundew                       |                    |
| <i>Echinacea spp.</i>   | Echinacea                    |                    |
| <i>Eleutherococcus senticosus</i>                                     | Siberian Ginseng             |                    |
| <i>Elytrygia repens</i>   | Couch grass                  |                    |
| <i>Equisetum arvense</i>  | Horsetail (herb)             |                    |
| <i>Eschscholzia californica</i>                                       | California poppy             |                    |
| <i>Eucalyptus globus</i> / <i>E. spp.</i>                             | Eucalyptus                   |                    |
| <i>Eupatorium perfoliatum</i>   | Boneset                      |                    |
| <i>Euphorbia hirta</i>  | Asthma weed                  |                    |
| <i>Euphrasia officinalis</i>  | Eyebright                    |                    |
| <i>Filipendula ulmaria</i>  | Meadowsweet                  |                    |
| <i>Frangula purshiana</i>   | Rhubarb (root)               |                    |
| <i>Fucus vesiculosus</i>  | Bladderwrack                 |                    |
| <i>Galega officinalis</i>   | Goat's rue (herb)            |                    |
| <i>Galium aparine</i>   | Cleavers                     |                    |
| <i>Gentiana lutea</i>   | Gentian (root)               |                    |
| <i>Geranium maculatum</i>   | Cranesbill                   |                    |

| BINOMINAL NAME  | COMMON NAME (Part specified) | COVERED IN SUBJECT |
|---|------------------------------|--------------------|
| <i>Ginkgo biloba</i>                                  | Ginkgo (leaf)                |                    |
| <i>Glycyrrhiza glabra</i>                             | Licorice (root)              |                    |
| <i>Gymnema sylvestre</i>                              | Gymnema                      |                    |
| <i>Hamamelis virginiana</i>                           | Witch Hazel (leaf and bark)  |                    |
| <i>Harpagophytum procumbens</i>                       | Devil's claw                 |                    |
| <i>Hedera helix</i>                                   | Ivy (English - leaf)         |                    |
| <i>Hemidesmus indicus</i>                             | Hemidesmus                   |                    |
| <i>Humulus lupulus</i>                                | Hops                         |                    |
| <i>Hydrastis canadensis</i>                           | Goldenseal                   |                    |
| <i>Hypericum perforatum</i>                           | St. John's wort              |                    |
| <i>Inula helenium</i>                                 | Elecampane (root)            |                    |
| <i>Iris versicolor</i>                                | Blue flag                    |                    |
| <i>Lavandula officinalis</i> / <i>L. angustifolia</i> | Lavender (flower)            |                    |
| <i>Leonurus cardiaca</i>                              | Motherwort                   |                    |
| <i>Linum usitatissimum</i>                            | Linseed (aka Flaxseed)       |                    |
| <i>Lycopus virginicus</i>                             | Bugleweed (aka Gypsyweed)    |                    |
| <i>Marrubium vulgare</i>                              | White Horehound (herb)       |                    |
| <i>Matricaria recutita</i>                            | Chamomile (German) (flower)  |                    |
| <i>Melaleuca alternifolia</i>                         | Tea Tree (oil)               |                    |
| <i>Melissa officinalis</i>                            | Lemon balm                   |                    |
| <i>Mentha x piperita</i>                              | Peppermint                   |                    |
| <i>Nigella sativa</i>                                 | Black cumin                  |                    |
| <i>Olea europaea</i>                                  | Olive (leaf)                 |                    |
| <i>Paeonia officinalis</i>                            | Peony (flower and root)      |                    |
| <i>Panax ginseng</i>                                  | Ginseng (root)               |                    |
| <i>Passiflora incarnata</i>                           | Passionflower (herb)         |                    |
| <i>Phytolacca decandra</i> / <i>P. americana</i>      | Poke root                    |                    |

| BINOMINAL NAME                              | COMMON NAME (Part specified)   | COVERED IN SUBJECT |
|---|--------------------------------|--------------------|
| <i>Pimpinella anisum</i>                    | Aniseed (Anise) (seed)         |                    |
| <i>Piper methysticum</i>                    | Kava kava                      |                    |
| <i>Piscidia erythrina</i>                   | Jamaican dogwood               |                    |
| <i>Plantago lanceolata</i>                  | Ribwort                        |                    |
| <i>Plantago ovata</i>                       | Psyllium                       |                    |
| <i>Polygonum aviculare</i>                  | Knotweed (herb)                |                    |
| <i>Prunus serotina</i>                      | Wild cherry (bark)             |                    |
| <i>Ptychopetalum olacoides</i>              | Muiru puama (aka Potency wood) |                    |
| <i>Rehmannia glutinosa</i>                  | Rehmannia                      |                    |
| <i>Rhodiola rosea</i>                       | Rhodiola                       |                    |
| <i>Rosmarinus officinalis</i>               | Rosemary (leaf)                |                    |
| <i>Rubus idaeus</i>                         | Raspberry (leaf)               |                    |
| <i>Rumex crispus</i>                        | Yellow dock                    |                    |
| <i>Salix alba</i>                           | White Willow (bark)            |                    |
| <i>Salvia officinalis</i>                   | Sage (leaf)                    |                    |
| <i>Sambucus nigra</i>                       | Elder (flower)                 |                    |
| <i>Schisandra chinensis</i>                 | Schisandra                     |                    |
| <i>Scutellaria baicalensis</i>              | Baikal Skullcap                |                    |
| <i>Scutellaria lateriflora</i>              | Skullcap                       |                    |
| <i>Serenoa serrulata</i> / <i>S. repens</i> | Saw Palmetto (berry)           |                    |
| <i>Silybum marianum</i>                     | St Mary's Thistle              |                    |
| <i>Solidago virgaurea</i>                   | Goldenrod                      |                    |
| <i>Stellaria media</i>                      | Chickweed                      |                    |
| <i>Tanacetum parthenium</i>                 | Feverfew                       |                    |
| <i>Taraxacum officinale</i>                 | Dandelion                      |                    |
| <i>Thuja occidentalis</i>                   | Thuja                          |                    |
| <i>Thymus vulgaris</i>                      | Thyme                          |                    |
| <i>Tilia spp.</i>                           | Lime (flower)                  |                    |



| BINOMINAL NAME   | COMMON NAME (Part specified) | COVERED IN SUBJECT |
|--|------------------------------|--------------------|
| <i>Tribulus terrestris</i>                               | Tribulus                     |                    |
| <i>Trifolium pratense</i>                                | Red clover                   |                    |
| <i>Trigonella foenum-graecum</i>                         | Fenugreek (seed)             |                    |
| <i>Turnera diffusa</i>                                   | Damiana (leaf and herb)      |                    |
| <i>Ulmus rubra</i>                                       | Slippery elm                 |                    |
| <i>Urtica dioica</i>                                     | Nettle                       |                    |
| <i>Vaccinium macrocarpon</i>                             | Cranberry                    |                    |
| <i>Vaccinium myrtillus</i>                               | Bilberry (fruit)             |                    |
| <i>Valeriana officinalis</i>                             | Valerian (root)              |                    |
| <i>Verbascum thapsus</i>                                 | Mullein (flower)             |                    |
| <i>Verbena officinalis</i>                               | Vervain (root)               |                    |
| <i>Viburnum opulus</i>                                   | Cramp bark                   |                    |
| <i>Vitex agnus-castus</i>                                | Chaste tree (fruit)          |                    |
| <i>Withania somnifera</i>                                | Withania                     |                    |
| <i>Zanthoxylum clava-herculus</i> / <i>Z. americanum</i> | Prickly ash                  |                    |
| <i>Zea mays</i>  | Corn (silk)                  |                    |
| <i>Zingiber officinale</i>                               | Ginger (root)                |                    |
| <i>Zizyphus jujuba</i> / <i>Z. spinosa</i>               | Chinese date                 |                    |

## LIST B – Low therapeutic index Herbal Medicines (15)

The list below contains the restricted/ scheduled herbs that are also **mandatory**.

Please indicate (✓) which of the following herbs are covered in your Herbal Materia Medica subjects.

| BINOMINAL NAME                               | COMMON NAME (Part specified) | COVERED IN SUBJECT |
|--|------------------------------|--------------------|
| <i>Aconitum napellus</i>                     | Aconite (aka Monkshood)      |                    |
| <i>Aloysia triphylla</i>                     | Lemon Verbena                |                    |
| <i>Atropa belladonna</i>                     | Belladonna                   |                    |
| <i>Azadirachta indica</i>                    | Neem                         |                    |
| <i>Borago officinalis</i>                    | Borage                       |                    |
| <i>Cannabis indica</i> / <i>C.sativa</i>     | Cannabis (aka Hemp)          |                    |
| <i>Cephaelis ipecacuanha</i>                 | Ipecac                       |                    |
| <i>Digitalis lanata</i> / <i>D. purpurea</i> | Foxglove                     |                    |
| <i>Ephedra sinica</i> / <i>E. spp.</i>       | Ephedra                      |                    |
| <i>Lobelia inflata</i>                       | Indian Tobacco               |                    |
| <i>Papaver somniferum</i>                    | Opium Poppy                  |                    |
| <i>Prunus armeniaca</i>                      | Apricot (seed)               |                    |
| <i>Pulmonaria officinalis</i>                | Lungwort                     |                    |
| <i>Symphytum officinale</i>                  | Comfrey                      |                    |
| <i>Tussilago farfara</i>                     | Coltsfoot                    |                    |

### LIST C – Alternative Herbal Medicines (15)

Please list in the table below any alternative herbs are covered in your Herbal Materia Medica subjects. Please note, you can include up to 15 new and emerging herbs in your subjects.

| BINOMINAL NAME | COMMON NAME (Part specified) |
|----------------|------------------------------|
|                |                              |
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## HPM: Herbal Pharmacy (Manufacturing)

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Herbal Medicine subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
|              |              |                 |             |
|              |              |                 |             |
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|              |              |                 |             |
|              |              |                 |             |

Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Describes and complies with the regulatory requirements for the manufacture and dispensing of the various forms of herbal medicine. |                      |
| LO2              | Describes the requirements for growing, harvesting, drying and storage of herbs.  |                      |
| LO3              | Prepares liquid herbal medicines and solid herbal medicines (such as lozenges, pills and capsules), including accurate dose ratios. |                      |
| Variations       |   |                      |
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## HTP: Herbal Therapeutics and Prescribing

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Herbal Medicine subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
|              |              |                 |             |
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor   | Learning Outcome Met |
|------------------|--|----------------------|
| LO1              | Demonstrate the ability to construct individualised herbal treatments utilising holistic, traditional and modern principles in patient care.   |                      |
| LO2              | Choose and apply the most appropriate herbal preparation forms and dosages for individual patient requirements.  |                      |
| LO3              | Apply herbal medicines to manage patterns and specific conditions in a range of body systems as listed.  |                      |
| LO4              | Describe the limitations of herbal treatment in specific scenarios, and apply herbal medicines safely within the context of those limitations and in the context of known and suspected interactions with other medicines. |                      |
| Variations       |  |                      |
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### PHY: Pharmacognosy and Phytopharmacology

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Herbal Medicine subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
|              |              |                 |             |
|              |              |                 |             |
|              |              |                 |             |
|              |              |                 |             |
|              |              |                 |             |
|              |              |                 |             |

Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor   | Learning Outcome Met |
|------------------|--|----------------------|
| LO1              | Demonstrate an understanding of the history and methods of natural product chemistry, and importance of this field in health care. |                      |
| LO2              | Explain the chemistry, medicinal activity, and toxicology of various plant constituents.   |                      |
| LO3              | Demonstrate knowledge of the commercial production and regulation of therapeutic goods in Australia.                               |                      |
| Variations       |  |                      |
|                  |  |                      |
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## Nutritional Medicine

Totaling to 370 hours (Naturopathy) and 210 hours (WHM).

| SUBJECT AREA              | DELIVERY MODE   |
|---------------------------|-----------------|
| Fundamentals of nutrition | F2F &/or Online |
| Nutritional Therapeutics  | F2F &/or Online |
| Dietary Prescribing       | F2F &/or Online |
| Lifespan Nutrition        | F2F &/or Online |
| Nutritional Biochemistry  | F2F &/or Online |
| Nutritional Pharmacology  | F2F &/or Online |

### FON: Fundamentals of Nutrition

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Nutrition subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
|              |              |                 |             |
|              |              |                 |             |
|              |              |                 |             |
|              |              |                 |             |
|              |              |                 |             |
|              |              |                 |             |

Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor   | Learning Outcome Met |
|------------------|--|----------------------|
| LO1              | Describe macronutrients, micronutrients and related nutrient reference ranges.                     |                      |
| LO2              | Describe the role of water as an essential requirement of human nutrition.                         |                      |
| LO3              | Explain nutrient digestion, absorption transport, storage, metabolism, excretion and interactions. |                      |
| LO4              | Describe links between nutrients and health and disease.   |                      |
| Variations       |  |                      |
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## NT: Nutritional Therapeutics

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Nutrition subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
|              |              |                 |             |
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|              |              |                 |             |

Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor   | Learning Outcome Met |
|------------------|--|----------------------|
| LO1              | Integrates knowledge from the domains Pathophysiology, symptomatology and disease (PAT), Nutritional biochemistry (NBI), Observation and critical evaluation (OCE) and Evidence based practice (EBP) to describe the pathogenesis and metabolic disturbances in a range of disease states. |                      |
| LO2              | Describes the influence of dietary factors in the development of diseases, especially metabolic conditions such as Non-alcoholic fatty liver disease, metabolic syndrome, non-insulin dependent diabetes and cardiovascular disease.   |                      |
| LO3              | Develops guidelines/plans for the implementation of dietary interventions such as FODMAP diets, gluten-free etc.   |                      |
| LO4              | Critically appraises the evidence and outlines therapeutic nutritional interventions, including prescribing and dosing of nutritional supplements.   |                      |
| Variations       |  |                      |
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### DP: Dietary Prescribing

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Nutrition subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Obtains a diet history and is able to conduct nutritional and anthropometric assessments.   |                      |
| LO2              | Quantifies intake of energy, macronutrients, water and micronutrients as related to nutrient reference values and dietary guidelines.   |                      |
| LO3              | Constructs nutritionally optimal diets/meal plans utilising nutrient reference values and government-endorsed dietary guidelines and provides client education to facilitate behavioural change.  |                      |
| LO4              | Describes characteristics of government-endorsed dietary guidelines, diets recommended by healthcare practitioners (e.g. Mediterranean diet) and popular diets (e.g. raw, low-carbohydrate) and uses evidence to explore strengths and weaknesses of the diets. |                      |
| Variations       |   |                      |
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### LN: Lifespan Nutrition

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Nutrition subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Applies knowledge of the science of nutrition to human health according to oncogenic status   |                      |
| LO2              | Critically evaluates and applies evidence to a contemporary nutritional health issue (e.g. eating patterns in adolescents, obesity and pregnancy.)  |                      |
| LO3              | Develops a dietary plan to address nutritional deficiencies or excesses according to the physiological and health needs of individuals relative to age, developmental and disease status. |                      |
| Variations       |   |                      |
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## NB: Nutritional Biochemistry

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Nutrition subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Describes major pathways for the metabolism of macronutrients.  |                      |
| LO2              | Describes the role of nutrients in the optimal functioning of key biochemical pathways such as methylation, liver detoxification, eicosanoid synthesis and function and neurotransmitter synthesis and function (Note: this list is indicative only.) |                      |
| LO3              | Explains the process of liver detoxification.   |                      |
| LO4              | Explains function of enzymes and hormones.  |                      |
| LO5              | Discusses scope of current knowledge of nutrigenomics and possible applications.  |                      |
| Variations       |   |                      |
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### NP: Nutritional Pharmacology

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Nutrition subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor   | Learning Outcome Met |
|------------------|--|----------------------|
| LO1              | Demonstrate an understanding of the history and methods of dietary phytochemistry, and importance of this field in health care.  |                      |
| LO2              | Explain the chemistry, medicinal activity, clinical application and toxicology of various dietary constituents.  |                      |
| LO3              | Detail the key characteristics of each food based medicine studied, including – but not limited to – Latin binomial, common names, part(s) used, primary relevant constituents, actions, indications, cautions, contraindications, regulatory status in Australia, clinically relevant herb/drug/nutrient interactions, preparation forms, and dosage. |                      |
| Variations       |  |                      |
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## Electives

Totaling to 600 hours (Naturopathy) and 100 hours (WHM).

Electives have been included in the NHAA CAS to allow individual education institutions to develop their courses that comply with the NHAA CAS but with their own themes, focus or unique character.

| SUBJECT AREA      | DELIVERY MODE |
|-------------------|---------------|
| Elective subjects | F2F or Online |

Electives have been included in the NHAA CAS to allow individual education institutions to develop their courses that comply with the NHAA CAS, but enable independent focus and unique character – largely relating to the flexibility required for Naturopathy courses. Subject outlines are to be supplied, informing content, hours and delivery, akin to detailed CAS subject area.

Examples may include:

- Nominated herbal medicine and nutrition electives detailed in NHAA CAS.
- Common Naturopathy associated modalities, such as:
  - Iridology.
  - Mineral therapy.
  - Flower essences.
  - Homeopathy.
  - Aromatherapy.
  - Hydrotherapy (balneotherapy)
- Body work modalities, such as massage, reflexology, etc.
- Meditation and relaxation therapies.
- Practice management (advanced.)
- Marketing (including development of website and material.)
- Mini research project.

### ES: Elective Subjects

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please indicate the total hours for the subject; and remember that these hours cannot be reused elsewhere. Please ensure that you attached the Subject Outlines for each of the electives listed below.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
|              |              |                 |             |
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## Clinical Performance

Totaling to 600 hours (Naturopathy) and 500 hours (WHM).

| SUBJECT AREA        | HOURS   | DELIVERY MODE |
|---------------------|---------|---------------|
| Clinical assessment | 100     | F2F Only      |
| Clinical practicum  | 500/400 | F2F Only      |

The total CAS course hours tally to 3720 hours for Naturopathy and 2960 hours for WHM courses.



### CLA: Clinical Assessment

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Clinical Assessment subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Understands and is competent performing the various methods of client assessment.                                     |                      |
| LO2              | Determines the most relevant and rationale tests for the client.  |                      |
| LO3              | Obtains a thorough clinical history with a diversity of subjects (e.g. different ages, gender and presenting issues.) |                      |
| Variations       |   |                      |
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## CLP: Clinical Practicum

Please complete the table below using your Subject Codes and Names, and clearly identify the delivery method for each subject (i.e. online only; face-to-face (F2F) only; blended – combination of both online and F2F). Please include the portion of the subject's total hours which are relevant to this NHAA Clinical Practicum subject; and remember that these hours cannot be reused elsewhere.

| Subject Code | Subject Name | Delivery Method | Total Hours |
|--------------|--------------|-----------------|-------------|
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Please indicate (✓) in the following table whether the above listed subjects cover the Learning Outcomes as stated. If there are any variations to the Learning Outcomes, or you have other Learning Outcomes as part of your subject requirements; please complete the Variations section of the table.

| Learning Outcome | Descriptor  | Learning Outcome Met |
|------------------|---|----------------------|
| LO1              | Elicit a comprehensive health history from a variety of clients: different ages, genders, races, acute and chronic presentations as well as different health complaints.        |                      |
| LO2              | Develops and implements effective treatment strategies appropriate to the client context.   |                      |
| LO3              | Provides a rationale and evidence for the therapeutic strategies/approach.  |                      |
| LO4              | Manages clients with on-going care needs (evaluating and modifying treatment accordingly.)  |                      |
| LO5              | Dispenses supplements and herbal medicine in a manner compliant with Therapeutic Goods Agency and Work, Health & Safety requirements (hygiene, documentation, labelling.)       |                      |
| LO6              | Communicates effectively; explains assessment and treatment to the client and ensures the client understands, facilitates change and encourages feedback and client engagement. |                      |
| LO7              | Conducts meaningful self-appraisal and audits on performance and case management.   |                      |

| Variations |  |  |
|------------|--|--|
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Please indicate (✓) in the following table whether the above listed subjects cover the Compulsory Assessment Requirements as stated. If there are any variations to the Compulsory Assessment Requirements, or you have other Assessment Requirements as part of your subject requirements; please complete the Variations section of the table.

| Compulsory Assessment Requirement | Descriptor  | Assessment Requirement Met |
|-----------------------------------|---|----------------------------|
| CLP_01                            | <b>Primary Practitioner Consultations:</b> <ul style="list-style-type: none"> <li>Documentation of participation and competency in the areas of: case history taking, patient communication, clinical reasoning and diagnosis, forming treatment plans for short and long-term management of patients, herbal medicine prescribing.</li> <li>Minimum 50 consultations which the student has completed as primary consulting practitioner, including initial and follow-up consultations.</li> </ul> |                            |
| CLP_02                            | <b>Observations:</b> <ul style="list-style-type: none"> <li>Documentation of participation and competency in the areas of: case history taking, patient communication, clinical reasoning and diagnosis, forming treatment plans for short and long-term management of patients, herbal medicine prescribing.</li> </ul>  |                            |
| CLP_03                            | <b>Case Analysis/Home Cases:</b> <ul style="list-style-type: none"> <li>Documentation of participation and competency in the areas of: case history taking, patient communication, clinical reasoning and diagnosis, forming treatment plans for short and long-term management of patients, herbal medicine prescribing.</li> </ul>  |                            |

|                   |   |  |
|-------------------|---|--|
| CLP_04            | <b>Work Experience:</b> <ul style="list-style-type: none"> <li>Documentation of participation and competency in work experience activities (not to exceed 20% of total CLP hours.)</li> </ul> |  |
| CLP_05            | <b>Clinic Management:</b> <ul style="list-style-type: none"> <li>Documentation of participation and competency in clinic management (not to exceed 30% of total CLP hours.)</li> </ul>        |  |
| <b>Variations</b> |   |  |
|                   |   |  |
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## Notes or Other Statements

*Please use this area to add any additional comments or notes you would like to bring to the attention of the Examiners evaluating this Application.*

## Section 4: Checklist (For You to Complete)

*Be sure to verify that you have included all required documents and supporting evidence by using the checklist below.*

- 1) To assist you in your application process we have put together this document to enable you to be sure you have completed all necessary components of your application and provided all documentation needed for a successful submission.
- 2) Please check you have received all of the following in your accreditation package: An Introductory cover letter explaining the procedures involved in NHAA accreditation, the CAS Mapping document, instructions on completing the mapping document, and a copy of the accreditation fee structure.
- 3) Please fill in your application due date as stated on your cover letter in the space provided on this form.
- 4) Please send your completed form electronically to [nhaa@nhaa.org.au](mailto:nhaa@nhaa.org.au) Ensure you insert Course Accreditation and the name of your institution in the subject heading.

Complete the checklist provided below.

**Insert due date from cover letter here:**

|    |  |                          |            |
|----|--|--------------------------|------------|
| 1. | <b>Curriculum Mapping Document</b><br>(this document)                      | <input type="checkbox"/> | Electronic |
| 2. | <b>Application form completed and signed</b>                               | <input type="checkbox"/> | Electronic |
| 3. | <b>Current Prospectus</b>  | <input type="checkbox"/> | Electronic |
| 4. | <b>Overall Course Outline/Description</b>                                  | <input type="checkbox"/> | Electronic |
| 5. | <b>All Unit/Module Outlines</b>  | <input type="checkbox"/> | Electronic |
| 6. | <b>Evidence of Clinical Practicum</b>                                      | <input type="checkbox"/> | Electronic |
| 7. | <b>Schedule of Fees &amp; Payment enclosed</b>                             | <input type="checkbox"/> | Enclosed   |
| 8. | <b>Separate document is completed for each award seeking accreditation</b> | <input type="checkbox"/> | Enclosed   |
| 9. | <b>Certified copy of TEQSA accreditation certificate</b>                   | <input type="checkbox"/> | Enclosed   |

Please note that all material provided to the NHAA as part of an Application for Course Accreditation will be archived and remain commercial-in-confidence.

Please ensure entire document has table of contents and page numbers to assist Examiners in their task.



*Remember to complete the Course Accreditation Agreement on the next page or via the standalone Course Accreditation Agreement available with CAS documents on website.*

## Section 5: Course Accreditation Agreement (For You to Complete)

This document, when completed, constitutes an agreement between the NHAA and your institution.

- 1) NHAA Course Accreditation is valid only for the course that was submitted for accreditation. Courses with different qualification titles, and/or different content/delivery methods, must be submitted as separate applications for Course Accreditation. However, it is permissible to deliver the same accredited course to more than one group of students without requiring separate applications.
- 2) NHAA Course Accreditation is valid for a period of four (4) years from the date of issue (unless otherwise stipulated), as indicated on the NHAA Certificate of Course Accreditation. For continued Accreditation, a new application with full supporting documentation must be made before the due date.
- 3) The “NHAA Certificate of Course Accreditation” (which is valid only for the years indicated) must be displayed either in the location where the course is delivered, or in your institution’s main offices, for the period of accreditation.
- 4) The electronic “NHAA Logo” (which is valid only for the years indicated) must be reproduced on all of your institution’s material directly pertaining to the structure or requirements of the accredited course, including the following documents:
  - The overall course outline for the entire course of study within the accredited course
  - Your institution’s prospectus
  - Internet-based promotional material pertaining to the accredited course (except emails).
- 5) Any other use of, or improper use of the “NHAA Certificate of Accreditation” constitutes a violation of these requirements and may result in cancellation of course accreditation and possible legal action.
- 6) The “NHAA Certificate of Course Accreditation” remains the property of the Naturopaths & Herbalists Association of Australia and must be returned if course accreditation is suspended or cancelled.
- 7) At no time can your institution advertise or otherwise give the impression that NHAA Accreditation applies to the institution – NHAA Course Accreditation applies only to individual courses which have successfully passed the application process.
- 8) Significant alteration of course content or structure should be notified to the NHAA within three (3) months of the commencement of delivery of the altered course. Significant alteration may require your institution to reapply for course accreditation.
- 9) The NHAA reserves the right to randomly audit institutions on these requirements and the delivery of the course which is accredited. Audits may take the form of requests for documentation, or personal visits from NHAA Board Members in an official capacity.
- 10) NHAA Student Information Packs must be made clearly available to all students throughout the duration of their training.

**Institution Name:**

**Name of Authorised Representative:**

**Signature (Digital accepted):**

**Date:**