



Global Professional Body Therapy Diploma

Syllabus

Global Professional Body Therapy Diploma

Syllabus Content

Body Treatments

- 01 *Figure Diagnosis*
- 02 *Heat Treatments*
- 03 *Light Therapy*
- 04 *Electrical Body Treatments*
- 05 *Body Massage*
- 06 *Anatomy & Physiology of the Body*

01 *Figure Diagnosis*

- 01 Figure Diagnosis
 - Body Assessment
 - Body Types
 - Points of Good Posture
 - Types of Fat
 - Stretch Marks

- 02 Postural Defects
 - Kyphosis
 - Lordosis
 - Scoliosis
 - Dowagers Hump
 - Protruding Abdomen
 - Midriff Bulge
 - Flat Feet
 - Winged Scapulae
 - Round Shoulders

- 03 Exercise and Diet
 - * Exercise
 - Important
 - Effects
 - Types
 - Contra-indication
 - * Diet
 - Basic of Diet
 - Type of Diet
 - Energy Measurement
 - Weight Reduction
 - Calorific Requirements
 - Metabolism

- 04 Cellulite
 - Definitions
 - Causes and Treatments

02 *Heat Treatments*

- 01 Heat Therapy I (Sauna)
 - Introduction
 - Effects
 - Contra Indications
 - Precautions

- 02 Heat Therapy II (Steam Bath)
 - Types of Equipment
 - Effects
 - Contra Indications
 - Precautions

03 *Light Therapy*

- 01 Light Therapy I (UV)
 - Definitions
 - Effects
 - Functions
 - Contra Indications
 - Precautions

- 02 Light Therapy II (Infra red)
 - Definitions
 - Effects
 - Functions
 - Contra Indications
 - Precautions

04 *Electrical Body Treatments*

- 01 Faradic
 - Indications
 - Benefits
 - Contra Indications
 - Precautions
 - Procedures

- 02 Gyrotory Vibrator (G5)
 - Contra Indications
 - Effects & Procedures
 - Procedures
 - Precautions

- 03 Vacuum Suction
 - Indications
 - Effects & Procedures
 - Contra Indications
 - Procedures

- 04 Galvanic
 - Indications
 - Applications
 - Effects & procedures
 - Precautions
 - Contra Indications

05 *Body Massage*

- 01 The Theory of Massage
 - General Effect and benefits
 - Requirement of massage
 - Preparation for massage

- 02 Body Massage Movements
 - 5 classical movements

06

Anatomy & Physiology of Body

- 01 Cell Structure and Function
 - Structure
 - Stages of Cell Division

- 02 Tissues
 - Types tissues
 - Structure and locations

- 03 Joints & Skeletal System
 - The skeletal consists of :-
 - Functions
 - Composition
 - Types of bone tissues
 - Types of joints

- 04 Muscular System
 - Muscles tone
 - Muscles fatigue
 - Functions

- 05 Respiratory System
 - Organ of respiratory
 - The Lung
 - Breathing
 - External & Internal respiratory

- 06 Lymphatic System
 - The lymphatic system consist of:-
 - Functions
 - Functions of spleen

- 07 Circulatory System
 - Structure
 - Functions
 - 3 system of Circulatory
 - The Blood

06

Anatomy & Physiology of Body

- 08 Digestive System
 - The mouth
 - The stomach
 - The small and large intestines
 - The metabolism
 - Accessory organs

- 09 Vitamins, Minerals, Nutrition & Diet
 - Basic Nutrition
 - Types of Minerals

- 10 Urinary System
 - Functions
 - Structure

- 11 Nervous System
 - Definition
 - Functions
 - Types of nerves

- 12 Endocrine System
 - The endocrine glands
 - Functions
 - Hyper and Hypo secretions

- 13 Female & Male Reproductive System
 - The female reproductions system
 - External & Internal organs
 - Functions

- 14 Cosmetic Surgery (Theory)
 - Plastic Surgery
 - Contra Indication
 - Indication

