

Stockholm College of Osteopathic Medicine

SCOM 

4.5 year Diploma of Osteopathy (D.O)

A Commitment to Excellence



**Course Structure
&
*Academic and Clinic Contact Hours***

THE COURSE STRUCTURE: STRANDS, MODULES AND LECTURES; SEMESTERS AND ACADEMIC YEARS

The DO course as a whole lasts four and half years (4.5 yrs) and is suitably divided into chronological and academically based sections so as to allocate time and co-ordinate the course to maximum efficiency. The following are the divisible units of the course:

The Academic Year

The year at SCOM runs from August to June, the last of these months though is typically given over to exams. The ten normal teaching months are divided into two semesters.

The Semester

A semester is basically a half-year of study. Typically at SCOM each semester includes five normal weeks of lectures plus some extra days for exams. A student may be required to attend extra days for re-sits and specially arranged tutorials.

The School Week

Lectures typically begin on Wednesday morning at 8.15 and finish on Sunday afternoon at 16.15. During exam weeks and for clinic this may vary.

The School Day

The typical SCOM academic day runs from 8.15 the morning until 16.15 in the afternoon with substantial breaks during the morning and afternoon (usually 30 mins) and a mid-day break of one hour. Clinic days and exam days may well be different.

The Lecture

Using an anatomical analogy the lectures represent the “cells” of the course. They are the indivisible units which, in total, amount to the Module of any given topic area e.g. Anatomy, Physiology, Technique, etc. A lecture lasts four hours (4 hrs) including breaks and there are usually two lectures per day. This may vary according to clinic times.

The Module

The Module represents the entire study of a particular topic area or its sub-divisions and is in fact a group of ordered lectures typically taught by a single Module Leader. The content and depth of Assessments are based on the Module’s contents and academic level.

The Strand

Whilst all Modules are linked through academic, practical and philosophical connections it is appropriate to cluster some larger topic areas together as Strands. Thus the basic and biological sciences are grouped as the Science Strand, the hands-on skills grouped as Clinical Methods and Technique, and so forth.

The following table illustrates the planned structure of the DO course.

Summary of Modules and Strands

Science Foundation	Osteopathic Core	Clinical Methods & Technique	Practitionership & Research
Anatomy Y1 & 2 30 lectures Level 1 & 2	Osteopathic Principles Y1 & 2 (S1) 20 lectures Level 1 & 2	Basic Observation & Palpation Y1 (S1) 5 lectures Level 1	Introduction to Practitionership Y1 10 lectures Level 1
Physiology Y1 & 2 (S1) 25 lectures Level 1	Mechanical Theory Y1 & 2 (S1) 10 lectures Level 1	Osteopathic Examination of the Spine & Extremities Y1 (S2) 20 lectures Level 1	Research 1 Y2 10 lectures Level 1 & 2
Neurology Y2 (S2) & 3 (S1) 15 lectures Level 2	Applied Physiology Y3 (S1) 5 lectures Level 2	Orthopaedic Examination & Special Tests Y2 & 3 5 lectures Level 1 & 2	Psycho-emotional Aspects of Osteopathy Y3 10 lectures Level 2
Pathophysiology Y2 (S1) 5 lectures Level 1	Adjunctive Principles & Practice Y3 (S2) 5 lectures Level 2	General & Systemic Screening & Differential Diagnosis Y2, 3 & 4 (S1) 25 lectures Level 1, 2 & 3	Research 2 Y4 10 lectures Level 3
Pathology Y2 & 3 40 lectures Level 1 & 2	Osteopathic Pathology, Applied Mechanics & Technique Y1 & 2 (S1) 20 lectures Level 3	Technique 1 Y1 20 lectures Level 1	Business Y5 (2-day course)
Endocrinology Y2 (S2) 5 lectures Level 2	Applied Anatomy Y1 & 2 (S1) 20 lectures Level 3	Technique 2 Y 2 10 lectures Level 1 & 2	First Aid Y3 (1/2 day course, clinic)
Obstetrics & Gynaecology Y4 10 lectures Level 3	Osteopathic Obstetrics, Gynaecology & Paediatrics Y4 (S2) 5 lectures Level 3	Technique 3 Y3 20 lectures Level 2	
		Technique 4 Y4 & 5 50 lectures Level 3	

Each module has a Module Leader (main lecturer) or Co-leader who is responsible for the day-to-day running and presentation of the module. Full details regarding Module Leaders can be found in the Handbook section FACULTY AND STAFF ROLES AND RESPONSIBILITIES.

ACADEMIC AND CLINIC CONTACT HOURS

Classroom hours per module

Science Foundation Strand

<u>Module</u>	<u>Year/semester</u>	<u>Hours</u>
Anatomy	Y1 & Y2	120
(Pro-section)	Y1/Y2	20
Physiology	Y1 & Y2 (S1)	100
Neurology	Y2 (S2) & Y3 (S1)	60
Pathophysiology	Y2 (S1)	20
Pathology	Y2 & Y3	160
Endocrinology	Y2 (S2)	20
Obstetrics & Gynaecology	Y4	40

Osteopathic Core Strand

<u>Module</u>	<u>Year/semester</u>	<u>Hours</u>
Osteopathic Principles	Y 1 & 2	80
Body Mechanics Theory	Y1	40
Applied Anatomy	Y4	80
Applied Physiology	Y3 (S1)	20
Osteopathic Paediatrics, Obs. & Gynaecology	Y4 (S2)	20
Adjunctive Principles & Practice	Y3 (S2)	20
Applied Mechanics		

Clinical Methods & Technique Strand

<u>Module</u>	<u>Year/semester</u>	<u>Hours</u>
Observation & Palpation	Y1 (S1)	20
Osteopathic Examination	Y1 (S2)	20
Orthopaedic Examination	Y2 & Y3	80
Screening & Diagnosis	Y2, Y3 & Y4 (S1)	100
Technique 1	Y1	80
Technique 2	Y2	60
Technique 3	Y3	80
Technique 4	Y4 & Y5	224

Practitionership & Research Strand

<u>Module</u>	<u>Year/semester</u>	<u>Hours</u>
Introduction to Practitionership	Y1	40
Research 1	Y2	40
Psycho-emotional Aspects of Osteopathy	Y3	40
First Aid	Y3	4
Research 2	Y4	40
Business	Y5	16

Clinic Hours per Year

Student Clinic Hours

<u>Year</u>	<u>Hours</u>
Y1	-
Y2	-
Y3 (S2)	150
Y4	390
Y5	200

Observation

<u>Year</u>	<u>Hours</u>
Y1	6 days
Y2	6 days
Y3	6 days
Y4	6 days
Y5	6 days

Total Hours

Year	Academic Level	# Days / Year Class	# Days / Year Clinic	Total Days / Year	Self Study (minimum hrs)
1	1	56	6	62	300
2	2	56	6	62	350
3		51	28	79	400
4	3	45	46	91	500
5		27	36	63	250
Total		235	122	357	1800