

**CURRICULUM AND COURSE  
SPECIFICATION FOR THE  
ADVANCED DIPLOMA IN  
NATUROPATHY**

**JANUARY,  
2025**



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NATUROPATHY**

## INTRODUCTION

The **Advanced Diploma in Naturopathy** is an intensive professional programme developed by the **Cyrillic College of Homeopathy and Holistic Health Sciences** to provide comprehensive training in the principles and practice of natural and holistic medicine. It is designed for candidates with prior qualifications in health or medically related disciplines who seek to broaden their competence in complementary and naturopathic healthcare.

This programme responds to the global and national shift toward preventive, person-centred, and integrative health approaches. It combines foundational naturopathic philosophy with evidence-informed therapeutic applications to prepare practitioners capable of addressing both acute and chronic health conditions within ethical and professional frameworks.

Naturopathy remains one of the most established systems within Complementary and Alternative Medicine (CAM). Its emphasis on nature cure, lifestyle modification, nutrition, hydrotherapy, and mind-body balance aligns with contemporary wellness science and public health priorities. This curriculum provides a structured pathway for the professionalization of naturopathic education in Nigeria, ensuring graduates are equipped with both scientific understanding and clinical competence.

Originally introduced in 2021, the programme has been revised to incorporate current advances in integrative healthcare, community medicine, and applied research. The revision reflects collaborative contributions from educators, health professionals, and policy advisors, ensuring that its content meets the standards of the **Nigerian Council of Physicians of Natural Medicine** and aligns with international benchmarks in CAM education.

The programme integrates five key domains of learning:

1. **Foundations and Philosophy of Naturopathic Medicine** – historical development, principles, and core modalities.
2. **Biomedical and Clinical Sciences** – anatomy, physiology, pathophysiology, and clinical assessment relevant to natural health practice.
3. **Therapeutic Modalities** – herbal medicine, nutrition, physical and manual therapies, homeopathy, and energy-based systems.
4. **Professional Practice and Research** – ethical standards, documentation, business management, and evidence-based inquiry.
5. **Supervised Clinical Experience** – applied learning through observation, case management, and practical demonstration.

The 12-month programme combines coursework, guided practice, and clinical exposure to produce well-rounded graduates capable of integrating natural health interventions into preventive and restorative care.

Graduates of this programme will be competent to practice as naturopathic health professionals, educators, and wellness consultants in private practice, community health initiatives, and integrative care settings.

**Daniel Omisande**

Registrar, Cyrillic College of Homeopathy and Holistic Health Sciences

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## **ADMISSION REQUIREMENTS**

### **PERSONAL QUALIFICATION**

- i) Physically and mentally fit.
- ii) Able to communicate and work well with people in different settings
- iii) Able to guide, supervise and give good leadership to his subordinates
- iv) Be willing to live and work in the community
- v) Mature, approachable, friendly and honest
- vi) Able to work independently when necessary and make good judgment.

### **ENTRY QUALIFICATIONS**

- i) A previous Diploma, Degree in any health/medical related discipline

### **DURATION OF COURSE**

12 Months

### **CERTIFICATE AWARDED**

Advanced Diploma in Naturopathy

## **GENERAL INFORMATION**

### **Structure of the Programme:**

The Advanced Diploma in **Naturopathy** is a terminal programme structured to last for twelve (12) months (two semesters). Each semester shall comprise 16 contact weeks of structured academic activities, including lectures, practical exercises, quizzes, tests, and examinations. These programmes also incorporate mandatory periods of Supervised Clinical Experience (SCE), which serve to consolidate classroom learning with practical, real-world exposure.

### **Conditions for Award of Advanced Diploma:**

Training institutions approved to offer accredited programmes shall award Advanced Diploma to students who successfully complete the full programme, including all prescribed coursework, examinations, the final project and the Supervised Clinical Experience (SCE).

## GRADING SYSTEM

A standard **Five (5) Point Grading Scale** shall apply across all programs:

<b>Score Range</b>	<b>Grade</b>	<b>Grade Point</b>
70 – 100%	A	5.00
60 – 69%	B	4.00
50 – 59%	C	3.00
45 – 49%	D	2.00
40 – 44%	E	1.00
Below 40%	F	0.00

FOR ONLINE STUDY:

<b>Score Range</b>	<b>Grade</b>	<b>Grade Point</b>
90 – 100%	A	5.00
80 – 89%	B	4.00
70 – 79%	C	3.00
60 – 69%	D	2.00
50 – 59%	E	1.00
Below 50%	F	0.00

### **Classification of Advanced Diploma:**

Distinction	-	CGPA of 3.5 – 4.00
Upper Credit	-	CGPA of 3.0 – 3.49
Lower Credit	-	CGPA of 2.5 – 2.99
Pass	-	CGPA of 2.5 – 2.99
Fail	-	CGPA of 2.5 – 2.99

## **CONTINUOUS ASSESSMENT POLICY**

1. **Onsite Studies:** 30% of each course grade shall be from continuous assessment and 70% from end-of-semester examinations.
2. **Online Studies:** 50% of the course grade shall be assessed internally by lecturers ('INTERNALS'), and 50% externally through the examination administered by the college ('EXTERNALS').
3. Continuous assessments may include formal and informal tests, workshop evaluations, laboratory work, field assignments, presentations, and other discipline-relevant methods.
4. Colleges must maintain computer systems with appropriate software to manage assessment records.
5. Teaching standards and examination quality shall be monitored through student surveys and peer evaluation. Outcomes will be shared with lecturers for continuous improvement.

## **SEMESTER EXAMINATIONS**

1. Onsite students shall write semester exams weighted at 70%, while online students will take 100-MCQ (Multiple Choice Question) exams worth 50% of the final score.
2. A minimum score of 40% (aggregate of C.A. and exam) is required to pass any course.
3. Eligibility to sit for exams includes 75% class attendance, filled course forms, and complete registration.
4. Students without valid continuous assessment records or who fail to meet INTERNALS/CA will be denied access to EXTERNALS/Examinations.

## **RESIT EXAMINATIONS AND POLICY**

1. **No resit is allowed within the same semester.**
2. **First resit attempt:** N5,000 per credit unit.
3. **Second resit attempt:** N7,500 per credit unit.
4. **Third and subsequent attempts:** N10,000 per credit unit and mandatory re-enrolment in the course.
5. All attempts and scores shall be recorded and visible on the student's academic transcript.
6. This system ensures responsibility, academic integrity, and supports institutional sustainability.

## **EXAMINATION CONDUCT**

Rules apply to both onsite and online students. Highlights include:

1. Punctuality: 30-minute window before and after exam commencement.
2. Ban on unauthorized materials, exchange of papers, and electronic devices.
3. Mandatory presentation of ID, fee clearance, and proper exam registration.
4. No impersonation, no leakages, no external assistance.
5. Strict supervision and surveillance are mandatory for online exams.
6. All misconducts carry stiff penalties, including carry-overs/backlogs, suspension, or expulsion depending on severity and recurrence.

## **PENALTIES FOR MISCONDUCT**

Examples include:

1. Possession of unauthorized materials: Repeat the year.
2. Impersonation, assault on invigilator, or exam leakages: Immediate expulsion.
3. Non-submission of scripts, absence without excuse, and plagiarism: Carry-over or project rewrite.
4. Recurrent cheating: Dismissal without re-admission.

## **SUPERVISED INDUSTRIAL/CLINICAL EXPERIENCE (SIE)**

1. Duration: Minimum of **15 weeks** between sessions.
2. Minimum of **10 out of 15 weekly visits** required.
3. Visits must be to a **licensed practitioner** or institution.
4. A **reference letter** will be provided by the college.
5. At completion, students submit:
  - A **logbook** or evaluation sheet.
  - A letter of performance from the host institution.
6. Case studies from SCE form part of seminar presentations.

## **GPA/CGPA CALCULATION**

### **1. GPA (Grade Point Average):**

$$\text{GPA} = \text{Total (Grade Point} \times \text{Credit Unit)} \div \text{Total Credit Units Taken}$$

### **2. CGPA (Cumulative Grade Point Average):**

$$\text{CGPA} = \text{Sum of Grade Points} \times \text{Credit Units} \times 0.8 \div \text{Total Registered Credit Units}$$

This formula provides a weighted measure of overall academic performance across the duration of study.



FIRST YEAR, FIRST SEMESTER

<b>CODE</b>	<b>COURSE</b>	<b>DURATION</b>	<b>UNITS</b>
ADNAT 101	Foundation of Naturopathic Medicine	45hrs	3
ADNAT 102	Integrative Medicine	45hrs	3
ADNAT 103	Asian Medicine	45hrs	3
ADNAT 104	Herbal Medicine	45hrs	3
ADNAT 105	Clinical Nutrition and Dietetics	45hrs	3
ADNAT 106	Homoeopathy	45hrs	3
ADNAT 107	Research and Evidence-Based Approaches to Naturopathy	45hrs	3
	<b>TOTAL</b>	<b>345hrs</b>	<b>21</b>

FIRST YEAR, SECOND SEMESTER

<b>CODE</b>	<b>COURSE</b>	<b>DURATION</b>	<b>UNITS</b>
ADNAT 201	Supervised Industrial Experience	120hrs	3
ADNAT 202	Energy Medicine	45hrs	3
ADNAT 203	Physical and Manual Therapies	45hrs	3
ADNAT 204	Lifestyle and Preventive Medicine	45hrs	3
ADNAT 205	Ethical, Business and Management Practices in Naturopathy	45hrs	3
ADNAT 206	Public Health in Naturopathy	45hrs	3
ADNAT 207	Research Proposal	45hrs	3
	<b>TOTAL</b>	<b>390hrs</b>	<b>21</b>

<b>COURSE TITLE</b>	<b>FOUNDATION OF NATUROPATHIC MEDICINE</b>
<b>COURSRE CODE</b>	<b>ADNAT 101</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** To introduce health professionals to the historical, philosophical, and clinical foundations of naturopathic medicine, emphasizing the integration of traditional principles with modern evidence-based practice, critical thinking, and professional conduct within contemporary public health systems.

**GENERAL OBJECTIVES:** On completion of this course, the student will be able to:

1. Understand The Historical and Philosophical Foundations of Naturopathy
2. Analyze the Core Principles of Naturopathy
3. Apply the Principles in Clinical Practice
4. Understand Naturopathy vs Other Systems of Healing
5. Understand the Process of Disease and Healing
6. Understand the Therapeutic Modalities in Naturopathic Practice
7. Evaluate Naturopathy in Public Health and Disease Prevention
8. Develop Effective Communication of Naturopathic Philosophy
9. Understand the Ethical and Professional Identity of the Naturopath



2.2 Explain the following sub-principles in Naturopathy  
Vitalism

Balance

Terrain Theory

Toxemia

Balance

Holism

Least Force Intervention

Constitutional Medicine

Self-Healing Mechanisms

2.3 Discuss application of these principles in clinical reasoning and practice

3.0 Apply the Principles in Clinical Practice

3.1 Discuss the relevance of patient-centered care in naturopathy

3.2 Illustrate the use of principles in developing naturopathic protocols

3.3 Explore patient-practitioner dynamics using Docere and the wounded healer model

3.4 Explain the relationship of spirituality and the natural environment to Vis Medicatrix Naturae

3.5 Explain and Analyze Nature Deficit Disorder (NDD)

3.6 Compare reductionism vs holistic approaches in medicine.

3.7 Describe Hippocratic and Nature-based traditions in healing.

4.0 Understand Naturopathy vs Other Systems of Healing

4.1 Differentiate naturopathy from Homeopathy, Chiropractic, Ayurveda, Traditional Chinese Medicine, and Biomedicine.

5.0 Understand the Process of Disease and Healing

5.1 Explain naturopathic views on disease causation and progression

5.2 Discuss acute and chronic conditions, symptoms, inflammation, suppression, healing reactions

5.3 Interpret Hering's Law of Cure and its modern

	<p>relevance</p> <p>and distinguish healing crises from pathological states</p> <p>5.4 Describe the distinction between Healing Reaction and Disease Crisis</p> <p>5.5 Describe key detox pathways and strategies.</p> <p>5.6 Explain the role of water, fasting, and dietary cleansing.</p>
<p>6.0 Understand the Therapeutic Modalities in Naturopathic Practice</p>	<p>6.1 Discuss the following modalities and describe their applications in naturopathy:</p> <ul style="list-style-type: none"> <li>Traditional Medicines</li> <li>Homeopathy</li> <li>Botanical Medicine</li> <li>Hydrotherapy</li> <li>Dietetics</li> <li>Physical and Manual therapies</li> <li>Lifestyle and Preventive Medicine</li> <li>Energy Medicine</li> <li>Mind-Body Techniques</li> </ul> <p>6.2 Discuss modality selection based on terrain, temperament, and constitution</p> <p>6.3 Examine clinical cases where multi-modality approaches are employed</p>
<p>7.0 Evaluate Naturopathy in Public Health and Disease Prevention</p>	<p>7.1 Describe determinants of health and risk factors</p> <p>7.2 Apply naturopathic philosophy to community health initiatives</p> <p>7.3 Discuss Gaia hypothesis, environmental medicine, planetary health, and whole systems</p> <p>7.4 Explain naturopathy's contribution to lifestyle and chronic disease prevention</p> <p>7.5 Discuss the consequences of global population growth on health</p>
<p>8.0 Develop Effective</p>	<p>8.1 Discuss common skeptical arguments against</p>

<p>Communication of Naturopathic Philosophy</p>	<p>naturopathy</p> <ul style="list-style-type: none"> <li>8.2 Provide informed responses to skepticism</li> <li>8.3 Identify ways to communicate naturopathic benefits to clients, colleagues, and policymakers</li> <li>8.4 Role play clinical conversations around lifestyle change and philosophy</li> <li>8.5 Describe the role of a naturopath as an ambassador of Complementary and Alternative Medicine (CAM)</li> </ul>
<p>9.0 Understand the Ethical and Professional Identity of the Naturopath</p>	<ul style="list-style-type: none"> <li>9.1 Define the scope of practice and boundaries</li> <li>9.2 Reflect on the ethical duties of a naturopath</li> <li>9.3 Explore interdisciplinary collaboration</li> <li>9.4 Maintain documentation, consent, and confidentiality standards</li> </ul>

<b>COURSE TITLE</b>	<b>CLINICAL NUTRITION AND DIETETICS</b>
<b>COURSE CODE</b>	<b>ADNAT 105</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** This course equips health professionals with advanced knowledge of nutritional science, clinical dietetics, and metabolic health. It emphasizes the role of evidence-based nutrition in disease prevention, treatment, and recovery within Naturopathy.

**GENERAL OBJECTIVES:** On completion of the course this student should be able to:

- 1.0 Understand advanced principles and practice of clinical nutrition and dietetics
- 2.0 Analyze macronutrients and micronutrients in health and disease
- 3.0 Examine digestion, absorption, metabolism, and nutrient bioavailability
- 4.0 Understand energy regulation, metabolic adaptation, and weight management
- 5.0 Conduct dietary assessment and interpret nutritional status
- 6.0 Apply clinical nutrition in disease management and therapeutic interventions
- 7.0 Examine current trends and research in nutritional medicine

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p>1.0 Understand Advanced Principles and Practice of Clinical Nutrition and Dietetics</p>	<p>On completion of this course, the student be able to:</p> <p>1.1 Define key terminologies in nutritional medicine (food, nutrient, malnutrition, dietetics, metabolism, etc.).</p> <p>1.2 Explain the physiological and biochemical importance of optimal nutrition in human health and disease.</p> <p>1.3 Discuss the relationship between nutrition, metabolism, and Naturopathy.</p> <p>1.4 Evaluate international dietary guidelines (RDA, DRIs) and their application to diverse populations.</p> <p>1.5 Explain the principles of functional nutrition and nutrigenomics.</p>
<p>2.0 Analyze Macronutrients and Micronutrients in Health and Disease</p>	<p>2.1 Classify the six major nutrient groups: carbohydrates, proteins, fats, vitamins, minerals, and water.</p> <p>2.2 Discuss sources, types, and metabolic roles of each nutrient group.</p> <p>2.3 Explain nutrient interactions, deficiencies, and toxicities.</p> <p>2.4 Review nutrient alterations in disease states (e.g., diabetes, CVD, hepatic disorders).</p>
<p>3.0 Examine Digestion, Absorption, and Metabolism of Nutrients</p>	<p>3.1 Describe the physiology of digestion and absorption across macronutrients and micronutrients.</p> <p>3.2 Discuss enzymatic and hormonal regulation of digestion.</p> <p>3.3 Explain nutrient transport, cellular metabolism, and mitochondrial energy conversion.</p> <p>3.4 Evaluate clinical disorders affecting nutrient absorption (malabsorption, leaky gut, dysbiosis, etc.).</p>
<p>4.0 Understand Energy Regulation, Metabolic</p>	<p>4.1 Define energy intake, expenditure, and energy balance.</p>

Adaptation, and  
Weight Management

4.2 Discuss basal metabolic rate (BMR) and total energy expenditure (TEE).

4.3 Evaluate factors influencing weight gain and loss, including endocrine and inflammatory mechanisms.

4.4 Discuss nutritional strategies for obesity, cachexia, and metabolic syndrome.

4.5 Explain the physiology and therapeutic applications of fasting and caloric restriction.

5.0 Conduct Dietary  
Assessment and  
Interpret Nutritional  
Status

5.1 Describe methods of dietary assessment: 24-hour recall, food frequency questionnaire, and diet history.

5.2 Explain anthropometric and biochemical assessment of nutritional status.

5.3 Interpret nutritional data for clinical decision-making.

5.4 Discuss the use of digital tools and laboratory biomarkers in nutritional evaluation.

6.0 Apply Clinical  
Nutrition in Disease  
Management

6.1 Describe nutritional approaches to prevention and management of major diseases (cardiovascular, metabolic, autoimmune, oncologic, and gastrointestinal).

6.2 Discuss personalized nutrition for special populations (infants, athletes, pregnant women, elderly, immunocompromised).

6.3 Explain therapeutic diet plans for protein-energy malnutrition, chronic infections (HIV/AIDS), cancers, and metabolic disorders.

6.4 Discuss nutritional protocols for specific organ diseases (liver, pancreas, kidney, endocrine system, cardiovascular system).

6.5 Analyze nutrient-drug interactions and their clinical implications.

7.0 Examine Current Trends and Research in Nutritional Medicine

- 7.1 Discuss contemporary issues in food sustainability and plant-based nutrition.
- 7.2 Evaluate alternative protein sources and functional foods.
- 7.3 Discuss ethical and regulatory aspects of food labeling and public health nutrition.
- 7.4 Review current research on microbiome-nutrition interaction, metabolic flexibility, and anti-inflammatory diets.
- 7.5 Propose evidence-based innovations or interventions for nutritional healthcare improvement.



<b>COURSE TITLE</b>	<b>ASIAN MEDICINE</b>
<b>COURSRE CODE</b>	<b>ADNAT 103</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** This course is designed to introduce health professionals to the philosophies, diagnostic systems, and therapeutic sciences of Asian Medicine, with particular focus on Acupuncture and related energy-based healing arts. It seeks to provide a coherent understanding of the theoretical foundations, clinical applications, and mind-body principles underlying Asian medical systems and their integration within modern healthcare.

**GENERAL OBJECTIVES:** On completion of the course this student should be able to:

- 1.0 Explain foundational philosophies of Traditional Chinese Medicine (TCM), Ayurveda, and other Asian systems.
- 2.0 Describe the structure and function of meridians, collaterals, chakras, and nadis in human health.
- 3.0 Understand the energetic and psychological dimensions of disease (Qi, Prana, Shen, and Mind).
- 4.0 Demonstrate knowledge of acupuncture principles, point systems, and therapeutic logic.
- 5.0 Compare diagnostic and syndrome differentiation approaches across Asian systems.
- 6.0 Explore the role of herbs, diet, and lifestyle in maintaining energetic and psychological balance.
- 7.0 Integrate Asian mind-body concepts with modern psychophysiological and neuroendocrine frameworks.
- 8.0 Examine ethical and legislative issues in the practice of Asian medicine in Naturopathy.

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p>1.0 Understand the Philosophical and Theoretical Foundations of Asian Medicine</p> <p>2.0 Understand the Energy Anatomy of Meridians, Collaterals, Nadis, and Chakras</p> <p>3.0 Understand Acupuncture Science, Principles, and Technique</p>	<p>On completion of this course, the student be able to:</p> <p>1.1 Describe the origins and development of Traditional Chinese Medicine (TCM), Ayurveda, and related Asian systems.</p> <p>1.2 Explain the core philosophical principles of Yin-Yang, Five Elements, Qi, Prana, and Dosha theories.</p> <p>1.3 Discuss the concepts of balance, harmony, and energy flow as central to health and disease.</p> <p>1.4 Explain the relationship between nature, the cosmos, and human physiology in Asian medical thought.</p> <p>1.5 Compare Asian Medicine philosophies with Western biomedical paradigms.</p> <p>2.1 Define meridians and collaterals and describe their functions.</p> <p>2.2 Identify the twelve primary meridians and their organ correspondences.</p> <p>2.3 Explain the chakra system and its psychological and energetic significance.</p> <p>2.4 Describe the interrelationship between chakras, nadis, and meridians.</p> <p>2.5 Discuss how blockages in energy flow lead to dysfunction and disease.</p> <p>3.1 Define acupuncture and discuss its mechanism of action from both traditional and modern perspectives.</p> <p>3.2 Explain the classification, location, and functions of acupuncture points.</p> <p>3.3 Describe the methods of stimulation (needling, moxibustion, acupressure, cupping, electroacupuncture).</p>

4.0 Understand Diagnostic Systems and Syndrome Differentiation

3.4 Explain point selection principles for treatment of various syndromes.

3.5 Discuss safety, contraindications, and professional standards in acupuncture practice.

4.1 Describe the four diagnostic methods in TCM: observation, listening/smelling, inquiry, and palpation.

4.2 Explain tongue and pulse diagnosis and their clinical relevance.

4.3 Define syndrome differentiation and list the major TCM patterns (Qi deficiency, Yin deficiency, etc.).

4.4 Explain Ayurvedic diagnostic logic: Prakriti, Vikriti, and Doshic imbalance.

4.5 Discuss the integration of traditional diagnostic methods with modern clinical assessment

5.0 Understand Mind-Body Relationships and Energy Regulation in Health and Disease

5.1 Define the mind-body connection in Asian Medicine.

5.2 Explain the role of the Shen (spirit), Prana (life force), and consciousness in health.

5.3 Discuss how emotional imbalance affects Qi and organ systems.

5.4 Describe meditation, breath regulation, and qigong as therapeutic tools.

5.5 Explain the relationship between stress, energy depletion, and chronic illness.

6.0 Understand Herbal and Dietary Principles in Asian Medicine

6.1 Describe the classification of herbs according to their nature, flavor, and meridian tropism.

6.2 Explain the concepts of tonifying, purging, harmonizing, and regulating herbs.

6.3 Discuss the role of food therapy and seasonal adaptation in TCM and Ayurveda.

6.4 Describe the preparation and combination of herbs for therapeutic use.

6.5 Discuss safety, quality control, and modern

7.0 Understand Ethical, Legislative, and Cultural Considerations in Asian Medicine Practice

research on Asian herbal medicine.

7.1 Discuss the ethical responsibilities of practitioners of Asian Medicine.

7.2 Explain the legislative and regulatory status of acupuncture and Asian medicine globally and in Nigeria.

7.3 Describe professional conduct, licensing, and competency standards.

7.4 Discuss cross-cultural sensitivity and patient-centered communication.

7.5 Explain the role of Asian Medicine within integrative and collaborative healthcare systems.



<b>COURSE TITLE</b>	<b>HOMEOPATHY</b>
<b>COURSE CODE</b>	<b>ADNAT 106</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** This course introduces the philosophy, scientific rationale, and clinical applications of Homeopathy as a therapeutic system within the context of naturopathy medical practice. It explores the principles of vital force, symptomatology, potentization, and remedy selection, emphasizing their relevance to patient-centered, evidence-informed care among contemporary healthcare professionals.

**GENERAL OBJECTIVES:** On completion of the course this student should be able to:

1. Understand the theoretical and clinical foundations of Homeopathy.
2. Interpret and apply Homeopathic principles within a naturopathy medical framework.
3. Analyze symptom patterns and the concept of totality in clinical assessment.
4. Understand the mechanisms of remedy preparation, potency, and drug proving.
5. Integrate the Organon of Medicine as a guide for rational Homeopathic practice.
6. Utilize repertory and case-taking methodologies in differential diagnosis and remedy selection.
7. Apply Homeopathic therapeutics in the management of acute and chronic diseases.
8. Critically evaluate evidence and controversies surrounding Homeopathy in modern clinical settings.

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p>1.0 Understand the Principles and Philosophy of Homeopathy</p> <p>2.0 Understand Symptomatology and Clinical Expression</p> <p>3.0 Understand Medicine</p>	<p>On completion of this course, the student be able to:</p> <p>1.1 Define Homeopathy as a clinical system within naturopathy care.</p> <p>1.2 Describe its historical evolution, scientific milestones, and the role of Samuel Hahnemann.</p> <p>1.3 Discuss the fundamental principles (Law of Similars, Minimum Dose, Single Remedy, Holism).</p> <p>1.4 Analyze the concept of Vital Force and its modern interpretation in relation to energy medicine and homeostasis.</p> <p>1.5 Examine the doctrines of Potentization, Drug Proving, and the Theory of Chronic Diseases in light of contemporary biomedical insights.</p> <p>1.6 Differentiate between the Homeopathic individualization process and the conventional diagnostic model.</p> <p>2.1 Define symptom and its significance in clinical case analysis.</p> <p>2.2 Categorize symptoms by type and clinical hierarchy.</p> <p>2.3 Construct a symptom hierarchy for naturopathic diagnosis.</p> <p>2.4 Explain the concept of the complete symptom and its role in case totality.</p> <p>2.5 Analyze symptom grading and its clinical implications in repertory-based remedy selection.</p> <p>3.1 Define medicine within Homeopathic context.</p> <p>3.2 Explain how remedies act upon the vital force and physiological systems.</p> <p>3.3 Discuss the concept of susceptibility and the host-response mechanism.</p> <p>3.4 Classify sources of Homeopathic medicines (plant, mineral, animal, nosodes, sarcodes).</p> <p>3.5 Differentiate between rare and polychrest remedies with</p>

<p>4.0 Understand Homeopathic Theory of Disease</p>	<p>clinical examples. 3.6 Discuss remedy energy, dosage, and biophysical interpretations relevant to integrative models.</p> <p>4.1 Explain acute and chronic disease processes within Homeopathic reasoning. 4.2 Relate Homeopathic theories of disease to modern pathophysiology, immunology, and chronic inflammation.</p>
<p>5.0 Understand Potency and Dose Dynamics</p>	<p>5.1 Explain potency as a measure of remedy energy rather than quantity. 5.2 Justify potency selection based on patient vitality, symptom intensity, and disease stage. 5.3 Describe collective, split, and ascending doses, linking them to clinical rationale and patient response monitoring.</p>
<p>6.0 Understand Drug Proving and Research Methods</p>	<p>6.1 Define drug proving and its significance in remedy validation. 6.2 Describe remedy preparation and selection of provers. 6.3 Outline procedures for conducting provings, including ethical and methodological considerations. 6.4 Analyze symptom quality and reliability from a proving for translational clinical use. 6.5 Discuss the relationship between Homeopathic proving and modern pharmacological or clinical trial models.</p>
<p>7.0 Study The Organon of Medicine</p>	<p>7.1 Explain the structure and enduring significance of <i>The Organon of Medicine</i> as a foundational text. 7.2 Critically analyze selected aphorisms and their relevance to naturopathic clinical reasoning.</p>
<p>8.0 Understand Repertory and Case Taking</p>	<p>8.1 Define repertory and describe its evolution and clinical significance. 8.2 Discuss repertorization as a process of differential diagnosis and remedy selection. 8.3 Compare and contrast Homeopathic and conventional diagnostic frameworks, emphasizing holistic assessment.</p>

9.0 Apply Homeopathy Therapeutics

- 9.1 Discuss Biochemic Systems and their overlap with Homeopathy.
- 9.2 Differentiate between Biochemical and Homeopathic approaches.
- 9.3 Identify sources and preparations of Homeopathic drugs.
- 9.4 Discuss at least 50 key Homeopathic remedies and their modern clinical indications.
- 9.5 Integrate Homeopathic therapeutics into multidisciplinary treatment planning for chronic and lifestyle-related diseases.

10. Contemporary and Technological Approaches to Homeopathic Practice

- 10.1 Explain the concept of contemporary homeopathic practice and how it differs from traditional classical approaches
- 10.2 Identify modern technological tools used in homeopathic practice, including digital repertories, remedy databases and clinical software
- 10.3 Demonstrate the use of computerized repertorization systems in remedy selection
- 10.4 Analyze patient cases using modern homeopathic repertory software
- 10.5 Discuss the integration of homeopathy with modern healthcare systems and multidisciplinary care
- 10.6 Interpret current research trends and evidence-based developments influencing modern homeopathy
- 10.7 Critically examine the benefits and limitations of technology in homeopathic practice

11.0 Understand Evidence, Critiques, and Future Directions in Homeopathy

- 11.1 Review current research and meta-analyses on Homeopathic efficacy.
- 11.2 Analyze controversies and methodological challenges in Homeopathic research.
- 11.3 Explore the integration of Homeopathy into evidence-based, patient-centered healthcare models.
- 11.4 Reflect on ethical practice, safety, and patient communication in Homeopathic care.

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**COURSE TITLE: SUPERVISED CLINICAL EXPERIENCE**

**COURSE CODE: ADNAT 201**

**DURATION: 120 HRS**

**UNIT: 3.0**

**GOAL:** This course is designed to introduce the student to field practicals in clinical settings where they will observe and participate in the practical application of naturopathic principles under licensed supervision.

**GENERAL OBJECTIVES:** On completion of this course, the student should be able to:

- 1.0 Know what is required of them in clinical settings
- 2.0 Know how to carry out simple responsibilities in clinical/industrial settings
- 3.0 Demonstrate professionalism and ethical conduct within clinical environments
- 4.0 Understand how naturopathic care is delivered in real-life settings
- 5.0 Keep appropriate records and submit reports based on the supervised clinical experience

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p><b>1.0 Know What is Required of Them in Clinical Settings</b></p> <p><b>2.0 Know How to Carry Out Simple Responsibilities in Clinical Settings</b></p> <p><b>3.0 Demonstrate Professionalism and Ethical Conduct</b></p> <p><b>4.0 Understand Naturopathic Clinical Practice Delivery</b></p>	<p>On completion of this course, the student be able to:</p> <p>1.1 Explain the objectives and expectations of the Supervised Clinical Experience (SCE)</p> <p>1.2 Understand basic rules of professional behaviour, communication, and appearance in clinical settings</p> <p>1.3 Identify the importance of confidentiality and patient rights</p> <p>2.1 Participate in health history taking and wellness screening under supervision</p> <p>2.2 Assist in preparation of naturopathic modalities such as herbal mixes, nutrition plans or manual therapy sessions</p> <p>2.3 Support non-invasive therapy sessions as assigned by the supervisor</p> <p>3.1 Comply with ethical guidelines related to client care, consent, and confidentiality</p> <p>3.2 Demonstrate respect for practitioners, clients, and facility protocols</p> <p>3.3 Adhere to appointment times and maintain a responsible attitude</p> <p>4.1 Observe naturopathic consultations and treatments across multiple modalities</p> <p>4.2 Identify the integration of herbal, nutritional, physical and energy medicine in patient care</p> <p>4.3 Understand how patient progress and follow-ups are managed</p>

**5.0 Maintain Clinical Logbook and Evaluation Requirements**

5.1 Maintain a clinical logbook with weekly entries detailing experiences and learning outcomes

5.2 Submit a supervisor evaluation and letter of performance from the clinical site

5.3 Present two short case reflections describing the patient's case, practitioner's approach, and lessons learned



<b>COURSE TITLE</b>	<b>RESEARCH AND EVIDENCE-BASED APPROACHES IN NATUROPATHY</b>
<b>COURSE CODE</b>	<b>ADNAT 107</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** This course is designed to equip the student with the knowledge and skills of research methodology to enable him/her to present, read research report and integrate traditional naturopathic principles with contemporary scientific research

**GENERAL OBJECTIVES:** At the end of this course the student should be able to:

- 1.0 Understanding Research and Evidence-Based Practice
- 2.0 Understand Research Designs
- 3.0 Understand Biostatistics and Data Analysis
- 4.0 Understand Literature Review & Critical Appraisal
- 5.0 Understand Naturopathy-Based Research Evidence
- 6.0 Understand Clinical Applications and Case Studies
- 7.0 Understand Emerging Trends in Naturopathy
- 8.0 Understand Research Proposal Development

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p>1.0 Understanding Research and Evidence-Based Practice</p> <p>2.0 Understand Sampling Design and Data Collection</p> <p>3.0 Understand Biostatistics and Data Analysis</p>	<p>On completion of this course, the student be able to:</p> <p>1.1 State the various relevant definitions of research, explain its characteristics</p> <p>1.2 Distinguish between different kinds of research</p> <p>1.3 Discuss the importance, need and significance of research in Naturopathy</p> <p>1.4 Discuss the history and evolution of Evidence-Based practices</p> <p>1.5 Describe key components of Evidence-Based Practice (EBP)</p> <p>1.6 Discuss the challenges in Integrating EBP in Naturopathy</p> <p>2.1 Differentiate between Qualitative and Quantitative researches</p> <p>2.2 Explain the different types of researches; observational studies, experimental studies, systematic reviews and meta-analysis</p> <p>2.3 Differentiate between Systematic Reviews and Meta-Analyses</p> <p>2.4 Differentiate between Experimental and Non-Experimental Research Designs</p> <p>2.5 Enumerate key elements of research in Naturopathy</p> <p>2.6 Discuss ethical considerations in Naturopathy Research</p> <p>3.1 Define Biostatistics and highlight its key principles</p> <p>3.2 Define data, describe the different types and classifications of data and scales</p> <p>3.3 Explain the following statistical approaches and describe their components and measures;</p> <p>3.4 Descriptive statistics, probability, distribution, inferential statistics</p>

- 3.5 Explain Hypothesis Testing and p-Values and highlight their statistical significance
- 3.6 Describe and correlation and regression analysis and highlight their statistical significance
- 3.7 Define error. Describe the types of error
- 3.8 Define bias. Describe the types of bias
- 3.9 Explain the impact of error and bias on the quality of research
- 3.10 Explain the different types of study designs
- 3.11 Describe various statistical software & tools in research
- 3.12 Discuss the significance of research in public health and medicine

#### 4.0 Understand Literature Review & Critical Appraisal

- 4.1 Define literature review and explain its importance
- 4.2 List the different types of literature review
- 4.3 Describe the steps in conducting a literature review
- 4.4 Explain the critical appraisal of literature process
- 4.5 Highlight the key aspects of critical appraisal
- 4.6 Review the tools used in critical appraisal process
- 4.7 Explain peer reviewed journals and their significance
- 4.8 Explain the approach to evaluating the quality of research papers as well as identifying bias and limitations in studies
- 4.9 Explain the process of reporting & synthesizing findings
- 4.10 Highlight the good practices in literature review and critical appraisal

#### 5.0 Understand CAM-Based Research Evidence

- 5.1 Describe Naturopathy and list its principles
- 5.2 Describe various research, clinical studies and publications available on the following;
  - herbal medicine and phytotherapy
  - yoga and meditation
  - functional foods and nutritional science
  - lifestyle medicine

<p>6.0 Understand Clinical Applications and Case Studies</p>	<p>acupuncture, homeopathy, Asian medicines integrative medicine 5.3 Describe the scientific basis of hydrotherapy, mud therapy, and fasting therapy</p> <p>6.1 Explain the application of Evidence-Based Treatment Protocols in Naturopathy 6.2 Review Case Studies of Naturopathic Treatments with Scientific Backing 6.3 Highlight the principles of the integrative approach to medicine 6.4 List various integrative therapies 6.5 Discuss the benefits as well as some of the challenges and considerations of naturopathy</p>
<p>7.0 Understand Emerging Trends in Naturopathy</p>	<p>7.1 Discuss emerging trends in Naturopathy 7.2 Highlight the role of technology in Holistic Medicine Research 7.3 Describe the ethical &amp; regulatory challenges in Naturopathic studies</p>
<p>8.0 Understand Research Proposal Development</p>	<p>8.1 Develop a Research Question 8.2 Write a Research Proposal 8.3 Conduct Surveys &amp; Data Collection 8.4 Present and/or Publish Research in Naturopathy</p>

<b>COURSE TITLE</b>	<b>ENERGY MEDICINE</b>
<b>COURSE CODE</b>	<b>ADNAT 202</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** To provide health professionals with a comprehensive understanding of the scientific principles, clinical relevance, and therapeutic applications of Energy Medicine and Biophysical therapies as components of integrative clinical care.

**GENERAL OBJECTIVES:** On completion of the course this student should be able to:

- 1.0 Understand the scientific and theoretical foundations of Energy Medicine
- 2.0 Demonstrate clinical application and integration of Energy Medicine modalities
- 3.0 Understand biophysical mechanisms and research evidence supporting Energy Medicine
- 4.0 Assess and manage patient energy imbalances using evidence-informed tools
- 5.0 Apply ethical, safety, and professional principles in clinical practice

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p>1.0 Understand the scientific and theoretical foundations of Energy Medicine</p> <p>2.0 Demonstrate clinical application and integration of Energy Medicine modalities</p> <p>3.0 Understand biophysical mechanisms and research evidence supporting Energy Medicine</p>	<p>On completion of this course, the student be able to:</p> <p>1.1 Define Energy Medicine, Biofields, and Biophysical Therapies.</p> <p>1.2 Explain historical evolution and paradigms of Energy Medicine within integrative health sciences.</p> <p>1.3 Describe the human energy system (chakras, meridians, biofield, aura) in clinical context.</p> <p>1.4 Discuss the relationship between quantum biology, bioenergetics, and human physiology.</p> <p>1.5 Analyze the role of energy dynamics in health, disease, and healing processes.</p> <p>1.6 Critically review current scientific literature on Energy Medicine mechanisms.</p> <p>2.1 Discuss and compare key modalities: Reiki, Therapeutic Touch, Healing Touch, Pranic Healing, Acupuncture, Magnet Therapy, and Qigong.</p> <p>2.2 Describe assessment techniques including palpation, dowsing, and electronic biofeedback.</p> <p>2.3 Demonstrate safe use of selected modalities in simulated clinical settings.</p> <p>2.4 Integrate Energy Medicine approaches into conventional and complementary treatment plans.</p> <p>2.5 Develop case-based treatment strategies for chronic pain, fatigue, stress, and psychosomatic disorders.</p> <p>3.1 Explain energy transfer, coherence, and resonance as applied to living systems.</p> <p>3.2 Evaluate biophysical instrumentation and</p>

4.0 Assess and manage patient energy imbalances using evidence-informed tools

5.0 Apply ethical, safety, and professional principles in clinical practice

measurement techniques (e.g. Kirlian photography, GDV, HeartMath, EEG coherence).

3.3 Appraise clinical studies on energy interventions using evidence-based frameworks.

3.4 Discuss the limitations and controversies surrounding energy-based research.

4.1 Conduct energy assessments using structured observation, intuition, and instrument-assisted evaluation.

4.2 Record and interpret energy balance data for clinical decision-making.

4.3 Design individualized care plans integrating biophysical and psychosomatic insights.

4.4 Evaluate treatment outcomes based on patient-reported experiences and objective measures.

5.1 Identify ethical and regulatory considerations in clinical energy medicine practice.

5.2 Discuss boundaries, consent, and cultural sensitivity in energy work.

5.3 Demonstrate professional competence and reflective practice.

5.4 Develop a framework for interprofessional collaboration between energy medicine practitioners and conventional clinicians.



<b>COURSE TITLE</b>	<b>PHYSICAL AND MANUAL THERAPIES</b>
<b>COURSE CODE</b>	<b>ADNAT 203</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3</b>

**GOAL:** To equip health professionals with advanced clinical knowledge and integrative competence in the principles, mechanisms, and therapeutic applications of physical and manual therapies as part of comprehensive patient care and rehabilitation.

**GENERAL OBJECTIVES:** On completion of this course, the student will be able to:

- 1.0 Understand the principles and scope of Physical and Manual Therapies in Integrative Medicine.
- 2.0 Apply rehabilitation and patient-centered strategies in clinical practice.
- 3.0 Evaluate and implement therapeutic exercise programs for prevention and recovery.
- 4.0 Assess and correct posture and gait abnormalities using evidence-based techniques.
- 5.0 Integrate physical therapy modalities with complementary and alternative interventions.
- 6.0 Demonstrate advanced understanding of manual therapy techniques and their clinical indications.
- 7.0 Critically analyze emerging research and innovations in physiotherapy.
- 8.0 Identify, operate, and maintain tools and equipment used in physical and manual therapy practice.

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p>1.0 Principles of Physical Therapy</p> <p>2.0 Rehabilitation and Patient Care</p> <p>3.0 Therapeutic Exercise and Movement</p> <p>4.0 Posture, Alignment, and Gait</p>	<p>On completion of this course, the student be able to:</p> <p>1.1 Define physical therapy and its clinical relevance in integrative medicine.</p> <p>1.2 Trace the evolution and modern scope of physiotherapy.</p> <p>1.3 Explain biomechanical and kinesiological foundations underpinning physical therapy.</p> <p>1.4 Differentiate physical therapy, kinesiotherapy, and occupational therapy in multidisciplinary care.</p> <p>1.5 Discuss roles of physiotherapists in integrative clinical teams.</p> <p>2.1 Define rehabilitation and outline its key stages in patient recovery.</p> <p>2.2 Describe comprehensive patient assessment protocols (history, examination, functional evaluation).</p> <p>2.3 Discuss the principles of rehabilitation planning and outcome measurement.</p> <p>2.4 Highlight ethical, safety, and medico-legal considerations in physical therapy practice.</p> <p>2.5 Integrate emotional and psychosocial aspects of rehabilitation.</p> <p>3.1 Discuss the physiology and therapeutic value of exercise.</p> <p>3.2 Classify therapeutic exercises (passive, active, resistive, isometric, isotonic).</p> <p>3.3 Apply principles of exercise prescription in musculoskeletal, neurological, and post-surgical cases.</p> <p>3.4 Demonstrate clinical reasoning in progression, monitoring, and evaluation of exercise therapy.</p> <p>4.1 Define posture and gait, and describe their biomechanical determinants.</p> <p>4.2 Identify common postural deviations and gait abnormalities.</p> <p>4.3 Explain diagnostic methods (visual, palpatory, digital gait</p>

<p>5.0 Modalities in Physical Therapies</p>	<p>analysis).</p> <p>4.4 Discuss corrective interventions including stretching, strengthening, orthotic support, and retraining.</p> <p>4.5 Relate posture and gait to pain, musculoskeletal disorders, and energy imbalance.</p> <p>5.1 Discuss the biophysical principles, mechanisms, and clinical indications of major modalities: hydrotherapy, thermotherapy, cryotherapy, phototherapy, electrotherapy, magnet therapy.</p> <p>5.2 Evaluate evidence-based applications for pain management, inflammation control, and tissue repair.</p> <p>5.3 Discuss contraindications, precautions, and safety measures.</p> <p>5.4 Demonstrate familiarity with clinical equipment and setup for each modality.</p>
<p>6.0 Understand Manual Therapies</p>	<p>6.1 Define manual therapy and describe its biomechanical, neurological, and energetic bases.</p> <p>6.2 Discuss evidence-based theories and mechanisms of soft-tissue and joint mobilization.</p> <p>6.3 Compare and contrast various manual therapies: Massage Therapy, Osteopathy, Chiropractic, Myofascial Release, Neuromuscular Therapy, Craniosacral Therapy, and Kinetic Manual Therapy.</p> <p>6.4 Integrate manual therapy with acupuncture, magnet therapy, and herbal medicine where clinically appropriate.</p> <p>6.5 Evaluate current research, ethical considerations, and scope of practice in manual therapies.</p>
<p>7.0 Innovations and Future Trends</p>	<p>7.1 Examine advances in physiotherapy technology (laser therapy, shockwave therapy, robotic rehabilitation, biofeedback).</p> <p>7.2 Discuss integrative and interdisciplinary rehabilitation models.</p> <p>7.3 Critically review research directions in physical and manual therapy sciences.</p> <p>7.4 Explore career and practice opportunities in integrative physiotherapy.</p>

8.0 Tools, Equipment, and Orthotics

8.1 Identify and describe tools, assistive devices, and orthotics used in physical and manual therapy.

8.2 Explain maintenance, calibration, and infection control in therapy equipment.

8.3 Discuss customization and fitting of orthotic devices for specific conditions.

8.4 Correlate equipment use with therapeutic goals and patient safety.

<b>COURSE TITLE</b>	<b>INTEGRATIVE MEDICINE</b>
<b>COUSRE CODE</b>	<b>ADNAT 102</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** To provide health professionals with a scientific and clinical grounding in the philosophies, principles, and applications of Integrative Medicine, equipping them to evaluate, apply, and advocate evidence-informed complementary modalities within modern healthcare systems.

**GENERAL OBJECTIVES:** On completion of this course, the student will be able to:

1. Analyze the philosophy, principles, and clinical framework of Integrative Medicine.
2. Examine Complementary and Alternative Medicine (CAM) in the context of evidence, ethics, and regulation.
3. Evaluate mind-body interactions and psychoneuroimmunology in clinical care.
4. Integrate nutrition and functional medicine into disease prevention and management.
5. Critically assess herbal and phytomedicine approaches.
6. Evaluate the role, regulation, and evidence base of nutritional supplementation.
7. Compare major systems of traditional medicine and their integration into public health.
8. Examine manual and energy-based therapies and their mechanisms.
9. Apply lifestyle medicine principles in prevention and chronic disease management.
10. Appraise global innovations and policy trends in Integrative Medicine and their implications for Nigeria

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p>1.0 Understand Integrative Medicine</p>	<p>On completion of this course, the student be able to:</p> <p>1.1 Define and explain the principles and philosophy of Integrative Medicine (IM).  1.2 Analyze the evolution and global development of IM.  1.3 Differentiate between integrative, complementary, and alternative medicine.  1.4 Discuss the biopsychosocial model and patient-centered care in IM.  1.5 Appraise integrative clinical models used in major institutions.</p>
<p>2.0 Understand Complementary and Alternative Medicine (CAM)</p>	<p>2.1 Explain CAM classifications and categories.  2.2 Critically evaluate scientific evidence supporting selected CAM therapies.  2.3 Discuss ethical, cultural, and legal implications of CAM integration.  2.4 Explore regulatory frameworks for CAM in Nigeria and globally.  2.5 Debate controversies and public misconceptions surrounding CAM.</p>
<p>3.0 Understand Mind-Body Medicine and Psychoneuroimmunology (PNI)</p>	<p>3.1 Define mind-body medicine and describe its role in stress and chronic disease.  3.2 Examine mechanisms of PNI and their physiological basis.  3.3 Discuss mindfulness, meditation, hypnosis, and biofeedback as clinical tools.  3.4 Evaluate research linking emotion, immunity, and healing outcomes.  3.5 Discuss placebo response and psychobiological mechanisms in recovery.</p>

#### 4.0 Understand Nutrition and Functional Medicine

- 4.1 Define Functional Medicine and its systems-based model.
- 4.2 Describe the concept of metabolic individuality and personalized nutrition.
- 4.3 Discuss gut microbiome and inflammation as functional medicine cornerstones.
- 4.4 Evaluate functional medicine protocols in chronic disease reversal.
- 4.5 Analyze nutraceuticals and therapeutic diets as clinical interventions.

#### 5.0 Understand Herbal Medicine

- 5.1 Explain phytotherapy principles and clinical applications.
- 5.2 Identify key pharmacologically active plant constituents.
- 5.3 Discuss safety, dosage, and drug-herb interactions.
- 5.4 Appraise research evidence supporting selected herbal therapies.
- 5.5 Examine Nigeria's herbal medicine landscape and regulation.

#### 6.0 Understand Nutritional Supplements

- 6.1 Define supplements, nutraceuticals, and functional foods.
- 6.2 Evaluate efficacy and quality control standards.
- 6.3 Discuss risks of overuse, toxicity, and adulteration.
- 6.4 Explore WHO and Nigerian regulatory guidelines on supplements.
- 6.5 Critically assess the supplement industry and evidence gaps.

#### 7.0 Understand Traditional Medicines

- 7.1 Compare traditional systems (TCM, Ayurveda, Unani, African Traditional Medicine, etc.).
- 7.2 Discuss diagnostic models and philosophies of these systems.
- 7.3 Evaluate their integration into modern clinical

<p>8.0 Understand Manual and Energy-Based Therapies</p>	<p>models.</p> <p>7.4 Examine ethical and cultural dimensions of traditional healing.</p> <p>7.5 Assess WHO strategies on traditional medicine and integration.</p> <p>8.1 Describe principles and physiological bases of manual therapies.</p> <p>8.2 Analyze clinical evidence supporting chiropractic, osteopathy, massage, reflexology, and physiotherapy integration.</p> <p>8.3 Discuss energy medicine modalities (Reiki, Qigong, acupuncture, etc.).</p> <p>8.4 Explore scientific theories explaining biofield and electromagnetic healing.</p> <p>8.5 Discuss integrative pain management models using manual and energy medicine.</p>
<p>9.0 Understand Lifestyle Medicine and Preventive Health</p>	<p>9.1 Define lifestyle medicine and its six pillars.</p> <p>9.2 Discuss its role in managing metabolic, cardiovascular, and autoimmune diseases.</p> <p>9.3 Integrate lifestyle modification strategies in patient management.</p> <p>9.4 Analyze case studies in integrative oncology, cardiology, and endocrinology.</p> <p>9.5 Evaluate behavioral change models in preventive medicine.</p>
<p>10.0 Understand the Future of Integrative Medicine</p>	<p>10.1 Identify emerging trends (genomics, digital health, microbiome research, etc.).</p> <p>10.2 Discuss integrative approaches to chronic and complex diseases.</p> <p>10.3 Evaluate public health implications of integrative medicine adoption.</p> <p>10.4 Develop strategic models for implementing IM in Nigerian healthcare settings.</p> <p>10.5 Propose a policy or institutional framework to</p>

promote integrative health.

<b>COURSE TITLE</b>	<b>PUBLIC HEALTH IN NATUROPATHY</b>
<b>COUSRE CODE</b>	<b>ADNAT 206</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** This course is designed to develop in health professionals a deep understanding of the relationship between Naturopathy and Public Health. It explores the interface between traditional healing systems and modern preventive health frameworks, preparing students to apply naturopathic approaches in disease prevention, health promotion, and community health interventions. Students will learn to critically evaluate the role of Naturopathy within national and global health systems, with particular emphasis on Nigeria.

**GENERAL OBJECTIVES:** On completion of the course this student should be able to:

1. Understand the philosophy, principles, and scope of Naturopathy.
2. Demonstrate an understanding of Public Health concepts, systems, and strategies.
3. Explain the powers and responsibilities of government and health agencies in promoting public health.
4. Apply the basic principles and methods of Epidemiology.
5. Analyze diseases, determinants of health, and major risk factors.
6. Explain the framework of health promotion and disease prevention from both biomedical and holistic perspectives.
7. Examine the principles of Demography and their significance in population health.
8. Assess major communicable and non-communicable diseases, their prevention, and control.
9. Evaluate the role, integration, and contribution of Naturopathy within public health systems and policies.

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p>1.0 Understand Complementary and Alternative Medicine</p> <p>2.0 Understand Public Health</p> <p>3.0 Understand Powers and Responsibilities of Government</p> <p>4.0 Understand Principles of Epidemiology</p>	<p>On completion of this course, the student be able to:</p> <p>1.1 Define and explain the concept, philosophy, and scope of Complementary and Alternative Medicine.</p> <p>1.2 Distinguish between CAM, Naturopathy, Integrative Medicine, and Conventional Medicine.</p> <p>1.3 Discuss global trends and WHO's Traditional Medicine Strategy.</p> <p>2.1 Define health, public health, risk factors, and disease prevention.</p> <p>2.2 Discuss the history, evolution, and major achievements of public health globally and in Nigeria.</p> <p>2.3 Describe the core functions and essential services of public health.</p> <p>2.4 Identify major landmark events, epidemics, and public health milestones.</p> <p>3.1 Describe the roles of Federal, State, and Local Governments in health system governance and public health service delivery.</p> <p>3.2 Discuss the role of NGOs, community-based organizations, and private practitioners in public health.</p> <p>3.3 Explain the relevance of policy, legislation, and intersectoral collaboration in achieving population health.</p> <p>4.1 Define epidemiology and its relevance to public health.</p> <p>4.2 Classify diseases and explain modes of transmission.</p> <p>4.3 Discuss epidemiological principles and study designs.</p>

	<p>4.4 Explain measures of disease frequency, association, and impact.</p> <p>4.5 Identify sources of epidemiological and health data.</p> <p>4.6 Discuss examples of Naturopathic epidemiological research.</p>
<p>5.0 Understand Diseases, Determinants of Health and Risk factors of Disease</p>	<p>5.1 Differentiate between infection, infectious diseases, and non-infectious diseases.</p> <p>5.2 Identify determinants of health and disease.</p> <p>5.3 Explain modifiable and non-modifiable risk factors.</p> <p>5.4 Analyze how lifestyle, environment, and socioeconomic conditions affect disease patterns.</p>
<p>6.0 Understand Prevention, Health Promotion, Disease Prevention</p>	<p>6.1 Define prevention and its levels (primary, secondary, tertiary).</p> <p>6.2 Compare health promotion, disease prevention, and health protection strategies.</p> <p>6.3 Discuss WHO and Nigerian frameworks for prevention and health promotion.</p> <p>6.4 Evaluate how Naturopathy contributes to preventive health and community wellness.</p>
<p>7.0 Understand Demography</p>	<p>7.1 Define demography and discuss its relevance to public health planning.</p> <p>7.2 Describe population dynamics, fertility, mortality, and migration.</p> <p>7.3 Explain demographic transition and its implications for health services.</p>
<p>8.0 Understand Diseases and Control Strategies</p>	<p>8.1 Classify diseases as communicable or non-communicable.</p> <p>8.2 Explain control, elimination, and eradication strategies for major diseases.</p>

9.0 Understand Naturopathy in Public Health

8.3 Discuss existing national and global efforts to combat malaria, tuberculosis, HIV/AIDS, and NCDs.

8.4 Evaluate the role of Naturopathic interventions in disease management and prevention.

9.1 Review the Nigerian health system structure.

9.2 Analyze the role of Naturopathy within Nigeria's public health system.

9.3 Discuss the cultural and sociological relevance of Naturopathy in health-seeking behavior.

9.4 Examine policy, regulation, and integration of Naturopathy in health planning.

9.5 Review literature and research on Naturopathy's contribution to public health outcomes.

9.6 Discuss the role of clinical trials and evidence-based validation in Naturopathy.

<b>COURSE TITLE</b>	<b>HERBAL MEDICINE</b>
<b>COURSE CODE</b>	<b>ADNAT 104</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** This course is designed to equip health professionals with advanced clinical and scientific understanding of phytomedicine. It emphasizes evidence-based use of medicinal plants, pharmacognosy, phytochemistry, and clinical herbal therapeutics within integrative medical practice.

**GENERAL OBJECTIVES:** On completion of the course this student should be able to:

- 1.0 Understand the scientific and clinical foundations of phytomedicine
- 2.0 Examine the historical evolution and global systems of medical herbalism
- 3.0 Analyze plant cultivation, harvesting, and sustainable sourcing for clinical use
- 4.0 Understand phytochemical constituents and metabolic pathways of medicinal plants
- 5.0 Apply advanced extraction and formulation techniques in herbal preparations
- 6.0 Integrate medical herbalism into clinical case management
- 7.0 Evaluate key plants in the Materia Medica based on pharmacology, therapeutic indications, and dosage
- 8.0 Examine ethics, legal frameworks, and current research in professional herbal practice

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p>1.0 Understand the Scientific and Clinical Foundations of Phytomedicine</p> <p>2.0 Examine Historical Evolution and Global Systems of Medical Herbalism</p> <p>3.0 Analyze Cultivation, Harvesting, and Sustainable Sourcing</p> <p>4.0 Understand Phytochemical Constituents and Metabolic</p>	<p>On completion of this course, the student be able to:</p> <p>1.1 Define phytomedicine and discuss its clinical scope and scientific basis.</p> <p>1.2 Compare traditional and modern herbal systems in clinical application.</p> <p>1.3 Discuss the pharmacological principles underlying herbal actions.</p> <p>1.4 Evaluate current evidence supporting phytotherapeutic interventions in disease management.</p> <p>2.1 Describe the evolution of herbal medicine from ancient civilizations to modern medical practice.</p> <p>2.2 Compare African Traditional Medicine, Western Herbal Medicine, Traditional Chinese Medicine, and Ayurveda in principles and philosophy.</p> <p>2.3 Discuss the historical link between irregular medicine, eclecticism, and naturopathy.</p> <p>2.4 Reflect on the relevance of holism and reductionism in clinical herbal philosophy.</p> <p>3.1 Define and explain propagation, cultivation, and harvesting practices for medicinal plants.</p> <p>3.2 Discuss sustainable and ethical sourcing of plant materials in modern phytomedicine.</p> <p>3.3 Evaluate storage, preservation, and quality assurance protocols for medicinal herbs.</p> <p>4.1 Define primary and secondary metabolites and their pharmacological significance.</p>

## Pathways

### 5.0 Apply Advanced Extraction and Formulation Techniques

- 4.2 Classify major groups of secondary metabolites (alkaloids, flavonoids, terpenes, glycosides, etc.) with clinical examples.
- 4.3 Discuss structure-activity relationships and their therapeutic implications.

- 5.1 Define extraction and discuss its relevance to phytomedicine.
- 5.2 Compare various extraction methods (maceration, decoction, percolation, supercritical fluid extraction, etc.).
- 5.3 Evaluate parameters for optimizing phytochemical yield and stability.
- 5.4 Discuss formulation science, standardization, and dosage considerations in clinical use.

### 6.0 Integrate Medical Herbalism into Clinical Case Management

- 6.1 Apply herbal therapeutic principles to enhance clinical care and disease management.
- 6.2 Discuss integrative protocols combining herbal medicine with conventional care.
- 6.3 Critically review safety, interactions, and contraindications in clinical herbalism.

### 7.0 Evaluate the Materia Medica and Key Medicinal Plants

- 7.1 Analyze at least 50 commonly used medicinal plants, including their active constituents, pharmacological actions, and clinical indications.
- 7.2 Discuss dosage forms, methods of preparation, and case-based applications.
- 7.3 Evaluate plant monographs based on WHO and pharmacopoeial standards.

### 8.0 Examine Ethics, Legal Frameworks, and Research in Herbal Medicine

- 8.1 Discuss national and international legislation regulating herbal medicine practice.
- 8.2 Examine ethical considerations and professional

standards in herbal therapeutics.

8.3 Critically evaluate emerging research, clinical trials, and global developments in phytomedicine.

8.4 Propose a research-based innovation or improvement in clinical herbal practice.

<b>COURSE TITLE</b>	<b>LIFESTYLE AND PREVENTIVE MEDICINE</b>
<b>COURSE CODE</b>	<b>ADNAT 204</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** To equip health professionals with advanced knowledge and practical competence in applying lifestyle and preventive medicine principles in clinical and community settings for chronic disease prevention, reversal, and optimal health.

**GENERAL OBJECTIVES:** On completion of the course this student should be able to:

- 1.0 Understand Lifestyle Medicine
- 2.0 Understand Nutrition and Chronic Disease Prevention
- 3.0 Understand Physical Activity and Exercise Prescription
- 4.0 Understand Sleep Health and Recovery
- 5.0 Understand Stress Management and Mental Well-being
- 6.0 Understand Substance Use and Addiction Prevention
- 7.0 Understand Social and Environmental Determinants of Health
- 8.0 Understand Behavioral Change and Motivational Interviewing
- 9.0 Understand Preventive Health Screenings and Risk Assessment
- 10.0 Understand Integrative and Holistic Approaches in Lifestyle Medicine.

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p>1.0 Understand Lifestyle Medicine</p> <p>2.0 Understand Nutrition and Chronic Disease Management</p> <p>3.0 Exercise Prescription and Physical Activity</p>	<p>On completion of this course, the student be able to:</p> <p>1.1 Define lifestyle medicine in the context of clinical and preventive care.</p> <p>1.2 Evaluate the evidence base and global trends in chronic disease reversal through lifestyle interventions.</p> <p>1.3 Analyze the role of lifestyle interventions in reducing healthcare burden in Nigeria and Sub-Saharan Africa.</p> <p>1.4 Differentiate preventive, predictive, and participatory models of healthcare.</p> <p>1.5 Develop integrative patient care plans using the six pillars of lifestyle medicine.</p> <p>2.1 Analyze macronutrient and micronutrient functions in metabolic health.</p> <p>2.2 Critically compare dietary protocols (Mediterranean, DASH, Ketogenic, Plant-Based) with evidence-based outcomes.</p> <p>2.3 Design individualized nutrition plans for chronic disease prevention.</p> <p>2.4 Assess the role of food insecurity and cultural dietary patterns in Nigeria.</p> <p>2.5 Evaluate nutritional counseling approaches for chronic care.</p> <p>3.1 Evaluate scientific evidence linking physical activity with chronic disease prevention.</p> <p>3.2 Design exercise prescriptions based on patient population (cardiac, diabetic, geriatric, etc.).</p> <p>3.3 Assess the risks and contraindications in exercise therapy.</p> <p>3.4 Incorporate movement therapy, yoga, or tai chi as integrative tools.</p>

#### 4.0 Understand Sleep Health and Recovery

- 4.1 Examine the role of sleep architecture in immune, metabolic, and cognitive function.
- 4.2 Evaluate diagnostic approaches for sleep disorders.
- 4.3 Design integrative sleep hygiene interventions.
- 4.4 Discuss emerging research on circadian rhythm optimization.

#### 5.0 Understand Stress, Mind-Body Medicine, and Mental Well-being

- 5.1 Evaluate the physiological basis of stress and its link to chronic disease.
- 5.2 Compare psychoneuroimmunological models of health.
- 5.3 Apply mindfulness, relaxation, and breathing techniques in stress reduction programs.
- 5.4 Design patient-centered stress management plans.

#### 6.0 Understand Substance Use and Addiction Medicine

- 6.1 Critique addiction from neurobiological and behavioral models.
- 6.2 Evaluate integrative detoxification and relapse prevention strategies.
- 6.3 Formulate clinical counseling plans for substance cessation.

#### 7.0 Understand Social and Environmental Determinants of Health

- 7.1 Analyze social, occupational, and environmental factors affecting health outcomes.
- 7.2 Evaluate environmental toxin exposure and strategies for mitigation.
- 7.3 Develop community-level preventive health programs.

#### 8.0 Understand Behavior Change and Patient Motivation

- 8.1 Apply behavioral change theories (Transtheoretical Model, Self-Determination Theory).
- 8.2 Demonstrate the use of motivational interviewing in clinical encounters.
- 8.3 Develop patient adherence and follow-up strategies for long-term behavior change.

<p>9.0 Understand Preventive Health Screening and Risk Stratification</p>	<p>9.1 Design screening protocols for cardiovascular, metabolic, and cancer risk.</p> <p>9.2 Apply genomics, biomarkers, and personalized medicine in preventive care.</p> <p>9.3 Integrate digital tools and wearable technology for risk tracking.</p>
<p>10.0 Understand Integrative and Holistic Clinical Models</p>	<p>10.1 Synthesize lifestyle, nutritional, and mind-body interventions in integrative clinical models.</p> <p>10.2 Evaluate clinical outcomes and patient-reported improvements.</p> <p>10.3 Discuss future trends and research in integrative and lifestyle medicine.</p>

<b>COURSE TITLE</b>	<b>ETHICAL, BUSINESS AND MANAGEMENT PRACTICES IN NATUROPATHY</b>
<b>COURSRE CODE</b>	<b>ADNAT 205</b>
<b>DURATION</b>	<b>45 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** This course is designed to provide health professionals with a understanding of the ethical principles, legal frameworks, business management strategies, and professional communication skills essential for effective and sustainable practice in Naturopathy.

**GENERAL OBJECTIVES:** On completion of the course this student should be able to:

- 1.0 Understand Ethics in Naturopathic Practice
- 2.0 Understand Legal and Regulatory Aspects of Naturopathic Practice
- 3.0 Understand Business Management for Naturopathic Practice
- 4.0 Understand Patient Communication and Relationship Management
- 5.0 Understand Leadership, Professionalism, and Continuous Development in Naturopathic Practice



3.0 Understand Business Management for Naturopathic Practice

- 2.8 Explain data protection, digital confidentiality, and electronic record keeping.
- 2.9 Compare Nigerian legal frameworks with international best practices.
- 3.1 Explain steps in setting up an Naturopathic clinic or wellness center.
- 3.2 Describe essential elements of business planning, financial management, and goal setting.
- 3.3 Discuss marketing, branding, and patient engagement strategies.
- 3.4 Explain clinic operations, workflow management, and quality assurance.
- 3.5 Highlight staffing, team coordination, and leadership for clinical success.
- 3.6 Discuss the use of technology, digital marketing, and telehealth in Naturopathic practice.
- 3.7 Describe sustainable and socially responsible business models.
- 3.8 Explain risk management, insurance, and professional accountability.

4.0 Understand Patient Communication and Relationship Management

- 4.1 Explain the importance of effective communication in health care.
- 4.2 Describe key principles of patient-centered communication.
- 4.3 Discuss rapport building, trust, and empathy in practitioner-patient relationships.
- 4.4 Describe techniques for handling difficult conversations and sensitive issues.
- 4.5 Discuss effective patient education and counseling strategies.
- 4.6 Explain follow-up systems and patient retention strategies.

5.0 Understand Leadership, Professionalism, and Continuous Development in Naturopathic

- 4.7 Highlight the importance of feedback and continuous improvement.
- 4.8 Discuss cultural sensitivity, inclusivity, and ethical

Practice

considerations in communication.

4.9 Describe ethical considerations in online and social media communication.

4.10 Discuss conflict resolution and management of patient complaints.

5.1 Define leadership and professionalism in Naturopathy.

5.2 Discuss mentorship, collaboration, and community service as leadership tools.

5.3 Explain Continuing Professional Development (CPD) and lifelong learning requirements.

5.4 Highlight advocacy strategies for Naturopathic in public health and policy.

5.5 Discuss maintaining professional resilience, ethical integrity, and prevention of burnout.

5.6 Describe global trends and evolving standards in professional practice.

<b>COURSE TITLE</b>	<b>RESEARCH PROPOSAL</b>
<b>COURSRE CODE</b>	<b>ADNAT 207</b>
<b>DURATION</b>	<b>120 HRS</b>
<b>UNIT</b>	<b>3.0</b>

**GOAL:** To provide the students with knowledge and skills needed to develop a well-structured research proposal.

**GENERAL OBJECTIVES:** On completion of this course, the student should be able to:

- 1.0 Understand how to write and present a research proposal on their discipline-related topics (proposal should consist of four chapters; Introduction, Literature review, Methodology and design, Ethical Considerations)

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
<p>1.0 Understand how to write and present a research proposal on related topics.</p>	<p>On completion of this course, the student should be able to:</p> <p>1.1 Use his knowledge in basic research methods to carry out and write a research project in the following presentation:</p> <p>A. Preliminaries:</p> <ul style="list-style-type: none"> <li>ix. Title page</li> <li>x. Approval I Certification page</li> <li>xi. Dedication page.</li> <li>xii. Acknowledgement</li> <li>xiii. Table of Content</li> <li>xiv. List of Tables</li> <li>xv. List of Figures</li> <li>xvi. Abstract</li> </ul> <p>G. Chapter One: Introduction including; background of the study, statement of the problem, purpose (or objective) of the study, significance of the study, research questions and/ or hypothesis (ses), Delimitation of the study, definition of terms (if any), etc.</p> <p>H. Chapter Two: Literature Review.</p> <p>I. Chapter Three: Research Methodology.</p> <p>J. Chapter Four: Ethical considerations</p>

