

**CURRICULUM AND COURSE
SPECIFICATION FOR THE
POST GRADUATE
PROFESSIONAL DIPLOMA IN
NATUROPATHY**

**JANUARY,
2025**



**CURRICULUM AND COURSE SPECIFICATION
FOR THE POST GRADUATE PROFESSIONAL
DIPLOMA IN NATUROPATHY**

**ACCREDITED BY;
NIGERIAN COUNCIL OF PHYSICIANS OF NATURAL
MEDICINE**

INTRODUCTION

The **Post Graduate Professional Diploma in Naturopathy** is a dynamic, practice-oriented programme designed to equip students with the knowledge, skills, and confidence to thrive as natural health practitioners in today's evolving healthcare landscape.

In response to growing global interest in holistic and preventive healthcare, this updated curriculum reflects the latest developments in **Complementary and Alternative Medicine (CAM)**, while grounding students in the foundational philosophies and therapeutic principles of naturopathy. It introduces modern tools, clinical competencies, and real-world applications to prepare graduates to meet diverse health needs in communities and wellness settings.

Over the last decade, the healthcare sector has experienced a paradigm shift. Patients are increasingly seeking natural and preventive options to complement conventional care. In Nigeria and across Africa, traditional healing practices remain vital, and there is growing recognition of the need to formalize and professionalize natural medicine education.

The previous curriculum, developed in 2021, laid a strong foundation but required revision to keep pace with emerging health trends, research, and evolving public health challenges. Feedback from practitioners, educators, and policymakers emphasized the need for a curriculum that not only strengthens clinical competence but also aligns with national and global expectations for professional CAM training.

This new curriculum is the result of collaborative input from experts in naturopathy, education, and healthcare policy. It is designed to elevate standards of practice, improve public trust, and ensure graduates are well-prepared to contribute to the health and wellness of their communities.

With a strong emphasis on **evidence-informed practice, interdisciplinary learning, and clinical exposure**, students are trained to integrate natural therapies—such as herbal medicine, nutrition, physical therapies, homeopathy, and energy healing—into practical and ethical client care.

This 12-month programme is structured around intensive coursework, guided practicals, and supervised clinical experience, all of which are aligned with national standards set by the **Nigerian Council of Physicians of Natural Medicine**.

Graduates will be equipped not only to deliver client-centred natural care, but also to contribute meaningfully to public health, wellness education, and the future of integrative medicine in Nigeria and beyond.

DANIEL OMISANDE

REGISTRAR,

21 AUG, 2024.

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 degree in any health/medical related discipline

DURATION OF COURSE

12 Months

CERTIFICATE AWARDED

Post Graduate Professional Diploma in Naturopathy

GENERAL INFORMATION

Structure of the Programme:

The Post Graduate Professional Diploma in Naturopathy is a terminal programme, and is structured to last for 12 months.

Furthermore, for the programme, each semester shall consist of 15 contact weeks of teaching which includes; practical exercises, examinations, quizzes, tests, etc. These programmes incorporates regimented periods of Supervised Clinical Experience (SCE)

Accreditation of the Programme:

All the programmes in Natural Medicine (i.e. Certificate, Diploma and Professional Diploma) offered by any training institution shall be accredited by the Nigerian Council of Physicians of Natural Medicine before the graduands can be awarded the respective Certificate | Diploma | Professional Diploma. Information on the details about the process of accrediting the programmes can be obtained from: The Registrar.

Condition for award of Certificate/Diploma/Higher Diploma:

Training institutions offering the accredited programmes will award the Certificate/ Diploma / Professional Diploma to students who successfully completed each programme after passing the prescribed course work, examinations, project (for diplomates) and the Supervised Clinical Experience (SCE).

The final examination of students shall be at a ratio of 70:30% (i.e. terminal examination shall constitute 70%, while continuous assessment in schools will constitute 30%). Also, projects shall be supervised by the training institutions and moderated by the Council. The students will therefore sit for only one qualifying examination.

The Five (5) Point Grading System shall be adopted be for the Certificate, Diploma and Higher Diploma i.e.

Range of Scores	Letter Grades	Weighting Points
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

The CGPA Certificate/Diploma/Higher Diploma/Professional

Diploma shall be classified as:

- 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 2.0 – 2.49
- Fail - CGPA of below 2.00

CONTINUOUS ASSESSMENT

Continuous Assessment is basic in the overall examinations.

A combination of C.A. scores and end-of-semester examination scores yield the course Grade. The ranges used in the College are 30% for C.A. and 70% for examination. The Council approves the following:

1. Weighting of 30% should be adopted for the continuous assessment and 70% for semester examinations by the College in view of the work input expected from students in the various programmes of study
2. Online studies adopt a different system of assessment. Lecturers are responsible for 50% of total assessment which will be regarded to as 'INTERNALS'. The college administration is responsible for the other 50% and this will be regarded to as 'EXTERNALS'. The EXTERNALS will comprise entirely of the semester examination.
3. Continuous assessment of students should be (by means of formal and informal tests) given a greater weight. Assessment should normally be in workshops, laboratories, studios, field/assignment, etc. as may be applicable to respective disciplines, and;
4. For effective implementation of the course credit system and the continuous assessment scheme:
5. Each College should provide essential tools for information storage, retrieval and analysis in the form of microcomputers along with relevant software, word processors. Such computer application can facilitate access to analytical tools which can greatly facilitate the grading processes.
6. The standard of teaching/instruction and quality of examinations should be raised through the institutions of student opinion survey and peer evaluation to assess the quality to teaching in all courses. The lecturers evaluated should be informed about the outcome which should be discussed with them individually as a basis for improvement.

RESIT EXAMINATIONS:

1. Resit examinations are abolished in the College within the same semester
2. Students who repeat courses for any reasons should be credited with the actual marks so earned but previous marks should also be recorded. This is in keeping with the objectives of the course system.
3. Students who repeat courses and hence has to do a resit of examinations will have to pay a fine of N15,000 per course repeated

SEMESTER EXAMINATIONS:

Examinations take place at the end of each semester. Continuous Assessment is 30%, while examination is 70% of the total score for the semester for onsite studies. The online counterpart will comprise of 50% for both C.A and examinations each.

Continuous Assessment shall consist of tests, written assignments, presentations, vivas, reports, practical work and any other means as may be appropriate that will be assigned by the Lecturer in Charge (LIC). To obtain a pass in a course, a student shall have scored a minimum of 40% on the aggregate of continuous assessment and examination. A student must have attained 75% class attendance, paid College approved fees and registered duly.

Students who do not fulfil their INTERNALS/C.A requirements will not be allowed to sit for the EXTERNALS/ Examinations. Online students will write an examination of 100 Multi Choice Questions (MCQs) for each course.

RULES GOVERNING EXAMINATION CONDUCT:

1. Students shall be in the examination room at least thirty minutes before the scheduled time of the examination and shall be seated at the appropriate numbered seat (where applicable).
2. Students may not be admitted into the examination hall thirty minutes after the commencement of the examination.
3. Students shall rid their environment free of all unlawful materials e.g. textbooks, handouts, pieces of paper. Writing on the lockers should be reported before the

commencement of examination to the invigilator.

4. No exchange of question papers, answer sheets and similar materials during an examination.
5. Students shall not come into the examination hall with any unlawful materials e.g. sophisticated calculators/mini computers/handsets etc.
6. Online students will not be permitted under any circumstance to write an EXTERNAL examination outside of permitted window.
7. The Examination administration are required to enter '0 (zero) mark' for any student who submits outside of the examination window. Failure to enforce this means that the official in charge is liable to malpractice charge.

8. No use of prepared answers of any kind or in any form (e.g. question paper, on top of desks, chairs, wall, ceiling, chalkboard, school fees receipt, candidate palms or any part of the body, veils, handkerchiefs, tissue paper etc).
9. Each student must submit his/her answer script at the end of the **TIME-ALLOWED** for the examination.
10. No unruly/rowdy and impolite behaviour or insubordination to invigilator before, during and after the examination e.g. students refusing to carry out lawful instructions such as improper sitting arrangement, noise, etc.
11. Students must hand their scripts to the invigilator when leaving the examination room before the end of the examination.
12. Students shall bring their identity cards, clearance certificates, school fees receipts to the examination hall and display them in a prominent position on their desks and nothing unauthorized should be written on these documents.
13. Attendance sheets shall be signed in by the students at the beginning of the examination and signed out at the end of the examination after the submission of their answer scripts.
14. During an examination, no student shall speak to any other student except such is approved by the invigilator and there shall be no noise, disturbance, peeping or spying.
15. No book, printed paper, written document or unauthorized aid shall be taken into an examination room by any student, except as may be stated in the rubrics of any examination paper.
16. No student shall leave the examination hall without permission and attempts to re-enter the hall to continue with the paper later.
17. No student shall insult or physically assault an invigilator for performing his/her lawful duties.
18. Students are not permitted to leave the examination room during the course of the examination except briefly under the continuous supervision of an invigilator or an escort.
19. Students are not allowed to leave the room during the first thirty minutes of the examination nor during the last thirty minutes.
20. The use of scrap paper is not permitted. All rough work must be done in the answer booklets and crossed neatly or in supplementary loose answer sheets which must be submitted to the invigilator. There shall be no writing of points on the question paper.
21. No student is allowed to be in possession of any handbag, purse, briefcase etc. in the examination room while the examination is in progress.

22. At the beginning of examination each student must write his/her **full name** and **matric number** at the top corner of his/her **Question paper**.
23. Student shall write his/her examination number (not his/her name) distinctly at the top of the cover of every **answer book or separate answer sheets of paper**.
24. No student shall bring child/children into examination hall
25. Breast feeding during the exam is not allowed.
26. At the end of the time allotted, each student shall stop writing when instructed to do so and shall gather his/her scripts together ready for collection by the invigilator.
27. Except for the printed question paper, a student shall not remove from the examination room or mutilate any paper or other materials supplied e.g. answer sheets.
28. No student shall impersonate another student during an examination or student asking a non-bonafide student to impersonate him/her.
29. No student should be involved in examination leakages e.g. scouting, begging or purchase of live question papers or benefit from leakage whether directly or indirectly.
30. No stealing, converting or misappropriating the answer scripts of other students.
31. Recurrent cheating is not allowed.
32. Research report which is an essential report of the final NCE exam should not be a copy work.
33. No extraneous materials should be brought into examination hall.

PENALTIES FOR EXAMINATION MISCONDUCT:

1. Students who came into the examination hall after thirty minutes of the commencement of the examination shall not be allowed to write the examination.
2. Any student who fails to rid his/her environment free of unauthorized materials e.g. textbook, hand-outs, pieces of paper, writing on the lockers and wall etc. shall be asked to repeat the year (level).
3. Any student who exchanges question papers, answer sheets and other related materials during an examination shall repeat the year (level) in the following academic session.

4. Student who brought into the examination hall unlawful materials e.g. sophisticated calculator or minim-computer, handset etc. shall repeat the year.
5. Any student found with prepared answers of any kind or in any form (e.g. on question paper, top of desks, chairs, wall, ceiling, chalkboard, school fees receipt, candidate's palms or any part of the body etc. shall repeat the year.
6. Any student who fails to submit his/her answer script at the end of the time allowed for the examination shall carry over that course.
7. Any unruly/rowdy and impolite behaviour and insubordination to invigilator before, during and after the examination e.g. students refusing to carryout lawful instructions (such as improper sitting arrangement and noise by the student) shall carry over the course. It may also attract repetition.
8. Any student who signs the attendance sheet and fails to hand his/her script to the invigilator when leaving the examination room shall repeat the year.
9. Any student who fails to sign in or sign out the attendance sheet after submission of answer script to the invigilator shall carry over the course.
10. Any student who fails to bring his/her I.D. card, clearance certificate and school fees receipt to each examination and display it in a prominent position on his/her desk shall not be allowed to sit for the examination.
11. During an examination any student who speaks to any other student, makes any noise, disturb, peep or spies etc; shall repeat the year.
12. Any student who brings books, printed paper, written document or unauthorized aid into the examination hall shall repeat the year.
13. Any student who leaves the examination hall without permission and attempts to re-enter the hall shall not be allowed.
14. Any student who insults the invigilator for performing his/her lawful duties shall carry-over the course (it may also attract expulsion).
15. Any student found guilty of assaulting an invigilator shall be expelled.
16. Any student who leaves the examination room without the permission of an invigilator will attract carry-over of the course.
17. Any student who leaves the examination room during the first thirty minutes should be regarded as absent and during the last fifteen minutes shall carry-over the course.
18. Any student who is in possession of handbag, purse, wallets, briefcase etc. while the examination is in progress shall repeat the year.
19. Any student who renders assistance to any other student or accepts assistance from any other student or copy from each other, shall repeat the year.
20. Any student who fails to write his/her examination number distinctly at the top of the corner of every answer booklet shall carry-over the course.

21. Any student who fails to stop writing when instructed to do so shall carry-over the course.
22. Any student who removes any unauthorized paper from the examination room except the printed question paper shall repeat the year e.g. the College answer sheet/booklet.
23. Any student who impersonates another student during an examination or student asking any person to impersonate him/her shall be expelled from the College.
24. Any student found involved in examination leakages, such as scouting, begging or purchase of live question papers or benefit from the leakage whether directly or indirectly shall be expelled from the College.
25. Any student who steals, converts or destroys the answer scripts of other student shall repeat the year.
26. Recurrent cheating: Any student found guilty of cheating for more than one occasion in any of the College examinations, class test, continuous assessment test, assignment etc. shall be dismissed from the College and shall not be re-admitted into the College.
27. Any student who is involved in plagiarism e.g. research project, shall re-write the project in the following academic session.
28. Any student who forges any document, such as the school fees receipt shall be expelled from the College.

SUPERVISED INDUSTRIAL/CLINICAL EXPERIENCE:

1. This will take place between sessions for 15 weeks
2. Clinicals are expected to contribute to a significant aspect of the SIE
3. Students are expected to observe the 15 weeks of SIE visiting a facility whose practice is relevant to the student's programme of study.
4. The facility must be headed by a licensed practitioner
5. If students are unable to find a licensed practitioner, the college shall provide recommendations relevant to the student's location
6. Students are not required to visit the facility every day of the week. However are expected to make an appearance at least once a week for a minimum of 10 out of 15 weeks
7. The college will provide a letter of reference for the student to present at that proposed center.
8. At the end of the SIE, the students are expected to submit a filled log book and a letter from the center's administration providing a summary of the student's performance during the SIE.

STANDINGS:

1. **Grade Point Average (GPA):** This is the average of weighted grade points earned in the courses taken during the semester. The Grade Point Average is obtained by multiplying the Grade Point attained in each course by the number of credit units assigned in each course by the number of credit units assigned to that course; and then summing these up and dividing by the total number of credit units taken for the semester.
2. **Cumulative Grade Point Average (CGPA):** This is the up-to-date mean of the Grade Points earned by the student in a programme of study. It is an indication of the student's overall performance at any point in the training programme.

Sum of total grade points x respective credit units for semester x 0.8

CGPA = _____

Total credit units for all courses registered by the students

FIRST YEAR, FIRST SEMESTER

CODE	COURSE	DURATION	UNITS
PGDNAT 101	Foundation of Naturopathic Medicine	45hrs	3
PGDNAT 102	Introduction to Integrative Medicine	45hrs	3
PGDNAT 103	Introduction to Asian Medicine	45hrs	3
PGDNAT 104	Introduction to Herbal Medicine	45hrs	3
PGDNAT 105	Clinical Nutrition and Dietetics	45hrs	3
PGDNAT 106	Introduction to Homoeopathy	45hrs	3
PGDNAT 107	Research and Evidence-Based Approaches to Naturopathy	45hrs	3
	TOTAL	315hrs	21

FIRST YEAR, SECOND SEMESTER

CODE	COURSE	DURATION	UNITS
PGDNAT 201	Supervised Clinical Experience	120hrs	3
PGDNAT 202	Introduction to Energy Medicine	45hrs	3
PGDNAT 203	Physical and Manual Therapies	45hrs	3
PGDNAT 204	Introduction to Lifestyle Medicine	45hrs	3
PGDNAT 205	Ethical, Business and Management Practices in Naturopathy	45hrs	3
PGDNAT 206	Complementary and Alternative Medicine in Public Health	45hrs	3
PGDNAT 207	Research Proposal	45hrs	3
	TOTAL	390hrs	21

COURSE TITLE	FOUNDATION OF NATUROPATHIC MEDICINE
COUSRE CODE	PGDNAT 101
DURATION	45 HRS
UNIT	3.0

GOAL: To introduce students to the philosophy, principles of practice and theories that underline Naturopathic Medicine

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

1. Understand Overview Naturopathy
2. Understand the Principles of Naturopathy
3. Understand Naturopathy in Practice
4. Understand the Process of Disease and Healing – The Vis in Action
5. Understand Primum Non Nocere – First Do No Harm
6. Understand Tolle Totem – Treat the Whole Person
7. Understand Tolle Causam – Treat the Cause
8. Understand Docere – Naturopath as Teacher
9. Understand Preventare — Prevention
10. Understand Therapeutic techniques in Naturopathy
11. Understand Naturopathic medicine and public healthcare
12. Understand Communicating Naturopathy Philosophies

	Prevention
3.0 Understand Naturopathy in Practice	3.1 Explain Vis Medicatrix Naturae – The Healing Power of Nature 3.2 Explain the relationship of spirituality to the concept of the Vis Medicatrix Naturae 3.3 Explain the concept of Connection to nature 3.3 Describe the concept of NDD – Nature Deficit Disorder
4.0 Understand the Process of Disease and Healing – The Vis in Action	4.1 Discuss the concept of Disease in Naturopathy 4.2 Explain the following terminologies with reference to Naturopathy; Acute and Chronic Diseases Symptoms Inflammation Healing 4.3 Discuss Hering's law of cure 4.4 Explain the distinction between Healing Reaction and Disease Crisis
5.0 Understand Primum Non Nocere – First Do No Harm	5.1 Discuss the Hippocratic history 5.2 Explain the concept of least force intervention

	5.3 Define the following terminologies; Suppression, palliation, elimination 5.4 Discuss the conditions for health 5.5 Explain self-healing mechanisms 5.6 Explain the mechanisms for supporting weakened or damaged systems or organs 5.7 Emphasize the importance of maintaining structural integrity
6.0 Understand Tolle Totem – Treat the Whole Person	6.1 Define the Principle 6.2 Discuss the concepts of Holism and Tolle Totem 6.3 Define constitutional medicine 6.4 Provide an overview of the constitutional systems of homeopathy 6.5 Describe the concept of disease suppression
7.0 Understand Tolle Causam – Treat the Cause	7.1 Define the principle 7.2 Discuss Unity of Disease 7.3 Differentiate between Terrain, miasm, temperament and pathogen 7.4 Describe the concept of causation of ill health 7.5 Discuss the history and practice of hygiene and Nature Cure 7.6 Describe the primary and secondary causes of disease

8.0 Understand Docere –
Naturopath as Teacher

- 8.1 Define the principle
- 8.2 Describe the practitioner/patient relationship
- 8.3 Explain the concept of patient centered practice
- 8.4 Discuss concept of the wounded healer in the practitioner-patient relationship
- 8.5 Discuss the role of the naturopath as guide
- 8.6 Discuss the importance of therapeutic relationship as medicine
- 8.7 Explain Experiential exercise

9.0 Understand Preventare –
Prevention

- 9.1 Define the principle
- 9.2 Discuss the importance of health and health promotion
- 9.3 Describe the determinants of health
- 9.4 Describe risk factors
- 9.5 Discuss the importance of engagement and adherence
- 9.6 Discuss in the detail the relationship between humans and the environment
- 9.7 Discuss the Gaia hypothesis and health—whole systems
- 9.8 Explain the consequences of global population growth

10.0 Understand Therapeutic techniques in Naturopathy	10.1 Discuss how the following techniques can be applied as a forms of naturopathy; Nutrition Plant medicine Water Touch Movement Breath Meditation Homoeopathy
11.0 Understand Naturopathic medicine and public healthcare	11.1 Describe the motivating factors that attract patients to utilize naturopathy 11.2 Explain the limitations of naturopathy to understand scope of practice 11.3 Review the application and discussions revolving around Naturopathy and Public Health Policies
12.0 Understand Communicating Naturopathy Philosophies	12.1 Discuss common sceptical arguments against Naturopathic medicine philosophy 12.2 Describe Counter-arguments to scepticism of Naturopathic medicine philosophy 12.3 Explain the role of a Naturopath as an ambassador of Complementary and Alternative Medicine to Health Care

COURSE TITLE	CLINICAL NUTRITION AND DIETETICS
COURSE CODE	PGDNAT 105
DURATION	45 HRS
UNIT	3.0

GOAL: This course is designed to equip the students with the knowledge and applications of nutrition and diet to improving health

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

- 1.0** Understand Principles and Practice of Nutrition and Dietetics
- 2.0** Understand Food Classes and Nutrients
- 3.0** Understand Digestion and Absorption of Nutrients
- 4.0** Understand Energy Balance and Weight Management
- 5.0** Understand Dietary Evaluation and Assessment
- 6.0** Understand Clinical Nutrition
- 7.0** Understand Contemporary Issues in Nutrition

3.0 Understand Digestion and Absorption of Nutrients	3.1 Explain the process of digestion and absorption and metabolism of the following Nutrients Carbohydrates Proteins Lipids Vitamins Minerals
4.0 Understand Energy Balance and Weight Management	3.1 Explain Energy intake, energy expenditure and energy balance 3.2 List the factors influencing energy balance
6.0 Understand Dietary Evaluation and Assessment	6.1 Describe the different methods of dietary assessment 24Hr recall, food questionnaire etc.
7.0 Understand Clinical Nutrition	7.1 Describe a nutritional approach to prevention and treatment of various diseases 7.2 Discuss the concept of personalized nutrition and how it can be applied to different groups; infants, children, athletes, pregnant women, and older adults 7.3 Discuss the principles of nutritional modification for the underweight, overweight, protein energy malnutrition, fevers and infections, including HIV/AIDS and cancers 7.4 Study of the diet for the vulnerable group, diarrhea in infant, oral rehydration therapy 7.5 Define fasting, state its significance, benefits and explain the different types of fasting, their benefits and

8.0 Understand Contemporary Issues in Nutrition	applications 7.6 Apply the basis nutritional principles and diet therapy in the treatment of diseases of specific organs, endocrine, pancreases; various metabolic diseases, liver diseases, gall-bladder disease, kidney disease, cardiovascular disease, acute and chronic heart diseases, atherosclerosis, hyperlipidemia, disease of the nervous system, dietary management of allergic, diet in skin diseases; HIV/AIDS and cancers, 7.7 Highlight errors of metabolism and their nutritional care; interaction between drug nutrients and nutritional status. 8.1 Discuss the issue of food sustainability in Nigeria 8.2 List Plant-based diets and alternative protein sources 8.3 Highlight the importance of correct food labeling and marketing 8.4 Describe the importance of Information, Communication and Research in Nutrition 8.5 Discuss recent research and development in clinical nutrition practice
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COURSE TITLE	INTRODUCTION TO ASIAN MEDICINE
COURSE CODE	PGDNAT 103
DURATION	45 HRS
UNIT	3.0

GOAL: This course is designed to a coherent introduction to the study and practice of traditional medicine, in particular as found in Asia continent

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

- 6.0 Understand Basic Principles of Traditional Chinese Medicine (TCM)
- 7.0 Understand Diagnostic Methods
- 8.0 Understand Meridians, Collaterals and Acupuncture Points
- 9.0 Understand Syndrome Differentiation, herbs and Diet in TCM
- 10.0 Understand Legislations and Ethics of TCM
- 11.0 Understand The Principles and Philosophy of Ayurveda
- 12.0 Understanding Chakras
- 13.0 Understand Herbs and Diet in Ayurveda
- 14.0 Understand Legislations and Ethics of Traditional

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
6.0 Understand Basic Principles of Traditional Chinese Medicine (TCM) 7.0 Understand Diagnostic Methods 8.0 Understand Meridians, Collaterals and Acupuncture Points 9.0 Understand Syndrome Differentiation, herbs and Diet in TCM 10.0 Understand Legislations and Ethics of TCM	On completion of this course, the student be able to: 1.1 Explain Traditional Chinese Medicine and the history of TCM 1.2 Explain Holism 1.3 Discuss the concept of treatment based on syndrome differentiation 1.4 Discuss different theories in TCM: Ying yang, five elements, Qi, blood and body fluids, zhang fu 2.1 Explain the four diagnostic methods in TCM Signs and symptoms from observation listening and smelling inquiry and palpitations 3.1 Describe the concept of meridians and collaterals and the meridians and collaterals system 3.2 Discuss general distribution of meridians 3.3 Explain the concept of acupuncture points 3.4 Describe the methods of locating acupuncture points 3.5 Discuss specific acupuncture points, techniques and their indications 4.1 Explain the syndrome differentiation 4.2 Perform an overview of chinese herbs and diet therapy 5.1 Discuss legislation affecting TCM

COURSE TITLE	INTRODUCTION TO HOMEOPATHY
COURSE CODE	PGDNAT 106
DURATION	45 HRS
UNIT	3.0

GOAL: This course is designed to equip the students with the knowledge of Homoeopathic principles and philosophy in its practice

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

- 1.0** Understand Basics of Homeopathy
- 2.0** Understand Symptoms
- 3.0** Understand Medicine
- 4.0** Understand the Homeopathic Theory of Disease
- 5.0** Understand Potency
- 6.0** Understand Proving
- 7.0** Understand Organon of Medicine
- 8.0** Understand Repertory and Case Taking
- 9.0** Understand Homeopathic Therapeutics

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
1.0 Understand Homeopathy 2.0 Understand Symptoms 3.0 Understand Medicine	On completion of this course, the student be able to: 1.1 Define Homeopathy 1.2 Describe the origin and historical development and milestones of homeopathy 1.3 Discuss the principles of homeopathy 1.4 Describe the vital force and vitalism 1.5 Discuss the relevance of vital force in the homeopathic theory of disease 1.6 Discuss the following; Doctrine of potentization, Doctrine of Drug Proving, Homeopathic Theory of Chronic Diseases 1.7 Differentiate between Individualization and Holistic Approach 2.1 Define symptom 2.2 List the types of symptom with examples 2.3 Describe the hierarchy of symptoms and the mechanism of constructing a symptom hierarchy 2.4 Define a complete symptom 2.5 Explain grades of symptoms in a repertory 2.6 Explain the concept of the totality of symptom in disease 3.1 Define Medicine 3.2 Describe the action of medicine on the vital force 3.3 Explain susceptibility 3.4 Explain the sources of Homeopathy Medicines 3.5 Describe the classification of remedies 3.6 Explain rare and polychrest remedies with relevant examples

4.0 Understand Homeopathic Theory of Disease	4.1 Explain the role of acute diseases in homeopathy 4.2 Describe how chronic diseases arise in homeopathy
5.0 Understand Potency	5.1 Explain how potency is energy 5.2 Explain the mechanism for selecting potency based on level of energy or symptom 5.3 Define the collective dose, the split dose and the ascending collective dose
6.0 Understand Proving	6.1 Define proving, prover 6.2 Explain preparation of remedy and selection and preparation of prover 6.3 Explain the procedure for conducting a proving 6.4 Describe the quality of symptoms with relevance to a complete proving
7.0 Understand The Organon of Medicine	7.1 Understand the concept of the Organon of Medicine, its structure as well as its significance
8.0 Repertory and Case Taking	8.1 Define Repertory and discuss its significance in Homeopathic practice 8.2 Define repertorizing and discuss the importance of repertorization in remedy selection 8.3 Differentiate between conventional and homeopathic diagnosis approaches
9.0 Understand Homeopathy Therapeutics	9.1 Discuss the Biochemic System of Medicine 9.2 Differentiate between the Biochemical System and Homeopathic System 9.3 Discuss the different sources of Homeopathic drugs 9.4 Highlight at least 30 Homeopathic drugs and their indications

COURSE TITLE: SUPERVISED CLINICAL EXPERIENCE I

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

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
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COURSE TITLE	RESEARCH AND EVIDENCE-BASED APPROACHES IN NATUROPATHY
COURSE CODE	PGDNAT 107
DURATION	45 HRS
UNIT	3.0

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

	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 Naturopathy-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 acupuncture, homeopathy, Asian medicines integrative medicine 5.3 Describe the scientific basis of hydrotherapy, mud therapy, and fasting therapy
6.0 Understand Clinical Applications and Case Studies	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 integrative medicine
7.0 Understand Emerging Trends in Naturopathy	7.1 Discuss emerging trends in Naturopathy 7.2 Highlight the role of technology in Holistic Medicine Research 7.3 Describe the ethical & regulatory challenges in naturopathic studies
8.0 Understand Research Proposal Development	8.1 Develop a Research Question 8.2 Write a Research Proposal 8.3 Conduct Surveys & Data Collection 8.4 Present and/or Publish Research in Naturopathy

COURSE TITLE	INTRODUCTION TO ENERGY MEDICINE
COURSE CODE	PGDNAT 202
DURATION	45 HRS
UNIT	3.0

GOAL: This course is designed to introduce the students to the concept of Chakras in Ayurvedic Practice

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

- 1.0** Understand Basics of Energy Medicine
- 2.0** Understand Energy Assessment Techniques
- 3.0** Understand Energy Medicine Modalities
- 4.0** Understand the Chakras System
- 5.0** Understand Integrative Approaches in Energy Medicine
- 6.0** Understand Ethics and Professional Practice in Energy Medicine

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
1.0 Understand Energy Medicine 2.0 Understand Energy Assessment Techniques 3.0 Understand Energy Medicine Modalities 4.0 Understand The Chakras System	On completion of this course, the student be able to: 1.1 Define Energy Medicine, Biofields (Energy fields) 1.2 Describe the Historical Context and Development of Energy Medicine 1.3 Discuss the key principles of Energy Medicine 1.4 Discuss the role of Energy in Health and Disease 1.5 Provide an overview of the following components of the Human Energy System; Chakras, Meridians, Aura 1.6 Review current research in energy medicine 1.7 Discuss the connection between the following; Consciousness, Intent, Healing 2.1 Discuss the techniques and methods involved in Energy Assessment 2.2 Explain the application of intuition and sensitivity in energy assessments 3.1 Provide an overview of healing modalities 3.2 Discuss the following healing modalities; Reiki, Therapeutic Touch, Healing Touch, Acupuncture, Yoga, Energy Medicine, Meditation, Pranic Healing, Crystal Healing, Manipulation Healing etc. 4.1 Define Chakras in Energy Medicine 4.2 Provide an overview of the Chakra system

5.0 Understand Integrative Approaches in Energy Medicine	4.3 Discuss the impact of Chakras on Health 4.4 Explain techniques for balancing and energizing chakras 5.1 Discuss the integration of Energy Medicine with other healing modalities such as; Herbal Medicine, Nutrition, Homeopathy 5.2 Discuss current research on Integrative approaches in Energy Medicine 5.3 Explain clinical applications of Energy Medicine
6.0 Understand Ethics and Professional Practice in Energy Medicine	6.1 Describe ethical considerations in Energy Medicine 6.2 Discuss the important client-centered skills 6.3 Explain the importance of marketing and establishing a professional presence in practice building

COURSE TITLE	PHYSICAL AND MANUAL THERAPIES
COURSE CODE	PGDNAT 203
DURATION	45 HRS
UNIT	3

GOAL: To equip the student with knowledge of the foundations of physical and manual therapies and the application of this knowledge to clinical practice

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

- 1.0 Understand Physical Therapy
- 2.0 Understand Rehabilitation and Patient Care
- 3.0 Understand Exercise Therapy
- 4.0 Understand Posture and Gait
- 5.0 Understand Modalities in Physical Therapies
- 6.0 Understand Manual Therapies
- 7.0 Understand Future Trends in Physiotherapy
- 8.0 Understand Tools and Equipment in Physical Therapy

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
1.0 Understand Physical Therapy 2.0 Understand Rehabilitation and Patient Care 3.0 Understand Exercise Therapy 4.0 Understand Posture and Gait	On completion of this course, the student be able to: 1.1 Define Physical Therapy, terminology associated with physical therapy 1.2 Describe the history of Physical Therapy 1.3 Describe the benefits, scope and limitations of physical therapy 1.4 Briefly explain different forms of physical therapy 1.5 Explain the principles of biomechanics and kinesiology 1.6 Differentiate between physical therapy and kinesiotherapy 1.7 Discuss the role of a physiotherapist in healthcare 2.1 Define rehabilitation and patient care 2.2 Describe the principles of rehabilitation 2.3 Describe the principles of patient care 2.4 Discuss the importance of patient assessment and medical history 2.5 Highlight the Safety Measures and Precautions in Physiotherapy 2.6 Discuss the Ethical and Legal Aspects of Physical Therapy Practice 3.1 Describe the Importance of Therapeutic Exercises 3.2 Explain the Types of Exercises (Passive, Active, Isometric, Isotonic) 3.3 Describe the Principles of Strengthening and Stretching Techniques 4.1 Define posture 4.2 Explain the types of posture and discuss the importance of

	good posture 4.3 Describe common Postural Abnormalities and explain various corrective measures for postural issues 4.4 Define gait 4.5 Explain the phases and types of gait 4.6 Describe Common Gait Abnormalities 4.7 Discuss methods of assessment and treatment of gait abnormalities
5.0 Understand Modalities in Physical Therapies	5.1 Discuss the following Physical Therapies based on the following; terminology associated with them, principles, philosophy, benefits and indications, precautions and relevant publications Hydrotherapy Phototherapy Heat and Cold Therapy Magnetic Therapy Electrotherapy 5.2 Describe the principles of Pain Management 5.3 Describe the techniques of application of the forms of physical therapy mentioned above 5.4 List the equipment involved in the application of the forms of physical therapy
6.0 Understand Manual Therapies	6.1 Define Manual Therapy, terminology associated with manual therapy 6.2 Describe the history of Manual Therapy 6.3 Describe theories and principles applicable to Manual Therapy 6.4 Discuss current research on Manual Therapy 6.5 Differentiate between different classifications of Manual Therapies and their benefits 6.6 Briefly discuss each of the following Manual Therapies in terms of definition, history, philosophy, principles, techniques and indications; Massage Therapy Soft Tissue Mobilization

	Osteopathy Chiropractic Joint Mobilization Therapy Neuromuscular Therapy Myofascial Release Kinetic Manual Therapy 6.7 Discuss Postural Correction Techniques
7.0 Understand Future Trends in Physiotherapy	7.1 Discuss emerging trends in physiotherapy 7.2 Discuss the significance of research and development in physiotherapy 7.3 Describe a typical work settings for physiotherapists
8.0 Understand Tools and Equipment in Physical Therapy	8.1 Describe Various Tools, equipment and Products used in the Physical Therapy Industry today and their various uses and benefits 8.2 Describe Assistive Devices & Orthotics 8.3 Explain the role of orthotics in rehabilitation

COURSE TITLE	INTRODUCTION TO INTEGRATIVE MEDICINE
COUSRE CODE	PGDNAT 102
DURATION	45 HRS
UNIT	3

GOALS: This course is designed to equip the student with the knowledge and skills of evidence-based comprehensive integrative health care.

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

- 1.0 Understand Integrative Medicine
- 2.0 Understand Health and Disease Models
- 3.0 Understand Integrative Preventive Cares
- 4.0 Understand Acute and Chronic Diseases
- 5.0 Understand Professional Standards in Integrative Medicine
- 6.0 Understand Evidence-Based practice in Integrative Health
- 7.0 Understand Future Directions in Integrative Medicine

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
1.0 Understand Integrative Medicine 2.0 Understand Health and Disease Models 3.0 Understand Integrative Preventive Cares	On completion of this course, the student be able to: 1.1 Define Health, Integrative Medicine 1.2 Highlight the differences between different terminology such as; Complementary Medicine, Alternative Medicine, Traditional Medicine, Conventional Medicine, Traditional and Alternative Medicine 1.3 Define Traditional, Complementary and Integrative Medicine 1.4 Describe the history and philosophy of Integrative Medicine 1.5 Explain the benefits of Integrative Medicine 1.6 Describe the different modalities in Integrative Therapies 2.1 Define Health Models and their significance 2.2 Describe and analyze (strengths and limitations) the following models of health and disease; Religious Biomedical Psychosomatic Humanistic Existential Transpersonal Traditional and Complementary Medicine Model Integrative Model 3.1 Explain the different approaches to disease prevention at primary, secondary and tertiary level 3.2 Explain the determinants of health 3.3 Review the WHO report and policies on TCIM across its different regions

	3.4 Discuss some of the major challenges to Health Care Systems in the World 3.5 Discuss the application of the TCIM approach to addressing some of these challenges
4.0 Understand Acute and Chronic Diseases	4.1 Define acute diseases, chronic diseases 4.2 State the differences between both types of diseases with examples 4.3 Explain the integrative approach to care of different chronic diseases 4.4 Describe the integrative approach to care of Cancer and Mental Health disorders
5.0 Understand Professional Standards in Integrative Medicine	5.1 Explain the ethical guidelines and issues applicable to integrative medicine during patient centered care 5.2 Discuss the scope and limitations of integrative medicine 5.3 List qualities required of an Integrative Health Care Professional 5.4 Discuss the legal responsibilities of an Integrative Health Care Professional to their patient/client
6.0 Evidence-Based practice in Integrative Health	6.1 Explain research and describe its importance to integrative clinical practice 6.2 Describe the techniques for evaluating scientific evidence in Integrative Medicine 6.2 Explain the importance of information literacy to integrative clinical practice 6.3 Discuss relevant publications highlighting the importance of the integrative approach to health care
7.0 Future Directions in Integrative Medicine	7.1 Discuss emerging trends, innovations and research in Integrative Medicine 7.2 Explain the public health impact of Integrative Medicine 7.3 Discuss and review approaches to implementing Integrative Medicine into the Nigerian Health Care settings

COURSE TITLE	COMPLEMENTARY AND ALTERNATIVE MEDICINE IN PUBLIC HEALTH
COUSRE CODE	PGDNAT 206
DURATION	45 HRS
UNIT	3.0

GOAL: This course is designed to introduce the students to the practice and state of CAM practice within the public health system

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

- 1.0** Understand Complementary and Alternative Medicine
- 2.0** Understand Public Health
- 3.0** Understand Powers and Responsibilities of Government
- 4.0** Understand Principles of Epidemiology
- 5.0** Understand Diseases, Determinants of Health and Risk factors of Disease
- 6.0** Understand Prevention, Health Promotion, Disease Prevention
- 7.0** Understand Demography
- 8.0** Understand Diseases
- 9.0** Understand Complementary and Alternative Medicine in Public Health

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
1.0 Understand Complementary and Alternative Medicine 2.0 Understand Public Health 3.0 Understand Powers and Responsibilities of Government 4.0 Understand Principles of Epidemiology 5.0 Understand Diseases, Determinants of Health and Risk	On completion of this course, the student be able to: 1.1 Explain the term 'Complementary and Alternative Medicine' 1.2 Explain Integrative Medicine 1.3 Explain Conventional Medicine 2.1 Define health, public health, risk factor and disease prevention 2.2 Discuss the history of public health 2.3 Describe the core competencies of public health 2.4 Discuss landmark events and epidemics in our history 3.1 Discuss the roles of the Federal, State and Local government in improving health care using Nigeria as a context 3.2 Discuss the role of non governmental entities in public health 4.1 Define Epidemiology 4.2 Explain types and classification of diseases 4.3 Explain the principles of epidemiology 4.4 Describe the methods of epidemiology 4.5 Provide practical examples of epidemiological research and investigations 4.6 Explain measures of disease frequency and measures of association 4.7 Describe the sources of health data 5.1 Differentiate between the following terminologies with relevant examples;

factors of Disease	Infection Infectious disease non infectious disease 5.2 Explain risk factors of diseases 5.3 Explain the role of risk factors in disease 5.4 Describe determinants of health
6.0 Understand Prevention, Health Promotion, Disease Prevention	6.1 Define prevention 6.2 Explain primary, secondary, and tertiary prevention 6.3 Differentiate health promotion, disease prevention strategies and health policies within Nigeria and W.H.O framework 6.4 Discuss prevention, health promotion, health protection and harm reduction strategies for different diseases and conditions
7.0 Understand Demography	7.1 Define Demography 7.2 Discuss the scope and objectives of demography 7.3 Discuss population census, demographic surveys
8.0 Understand Diseases	8.1 Explain communicable and non-communicable diseases 8.2 Discuss Control, elimination and eradication of Diseases 8.3 Discuss strategies in place to control various diseases; Malaria, Guinea worm, STDs/STIs, Onchocerciasis, Tuberculosis, Rabies, Anthrax
9.0 Understand Complementary and Alternative Medicine in Public Health	9.1 Review the Nigerian health system 9.2 Discuss the role of CAM as a sector in the public

	health system 9.3 Discuss the role of non governmental entities in public health 9.4 Discuss the cultural context and relevance for CAM 9.5 Discuss the factors that influence the inclusion of CAM within the Nigerian health system 9.6 Highlight the role of clinical trials in CAM
	9.7 Review Publications regarding CAM and Public Health

COURSE TITLE	INTRODUCTION TO HERBAL MEDICINE
COURSE CODE	PGDNAT 104
DURATION	45 HRS
UNIT	3.0

GOAL: This course is designed to equip the students with the knowledge and applications of herbal medicine

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

- 1.0 Understand Herbal Medicine
- 2.0 Understand History and Growth of Herbal Medicine
- 3.0 Understand Cultivation and Harvesting of crops
- 4.0 Understand Metabolites
- 5.0 Understand Extraction Techniques of Medicinal Plants
- 6.0 Understand Medical Herbalism
- 7.0 Understand The Materia Medica
- 8.0 Understand Legislations and Ethics of Herbal Practice

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
1.0 Understand Herbal Medicine 2.0 Understand History and Growth of Herbal Medicine 3.0 Understand Cultivation and Harvesting of crops	On completion of this course, the student be able to: 1.1 Define Herbal Medicine 1.2 Discuss scientific evidences available to support its practice 1.3 Discuss different forms of herbal medicines; Western Herbal Medicine; Traditional Chinese medicine; Ayurveda etc. 1.4 List the Universal Principles of herbal medicine 2.1 Describe the history of western herbal medicine from classical times to the Renaissance 2.2 Distinguish between the terms herbal medicine and medicine 2.3 Explain the concept of irregular medicine and its relevance to herbal medicine and homeopathy 2.4 Describe eclecticism, physiomedicalism and naturopathic perspectives on health and illness 2.5 Discuss the state of herbal medicine in the 20th century 2.6 Explain the concept of holism and reductionism 3.1 Define the following terminologies Crops Cultivation Propagation Harvesting Preservation Storage 3.2 Differentiate between Annual, Biennial and Perennial crops 3.3 Discuss different techniques of crop cultivation, propagation, harvesting, preservation and storage of herbal crops

4.0 Understand Metabolites	4.1 Define metabolites, active ingredients 4.2 Differentiate between the different types of metabolites with relevant examples 4.3 Describe the classification of secondary metabolites with plant examples
5.0 Understand Extraction Techniques of Medicinal Plants	5.1 Define extraction. Discuss its importance in Herbal Medicine 5.2 Discuss different methods of extraction such as Maceration, Infusion, Digestion, Decoction, Percolation, Hot Continuous Extraction, Aqueous Alcoholic Extraction etc. 5.3 Discuss Parameters for Selecting an Appropriate Extraction Method
6.0 Understand Medical Herbalism	6.1 Perform a review of herbal practice 6.2 Discuss application of medical herbalism to enhance health as well as the treatment of disease 6.3 Explain the basic concepts of medical herbalism
7.0 Understand The Materia Medica	7.1 Define the Materia Medica and explain its relevance and use 7.2 Explain ways of understanding medicinal plants including taste, smell and touch, the role of pharmacology, actions, indications and dosage 7.3 Describe 50 commonly used medicinal plants, active ingredients, basic formulation; simple methods of preparation and application.
8.0 Understand Legislations and Ethics of Herbal Practice	8.1 Discuss legislation affecting traditional medicine practice 8.2 Discuss ethical issues in herbal medicine practice 8.3 Discuss the importance of herbal medicine research and highlight its role in improving the state and nature of the practice

8.4 Discuss current research and recent development in herbal medicine practice

COURSE TITLE	INTRODUCTION TO LIFESTYLE AND PREVENTIVE MEDICINE
COURSRE CODE	PGDNAT 204
DURATION	45 HRS
UNIT	3.0

GOAL: This course is designed to introduce the students to core concepts of preventive medicine as well as an understanding of the impact of lifestyle choices on long-term well-being.

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
1.0 Understand Lifestyle Medicine 2.0 Understand Nutrition and Chronic Disease Prevention 3.0 Understand Physical Activity and Exercise Prescription	On completion of this course, the student be able to: 1.1 Define lifestyle medicine. Discuss the scope and significance of lifestyle medicine 1.2 Explain the six pillars of lifestyle medicine 1.3 Describe the burden of chronic diseases; Globally, Regionally, Africa, Nigeria 1.4 Explain preventive health care and strategies for prevention and control of chronic diseases 1.5 Discuss the role of preventive health care in reducing morbidity and mortality 2.1 Explain wholefoods 2.2 Explain wholefoods, plant-predominant diet 2.3 Describe the benefits of a Whole-Food, Plant-Predominant Diet 2.4 Differentiate between macronutrients and micronutrients with examples 2.5 Discuss the role of macronutrients and micronutrients in disease prevention 2.6 Discuss and review various dietary patterns e.g Mediterranean, DASH, plant-based, ketogenic 2.7 Define food insecurity and its features 2.8 Describe the factors causing food insecurity 2.9 Describe the consequences of food insecurity 2.10 Review various strategies for addressing food insecurity 2.11 Discuss the role of nutritional counseling in addressing food insecurity 3.1 Explain the benefits of exercise in chronic disease prevention and management

	3.2 Describe the exercise recommendations and guidelines 3.3 Explain the significance of exercise prescription 3.4 Discuss the personalized exercise prescriptions for different populations 3.5 Describe sedentary behavior and discuss its impact on health
4.0 Understand Sleep Health and Recovery	4.1 Define Sleep health. List some of the benefits of proper sleep 4.2 Highlight the importance of sleep for hormonal, metabolic, cardiovascular, and mental health 4.3 Describe the sleep recommendations by age 4.4 Describe the factors affecting sleep quality 4.5 Explain common sleep disorders and their impact on health outcomes 4.6 Discuss tips and strategies for improving sleep hygiene and quality
5.0 Understand Stress Management and Mental Well-being	5.1 Define stress and list the different types of stress 5.2 Describe the physiology of stress and its role in chronic diseases 5.3 List some of the common signs and symptoms of stress 5.4 Discuss effective stress management techniques and strategies 5.5 Highlight the role of social support and emotional resilience in health
6.0 Understand Substance Use and Addiction Prevention	6.1 Define substance use, addiction 6.2 List the different types of substances 6.3 Discuss some of the risk factors of addiction 6.4 Describe the impact of smoking, alcohol, and drug use on health 6.5 Enumerate the signs and symptoms of substance abuse

	6.6 Describe some behavioral and pharmacologic interventions for substance cessation 6.7 Discuss public health strategies for reducing substance-related harm
7.0 Understand Social and Environmental Determinants of Health	7.1 Explain Social and environmental determinants of health and their significance 7.2 Describe the social and environmental factors affecting health outcomes 7.3 Discuss the significance and impact of health equity and disparities in lifestyle-related diseases 7.4 Describe some of the community-based strategies, interventions and policy approaches to addressing social and environmental determinants of health
8.0 Understand Behavioral Change and Motivational Interviewing	8.1 Define behavioral change 8.2 Explain the principles of the health behavior change models 8.3 Define motivational interviewing and describe the core principles of motivational interviewing 8.4 Discuss motivational interviewing techniques for patient engagement 8.5 List the applications of motivational interviewing and discuss some strategies to overcoming barriers to lifestyle modifications
9.0 Understand Preventive Health Screenings and Risk Assessment	9.1 Explain preventive health screenings 9.2 Describe guidelines for early detection of common chronic diseases 9.3 Describe key components of risk assessment tools for cardiovascular, metabolic, and cancer prevention 9.4 Discuss preventive strategies based on risk assessment

10.0 Understand Integrative and Holistic Approaches in Lifestyle Medicine	9.5 Explain the role of genomics and personalized medicine in preventive care 10.1 Discuss the significance of integrative and holistic approaches in lifestyle medicine 10.2 Highlight the core principles of integrative and holistic medicine 10.3 Describe key components of holistic lifestyle medicine 10.4 Explain the application of integrative approaches in the management of Chronic Disease 10.5 Describe the gut microbiome and its role in health 10.6 Discuss emerging research and future trends in lifestyle medicine
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COURSE TITLE	ETHICAL, BUSINESS AND MANAGEMENT PRACTICES IN NATUROPATHY
COUSRE CODE	PGDNAT 205
DURATION	45 HRS
UNIT	3.0

GOAL: This course is designed to engage students in conversations surrounding ethical, business and management practices in naturopathic practice

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

GENERAL OBJECTIVES	PERFORMANCE OBJECTIVES
1.0 Understand Ethics in Naturopathic Practice	On completion of this course, the student be able to: 1.1 Define professional ethics 1.2 Explain the importance of professional ethics and highlight the key principles of professional ethics 1.3 Describe ethical principles in Naturopathy practice 1.4 Discuss the significance of Informed Consent and Patient Autonomy 1.5 Define confidentiality, privacy 1.6 Discuss the importance of confidentiality and privacy in Naturopathic practice 1.7 Discuss and review Laws and Regulations applicable to Naturopathic practice in Nigeria 1.8 Describe the process of Ethical Decision-Making in Patient Care 1.9 Explain the importance of professional boundaries and conduct in Naturopathic practice 1.10 Discuss various ethical dilemmas in Naturopathic practice
2.0 Understand Legal and Regulatory Aspects of Naturopathic Practice	2.1 Describe the importance of legal and regulatory framework in Naturopathic practice 2.2 Explain the key legal and ethical responsibilities of a Naturopath in Nigeria 2.3 Describe regulatory bodies and professional organizations applicable to Naturopathic practice in Nigeria 2.4 Discuss the significance of licensing and certification and their requirements 2.5 Explain the legal scope and limitations of Naturopathic practice in Nigeria 2.6 Discuss business, insurance and financial laws and

	regulations applicable to Naturopathic Practice in Nigeria 2.7 Explain medical malpractice and highlight the consequences of non compliance to the legal and regulatory framework in Naturopathic practice in Nigeria
3.0 Understand Business Management for Naturopathic Practice	3.1 Explain the steps to Setting Up a Naturopathic Practice (Solo or Group practice) 3.2 Describe key considerations in setting up a Naturopathic Practice with regards to; Business Planning and Goal setting Financial Planning and Budgeting Marketing and Branding Managing Clinic Operations and Workflow Patient Management and Customer Service Staffing and Team Management
4.0 Understand Patient Communication and Relationship Management	4.1 Discuss the importance of effective communication in health care 4.2 Describe the key principles of effective patient communication 4.3 Discuss techniques for building rapport and trust with patients 4.4 Explain key considerations when handling difficult conversations 4.5 List effective patient education strategies 4.6 Explain the importance of follow-up and strategies for patient retention 4.7 Discuss the Importance of Feedback and Continuous Improvement 4.8 Highlight the importance of cultural sensitivity and ethical considerations in patient communication

COURSE TITLE	RESEARCH PROPOSAL
COUSRE CODE	PGDNAT 207
DURATION	120 HRS
UNIT	3.0

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
1.0 Understand how to write and present a research proposal on related topics.	On completion of this course, the student should be able to: 1.1 Use his knowledge in basic research methods to carry out and write a research project in the following presentation: A. Preliminaries: ix. Title page x. Approval I Certification page xi. Dedication page. xii. Acknowledgement xiii. Table of Content xiv. List of Tables xv. List of Figures xvi. Abstract 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. H. Chapter Two: Literature Review. I. Chapter Three: Research Methodology. J. Chapter Four: Ethical considerations

