

Our Programme

The M.Ost curriculum is divided into four academic themes, which focus on osteopathic knowledge and skills, professionalism and clinical integration. The programme is guided by and meets the Osteopathic Practice Standards (2012) and Osteopathy Benchmark Statement and is accredited by the General Osteopathic Council. For more detailed information please visit our website.

	Core Knowledge	Integration	Osteopathic Skills	Professionalism & Identity
Year 1 (Level 4)	Anatomy I Embryology; Anatomy - terminology & overview; Palpation and surface anatomy; Human function; Prosection Pathophysiology I Physiological organisation; Homeostasis; Physiology of support & movement and diseases; Nervous System	Clinical Integration I Osteopathic management of clinical case scenarios; Applying knowledge & skills to clinical cases; Osteopathic examination; Managing patient care; Treatment - basic osteopathic approaches; Clinic observation	Osteopathic Technique Concepts & Evaluation I Osteopathic principles & concepts; Palpation; Diagnosis & treatment approaches; Visceral & Cranial (IVM) approaches; General osteopathic treatment (GOT)	Professional Skills & Identity I Becoming a critical thinker; History of osteopathy & medicine; Professional practice; Patient/Practitioner expectations; Sociology;
Year 2 (Level 5)	Anatomy II Respiratory, Cardiovascular & Nervous systems; Gastro-intestinal tract; Excretory & Reproductive systems; Surface anatomy of key structures Pathophysiology II Pathophysiology & pharmacological treatment of Cardiovascular, Neurological & Lymphoid systems Psychiatric disease & its pharmacological treatment Clinical Methods Case history taking; Differential diagnosis; Medical imaging; Medical examinations; Orthopaedic tests	Clinical Integration II Osteopathic management of clinical case scenarios: Case history taking; Differential diagnosis; Examination; Management Boundaries of osteopathic medicine with reference to other healthcare pathways; Clinic observation	Osteopathic Technique Concepts & Evaluation II Osteopathic principles and the 5 structural-functional osteopathic models Osteopathic evaluation and treatment using a range of approaches: Soft tissue; Articulation; High Velocity Thrust (HVT); Muscle energy; Fascial; Functional; Balanced ligamentous tension; Strain counter-strain; Visceral; Cranial (IVM)	Professional Skills & Identity II Research & Osteopathy; Ethics & Statistics; Hierarchy of evidence; Criticality; Communication; Biopsychosocial model/healthcare attitudes; Personality models; Pain psychology
Year 3 (Level 6)	Pathophysiology III Pathophysiology & pharmacological treatment of Respiratory, Gastro-intestinal, Endocrine, Urinary & Reproductive systems Nervous system & associated palsies; Dermatology; Conditions related to specific patient groups	Clinical Practice I Treatment & management of patients within the out-patient clinic, under supervision of qualified osteopaths. Progressive clinical responsibility for own case load	Osteopathic Technique Concepts & Evaluation III Integration of theory with practice by applying a full range of osteopathic approaches and techniques to all patient groups; including maternity & children, geriatric and sports related patients;	Professional Skills & Identity III Managing psychological conditions; Setting up & managing a practice: financial planning, marketing & legal requirements Research Methods & Statistics Understanding research methodology & statistics to develop a dissertation protocol
Year 4 (Level 7)	"The M.Ost degree programme provides students with an academic education that fully prepares them for professional life as an osteopath" Sarah Wallace, ESO Chair of Trustees	Extended Practice Work-based elective options to develop competence in areas of special interest, working with specific patient groups or workplace settings or furthering research skills Clinical Practice II Treatment & management of a full range of patient groups and presentations, taking progressive clinical responsibility in preparation for autonomous primary care practice	Applied Technique & Evaluation Consolidation and refinement of osteopathic approaches and techniques to enable autonomous and effective patient evaluation, treatment and management	Professional Skills & Identity IV Practitionership, osteopathic practice standards & CPD regulations; Career options & professional development; The job application Research Dissertation Research dissertation based on third year research protocol