INSTITUTO PORTUGUÊS DE OSTEOPATIA CLÁSSICA
(NIF.: 513 482 121)

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SPECIALIZATION COURSE IN CLASSICAL OSTEOPATHY (2027/2029)

BEGINNING OF THE COURSE

Monthly Plan – November 2027 (Torres Vedras)

Bimonthly Plan – November 2027 (Torres Vedras)

NUMBER OF VACANCIES

18 Students

COORDENATION

Prof. Marco Silvestre

PRESENTATION

The Specialization course in Classical Osteopathy is a course taught in a model format following the models taught in England, Spain and Canada with an **integrated internship for a period of 3 months**.

The two finalists* who achieve the best results will receive **a scholarship of €250** to attend other courses taught by IPOC.

Note: all classes taught in English have simultaneous translation into Portuguese.

OBJECTIVES

- Integration of the Concepts and Principles of Osteopathy according to its founders: Andrew T. Still & John M. Littlejohn.
- Understanding Physiology in the Function vs. Function equation. Structure addressing the biomechanics of lines and arches according to Littlejohn.
- Obtain the mechanical – physiological reasoning that exists “behind” the pathology.
- Enable the trainee to evaluate the patient and apply Body Adjustment, in practice, at a safe level of competence.

RECIPIENTS

Osteopaths, Physiotherapists, Occupational Therapists and Doctors.

* A scholarship if the finalist group is made up of less than 15 students.

CERTIFICATION

Students with good performance: ***Certificate of aptitude in Classical Osteopathy*** and respective ***Diploma in Classical Osteopathy.***

Students with poor performance: ***Certificate of Attendance in Classical Osteopathy.***

TEACHING MATERIAL

Mandatory: gown and suitable footwear.

Recommended: bibliography recommended by teachers.

TEACHING MODEL

In Person.

STUDY PLAN

Module I - Monthly Plan

Module	Designation	Hours
1st Seminar	- Neuro-anatomofisiologia Aplicada	14
2nd Seminar	- Osteopathic Principles & Osteopathic Lesion	14
3rd Seminar	- Applied Biomechanics & Movement Physiology	14
4th Seminar	- Embryological Development & Vertebral Arches	14
5th Seminar	- Postural Models & Compensatory Patterns	14
6th Seminar	- Osteopathic Lesion: Theory & Practice	14

Module I - Bimonthly Plan

Module	Designation	Hours
1st Seminar	- Applied Neuro-anatomophysiology - Osteopathic Principles & Osteopathic Lesion	28
2nd Seminar	- Applied Biomechanics & Movement Physiology - Embryological Development & Vertebral Arches	28
3rd Seminar	- Postural Models & Compensatory Patterns - Osteopathic Lesion: Theory & Practice	28

Module II - Monthly Plan

Module	Designation	Hours
1st Revision Day	- Revision	7
1st Seminar	- Circulatory System	14
2nd Seminar	- Physiological Centers & Osteopathic Centers	14
3rd Seminar	- Constitutional Conditions: Protoplasm & Bioplasm	14
2nd Revision Day	- Revision	7
4th Seminar	- Gastrointestinal System: Osteopathic Dysfunctions	14
5th Seminar	- Urogenital & Renal System: Osteopathic Dysfunctions	14
6th Seminar	- Cardio-respiratory system: Osteopathic dysfunctions	14

Module II - Bimonthly Plan

Module	Designation	Hours
1st Revision Day	- Revision	7
1st Seminar	- Circulatory System - Physiological Centers & Osteopathic Centers	28
2nd Seminar	- Constitutional Conditions: Protoplasm & Bioplasm - Gastrointestinal System: Osteopathic Dysfunctions	28
2nd Revision Day	- Revision	7
3rd Seminar	- Urogenital & Renal System: Osteopathic Dysfunctions - Cardio-respiratory system: Osteopathic dysfunctions	28

Module III - Monthly Plan

Module	Designation	Hours
3rd Revision Day	- Revision	7
1st Seminar	- Thorax	14
2nd Seminar	- Abdomen	14
3rd Seminar	- Extremities (Ms.Ss. and Ms.Is.)	14
4th Seminar	- Differential Diagnosis & Complementary Exams	14
Internship	- Integrated Clinical Internship	16
5th Seminar	- Obstetrics & Pediatrics	14
Internship	- Integrated Clinical Internship	16
6th Seminar	- Applied Nutrition	14
Internship	- Integrated Clinical Internship	16
4th Revision Day	- Revision	7
7th Seminar	- - Exams	

Module III - Bimonthly Plan

Module	Designation	Hours
3rd Revision Day	- Revision	7
1st Seminar	- Thorax - Abdomen	28
2nd Seminar	- Extremities (Ms.Ss. and Ms.Is.) - Differential Diagnosis & Complementary Exams	28
Internship	- Integrated Clinical Internship	32
3rd Seminar	- Obstetrics & Pediatrics - Applied Nutrition	28
Internship	- Integrated Clinical Internship	16
4th Revision Day	- Revision	7
4th Seminar	- Exams	

Teaching Hours	328
Interim Work, Tutorial Hours and Exams	52
Total	**380**

TEACHERS

Prof. Marco Silvestre

Prof. Mervyn Waldman

Prof. Miguel Otero

Prof. Vasco Névoa

Prof. Ass. Abel Santos

Prof. Francisco Toscano

Prof. Chris Batten

Prof. Sérgio Santos

Prof. Assi. Pedro Maria

Prof. Hendrik Vlek

Prof. Sören Jörgensen

Prof. Miguel Oliveira

Prof.ª Ass. Cláudia Santos

Teachers are appointed by the IPOC coordinator respecting the following paragraphs:

a) Theoretical classes take place under the guidance of one (1) previously appointed teacher.

b) Practical classes take place under the guidance of one (1) appointed teacher and one (1) assistant teacher.

c) For appointed teachers who, for reasons of force majeure, cannot honor their commitment, the IPOC coordinator has the right to reappoint another substitute teacher with prior notice to the students.

Note: all students will have access 5 days in advance of the schedule with the syllabus and teachers appointed for the seminar in question.

EVALUATION

The assessment of knowledge within the scope of the curricular modules must be carried out in three components:

a) Continuous assessment;
b) Final work (Case Study or Bibliographic Review of a pathology, according to the principles and practice of classical osteopathy);
c) Practical final exam in a real environment;

Within the scope of continuous assessment, the following elements must be considered, among others:

d) Class attendance – attendance in at least 85% of scheduled classes;
e) Preparation and presentation of individual or group work on topics suggested or approved by teaching staff.
f) Commitment to practical classes;
g) Oral interventions;

The defense of the written work and the final practical exam take place in the 19th module after the completion of the academic part of the course, with a single period being foreseen for its completion, which comprises two calls that will take place at least thirty days apart. breaks and to which any registered student can have access.

The final grade of the course corresponds to the weighted average of the grades given in relation to the continuous assessment, final work and the final practical exam, worth 20%, 35% and 45% respectively.

All classifications are expressed on a scale of 0 to 20 values.

Students who obtain a minimum final classification of 10 out of 10 are considered approved.

SCHEDULE

Monthly Plan: 9h00-12h30 and 14h0-17h30

Bi-monthly:

Thursday/Friday/Saturday: 9h00-12h30 and 14h00-18h30

Sunday: 9h00-13h00

DURATION

The specialization course in Classical Osteopathy has a total of 380 hours.

FEE

Monthly Plan

Registration: €190 (Includes insurance, gown and teaching material)

Module I: €250 per Seminar

Module II: €290 per Seminar

Module III: €350 per Seminar

Bimonthly Plan

Registration: €190 (Includes insurance, gown and teaching material)

Module I: €500 per Seminar

Module II: €580 per Seminar

Module III: €700 per Seminar

PAYMENT METHOD

€440 (€190 registration + €250 1st Seminar) - Monthly Plan

€630 (€190 registration + €500 1st Seminar) - Bimonthly Plan

Subsequent seminars: up to 5 days before the start of each seminar by bank transfer, MB or by MBway.

If you choose to pay for the Module in full, it has a 5% discount.

APOC members have a 5% discount.

DOCUMENTATION

Citizen card **or** Passport + Taxpayer Card

Certificate of qualifications (Basic course in Osteopathy, Physiotherapy, Occupational Therapy or Medicine)

Completing the registration form

1 passport photograph on digital media

CONTACTS

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