Subject Brief

ENDEAVOUR College of Natural Health

CMTH111

Chinese Manual Therapies 1

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Health Science (Chinese Medicine)	Core	Year 1	Semester 1
Bachelor of Health Science (Acupuncture Therapies)	Core	Year 1	Semester 1
Diploma of Health Science (Chinese Remedial Massage)	Core	Year 1	Semester 1

EFTSL: 0.125

Delivery mode:

- Weeks 1-12: On campus single day attendance (80% attendance required)
- Weeks 1-12: Online
- Week 13: On campus practical exam (single day attendance)

Co-requisites: Nil

Pre-requisites: Nil

Subject overview

This subject introduces students to the foundational knowledge and skills of traditional Chinese medicine (TCM) remedial massage (tui na) techniques. Historical development, foundational theories, and terminologies of the channels (jing luo), channel sinews (jing jin), the luo and divergent channel systems, cutaneous regions (pi bu), and acupuncture points (shu xue) are introduced, including musculoskeletal anatomy, proportional measurement (cun), the six divisions, and the diurnal circulation. Students locate the twelve primary channels, associated channel sinews, extraordinary channels, and selected acupuncture points. Students develop palpation and tui na skills, culminating in a full body sequence. Students develop familiarity with the evidence base of tui na therapy, and an understanding of clinical policies and procedures.

Assessments

- Week 7: Practical exam (on campus)
- Week 10: Written Asssignment (online submission)
- Week 13: Practical exam (on campus)

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