

SUBJECT OUTLINE

Subject Name:

Chinese Exercise Therapy

Subject Code:

CMEX421

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Acupuncture)

Total course credit points:

128

Level:

2nd Year

Duration: 1 Semester

Subject Coordinator: Dr Andrew Koh (Sydney Campus)

Subject is: Core

Subject Credit Points: 2

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

Delivery Mode:

Face to face 3 hour practical

Full Time

Part Time

Pre-requisites: CMPR121

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

Chinese Exercise Therapy introduces the basic concepts and applications for Chinese exercise therapy and how it can be applied to Chinese medicine practice and self-care. Students initially explore the core philosophical underpinnings for two forms of Chinese exercise while concurrently acquiring practical skill in the performance of basic *baduanjin* (*qigong*) and *taijiquan* (*tai chi*) practices. By subject conclusion student will be capable of developing a basic exercise prescription for patients to supplement their Chinese medicine practice, and articulating the application of these movements for self-care.

Learning Outcomes

1. Integrate and evaluate how Chinese exercise theories and principles align with wider Chinese medicine practice including self-care.
2. Discuss the common cautions and contraindications associated with the practice of basic Chinese exercise when applied in association with Acupuncture.
3. Identify, define and demonstrate specific taijiquan and baduanjin exercises that can be used in the management of specific Chinese medicine diagnoses.
4. Outline a basic Chinese exercise program designed to address various Chinese medicine diagnoses in conjunction with Acupuncture treatment.

Assessment Tasks

Type	Learning Outcomes Assessed	Weeks Content Delivered	Week Due	Weighting
Skill Development (80% attendance and active participation required)	1-4	1-13	1-13	Pass/Fail
Practical Exam	1-4	1-6	7	30%

(Taijiquan) 30 minutes				
Essay (1500 words)	1-4	8-12	11	40%
Practical Exam (Baduanjin) 30 minutes	1-4	8-12	13	30%

Prescribed readings:

1. Nil.

Recommended readings:

1. Ames, R., & Hall, D. (2003). *Dao de jing: "Making this life significant": A philosophical translation*. New York: Random House.
2. Le, J. (2015). *Xing lin ju: 24 yang style tai chi*. Quakers Hill, NSW: Chinese Health Institute.
3. Kennedy, B., & Guo, E. (2008). *Chinese martial arts training manuals: A historical survey*. Berkeley, CA: Blue Snake.
4. Yang, J. M. (2013). *Simple qigong exercises for health: The eight pieces of brocade*. Boston, MA: YMAA Publication Centre. [ebook available]

Subject Content	
Week	Practical
1.	Introduction to Chinese exercise therapy: <ul style="list-style-type: none"> • Types of exercises; • Philosophy and principles; • Therapeutic functions; and • Current development. Introduction to <i>Taijiquan</i> and <i>Baduanji</i> : <ul style="list-style-type: none"> • History of usage • General philosophy and principles; • General therapeutic functions; • General contraindications; • Current development; • Correct posture; • Tree exercise; • Posture and tree exercise; • Abdominal breathing
2.	Taijiquan continued: <ul style="list-style-type: none"> • Understanding the importance /relationships of KD1, GV20, CV17, CV6, CV4, GV4. • Key individual exercises/movements: <ul style="list-style-type: none"> ○ Opening move, ○ Repulse the monkey, ○ Brush knee and strike; • Mechanics of each movement; • Breathing techniques associated with each movement; • Self-care and therapeutic outcome for each movement; • Rationale for usage and clinical application

	<ul style="list-style-type: none"> • Contraindications for each movement; • Supervised practice of Yang 10-form Taijiquan exercise under instruction/demonstration of the lecturer.
3.	<p>Taijiquan continued:</p> <ul style="list-style-type: none"> • Key individual exercises/movements: <ul style="list-style-type: none"> ○ parting the horse's mane, ○ waving hands like clouds, ○ golden rooster stands on one leg; • Mechanics of each movement; • Breathing techniques associated with each movement; • Self-care and therapeutic outcome for each movement; • Rationale for usage and clinical application. • Contraindications for each movement; • Supervised practice of Yang 10-form Taijiquan exercise under instruction/demonstration of the lecturer.
4.	<p>Taijiquan continued:</p> <ul style="list-style-type: none"> • Key individual exercises/movements: <ul style="list-style-type: none"> ○ Cross hands and kick, ○ Grasp the sparrow's tail, ○ Cross hands and gather (closing posture); • Mechanics of each movement; • Breathing techniques associated with each movement; • Self-care and therapeutic outcome for each movement; • Rationale for usage and clinical application. • Contraindications for each movement; • Supervised practice of Yang 10-form Taijiquan exercise under instruction/demonstration of the lecturer.
5.	<p>Practise Yang style 10 form. Clinical application of Taijiquan. Discuss case studies and application of taijiquan movements as exercises in clinic.</p> <ul style="list-style-type: none"> • Develop written instructions for clients.
6.	<p>Practise Yang style 10 form.</p> <ul style="list-style-type: none"> • Clinical application of Taijiquan.
7.	<p>Taijiquan Yang 10 practical exam. Perform Yang 10 taijiquan. Demonstrate application of exercise.</p> <ul style="list-style-type: none"> • Written assignment due.
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Semester 1 - This aligns with the week after Easter so it may fall between weeks 6 to 8. Semester 2 - The break week falls between Weeks 7 and 8.</p>	
8.	<p>Baduanjin Introduction to this exercise:</p> <ul style="list-style-type: none"> • History of usage; • General philosophy and principles; • General therapeutic functions; • General contraindications; • Current development; • Revision the importance /relationships of KD1, GV20, CV17, CV6, CV4, GV4. • Key individual exercises/movements: <ol style="list-style-type: none"> 1. Support the heavens to condition San Jiao (Triple Energiser) 2. Draw the bow to shoot the condor

	<ul style="list-style-type: none"> • Self-care and therapeutic outcome for each movement; Supervised practice of this exercise under instruction/demonstration of the lecturer.
9.	Baduanjin Revise tree exercise and taijiquan Yang 10 <ul style="list-style-type: none"> • Key individual exercises/movements: <ol style="list-style-type: none"> 3. Raise the hand to condition spleen and stomach, organs and channels. 4. Look back to eliminate five fatigues and seven illnesses 5. Swing head and tail to eliminate heart fire • Self-care and therapeutic outcome for each movement; • Rationale for usage and clinical application.
10.	Baduanjin Revise tree exercise and taijiquan Yang 10 <ul style="list-style-type: none"> • Key individual exercises/movements: <ol style="list-style-type: none"> 6. Hold the feet to strengthen the kidney and lower back, including the Bladder and Kidney channels. 7. Punch with fierce glower to build strength 8. Shake the back seven times to prevent illnesses. • Self-care and therapeutic outcome for each movement; • Rationale for usage and clinical application. Discuss case studies and application of taijiquan movements as exercises in clinic. <ul style="list-style-type: none"> • Develop written instructions for clients.
11.	Revise tree exercise and taijiquan Yang 10 & baduanjin. Explore, demonstrate and apply movements from Yang 10 & baduanjin to clinical cases. <ul style="list-style-type: none"> • Clinical application of Baduanjin.
12.	Revise tree exercise and taijiquan Yang 10 & baduanjin. <ul style="list-style-type: none"> • Explore, demonstrate and apply movements from Yang 10 & baduanjin to clinical cases.
13.	Baduanjin Practical Exam Perform Baduanjin. Demonstrate application of exercise. Written assignment due.
14.	Non-Teaching Week/Practical Exam Week 1. Note that make-up classes may be scheduled in this week.
15.	Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled in this week.
16.	Final Exam Week 1 Please refer to your Campus Timetable for the exact time and day of the final exam NOT ALL SUBJECTS HAVE A FINAL EXAM – PLEASE REFER TO THE ASSESSMENT INFORMATION ABOVE
17.	Final Exam Week 2 Please refer to your Campus Timetable for the exact time and day of the final exam NOT ALL SUBJECTS HAVE A FINAL EXAM – PLEASE REFER TO THE ASSESSMENT INFORMATION ABOVE