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 Beau Mannix (Gold Coast campus)
Subject is: Core | Subject Credit Points: 2

Student Workload:

<table>
<thead>
<tr>
<th>No. timetabled hours per week</th>
<th>No. personal study hours per week</th>
<th>Total hours per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>2</td>
<td>5</td>
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</tbody>
</table>

Delivery Mode:

Face to Face (On campus)
1 x 3 hour session including lecture and practical application
Full Time
Part Time

Pre-requisites: BIOH111, CMAC121, CMPR121
Co-requisites: Nil

Special Resource Requirements:
- Closed-toe leather footwear
- Endeavour College approved Acupuncture Kit
- Two bath-sheet sized towels per student (Clinic towels must not be used)

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

Acupuncture Therapeutics 1 introduces the clinical skills required to practice Chinese medicine. Infection control, hygiene, safety and management of adverse effects are highlighted and practically applied in combination with developing practical skills in needle insertion and manipulation, cupping techniques and application of moxibustion. This subject builds on Point Location (CMAC121) and therefore further develops the professional skills and judgments required of a Chinese medicine practitioner.

Learning Outcomes

1. Describe and apply hygiene, asepsis practices, infection control and management of sharps and biohazards in line with the CMBA guidelines as they relate to each Chinese medicine therapeutic technique.
2. Demonstrate safe needling insertion and manipulation technique on a range of body shapes and sizes, showing due respect for privacy, cultural and other differences in line with CMBA Code of Conduct.
3. Demonstrate safe moxibustion and cupping practice on a range of body shapes and sizes, showing due respect for privacy, cultural and other differences in line with CMBA Code of Conduct.
4. Describe and apply precautions and contraindications in acupuncture practice, risk management strategies, and recognition and management of accidents (including emergency response) and adverse reactions.
5. Understand the application rationale for auxiliary techniques of cupping and moxibustion as well as their cautions and contraindications.
## Assessment Tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous Skill Development</td>
<td>1-4</td>
<td>1-13</td>
<td>Sessions 1-13</td>
<td>Pass/Fail</td>
</tr>
<tr>
<td>(80% attendance and active participation required)</td>
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<tr>
<td>Practical Exam 1</td>
<td>1-4</td>
<td>1-7</td>
<td>Session 8</td>
<td>30%</td>
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<tr>
<td>(30 minutes)</td>
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<tr>
<td>Practical Exam 2</td>
<td>1-4</td>
<td>1-13</td>
<td>Practical Examination Period</td>
<td>35%</td>
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<tr>
<td>(30 minutes)</td>
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<tr>
<td>Final Written Exam</td>
<td>1, 4-5</td>
<td>1-13</td>
<td>Final Examination Period</td>
<td>35%</td>
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<tr>
<td>(1.5 hours)</td>
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All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS

The overall pass rate for this subject is 50%

Additionally, students must pass Practical Exam 2 with a mark not less than 50%

### Prescribed Readings:


### Recommended Readings:


### Subject Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Lectures</th>
<th>Practicals</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</td>
<td>Practical stick moxibustion therapy, cone moxibustion, rice grain moxibustion, and moxibustion box therapy</td>
</tr>
</tbody>
</table>
|      | Introduction to Moxibustion Therapy | • Professional demonstration of technique/s  
• Supervised practice of techniques  
• Moxibustion ventilation |
|      | • General history and development of moxibustion usage  
• Rationale for techniques  
• Clinical usage  
• Mechanics of technique  
• Cautions and contraindications  
• Specific work, health and safety considerations  
• Review of techniques necessary to reduce risk |
| 2.   | Introduction to Cupping Therapy | Practical cupping therapy  
• Professional demonstration of technique/s  
• Supervised practice of techniques |
|      | • Rationale for techniques  
• Different materials used in cupping therapy  
• Clinical usage  
• Mechanics of technique  
• Cautions and contraindications  
• Specific work, health and safety considerations  
• Review of techniques necessary to reduce risk |
| 3.   | Cupping Therapy | Practical cupping therapy  
• Professional demonstration of technique/s  
• Supervised practice of techniques |
|      | • Rationale for techniques  
• Clinical usage and strategies for different conditions  
• Mechanics of technique  
• Cautions and contraindications  
• Specific work, health and safety considerations |
| 4.   | Safety Standards with Acupuncture | Practical acupuncture therapy  
• Professional demonstration of technique/s  
• Supervised practice of techniques  
• Needling considerations |
|      | • Review of anatomy about needling safely  
• Management of accidents and adverse reactions  
• Review of processes necessary to reduce risk  
• Clean needle technique and clean fields  
• Management of sharps and biohazard material  
• Specific work, health and safety concerns  
• Needle sizes, and different types of needles  
• Review of techniques necessary to reduce risk |
5. **The Essential Concept of Deqi:**
   - The concept and rationale for the acquisition of deqi
   - The sensations of deqi
   - The techniques for the acquisition of deqi
   - Guide tube insertion needling techniques
   - Clinical usage
   - Mechanics of technique
   - Cautions and contraindications
   - Specific work, health and safety considerations

   Practical guide tube needling
   - Professional demonstration of technique/s
   - Supervised practice of techniques to a variety of different Jing Luo channels.
   - Practical moxibustion and cupping therapy
   - Supervised practice of techniques in combination with needling

6. **Continuing Guide Tube Insertion Techniques**
   - Angles and depths of needle insertion
   - Rationale for techniques
   - Clinical usage
   - Mechanics of technique
   - Cautions and contraindications

   Practical guide tube insertions
   - Professional demonstration of technique/s
   - Supervised practice of techniques to a variety of different Jing Luo channels
   - Practical moxibustion and cupping therapy
   - Supervised practice of techniques

7. **Revision**
   - Moxibustion
   - Cupping therapy
   - Acupuncture needling

   Reviewing moxibustion, cupping therapy and acupuncture needling for Practical Exam 1

   **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 & Online students** - The non-teaching week falls between Weeks 7 and 8

8. **Practical Exam 1**

9. **Free Hand Needle Techniques**
   - Rationale for techniques
   - Clinical usage
   - Mechanics of technique
   - Cautions and contraindications
   - Specific work, health and safety considerations

   Practical free hand needle insertion techniques
   - Professional demonstration of technique/s
   - Supervised practice of techniques to a variety of different Jing Luo channels
   - Supervised acquisition of deqi sensations
   - Practical moxibustion and cupping therapy
   - Supervised practice of techniques in combination with needling

10. **Needle Manipulation Techniques**
    - Lift, thrust, rotation, and twirling
    - Rationale for techniques
    - Clinical usage
    - Mechanics of technique
    - Cautions and contraindications
    - Specific work, health and safety considerations

    Practical needle manipulation techniques: Lift, thrust, rotation, and twirling
    - Professional demonstration of technique/s
    - Supervised practice of techniques to a variety of different Jing Luo channels
    - Supervised acquisition of deqi sensation
    - Practical moxibustion and cupping therapy
    - Supervised practice of techniques in combination with needling
<table>
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<tr>
<th></th>
<th><strong>Needle Manipulation Techniques</strong></th>
<th><strong>Practical needle manipulation techniques: Rapid and slow method</strong></th>
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<tbody>
<tr>
<td></td>
<td><strong>Rapid and slow method</strong></td>
<td><strong>Professional demonstration of technique/s</strong></td>
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<tr>
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<td>• Rationale for techniques</td>
<td>• Supervised practice of techniques to a variety of Jing Luo channels</td>
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<td>• Clinical usage</td>
<td>• Supervised acquisition of deqi sensation</td>
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<td>• Mechanics of technique</td>
<td>Practical moxibustion and cupping therapy</td>
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<tr>
<th></th>
<th><strong>Ling Shu Needling Techniques</strong></th>
<th><strong>Practical application of the Ling Shu needling techniques</strong></th>
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<tr>
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<td>• Rationale for techniques</td>
<td>• Professional demonstration of technique/s</td>
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<td>• Supervised practice of techniques to a variety of Jing Luo channels</td>
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<thead>
<tr>
<th></th>
<th><strong>Revision</strong></th>
<th><strong>Reviewing acupuncture, moxibustion and cupping techniques for Practical Exam 2</strong></th>
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<tbody>
<tr>
<td></td>
<td>• Moxibustion</td>
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<tr>
<td></td>
<td>• Cupping and various acupuncture techniques, usages, and clinical application</td>
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<td></td>
<td>• Needling depths and angles</td>
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