

SUBJECT OUTLINE



Subject Name:

Tui Na Therapeutics 2

Subject Code:

CMTN311

SECTION 1 - GENERAL INFORMATION

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| Award/s: | Bachelor of Health Science (Acupuncture) | Total Course Credit Points: | 128 | Level: | 2 nd Year |
| Duration: | 1 Semester | | | | |
| Subject Coordinator: | Dr Ao Yu (Adelaide campus) | | | | |
| Subject is: | Core | Subject Credit Points: | 2 | | |

Student Workload:

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

Delivery Mode:

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

Full Time

Part Time

Pre-requisites: BIOC211, CMTN211

Co-requisites: CMAC311

Special Resource Requirements:

Two bath-sheet sized towels per student (Clinic towels must not be used)

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

Through the course of this subject the student increases their knowledge and skill in applying the twenty four key Tui na techniques and one compound Tui na technique by developing a range of practical prescriptions to manage a range of Chinese medicine conditions. Conditions covered in this subject include musculoskeletal, internal medicine and gynaecological disorders. By subject conclusion the student will be capable of developing an informed argument for the utilisation of key Tui na techniques as part of an acupuncture treatment.

Learning Outcomes

1. Integrate and explain how Chinese medicine theory and principles intersect with Tui na specific theories and principles in the management of defined conditions.
2. Discuss and explain all cautions and contraindications associated with the practice of specific Tui na techniques when applied within the management of specific conditions.
3. Identify, define and consistently apply the twenty-four core Tui na techniques and one compound Tui na technique as appropriate within the management of each condition.
4. Define, interpret and continuously demonstrate appropriate work, health and safety within all practical sessions.
5. Define, interpret and continuously demonstrate cultural sensitivity and ethical considerations within all theoretical and practical sessions.

| Assessment Tasks | | | | |
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| Type | Learning Outcomes Assessed | Session Content Delivered | Due | Weighting |
| Continuous Skill Development (80% attendance and active participation required) | 1-5 | 1-13 | Sessions 1-13 | Pass/Fail |
| Mid-semester Progressive Clinical Assessment (rubric-based) | 1-5 | 1-6 | Week 7 | 20% |
| Practical Exam (1 hour) | 1-5 | 1-13 | Practical Examination Period | 50% |
| Final Written Exam (2 hours) | 1-5 | 1-13 | Final Examination Period | 30% |
| 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 the Final Written Exam with a mark not less than 50% | | | | |

Prescribed Readings:

- Chengnan, S. (2000). *Chinese bodywork: A complete manual of Chinese therapeutic massage*. Berkeley, CA: Pacific View Press.

Recommended Readings:

- Hongzhu, H. (2007). *Science of tuina = tui na xue* (2nd ed.). Beijing, China: People's Medical Publishing House.
- Pritchard, S. (2010). *Tui na: A manual of Chinese massage therapy*. Edinburgh, Scotland: Churchill Livingstone. [ebook available]
- Zhang, Y. S. (2002). *Tuinaology*. Beijing, China: People's Medical Publishing House.

| Subject Content | |
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| Week | Lectures and Practicals |
| 1. | Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources) Review and introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to the use of Tui na therapy as an adjunctive practice to musculoskeletal, internal and gynaecological disorders Review of the twenty four Tui na techniques <ul style="list-style-type: none"> Demonstration and supervised practice of techniques to a variety of different Jing Luo channels |

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| 2. | <p>Facial and Jaw</p> <p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues of common musculoskeletal disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of techniques • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing luo channels |
| 3. | <p>Cervical and Thoracic Regions</p> <p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common musculoskeletal disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of technique • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing luo channels |
| 4. | <p>Upper Extremities</p> <p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common musculoskeletal disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of technique • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing luo channels |

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| 5. | <p>Lumbar, Sacrum and Pelvis Region</p> <p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common musculoskeletal disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of technique • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing Luo channels |
| 6. | <p>Lower Extremities</p> <p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common musculoskeletal disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of technique • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing Luo channels |
| 7. | <p>Chest and Hypochondrium</p> <p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common musculoskeletal disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of technique • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing Luo channels |
| <p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 - This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p>Semester 2 - The non-teaching week falls between Weeks 7 and 8</p> | |

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| <p>8.</p> | <p>Headache, Insomnia, Common Cold, and Asthma</p> <p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common internal medicine disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of technique • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing luo channels |
| <p>9.</p> | <p>Epigastric Pain, Constipation and Diarrhoea</p> <p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common internal medicine disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of technique • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing luo channels |
| <p>10.</p> | <p>Menstruation</p> <p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common gynaecological disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of technique • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing luo channels |

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| 11. | <p>Pregnancy and Post-partum Disorders</p> <p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common gynaecological disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of technique • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing lu channels |
| 12. | <p>Endometriosis and Polycystic Ovary Syndrome (PCOS)</p> <p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common gynaecological disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of technique • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing lu channels |
| 13. | <p>Internal and Gynaecological Disorders</p> <p>Review of clinical manifestations, treatment, precautions, contraindications and referral issues of musculoskeletal, internal and gynaecological disorders</p> <ul style="list-style-type: none"> • Foundation routine • Chinese medicine diagnosis • Treatment principle • Techniques of benefit • Rationale for each application • Clinical usage and outcomes • Mechanics of technique • Cautions and contraindications • Specific work, health and safety considerations • Demonstration and supervised practice of techniques to a variety of different Jing lu channels |
| 14. | <p>Non-Teaching Week/Practical Examination Week 1</p> <p>Note that make-up classes may be scheduled in this week</p> |
| 15. | <p>Non-Teaching Week/Practical Examination Week 2</p> <p>Note that make-up classes may be scheduled in this week</p> |
| 16. | <p>Final Examination Week 1</p> <p>Please refer to the Examination Timetable for your local campus for the exact day and time of exam</p> |
| 17. | <p>Final Examination Week 2</p> <p>Please refer to the Examination Timetable for your local campus for the exact day and time of exam</p> |