



## Chinese Tuina Massage Program

### Course Descriptions

#### **TN1101 TCM Theory**

**4 credits/60 hours**

**Prerequisites: None**

This course provides students with the most basic and important concepts and theories in Chinese medicine, including the Yin Yang and Five Element theories, and the theories of Qi, Blood, Body Fluids and Viscera Manifestations. It provides students with solid basis for the study of all future courses in the Tuina study.

#### **TN1102 TCM Pathology**

**2 credits/30 hours**

**Prerequisites: None**

This course covers the six exogenous pathogens, seven emotional factors and miscellaneous pathologic factors as well as pathological mechanisms or pathogenesis in Chinese medicine. The pathological portion covers disharmony between Yin and Yang, conflict between vital Qi and pathological factors, disturbance of the movement of Qi and the mechanism of different patterns of the Zang Fu organs.

#### **TN1103 Meridians and Points I**

**4 credits/60 hours**

**Prerequisites: None**

This course is to acquaint students with the theory of meridians and commonly used points in Chinese medical Tuina. Lecture includes the course and therapeutic functions of meridians. Location, functions and indications of points used in Tuina are covered. The twelve regular meridians and points will be discussed.

#### **TN1104 Anatomy and Physiology I**

**2 credits/30 hours**

**Prerequisites: None**

This course, the first in the Anatomy and Physiology curriculum, introduces the anatomical, histological and chemical structure of the human body on different organizational levels. It includes detailed discussions of the general anatomy, physiology of cells, tissues and skin. The second part of the class concentrates on the musculoskeletal system, and begins with an introduction to the general anatomy and physiology of bones, joints and muscles. It concludes with a discussion of individual bones and muscles of the upper limb.

#### **TN1105 Introduction to Tuina**

**1 credit/15 hours**

**Prerequisites: None**

This is an introductory course to Chinese medical Tuina. It will discuss the origin and development of Tuina therapy, different schools of Chinese Tuina, mechanisms of Tuina treatment, and application of Tuina, with a focus on providing a general overview of the Tuina therapy to students.

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### **TN2101 TCM Diagnostics I** **2 credits/30 hours**

#### **Prerequisites: TCM Theory**

This is the first TCM Diagnostics course. It mainly deals with the four diagnostic skills in Chinese medicine (Observing, Smelling and Listening, Inquiring and Palpating), including tongue and pulse diagnosis. The focus is placed on clinical application of these skills and analysis of the clinical significance of the symptoms and signs gained by the four skills.

### **TN2102 TCM Diagnostics II** **2 credits/30 hours**

#### **Prerequisites: TCM Theory**

This course is a continuation of TCM Diagnostics I, and develops the student's knowledge of the basic diagnostic skills needed to make pattern identification. It covers the patterns commonly seen in the clinic, with detailed discussion of the causes, pathogenesis, symptoms, symptoms analysis and essentials to make the diagnosis of patterns. After taking this class, students will be able to skillfully apply diagnostic techniques, make a correct pattern diagnosis and differentiate one pattern from others. The TCM understanding of the classification of disease and its relationship with symptoms, signs and patterns as well as case studies will be discussed.

### **TN2103 Meridian and Points II** **4 credits/60 hours**

#### **Prerequisites: TCM Theory**

This is the second part of the course Meridians and Points. This course will continue to cover the twelve regular meridians. The eight extra meridians, the twelve divergent meridians, the fifteen Luo-collaterals, the twelve muscular system, the twelve cutaneous areas will also be covered. Points on the regular meridians, the Ren and Du meridians, extra points, and those points specially used in pediatric Tuina are discussed.

### **TN2104 Anatomy and Physiology II** **2 credits/30 hours**

#### **Prerequisites: None**

This course is a continuation of Anatomy and Physiology I. The main subjects are the skeletal, muscular, and nervous systems. Individual bones and muscles of the body will be discussed, including their locations, connections, and, in the case of muscles, their origin, insertion, function and nerve supply will be described. Lecture on the nervous system will cover the general organization, anatomical location and function of various nervous tissues.

### **TN2105 Anatomy and Physiology III** **4 credits/60 hours**

#### **Prerequisites: None**

This course is a continuation of Anatomy and Physiology II. It mainly focuses on the internal organ systems and their anatomical and histological structure, and the physiological processes which form their functional basis.



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### **TN2106 Tuina Techniques**

**2 credits/30 hours**

**Prerequisites: TCM Theory**

This course will be dedicated to the manipulations of Chinese medical Tui Na. Nearly thirty manipulation techniques will be introduced. Lectures will focus on the essentials of techniques. The functions and indications of each technique are discussed as well. All techniques will be demonstrated in class. Students will have opportunities to practice on each other supervised by experienced instructors.

### **TN2107 Clinic Observation**

**1 credit/30 hours**

**Prerequisites: None**

Clinic observation allows students to witness the diagnosis and treatment of patients in a clinic setting. It provides a vital link between theoretical studies and practical application, and establishes the foundation for clinical work in the future. Students learn the procedures of Tuina, along with the basic principles of diagnosis and treatment. The students observe treatments performed by clinical instructors, supervisors and upper level students in the faculty/student clinic. Students will keep a clinical notebook of treatments observed.

### **TN3101 Tuina in Internal Medicine**

**2 credits/30 hours**

**Prerequisites: TCM Theory; Meridians & Points I & II**

This course introduces Tuina as it applies to internal disorders. A total of 30 diseases of the respiratory, digestive, circulatory, and urinary systems, as well as emotional imbalance will be introduced. Discussions include the etiology, pathogenesis, main manifestations, diagnosis, differentiation of patterns, and Tuina treatment. Instructors will demonstrate the Tuina techniques and students will be asked to practice on each other.

### **TN3102 Tuina in Sports Medicine**

**3 credits/45 hours**

**Prerequisites: TCM Theory; Meridians & Points I & II**

This course introduces Tuina as it applies to sports medicine. A total of 30 diseases of the musculoskeletal-skeletal and neurological systems, and sport injuries will be covered. Discussions include the etiology, pathogenesis, main manifestations, diagnosis, differentiation of patterns, and Tuina treatment. Lectures will focus on the Tuina treatment. Instructors will demonstrate the Tuina techniques and students will be asked to practice on each other.

### **TN3103 Tuina in Pediatrics**

**2 credits/30 hours**

**Prerequisites: TCM Theory; Meridians & Points I & II**

This is a course of the clinical application of Tuina on children. A total of 20 pediatric conditions will be discussed in this course. For each condition, etiology, pathology, pattern identification, treatment principle, and Tuina manipulations are covered. Students will have a chance for demonstration under supervision of experienced practitioners.

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### **TN3104 Tuina for Health Maintenance**

**1 credit/15 hours**

#### **Prerequisites: TCM Theory**

This course introduces Tuina applied to health maintenance. Lectures cover health maintenance for the respiratory, digestive, reproductive, cardiovascular, and central nervous systems. Cosmetic Tuina will also be introduced. Demonstrations will be conducted by the instructor and student are asked to practice on each other.

### **TN3105 Practice Management and Ethical and Professional Issues**

**1 credit/15 hours**

#### **Prerequisites: None**

This course introduces students to the basics of Tuina business practice and management. Record keeping, informed consent, patient expectations, professional liability, patient contracts, insurance and billing, public education, advertising and marketing, legal compliance, and legal issues are some of the topics which are discussed. The legal environment in which Tuina operates, the scope of practice and ethics are examined. The development of communication and counseling skills in professional practice is also stressed. Patient confidentiality, patient sensitivity to potential offenses and cultural differences are emphasized.

### **TN3106 Clinical Practice**

**2 credits/60 hours**

#### **Prerequisites: TCM Theory; Meridians & Points I & II; Clinic Observation**

Student interns work independently under the supervision of a Clinic Supervisor. Student interns are responsible for all aspects of clinic organization and operation, patient diagnosis and Tuina treatment. Students are responsible for maintaining appropriate level of professional care, and safe and appropriate patient treatment at all times, from the initial patient visit through diagnosis, record keeping and case management.

