COLLEGEWIDE COURSE OUTLINE OF RECORD

TMAS 126, JIN SHIN DO BODYMIND ACUPRESSURE

COURSE TITLE: Jin Shin Do Body-mind Acupressure
COURSE NUMBER: TMAS 126
PREREQUISITES: None
SCHOOL: Health Sciences
PROGRAM: Therapeutic Massage
CREDIT HOURS: 2
CONTACT HOURS: Lecture: 1  Lab: 2
DATE OF LAST REVISION: Summer, 2011
EFFECTIVE DATE OF THIS REVISION: Fall, 2011

CATALOG DESCRIPTION: This class presents theories and techniques necessary for effective practice of Jin Shin Do Acupressure. Approximately half the time will be in lecture and half in practical hands-on skill. Students will be introduced to the basic theories of Traditional Chinese Medicine which is the basis of all Asian bodywork therapy. Students will learn 57 points in relation to surrounding anatomy. After this class, students will be able to utilize simple acupressure techniques alone or combined with massage sessions. With successful completion of this class, students are eligible to take the Intermediate Jin Shin Do class.

MAJOR COURSE LEARNING OBJECTIVES: Upon successful completion of this course the student will be expected to:

1. Discuss differences between styles of Asian bodywork therapies (ie. Shiatsu, Tuina, Amma, Jin Shin Do).
2. Define Yin, Yang and Qi.
3. Locate acupressure points, use correct amount of pressure, and identify signs of release.
4. Identify meridians and their location, and eight Extraordinary Vessels or Strange Flows.
5. Identify the concepts of the five-element theory.
6. Explain and perform specific treatments.
7. Define the differences between the Eastern and Western mindset.
8. Prepare for Psychological aspects of Jin shin Do.
9. Learn the release method on charts.
10. Perform a treatment based on segmental theory.
11. Perform an assessment and design a treatment combining acupressure with massage (for massage students).
12. Perform basic Qigong exercises.

COURSE CONTENT: Topical areas of study will include –

Differences in Asian bodywork therapies
The five-element theory
Qigong exercises
East vs West mindset
Acupressure points
Meridian lines
Extraordinary vessels or strange flows
Yin, Yang and Qi
Treatment based on segmental theory
Great Regulator treatment

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