

Minnesota State College Southeast

THPY 1430: Acupressure

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: *.*

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course covers the basics of acupressure as used within the context of a full body therapeutic massage session. Students will learn to systematically locate and apply pressure to acupressure meridians in order to help alleviate pain and increase energy flow throughout the body. Emphasis will be placed on the ancient Chinese theory of meridians and the balancing of Chi(energy). (Prerequisite: None) (1 credit: 0 lecture/1 lab)

B. COURSE EFFECTIVE DATES: 02/28/2002 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Perform various acupressure applications related to specific conditions
2. Understand contraindications to acupressure
3. Be able to locate acupressure points and meridians
4. Understand when to refer client for medical treatment

D. LEARNING OUTCOMES (General)

1. Define acupressure
2. Locate fourteen Chinese meridians
3. Explain acupressure effects
4. Describe the acupressure point location method
5. Describe pressure guidelines
6. Define Chi
7. Explain acupressure massage techniques
8. Demonstrate deep breathing
9. List deep breathing benefits
10. List acupressure contraindications
11. Explain self-applied acupressure advantages
12. Reiterate the professional medical diagnosis necessity
13. Differentiate between acupressure application and medical treatment
14. Perform allergy related acupressure
15. Perform anxiety related acupressure
16. Perform arthritis related acupressure
17. Perform asthma and breathing related acupressure
18. Perform cold and flu related acupressure
19. Perform cramp and muscle spasm acupressure
20. Perform depression and emotional balancing related acupressure
21. Perform earache related acupressure
22. Perform eyestrain related acupressure
23. Perform headache related acupressure
24. Perform back pain related acupressure
25. Perform immune system boosting acupressure
26. Perform insomnia related acupressure
27. Perform TMJ related acupressure
28. Describe memory/concentration boosting acupressure
29. Perform PMS relieving acupressure
30. Perform neck pain related acupressure
31. Apply shoulder pain acupressure points
32. Experience the movement of energy

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted