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