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Nature Care College

Meridians

DESCRIPTION	This unit of study will show you the basic principles of meridian therapy, covering the 14 Classical Meridian pathways and selected Tsubo or acupuncture points on these pathways as well as the 12 Zen Meridian extensions and related stretches. Thereafter, you will be able to apply the principles to Shiatsu Practice.
DURATION	36hours
LEARNING OUTCOMES	By the conclusion of the unit of study, students should be able to: <ol style="list-style-type: none">1. Competently trace using touch the Classical Meridian and its Zen Shiatsu extension.2. Competently locate using touch and by specific measurement major Tsubo along the Classical Meridian.3. Explain basic principles of meridian theory and can apply them to Shiatsu Practice.4. Competently identify and apply stretching techniques to the 12 Zen Meridian pathways
TEACHING METHOD	Practical demonstration Lecture Notes Lectures Group work Set reading requirements between terms
ASSESSMENT	Assessment 1 – practical & oral – 15% Assessment 2 – practical & oral – 15% Final Oral and practical exam - 60% Quiz – 10% Competent / Not Yet Competent
ATTENDANCE	90% minimum.
PRE-REQUISITES	Introduction to Oriental Healing. Shiatsu 1
CO-REQUISITES	Shiatsu 2
MATERIALS REQUIRED	Notebook, pen.
TEXTBOOKS	(a) Compulsory: Jarmey C, 2008. A Practical Guide to Acu points. Lotus Publishing, North Atlantic Book (b) Recommended Reading / References: Masunaga S, 1977. Zen Shiatsu. Japan Pub, Tokyo. Deadman P, 1998. Manual of Acupuncture. Journal of Chinese Medicine Publication

WEEKEND BY WEEKEND OUTLINE

WEEKEND 1	Introduction to meridians course
	Lung and Colon meridians and extensions
	Stomach and Spleen meridians and extensions
	Revision
	Heart and Small Intestine, meridians and extensions
WEEKEND 2	Practical Assessment 1 - Lung & Colon, Stomach & Spleen, Heart & Small Intestine
	Bladder meridian and extensions
	Kidney and Pericardium meridians and extensions
	Introduction to Meridian stretches
	Triple Heater and Gall Bladder meridians and extension
	Revision
	Quiz
WEEKEND 3	Practical Assessment 2 - Bladder & Kidney, Pericardium & Triple Heater, Gall Bladder
	Liver- Governing Vessel- Conception vessel meridians and extensions
	General revision
	Extensions and their stretches
	Final exam - oral and practical
Course Review and Feedback	