



SUBJECT OUTLINE

Subject Name:

Chinese Manual Therapies 1

Subject Code:

CMTH111

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Chinese Medicine)	128	Core 1 st Year
Bachelor of Health Science (Acupuncture Therapies)	96	Core 1 st Year
Diploma of Health Science (Chinese Remedial Massage)	48	Core 1 st Year
Duration: 1 Semester		
Subject is: Core	Subject Credit Points: 4	

Student Workload:

No. timetabled hours per week: 6	No. personal study hours per week: 4	Total hours per week: 10
--	--	------------------------------------

Delivery Mode*:

☒ On campus ☐ Online / Digital ☐ Blended ☐ Intensive

Weekly Session^ Format/s - 2 sessions per week:

<input checked="" type="checkbox"/> On campus lectures:	<input type="checkbox"/> 2 hours <input checked="" type="checkbox"/> 3 hours	2 x 3 hour sessions per week, including lecture and practical application
---	--	---

*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

Study Pattern: ☒ Full Time ☒ Part Time

Pre-requisites: Nil

Co-requisites: Nil

Special Resource Requirements:

- Flat soled, closed toe leather footwear or approved equivalent
- Proportional measurement ruler
- Two bath-sheet sized towels per student (Clinic towels must not be used)



SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject introduces students to the foundational knowledge and skills of traditional Chinese medicine (TCM) remedial massage (Tui Na) techniques. Historical development, foundational theories, and terminologies of the channels (jing luo), channel sinews (jing jin), the luo and divergent channel systems, cutaneous regions (pi bu), and acupuncture points (shu xue) are introduced, including musculoskeletal anatomy, proportional measurement (cun), the six divisions, and the diurnal circulation. Students locate the twelve primary channels, associated channel sinews, extraordinary channels, and selected acupuncture points. Students develop palpation and Tui Na skills, culminating in a full body sequence. Students develop familiarity with the evidence base of Tui Na therapy, and an understanding of clinical policies and procedures.

Learning Outcomes

1. Identify the musculoskeletal structures of the body, including their topographical anatomy.
2. Describe theories, terminology, and morphology of the channels and their historical development.
3. Demonstrate skill to locate and palpate the external morphology of the channels, including the utilisation of proportional measurement.
4. Perform a structured Chinese remedial massage full body sequence, including the six major branches of Tui Na techniques.
5. Apply clinical policies and procedures relevant to the safe and professional application of palpation and manual therapies.
6. Discuss the bio-mechanisms of massage therapies as they apply to Tui Na.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Continuous Safe Practices 80% attendance and active participation required (Rubric based)	1-5	1-26	Sessions 1-26	Pass/Fail
Mid-semester Practical Exam (20 minutes)	1, 3, 4, 5	1-12	Session 13 (week 7)	20%



Progressive Workbook (Weekly completion)	1, 2, 6	1-26	Week 13	50%
Final Practical Exam (30 minutes)	1, 3, 4, 5	1-26	Practical Examination Period	30%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS.				
<p>To achieve a passing grade in this subject, students must:</p> <ul style="list-style-type: none"> • have a cumulative mark of at least 50%, and • have submitted all assessment items with a value greater than 15%, and • meet attendance requirements (absences require approved attendance waivers and subsequent make-up activities to be completed). 				

Prescribed Readings:

Chinese Medicine Board of Australia. (2023). *Revised Guidelines on infection prevention and control for acupuncture and related practices*. <http://www.chinesemedicineboard.gov.au/Codes-Guidelines/Infection-prevention.aspx>

Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A manual of acupuncture* (2nd ed.). Journal of Chinese Medicine Publications. [Available as mobile app 2009 - or text 2007]

Pritchard, S. (2015). *Tui na: A manual of Chinese massage therapy*. Jessica Kingsley. [ebook available]

Tortora, G. J., Derrickson, B., Burkett, B., Peoples, G., Dye, D., Cooke, J., Mellifont, R. (2019). *Principles of anatomy and physiology* (2nd Asia-Pacific ed.). Wiley.

Recommended Readings:

Bertschinger, R. (2014). *Essential texts in Chinese medicine: The single idea in the mind of the Yellow Emperor*. Jessica Kingsley. [ebook available]

Buck, C. (2015). *Acupuncture and Chinese medicine: Roots of modern practice*. Singing Dragon.

Chinese Medicine Board of Australia. (2022). *Code of conduct*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines.aspx>

Chinese Medicine Board of Australia. (2020). *Guidelines: Mandatory notifications about registered health practitioners*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines.aspx>

Godson, D. R., & Wardle, J. L. (2018). Accuracy and precision in acupuncture point location: A critical systematic review. *Journal of Acupuncture and Meridian Studies*, 12(2), 52-56. <https://doi.org/10.1016/j.jams.2018.10.009>

Jianshan, L. (2011). *Tuina massage manipulations: Basic principles and techniques*. Singing Dragon. [ebook available]

Maciocia, G. (2015). *The foundations of Chinese medicine* (3rd ed.). Elsevier. [ebook available]



National Health and Medical Research Council (2019). *Australian guidelines for the prevention and control of infection in healthcare*. Retrieved from <https://www.nhmrc.gov.au/about-us/publications/australian-guidelines-prevention-and-control-infection-healthcare-2019>

Pleco Software. (2019). Pleco Chinese dictionary (Version 3.2.64) [Mobile Application Software]. www.pleco.com

Victorian State Government (2019). *Regulation of unregistered health professionals*. <https://www.health.vic.gov.au/health-workforce-regulation/regulation-of-unregistered-health-professions>

Wang, J., & Robertson, J. D. (2008). *Applied channel theory in Chinese medicine: Wang Ju-Yi's lectures on channel therapeutics*. Eastland Press.

Subject Content

Week	Lectures	Tutorials / Practicals
1.	<p>Session 1</p> <p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Introduction to Tui Na</p> <ul style="list-style-type: none"> ➤ Traditional Chinese medicine ➤ Introduction to channel theory ➤ Development of Tui Na 	<ul style="list-style-type: none"> ➤ Discuss workbook question 1 ➤ Yin-Yang surfaces of the body
	<p>Session 2</p> <p>Safe Practices in Tui Na</p> <ul style="list-style-type: none"> ➤ Regulatory frameworks ➤ Work, health & safety ➤ Equipment safety and management ➤ Risk and quality management ➤ Infection prevention and control ➤ Practitioner self-care 	<ul style="list-style-type: none"> ➤ Discuss workbook question 2 ➤ Lifting, positioning and draping ➤ Hand hygiene
2.	<p>Session 3</p> <p>Anatomy & Jing-luo Theory 1</p> <ul style="list-style-type: none"> ➤ Introduction to anatomical positions and directional terminology ➤ Introduction to the musculoskeletal system and tissues ➤ Musculoskeletal anatomy of the upper limb ➤ Introduction to cun measurement 	<ul style="list-style-type: none"> ➤ Discuss workbook question 3 ➤ Proportional measurement ➤ Anatomical positions and directions ➤ Musculoskeletal palpation of the arm



	<ul style="list-style-type: none"> ➤ Introduction to pathways, connecting channels, sinews, divergent channels, cutaneous regions, and eight extraordinary vessels 	
	<p>Session 4</p> <p>Anatomy & Jing-luo Theory 2</p> <ul style="list-style-type: none"> ➤ The Lung (Hand Tai Yin) channel, sinews, and key points ➤ The Pericardium (Hand Jue Yin) channel, sinews, and key points ➤ The Heart (Hand Shao Yin) channel, sinews, and key points 	<ul style="list-style-type: none"> ➤ Channel location and palpation
3.	<p>Session 5</p> <p>Tui Na Methods 1</p> <ul style="list-style-type: none"> ➤ Introduction to the four examinations in channel theory ➤ The six branches and twenty-four techniques ➤ Kneading (rou fa), pushing (tui fa) and grasping (na fa) ➤ Massage physiology ➤ Cyclical flow of qi 	<ul style="list-style-type: none"> ➤ Discuss workbook question 4 ➤ Musculoskeletal palpation of the arm ➤ Arm techniques
	<p>Session 6</p> <p>Tui Na Methods 2</p> <ul style="list-style-type: none"> ➤ Introduction to the eight principles in channel theory ➤ One finger meditation (yi zhi chan tui fa), rolling (gun fa) and dotting (kuo fa) 	<ul style="list-style-type: none"> ➤ Musculoskeletal palpation of the arm ➤ Arms techniques ➤ Arm yin routine
4.	<p>Session 7</p> <p>Anatomy & Jing-luo Theory 3</p> <ul style="list-style-type: none"> ➤ Musculoskeletal anatomy of the upper limb, shoulder, throat, and face ➤ The Large Intestine (Hand Yang Ming) channel, sinews, and key points 	<ul style="list-style-type: none"> ➤ Musculoskeletal palpation of the upper limb, shoulder, external throat, and face ➤ Channel location and palpation
	<p>Session 8</p> <p>Tui Na Methods 3</p> <ul style="list-style-type: none"> ➤ Pressing (an fa), wiping (ma fa), pulling (ba shen fa), and shaking (dou fa) 	<ul style="list-style-type: none"> ➤ Discuss workbook question 5 ➤ Musculoskeletal palpation of the upper limb, shoulder, external throat, and face ➤ Arm techniques



		<ul style="list-style-type: none"> ➤ Arm yang routine
5.	<p>Session 9</p> <p>Anatomy and Jing-luo Theory 4</p> <ul style="list-style-type: none"> ➤ Musculoskeletal anatomy of the upper back, scapula, thoracic, and cervical spine ➤ The Small Intestine (Hand Tai Yang) channel, sinews, and key points 	<ul style="list-style-type: none"> ➤ Musculoskeletal palpation of the upper back, scapula, thoracic, and cervical spine ➤ Channel location and palpation
	<p>Session 10</p> <p>Tui Na Methods 4</p> <ul style="list-style-type: none"> ➤ Rotating (yao fa), holding twisting (nian fa), rub rolling (cuo fa) 	<ul style="list-style-type: none"> ➤ Musculoskeletal palpation of the upper back, scapula, thoracic, and cervical spine ➤ Neck, nape and arms techniques ➤ Shoulder and arms routine
6.	<p>Session 11</p> <p>Anatomy and Jing-luo Theory 5</p> <ul style="list-style-type: none"> ➤ Musculoskeletal anatomy of the upper limb, shoulder, neck and head ➤ The Triple Energizer (Hand Shao Yang) channel, sinews, and key points 	<ul style="list-style-type: none"> ➤ Discuss workbook question 6 ➤ Musculoskeletal palpation of the upper limb, shoulder, neck and head ➤ Channel location and palpation
	<p>Session 12</p> <p>Anatomy and Jing-luo Theory 6</p> <ul style="list-style-type: none"> ➤ Arm yang sinews integration ➤ Arm luo-connecting and divergent channels ➤ Arm cutaneous regions 	<ul style="list-style-type: none"> ➤ Discuss workbook question 7 ➤ Musculoskeletal palpation of the head, face, neck, external throat, upper limb, shoulder, scapula, thoracic and cervical spine ➤ Channel location and palpation ➤ shoulder and arms routine
7.	<p>Session 13</p> <p>Anatomy and Jing-luo Theory 7</p> <ul style="list-style-type: none"> ➤ Musculoskeletal anatomy of the torso and back ➤ Mid-semester practical examination 	<ul style="list-style-type: none"> ➤ Discuss workbook question 8 ➤ Musculoskeletal palpation of the torso and back
	<p>Session 14</p> <p>Anatomy and Jing-luo Theory 8</p> <ul style="list-style-type: none"> ➤ Introduction to the eight extraordinary channels ➤ Governor Channel (Du mai) & Conception Channel (Ren mai) ➤ Governor and Conception luo-connecting channels 	<ul style="list-style-type: none"> ➤ Discuss workbook question 9 ➤ Channel location and palpation ➤ Musculoskeletal palpation of the torso and back
NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)		



	Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8 Semester 2 – The non-teaching week falls between Weeks 7 and 8	
8.	Session 15 Anatomy and Jing-luo Theory 9 <ul style="list-style-type: none"> Musculoskeletal anatomy of the anterior thigh, lower leg, ankle and foot The Stomach (Foot Yang Ming) channel, sinews, and key points 	<ul style="list-style-type: none"> Discuss workbook question 10 Musculoskeletal palpation of the anterior thigh, lower leg, ankle and foot Channel location and palpation
	Session 16 Tui Na Methods 5 <ul style="list-style-type: none"> Round rubbing (mo fa), chopping (ji fa), squeezing and tweaking (che fa), flicking (tan fa) 	<ul style="list-style-type: none"> Back techniques Full body sequence -to start Head (scalp) routine Anterior Legs routine
9.	Session 17 Tui Na Methods 6 <ul style="list-style-type: none"> Head and face techniques 	<ul style="list-style-type: none"> Head and face techniques Musculoskeletal palpation of the head and face Face routine
	Session 18 Tui Na Methods 7 <ul style="list-style-type: none"> Finger pressing (dian fa), revolving (an rou fa), scrubbing (ca fa), plucking (tan bo fa), vibrating (zhen fa) 	<ul style="list-style-type: none"> Back and waist techniques Musculoskeletal palpation of the anterior thigh, lower leg, ankle and foot
10.	Session 19 Anatomy and Jing-luo Theory 10 <ul style="list-style-type: none"> Musculoskeletal anatomy of the posterior thigh, lower leg, ankle and foot The Bladder (Foot Tai Yang) channel, sinews, and key points 	<ul style="list-style-type: none"> Discuss workbook question 11 Musculoskeletal palpation of the posterior thigh, lower leg, ankle and foot Channel location and palpation
	Session 20 Tui Na Methods 8 <ul style="list-style-type: none"> Supressing (ya fa), pounding/hammer (chui fa), patting (pai fa) 	<ul style="list-style-type: none"> Back, waist, and leg techniques Back & Posterior Legs routine
11.	Session 21 Anatomy and Jing-luo Theory 11 <ul style="list-style-type: none"> Musculoskeletal anatomy review The Gallbladder (Foot Shao Yang) channel, sinews and key points 	<ul style="list-style-type: none"> Discuss workbook question 12 Musculoskeletal palpation of the lateral body and lower limbs Channel location and palpation



	<p>Session 22</p> <p>Tui Na Methods 9</p> <ul style="list-style-type: none"> ➤ Leg yang sinews integration 	<ul style="list-style-type: none"> ➤ Discuss workbook question 13 ➤ Back, waist, and leg techniques
12.	<p>Session 23</p> <p>Anatomy and Jing-luo Theory 12</p> <ul style="list-style-type: none"> ➤ Introduction to the Six Divisions ➤ The Spleen (Foot Tai Yin) channel, sinews, and key points 	<ul style="list-style-type: none"> ➤ Channel location and palpation ➤ Abdominal techniques ➤ Abdomen routine
	<p>Session 24</p> <p>Anatomy and Jing-luo Theory 13</p> <ul style="list-style-type: none"> ➤ Musculoskeletal anatomy of the torso and back review ➤ The Liver (Foot Jue Yin) channel, sinews, and key points 	<ul style="list-style-type: none"> ➤ Channel location and palpation ➤ Chest and ribcage techniques ➤ Ribs routine
13.	<p>Session 25</p> <p>Anatomy and Jing-luo Theory 14</p> <ul style="list-style-type: none"> ➤ The Kidney (Foot Shao Yin) channel, sinews, and key points 	<ul style="list-style-type: none"> ➤ Leg and hip techniques
	<p>Session 26</p> <p>Tui Na Methods 10</p> <ul style="list-style-type: none"> ➤ Review of the six branches and twenty-four techniques ➤ Whole body techniques 	<ul style="list-style-type: none"> ➤ Whole body routine
14.	<p>Non-Teaching Week/Practical Examination Week 1</p> <p>Note that make-up classes may be scheduled in this week</p>	
15.	<p>Non-Teaching Week/Practical Examination Week 2</p> <p>Note that make-up classes may be scheduled in this week</p>	
16.	<p>Final Examination Week 1</p> <p>There is no final exam for this subject</p>	
17.	<p>Final Examination Week 2</p> <p>There is no final exam for this subject</p>	