



SUBJECT OUTLINE

Subject Name:

Subject Code:

Chinese Manual Therapies 2

CMTH122

SECTION 1 – GENERAL INFORMATION

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

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
7	4	11

Delivery Mode*:

☒ On campus ☐ Online / Digital ☐ Blended ☐ Intensive

Weekly Session^ Format/s - 2 sessions per week over 12 weeks:

<input checked="" type="checkbox"/> On campus lectures:	<input type="checkbox"/> 2 hours <input checked="" type="checkbox"/> 3 hours	1 x 3 hour session per week including lecture and practical application
<input checked="" type="checkbox"/> Clinic block:	1 x 4 hour session per week, includes 30 minutes per session of set up / pack down time	

*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: CMTH111

Co-requisites: CMTH121, BIOA122, CMPR122

Special Resource Requirements:

Flat soled, closed toe leather footwear or approved equivalent

HLTAID003 Provide first aid OR HLTAID011 Provide First Aid (VET unit of competency) – required prior to subject start date

LMS-based clinic induction and quiz



Professional Dress Standards as described by the [*Endeavour Clinic Handbook*](#)
[*Endeavour Clinic Handbook*](#)

Two bath-sheet sized towels per student (Clinic towels must not be used)

Endeavour clinic uniform – black polo shirt

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject comprises in-class lectures and activities, with digital support and clinical placement within the Endeavour clinical practice facilities. Students develop novice skills in musculoskeletal assessment, channel based diagnostic frameworks, biomedical investigative reports, and the management of simple acute musculoskeletal conditions. Students will investigate the historical development and research findings relevant to Chinese manual therapies and develop their capacity in Chinese remedial massage (tui na), moxa, guasha, cupping, topical Chinese herbs and liniments, Chinese medical exercise, and relevant infection control procedures. Students will consolidate their practical skills through supervised clinical practicum experiences preparing them for further study.

Learning Outcomes

1. Demonstrate professional, collaborative, physically safe, and culturally safe behaviours, including with respect to self-management, communication, clinical processes and equipment, patient records, risk and quality management, and adherence to professional, organisational and legal responsibilities relevant to the Australian healthcare setting.
2. Perform a novice level health assessment relevant to simple acute musculoskeletal condition in line with patient needs and choices and professional obligations, including diagnostic palpation techniques and findings from biomedical investigations.
3. Demonstrate novice level Chinese remedial massage interventions for simple acute musculoskeletal conditions and Chinese medicine channel diagnoses.
4. Engage patients and others in the clinical decision-making processing through identifying their expectations of treatment, explaining the potential risks and outcomes, responding to solicited feedback, and accommodating their preferences.
5. Identify and analyse health information to develop Chinese medicine treatment plans and protocols incorporating knowledge from a range of professional literature for the management of simple acute musculoskeletal conditions utilising Chinese remedial massage, auxiliary and topical herbal therapies.
6. Utilise appropriate auxiliary and topical herbal therapy interventions at a novice level in a physically safe manner that recognises the risks, precautions, contraindications and potential interactions with other therapies.
7. Develop Chinese medical exercise routines appropriate for health maintenance and general clinical conditions.
8. Demonstrate and lead others in the performance of Chinese medical exercises in a safe manner.



Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Attendance (80% required for classroom sessions, and 100% required for clinical placement)	N/A	N/A	Sessions 1-26	Pass/Fail
Mid-semester Progressive Clinical Assessment (Rubric based)	1-4	2, 4, 6, 8, 10, 12	Week 6	20%
Continuous Safe Practices (Rubric based)	2-4,6	1, 3, 5, 7, 9, 11, 13	Week 7	Pass/Fail
Treatment Plan (1200 words)	5,7	1-21	Week 11	30%
Continuous Skill Development (Rubric based)	6,8	15, 17, 19, 21, 23	Week 12	Pass/Fail
Final Progressive Clinical Assessment (Rubric based)	1-6	14, 16, 18, 20, 22, 24	Week 12	50%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				
Additionally students must meet safe and professional practice hurdles throughout clinical placements and pass the Final Progressive Clinical Assessment with a mark not less than 50%				

Prescribed Readings:

1. Chinese Medicine Board of Australia. (2016). *Infection prevention and control guidelines for acupuncture practice*. <http://www.chinesemedicineboard.gov.au/Codes-Guidelines/Infection-prevention.aspx>
2. Liu, T. (2013). *Chinese medical qigong*. Jessica Kingsley. [ebook available]
3. Maciocia, G. (2015). *The foundations of Chinese medicine* (3rd ed.). Elsevier. [ebook available]
4. Pritchard, S. (2015). *Tui na: A manual of Chinese massage therapy*. Jessica Kingsley. [ebook available]



Recommended Readings:

1. Bisio, T. (2004). *A tooth from the tiger's mouth: How to treat your injuries with powerful healing secrets of the great Chinese warriors*. Simon & Schuster. [ebook available]
2. Buck, C. (2015). *Acupuncture and Chinese medicine: Roots of modern practice*. Singing Dragon.
3. Chang, X., Jing, H., & Shouxiang, Y. (2012). *Illustrated Chinese moxibustion techniques and methods*. Singing Dragon. [ebook available]
4. Chinese Medicine Board of Australia. (2014). *Code of conduct*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines.aspx>
5. Chinese Medicine Board of Australia. (2016). *Quick reference guide – Guidelines for safe Chinese herbal medicine practice*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice.aspx>
6. Chinese Medicine Board of Australia. (2017). *Guidelines for safe Chinese herbal medicine practice*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines/Guidelines-for-safe-practice.aspx>
7. Chirali, I. (2014). *Traditional Chinese medicine cupping therapy* (3rd ed.). Churchill Livingstone Elsevier. [ebook available]
8. 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]
9. Maciocia, G. (2019). *Diagnosis in Chinese medicine: A comprehensive guide* (2nd ed.). Elsevier.
10. National Health and Medical Research Council (2019). *Australian guidelines for the prevention and control of infection in healthcare*. <https://www.nhmrc.gov.au/about-us/publications/australian-guidelines-prevention-and-control-infection-healthcare-2019>
11. Nielsen, A. (2012). *Gua sha: A traditional technique for modern practice* (2nd ed.). Churchill Livingstone. [ebook available]
12. O'Toole, G. (2016). *Communication: Core interpersonal skills for health professionals* (3rd ed.). Churchill Livingstone.
13. Pleco Software. (2019). *Pleco Chinese dictionary* (Version 3.2.64) [Mobile Application Software]. www.pleco.com
14. Shen-Qing, L., & Morris, W. (2011). *Li Shi-zhen's pulse studies: An illustrated guide*. People's Medical Publishing House.
15. 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.
16. Victorian State Government (2019). *Regulation of unregistered health professionals*. <https://www2.health.vic.gov.au/health-workforce/health-workforce-regulation/regulation-of-unregistered-health-professions>
17. 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>Channel Based Diagnosis</p> <ul style="list-style-type: none"> ➤ Channel diagnoses ➤ Simple acute musculoskeletal conditions ➤ Tui na techniques ➤ Acupressure and point stimulation 	<p>Activities are developed to allow students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback</p> <ul style="list-style-type: none"> ➤ Practical skills activities
	<p>Session 2</p> <p>Clinical Practicum Orientation</p> <ul style="list-style-type: none"> ➤ Wellnation Orientation ➤ In Clinical Practicum students are evaluated on their ability to apply their knowledge and skills in a professional manner. ➤ During this Clinical Practicum students will practice under supervision, developing and demonstrating their capacities in: <ul style="list-style-type: none"> ⌚ Professional behaviours ⌚ Communication ⌚ Health assessment ⌚ Treatment planning ⌚ Skills application ⌚ Reflective learning 	
2.	<p>Session 3</p> <p>Musculoskeletal Assessment</p> <ul style="list-style-type: none"> ➤ Posture and gait assessment ➤ Upper body assessment 	<ul style="list-style-type: none"> ➤ Practical skills activities
	<p>Session 4</p> <p>Clinical Practicum Chinese Remedial Massage</p>	
3.	<p>Session 5</p> <p>Musculoskeletal Assessment</p> <ul style="list-style-type: none"> ➤ Lower body assessment ➤ Full body assessment 	<ul style="list-style-type: none"> ➤ Practical skills activities
	Session 6	



	Clinical Practicum Chinese Remedial Massage	
4.	<p>Session 7</p> <p>Moxibustion</p> <ul style="list-style-type: none"> ➤ History and development ➤ Safety, risk and quality management, and self-care ➤ Chinese medicine actions and indications ➤ Bio-mechanisms ➤ Literature discussion ➤ Use in simple acute musculoskeletal conditions 	<ul style="list-style-type: none"> ➤ Practical skills activities
	<p>Session 8</p> <p>Clinical Practicum Chinese Remedial Massage</p>	
5.	<p>Session 9</p> <p>Guasha and Cupping</p> <ul style="list-style-type: none"> ➤ History and development ➤ Safety, risk and quality management, and self-care ➤ Chinese medicine actions and indications ➤ Bio-mechanisms ➤ Literature discussion ➤ Use in simple acute musculoskeletal conditions 	<ul style="list-style-type: none"> ➤ Practical skills activities
	<p>Session 10</p> <p>Clinical Practicum Chinese Remedial Massage</p>	
6.	<p>Session 11</p> <p>Cupping</p> <ul style="list-style-type: none"> ➤ History and development ➤ Safety, risk and quality management, and self-care ➤ Chinese medicine actions and indications ➤ Bio-mechanisms ➤ Literature discussion ➤ Use in simple acute musculoskeletal conditions 	<ul style="list-style-type: none"> ➤ Practical skills activities
	<p>Session 12</p> <p>Clinical Practicum Chinese Remedial Massage</p>	



7.	<p>Session 13</p> <p>Topical Herbs and Liniments</p> <ul style="list-style-type: none"> History and development of herbal prescribing Introduction to concepts and principles Safety, risk and quality management, and self-care Herbal substances Topical application methods Use in simple acute musculoskeletal conditions 	<ul style="list-style-type: none"> Practical skills activities
	<p>Session 14</p> <p>Clinical Practicum Chinese Remedial Massage (including Auxiliary & Topical Herbal Therapies)</p>	
8.	<p>Session 15</p> <p>Chinese Medical Exercise – Ba Duan Jin</p> <ul style="list-style-type: none"> History and development Safety, risk and quality management, and self-care Chinese medicine philosophy and principles Exercise physiology Therapeutic outcomes 	<ul style="list-style-type: none"> Adjustment of body, breathing and mind Integrating the three adjustments Holding up heaven with both hands to regulate the triple energisers Draw the bow left and right as if aiming to shoot
	<p>Session 16</p> <p>Clinical Practicum Chinese Remedial Massage (including Auxiliary & Topical Herbal Therapies)</p>	
9.	<p>Session 17</p> <p>Chinese Medical Exercise – Ba Duan Jin</p> <ul style="list-style-type: none"> Safety, risk and quality management, and self-care Therapeutic outcomes Case based applications 	<ul style="list-style-type: none"> Alternate raising of one hand to regulate the spleen and stomach Looking backwards relieves the five taxations and seven damages Swaying the head and wagging the tail eliminates heart fire Pulling the toes up and down strengthens the kidney and waist
	<p>Session 18</p> <p>Clinical Practicum Chinese Remedial Massage (including Auxiliary & Topical Herbal Therapies)</p>	
10.	<p>Session 19</p> <p>Chinese Medical Exercise - Ba Duan Jin</p> <ul style="list-style-type: none"> Safety, risk and quality management, and self-care 	<ul style="list-style-type: none"> Clenching the fists and glaring increases power and qi Seven bounces of the heels keep away all diseases Complete routine



	<ul style="list-style-type: none"> ➤ Therapeutic outcomes ➤ Case based applications ➤ Developing a treatment plan 	
	Session 20 Clinical Practicum Chinese Remedial Massage (including Auxiliary & Topical Herbal Therapies)	
11.	Session 21 Chinese Medical Exercise – Coaching individuals <ul style="list-style-type: none"> ➤ Role of the teacher and clinical settings ➤ Safety, risk and quality management, and self-care ➤ Therapeutic outcomes ➤ Case based applications 	<ul style="list-style-type: none"> ➤ Complete routine & treatment plans ➤ Individual coaching simulations
	Session 22 Clinical Practicum Chinese Remedial Massage (including Auxiliary & Topical Herbal Therapies)	
12.	Session 23 Chinese Medical Exercise – Coaching groups <ul style="list-style-type: none"> ➤ Role of the coach and organised group settings ➤ Safety, risk and quality management, and self-care ➤ Therapeutic outcomes ➤ Case based applications 	<ul style="list-style-type: none"> ➤ Complete routine & treatment plans ➤ Group coaching simulations
	Session 24 Clinical Practicum Chinese Remedial Massage (including Auxiliary & Topical Herbal Therapies)	