



# SUBJECT OUTLINE

Subject Name:

Subject Code:

**Point Prescriptions and Locations**

**CMTH121**

## SECTION 1 – GENERAL INFORMATION

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

### Student Workload:

<b>No. timetabled hours per week:</b> 6	<b>No. personal study hours per week:</b> 4	<b>Total hours per week:</b> 10
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### 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
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\*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:** BIOA111, CMTH111

**Co-requisites:** CMPR122

### 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 develops students' skill in accurately locating the acupuncture points of the fourteen channels and principal non-channel points, and introduces the theories of point prescriptions. Students will learn key terminology and theories associated with acupuncture points, including their nomenclature, and pinyin names. Students will develop familiarity with contemporary research into acupuncture points and point location. Students will be able to identify the categories, cautions, and contraindications for all points, and will also be able to describe the primary therapeutic actions and indications for major points to inform point prescriptions for the application of Chinese manual therapy techniques.

### Learning Outcomes

1. Utilise the terminology and theories associated with acupuncture points and their prescriptions, including their nomenclature, categories, cautions, contraindications, and principal therapeutic actions and indications.
2. Demonstrate accurate location of the acupuncture points of the fourteen channels and principal non-channel points.
3. Demonstrate and modify professional practices relevant to the application of point location, showing due respect for privacy, cultural, and other differences in line with professional requirements.
4. Relate classical Chinese medicine texts and research literature to acupuncture point theory.

### Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Attendance</b> (80% attendance and active participation required)	N/A	1-26	Sessions 1-26	Pass / Fail
<b>Progressive Practical Assessment</b> (10 minutes)	2-3	1-4, 5-11, 12-17, 18-24	Sessions 6, 13, 19, 26	20% (5% each)
<b>Written Assignment</b> (1000 words)	1, 4	1-10	Week 7	30%
<b>Practical Exam</b> (30min)	1-3	1-26	Practical Examination Period	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 and pass the Practical Exam with a mark not less than 50%.

To achieve a passing grade in this subject, students must:

- 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:

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]

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. [\[ebook available\]](#)

### Recommended Readings:

Chinese Medicine Board of Australia. (2014). *Code of conduct*. <https://www.chinesemedicineboard.gov.au/Codes-Guidelines.aspx>

Chinese Medicine Board of Australia. (2016). *Infection prevention and control guidelines for acupuncture practice*. <http://www.chinesemedicineboard.gov.au/Codes-Guidelines/Infection-prevention.aspx>

Godson, D. R. & Wardle, J. L. (2019). Accuracy and precision in acupuncture point location: A critical systematic review. *Journal of Acupuncture and Meridian Studies*, 12(2), 52-66. <https://doi.org/10.1016/j.jams.2018.10.009>

Hartmann, D. (2020). *The principles and practical application of acupuncture point combinations*. Singing Dragon. [\[ebook available\]](#)

Jarmey, C., & Bouratinos, I. (2018). *A practical guide to acupoints* (2nd ed.). Lotus Publishing.

Lian, Y., Chen, C., Hammes, M., & Kolster, B. (2012). *Pictorial atlas of acupuncture* (Special ed.). h.f. Ullmann.

Maciocia, G. (2006). *The channels of acupuncture: Clinical use of the secondary channels and eight extraordinary vessels*. Churchill Livingstone.

Pleco Software. (2019). Pleco Chinese dictionary (Version 3.2.64) [Mobile Application Software]. Retrieved from [www.pleco.com](http://www.pleco.com)

Robinson, N. G. (2016). *Interactive medical acupuncture anatomy*. Teton NewMedia. [\[ebook available\]](#)

Unschuld, P. U. (2016). *Huang Di nei jing ling shu: The ancient classic on needle therapy*. University of California Press. [\[ebook available\]](#)

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

World Health Organisation. (2008). *WHO standard acupuncture point locations in the Western Pacific Region*. World Health Organization.



Yang, S., & Chace, C. (1994). *The systematic classic of acupuncture and moxibustion*. Blue Poppy Press.

Subject Content		
Week	Lectures	Tutorials / Practicals
1.	<p>Session 1</p> <p><b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p><b>History and Development</b></p> <ul style="list-style-type: none"> <li>➤ Point theory</li> <li>➤ Acupuncture point location investigations</li> <li>➤ Specific versus general effects of acupuncture</li> <li>➤ Introduction to actions and indications</li> </ul>	<p>Activities are developed to allow the 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"> <li>➤ Literature activities</li> </ul>
	<p>Session 2</p> <p><b>Point Categories and Prescriptions</b></p> <ul style="list-style-type: none"> <li>➤ Overview of categories</li> <li>➤ Terminology</li> <li>➤ Prescriptions and combinations</li> <li>➤ Local, adjacent, distal and lateral point selection</li> <li>➤ Five Shu (Command) Points</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> </ul>
2.	<p>Session 3</p> <p><b>Hand Tai Yin (Lung Channel) and Hand Jue Yin (Pericardium Channel)</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
	<p>Session 4</p> <p><b>Xi Cleft Points, Luo Connecting Points, &amp; Hand Shao Yin (Heart Channel)</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
3.	<p>Session 5</p> <p><b>Hand Yang Ming (Large Intestine Channel) 1</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> </ul>	<ul style="list-style-type: none"> <li>➤ Practical skills activities</li> </ul>



	<p>Session 6</p> <p><b>Yuan Source Points, Command Points &amp; Hand Yang Ming (Large Intestine Channel) 2</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul> <p><b>Progressive Practical Assessment</b></p>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
4.	<p>Session 7</p> <p><b>Hand Shao Yang (Triple Energiser Channel) 1</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> </ul>	<ul style="list-style-type: none"> <li>➤ Practical skills activities</li> </ul>
	<p>Session 8</p> <p><b>Confluent Points, Influential (Hui meeting) Points, Hand Shao Yang (Triple Energiser Channel) 2</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
5.	<p>Session 9</p> <p><b>Hand Tai Yang (Small Intestine Channel) 1</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> </ul>	<ul style="list-style-type: none"> <li>➤ Practical skills activities</li> </ul>
	<p>Session 10</p> <p><b>Miscellaneous Point Categories &amp; Hand Tai Yang (Small Intestine Channel) 2</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
6.	<p>Session 11</p> <p><b>Meeting Points &amp; Governor Vessel (Du Mai)</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
	<p>Session 12</p> <p><b>Common Extra (Non-channel) Points of the Arm, Chest and Abdomen</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul>	
7.	<p>Session 13</p> <p><b>Front Mu Points &amp; Conception Vessel (Ren Mai)</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul> <p><b>Progressive Practical Assessment</b></p>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
	<p>Session 14</p> <p><b>Tai Yin (Spleen Channel)</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
<p><b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week)</p> <p><b>Semester 1</b> – This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p><b>Semester 2</b> – The non-teaching week falls between Weeks 7 and 8</p>		
8.	<p>Session 15</p> <p><b>Foot Jue Yin (Liver Channel)</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
	<p>Session 16</p> <p><b>Foot Shao Yin (Kidney Channel)</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
9.	<p>Session 17</p> <p><b>Leg Yin Channels</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions and indications</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
	<p>Session 18</p> <p><b>Foot Yang Ming (Stomach Channel) 1</b></p>	<ul style="list-style-type: none"> <li>➤ Practical skills activities</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Point palpation and location</li> </ul>	
10.	<p>Session 19</p> <p><b>Lower He Sea Points &amp; Foot Yang Ming (Stomach Channel) 2</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul> <p><b>Progressive Practical Assessment</b></p>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
	<p>Session 20</p> <p><b>Foot Shao Yang (Gallbladder Channel) 1</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location GB1 - GB30</li> <li>➤ Point categories</li> </ul>	<ul style="list-style-type: none"> <li>➤ Practical skills activities</li> </ul>
11.	<p>Session 21</p> <p><b>Foot Shao Yang (Gallbladder Channel) 2</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location all gallbladder channel points</li> <li>➤ Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
	<p>Session 22</p> <p><b>Back Shu Points &amp; Foot Tai Yang (Bladder Channel) 1</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location BL1 - BL35</li> <li>➤ Point categories</li> </ul>	<ul style="list-style-type: none"> <li>➤ Practical skills activities</li> </ul>
12.	<p>Session 23</p> <p><b>Foot Tai Yang (Bladder Channel) 2</b></p> <ul style="list-style-type: none"> <li>• Point palpation and location BL36 - BL67</li> <li>• Point categories</li> <li>➤ Point actions, indications and contraindications</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
	<p>Session 24</p> <p><b>Foot Tai Yang (Bladder Channel) 3</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location of all bladder channel points</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
13.	<p>Session 25</p> <p><b>Common Extra (Non-channel) Points of the Leg, Neck, Head and Back</b></p>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Point palpation and location of selected extra (non-channel) points</li> </ul>	
	<p>Session 26</p> <p><b>Practical Revision Session</b></p> <ul style="list-style-type: none"> <li>➤ Point palpation and location</li> <li>➤ Point categories and prescriptions</li> <li>➤ Point actions, indications and contraindications</li> </ul> <p><b>Progressive Practical Assessment</b></p>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Practical skills activities</li> </ul>
14.	<p><b>Non-Teaching Week/Practical Examination Week 1</b></p> <p>Note that make-up classes may be scheduled in this week</p>	
15.	<p><b>Non-Teaching Week/Practical Examination Week 2</b></p> <p>Note that make-up classes may be scheduled in this week</p>	
16.	<p><b>Final Examination Week 1</b></p> <p>There is no final exam for this subject.</p>	
17.	<p><b>Final Examination Week 2</b></p> <p>There is no final exam for this subject.</p>	