



SUBJECT OUTLINE

Subject Name:

Subject Code:

Acupuncture Therapies

CMTH211

SECTION 1 – GENERAL INFORMATION

Award/s:

Total Course Credit Points:

Level:

Bachelor of Health Science (Chinese Medicine)

128

2nd Year

Bachelor of Health Science (Acupuncture Therapies)

96

2nd 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:

☒ On campus lectures:

☐ 2 hours

☒ 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:

CMTH121, BIOA122, CMPR122, CMTH122

Co-requisites:

BIOP212

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

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



SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject develops students' theoretical knowledge and practical application of advanced manual techniques, including those of acupuncture, electro-acupuncture, laser-acupuncture, lancing, dermal hammer, and wet cupping. Infection control, hygiene, safety, contraindications, and reporting of adverse events are emphasised throughout this subject. Students will develop skill and knowledge in contemporary research findings related to included techniques and conditions including neurophysiology of pain, musculoskeletal assessments, biomedical diagnosis, and investigative reports, and the Chinese medicine management of orthopaedic conditions utilising included manual therapies. Included is consideration of the rationales for acupuncture point selection and the application of a range of stimulation techniques.

Learning Outcomes

1. Identify the theories, equipment, regulatory requirements, and processes required for the application of needling and laser-based acupuncture therapies, including the management of quality, risk, clinical procedures and adverse events.
2. Demonstrate physically and culturally safe needling, laser and bleeding-based Chinese medicine interventions aligned to regulatory requirements.
3. Conduct a health assessment relevant to orthopaedic conditions utilising diagnostic palpation and Chinese medicine techniques, orthopaedic assessments, and findings from biomedical investigations.
4. Select appropriate health assessments, treatment principles, point prescriptions, and management strategies for orthopaedic conditions, and construct relevant Chinese medicine treatment protocols.
5. Describe the anatomical and physiological mechanisms associated with acupuncture effects, and correlate these to the indications of acupuncture treatment protocols.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Continuous Safe Practices 80% attendance and active participation required (Rubric based)	1-3	1-26	Sessions 1-26	Pass/Fail
Quiz (45 minutes)	1	1-9	Week 6	20%



Synthesis Grid (750 words)	5	1-15	Week 10	20%
Practical Exam (45 minutes)	1-4	1-26	Practical Examination Period	30%
Final Written Exam (90 minutes)	4-5	1-26	Final Examination Period	30%
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%				

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. 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]
3. Legge, D. (2011). *Close to the bone: The treatment of musculoskeletal disorder with acupuncture and other traditional Chinese medicine* (3rd ed.). Sydney College Press.
4. Phillips, J. (2018). *The living needle: Modern acupuncture technique*. Jessica Kingsley. [ebook available]
5. CMTH211 reading list

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. Callison, M. (2019). *Sports medicine acupuncture: An integrated approach combining sports medicine and traditional Chinese medicine*. AcuSport Education.
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. Chirali, I. (2014). *Traditional Chinese medicine cupping therapy* (3rd ed.). Churchill Livingstone Elsevier. [ebook available]
6. Corradino, M. (2017). *Neuropuncture: A clinical handbook of neuroscience acupuncture*. Singing Dragon. [ebook available]
7. Filshie, J. (2016). *Medical acupuncture: A western scientific approach* (2nd ed.). Elsevier Health Sciences. [ebook available]
8. Lee, S. (2018). *Electro acupuncture handbook: For musculoskeletal problems*. Acuman Books.
9. Liu, T. (2013). *Chinese medical qigong*. London, England: Jessica Kingsley. [ebook available]



10. Maciocia, G. (2006). *The channels of acupuncture: Clinical use of the secondary channels and eight extraordinary vessels*. Churchill Livingstone.
11. McCann, H. (2014). *Pricking the vessels: Bloodletting therapy in Chinese medicine*. Singing Dragon. [ebook available]
12. Nielsen, A. (2012). *Gua sha: A traditional technique for modern practice* (2nd ed.). Churchill Livingstone. [ebook available]
13. Pleco Software. (2019). Pleco Chinese dictionary (Version 3.2.64) [Mobile Application Software]. Retrieved from www.pleco.com
14. Pritchard, S. (2015). *Tui na: A manual of Chinese massage therapy*. Jessica Kingsley. [ebook available]
15. Robinson, N. (2016). *Interactive medical acupuncture anatomy*. Teton NewMedia. [ebook available]
16. Standards Australia (2014). Australian standards: Sterile acupuncture needles for single use. SAI Global Limited.
17. Tan, R. (2007). *Acupuncture 1, 2, 3*. Richard Tan.
18. 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.
19. Unschuld, P.U. (2016). *Huang Di nei jing ling shu: The ancient classic on needle therapy*. University of California Press. [ebook available]
20. Unschuld, P. U. (2016). *Nan jing: The classic of difficult issues*. University of California Press. [ebook available]
21. Wang, J., & Robertson, J. D. (2008). *Applied channel theory in Chinese medicine: Wang Ju-Yi's lectures on channel therapeutics*. Eastland Press.
22. Weber, M., & Kreisel, V. (2012). *A practical handbook: Laser acupuncture*. Anja Feuchtenbusch.
23. World Health Organisation. (2008). *WHO standard acupuncture point locations in the Western Pacific Region*. World Health Organization.
24. Yang, S., & Chace, C. (1994). *The systematic classic of acupuncture and moxibustion*. Blue Poppy Press.
25. Zhizhong, W. (2014). *The classic of supporting life with acupuncture and moxibustion*. Chinese Medicine Database.

Subject Content

Week	Lectures	Tutorials / Practicals
1.	<p>Session 1</p> <p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Safe Practices</p> <ul style="list-style-type: none"> ➤ History and development ➤ Safety, risk management, quality management, and self-care ➤ Sharps and biohazard management 	<ul style="list-style-type: none"> ➤ Practical skills activities



	<ul style="list-style-type: none"> ➤ Introduction to equipment ➤ Supply, importing and exporting of medical devices 	
	<p>Session 2</p> <p>Point Stimulation – Deqi and Bio-mechanisms</p> <ul style="list-style-type: none"> ➤ Bio-mechanisms ➤ Literature review 	<ul style="list-style-type: none"> ➤ Literature activities
2.	<p>Session 3</p> <p>Insertion Techniques</p> <ul style="list-style-type: none"> ➤ Practice pads, freehand, guide tubes ➤ Safety, risk and quality management, and self-care ➤ Chinese medicine actions and indications ➤ Literature review 	<ul style="list-style-type: none"> ➤ Practical skills activities
	<p>Session 4</p> <p>Managing Adverse Events</p> <ul style="list-style-type: none"> ➤ Risk management ➤ Incident reporting ➤ First aid 	<ul style="list-style-type: none"> ➤ Practical skills activities
3.	<p>Session 5</p> <p>Needling Depth and Angles</p> <ul style="list-style-type: none"> ➤ Needling depth and angles ➤ Ling shu needling techniques 	<ul style="list-style-type: none"> ➤ Practical skills activities
	<p>Session 6</p> <p>Insertion Techniques</p> <ul style="list-style-type: none"> ➤ Human body, freehand, guide tubes ➤ Safety, risk and quality management, and self-care ➤ Chinese medicine actions and indications ➤ Literature review 	<ul style="list-style-type: none"> ➤ Practical skills activities
4.	<p>Session 7</p> <p>Needle Manipulations 1</p> <ul style="list-style-type: none"> ➤ Lift, thrust, rotation, twirling ➤ Safety, risk and quality management, and self-care 	<ul style="list-style-type: none"> ➤ Practical skills activities



	<ul style="list-style-type: none"> ➤ Chinese medicine actions and indications ➤ Literature review 	
	<p>Session 8</p> <p>Needle Manipulations 2</p> <ul style="list-style-type: none"> ➤ Rapid, slow, press tacks, moxa head ➤ Safety, risk and quality management, and self-care ➤ Chinese medicine actions and indications ➤ Literature review 	<ul style="list-style-type: none"> ➤ Practical skills activities
5.	<p>Session 9</p> <p>Bleeding techniques</p> <ul style="list-style-type: none"> ➤ Bleeding, dermal hammers, wet cupping ➤ Safety, risk and quality management, and self-care ➤ Chinese medicine actions and indications ➤ Literature review 	<ul style="list-style-type: none"> ➤ Practical skills activities
	<p>Session 10</p> <p>Chinese Medicine Orthopaedics 1</p> <ul style="list-style-type: none"> ➤ Terminology ➤ Overview of Chinese pathophysiology ➤ Diagnosis 	<ul style="list-style-type: none"> ➤ Practical skills activities
6.	<p>Session 11</p> <p>Chinese Medicine Orthopaedics 2</p> <ul style="list-style-type: none"> ➤ Point prescription theories ➤ Treatment planning 	<ul style="list-style-type: none"> ➤ Practical skills activities
	<p>Session 12</p> <p>Neuroanatomy & Neurophysiology in Acupuncture 1</p> <ul style="list-style-type: none"> ➤ Neurophysiology of acupuncture ➤ Local effects, segmental effects, CNS effects ➤ Sympathetic nervous system ➤ Parasympathetic nervous system 	<ul style="list-style-type: none"> ➤ Practical skills activities
7.	<p>Session 13</p> <p>Neuroanatomy & Neurophysiology in Acupuncture 2</p>	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Point location activities



	<ul style="list-style-type: none"> ➤ Cervical plexus ➤ Brachial plexus ➤ Cutaneous nerves, dermatones and major acupuncture points 	
	<p>Session 14</p> <p>Neuroanatomy & Neurophysiology in Acupuncture 3</p> <ul style="list-style-type: none"> ➤ Lumbar plexus ➤ Sacral plexus ➤ Coccygeal plexus ➤ Cutaneous nerves, dermatones and major acupuncture points 	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Point location activities
	<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p>Semester 2 – The non-teaching week falls between Weeks 7 and 8</p>	
8.	<p>Session 15</p> <p>Laser-acupuncture</p> <ul style="list-style-type: none"> ➤ History and development ➤ Safety, risk and quality management, and self-care ➤ Chinese medicine actions and indications ➤ Literature review ➤ Bio-mechanisms 	<ul style="list-style-type: none"> ➤ Practical skills activities
	<p>Session 16</p> <p>Electro-acupuncture</p> <ul style="list-style-type: none"> ➤ History and development ➤ Safety, risk and quality management, and self-care ➤ Chinese medicine actions and indications ➤ Literature review ➤ Bio-mechanisms 	<ul style="list-style-type: none"> ➤ Practical skills activities
9.	<p>Session 17</p> <p>Head, Face, and Neck</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Pathogenesis and pattern differentiation 	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Orthopaedic examination



	<ul style="list-style-type: none"> ➤ Applied theories of point combinations and prescriptions ➤ Chinese medicine treatment and therapies ➤ Inter-professional management strategies ➤ Outcome measures 	
	<p>Session 18</p> <p>Thoracic and Torso</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Pathogenesis and pattern differentiation ➤ Applied theories of point combinations and prescriptions ➤ Chinese medicine treatment and therapies ➤ Inter-professional management strategies ➤ Outcome measures 	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Orthopaedic examination
10.	<p>Session 19</p> <p>Shoulder</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Pathogenesis and pattern differentiation ➤ Applied theories of point combinations and prescriptions ➤ Chinese medicine treatment and therapies ➤ Inter-professional management strategies ➤ Outcome measures 	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Orthopaedic examination
	<p>Session 20</p> <p>Elbow</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Pathogenesis and pattern differentiation ➤ Applied theories of point combinations and prescriptions ➤ Chinese medicine treatment and therapies ➤ Inter-professional management strategies ➤ Outcome measures 	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Orthopaedic examination
11.	<p>Session 21</p> <p>Hand and Wrist</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature 	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Orthopaedic examination



	<ul style="list-style-type: none"> ➤ Pathogenesis and pattern differentiation ➤ Applied theories of point combinations and prescriptions ➤ Chinese medicine treatment and therapies ➤ Inter-professional management strategies ➤ Outcome measures 	
	<p>Session 22</p> <p>Lumbar and Sacral</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Pathogenesis and pattern differentiation ➤ Applied theories of point combinations and prescriptions ➤ Chinese medicine treatment and therapies ➤ Inter-professional management strategies ➤ Outcome measures 	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Orthopaedic examination
12.	<p>Session 23</p> <p>Hip, Buttock & Groin</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Pathogenesis and pattern differentiation ➤ Applied theories of point combinations and prescriptions ➤ Chinese medicine treatment and therapies ➤ Inter-professional management strategies ➤ Outcome measures 	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Orthopaedic examination
	<p>Session 24</p> <p>Thigh & Calf</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Pathogenesis and pattern differentiation ➤ Applied theories of point combinations and prescriptions ➤ Chinese medicine treatment and therapies ➤ Inter-professional management strategies ➤ Outcome measures 	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Orthopaedic examination
13.	<p>Session 25</p> <p>Knee</p>	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Orthopaedic examination



	<ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Pathogenesis and pattern differentiation ➤ Applied theories of point combinations and prescriptions ➤ Chinese medicine treatment and therapies ➤ Inter-professional management strategies ➤ Outcome measures 	
	<p>Session 26</p> <p>Ankle & Foot</p> <ul style="list-style-type: none"> ➤ Classical, clinical and research-based literature ➤ Pathogenesis and pattern differentiation ➤ Applied theories of point combinations and prescriptions ➤ Chinese medicine treatment and therapies ➤ Inter-professional management strategies ➤ Outcome measures 	<ul style="list-style-type: none"> ➤ Practical skills activities ➤ Orthopaedic examination
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>Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to your LMS for exam opening and closing times.</p>	
17.	<p>Final Examination Week 2</p> <p>Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to your LMS for exam opening and closing times.</p>	