General Information

Date
11/12/2016

Department
Physical Education & Integrated Health Care

Course Prefix:
MAS

Course Number:
210

Course Title:
Shiatsu I

Course Information

Credit Hours
4

Lecture Contact Hours
4

Laboratory Contact Hours
3

Catalog Description
Second-semester massage students will learn the fundamentals of classical Shiatsu theory and the emerging styles of classical and modern Shiatsu modalities. Topics covered include the history of Chinese medicine, traditional Chinese medical concepts as they relate to Shiatsu, Chinese-medicine-based anatomy, and Chinese medicine-based philosophy. The methods of assessment and the techniques for formulating a treatment will also be covered. This course prepares students for Shiatsu II (MAS 211). The students will be introduced to the practice of Shiatsu with hands-on demonstrations and practice during the laboratory component of the course.

Prerequisites
BIO 171, MAS 117, MAS 110 with a grade of C or better

Co-requisites
BIO 165, BIO 172

Grading Scheme
Letter Grade

FLCC Values
College Learning Outcomes Addressed by the Course

Inquiry
Interconnectedness
Vitality
Perseverance

Course Learning Outcomes

Course Learning Outcomes

1. Examine theories such as traditional Chinese medicine, reflexology, and basic polarity therapy
2. Physically demonstrate techniques of Shiatsu, reflexology, and basic polarity therapy
3. Explain the history of Chinese medicine, reflexology, and polarity therapy

Program Affiliation

This course is required as a core program course in the following program(s)

AAS Massage Therapy

Outline of Topics Covered

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1. Explain the history of Shiatsu.
2. Demonstrate knowledge of basic Chinese Medical Theory including Yin/Yang, Three Treasures, and Taoism.
3. Explain basic Five Element Theory and how it relates to the individual.
4. Recognize the character of the Five Elements and associated Meridians.
5. Identify eight of the twelve bilateral Meridians and corresponding Master points of Oriental Medicine.
6. Explain the benefits of Shiatsu.
7. Demonstrate the ability to work from Hara and use it as a client assessment tool.
8. Display the proper use of Shiatsu body mechanics.
9. Develop a basic Shiatsu routine.
10. Understand the basic theories of Reflexology and Polarity Therapy
11. Interact appropriately while performing in the role of a student Shiatsu therapist.