2. General Information

Date
11/12/2016

Department
Physical Education & Integrated Health Care

Course Prefix:
MAS

Course Number:
211

Course Title:
Shiatsu II

3. Course Information

Credit Hours
4

Lecture Contact Hours
4

Laboratory Contact Hours
3

Other Contact Hours

Catalog Description
This course allows third semester massage students to advance their conceptual understanding and hands-on practices of the Shiatsu technique. The philosophy of Chinese medicine theory taught in MAS 210, Shiatsu I, is expanded upon and is the basis for the evolution of the Shiatsu technique practiced in this course. Topics covered include more in-depth study of the Chinese medicine based meridians, and the study of specific acupressure point locations. Methods of applying these points to clients are covered in the laboratory component of the course. Students learn to give full Shiatsu sessions and create shiatsu treatment plans for individual clients that address specific medical and emotional issues.

New Analysis Question

Prerequisites
BIO 165, BIO 171, BIO 172, MAS 110, MAS 117, MAS 210 each with a grade of C or better

Co-requisites
Grading Scheme

Letter Grade

This course can be taken more than once for credit

This course is designated as satisfying a requirement in the following SUNY Gen Ed category

First Year Experience

Capstone

4. FLCC Values

College Learning Outcomes Addressed by the Course

Inquiry
Interconnectedness
Vitality
Perseverance

5. Course Learning Outcomes

Course Learning Outcomes

1. Apply theories while developing treatment plans based on traditional Chinese medicine such as the five elements theory, Yin/Yang theory, Asian diagnosis, and the Chinese medicine-based meridians.
2. Physically demonstrate multiple techniques of Shiatsu using all of the basic meridians of Chinese medicine and create full body Shiatsu sessions.
3. Identify the major acupoints, meridian point locations, and meridian keywords that are used in Shiatsu bodywork.

6. Program Affiliation

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

AAS Massage Therapy

8. Outline of Topics Covered

Outline of Topics Covered in Course

New Analysis Question

Outline of Topics Covered

1. Recognize the character of the Five Elements and associated Meridians.
2. Identify the twelve bilateral Meridians and corresponding Master points of Chinese Medicine.
3. Develop a complete Shiatsu routine with multiple techniques for each Meridian.
4. List the Extraordinary Vessels, Bo Points and Yu Points and utilize them during Shiatsu sessions.
6. Apply principles of Asian Diagnosis.
7. Demonstrate the ability to write a case study based on a series of Shiatsu sessions.
9. Interact appropriately while performing in the role of a student Shiatsu therapist.