

**ACTCM at CIIS  
Course Syllabus**

Semester:	
Course Title: <b>Introduction to Tuina</b>	Course Number: <b>ACM5421</b>
Meeting times:	Credits/hours: <b>3 units/45 hours</b>
Prerequisites: <b>None</b>	
Instructor Name/Title:	Office Hours:
Email Address:	Phone Number:

**Course Description:**

This course covers the role of tuina as a form of Chinese physical medicine. The course covers the theory, history, application and specific tuina techniques. The course covers a variety of specific complaints such as neck and back pain and the management of these areas using specific tuina treatment protocols. The role of proper breathing and movement, as well as stretching exercises for both practitioner and client, is emphasized.

**Course Objectives:** Upon completion of this course, students will be able to

- Articulate the definition and history of tuina.
- Define and perform basic stances while applying tuina techniques.
- Define and perform basic tuina techniques.
- Describe the role of tuina as a stand-alone or supportive therapy for a variety of complaints.

**Required Reading:**

- Class handouts and videos

**Recommended Reading:** (Use the most recent references available whenever possible. The obvious exception is historic or classic texts.)

- Blandine Calais-Germain, *Anatomy of Movement*, Eastland Press, 2007.
- Rocky Wang, Basic Tuina DVD

**Practical Course Attire Guidelines:**

ACTCM at CIIS is committed to providing a quality education within a supportive and professional environment. The curriculum includes clinical practice, and it is required to have access to essential parts of the anatomy without a clothing barrier. Students enrolled in courses with hands-on clinical practice as a requirement must wear attire that facilitates access for channel palpation, point location, acupuncture technique, Asian bodywork, physical assessments, surface anatomy, and other techniques performed and practiced within each practical course.

Sports bras, tank tops, and shorts are ideal. Any clothing changes necessary to adhere to practical course attire guidelines should be made prior to the beginning of each session of the practical courses. Although temperatures within classrooms are set to encourage optimum student performance, we understand this setting may be cool during practical exercises, so additional garments may be worn if they are easily removed. These items may include hats, down vests or jackets, scarves, shawls, sarongs, leg warmers, sweaters, gloves, etc.

*All requests for accommodations or adjustments to these guidelines must be discussed with CIIS Student Disability Services, in collaboration with the Academic Dean at ACTCM at CIIS.*

### Course Schedule, Content Outline, and Assignment Due Dates

(Out of class work for this class includes reading notes and other classroom materials in order to prepare for exams and other student work in this course. Readings and preparation should require at least two hours per one hour of time in class)

Week	Date	Topics and Exam Schedules	Reading and Other Assignments (Include page numbers)
1		Introduction to basic tui na: 1) What is it? 2) It's place in TCM. 3) Proper stance and transfer of weight. Techniques: kneading 1) Palm heel 2) Small fish belly 3) Forearm Self care: stretching, self massage and strengthening	
2		Review Kneading continued: 1) Palm and thumb 2) One thumb 3) Two thumb 4) Elbow 5) Fist 6) Knuckle 7) Tiger's mouth	
3		Review Patting: 1) Chopping 2) Cupped 3) Hammer fist and back of fist 4) Two handed 5) Tiger's claw 6) Pecking Pressing: 1) Palm and thumb 2) Two thumb 3) Elbow	
4		Review Grasping and pinching Rolling	
5		Review Shaking	

Week	Date	Topics and Exam Schedules	Reading and Other Assignments (Include page numbers)
		Traction and pulling	
6		Review Rotating	
7		Review basic techniques and practice	
8		Midterm on basic techniques	
9		Upper crossed syndrome: definition and anatomical review Basic postural evaluation Cervical finger kneading 6 directional cervical traction 3 directional stretching	Reading: AOM: p. 67-74; 80; 116; 124-125
10		Review and continue upper crossed syndrome treatment Pectoral stretch	
11		Small range or 'figure 8' rotation with traction Seated modifications	
12		Lower crossed syndrome: definition and anatomical review Overhead squat assessment Lumbo-sacral shaking with traction 'The clamp' Hamstring pressing and stretching	Reading: AOM: p. 62-63; 213-216; 221; 228-229
13		Review and continue lower crossed syndrome Low back and hip crossover stretch Hamstring stretch Psoas-iliacus pressing	
14		Review and practice	
15		Final exam (cumulative)	

**Teaching Modalities:** A variety of instructional methods are used to cover the subject matter and create a dynamic, interactive learning environment. These methods include lecture, small group discussions, case studies, and reading assignments.

**Required Class Assignments and Projects:** (Describe major assignments/graded projects)

- Please describe your requirements for major assignment and graded project here.

- All writing assignments will be typed in double space with standard fonts (12 points) and margins (1"). Manuscripts for binding should be guttered. Correct spelling, grammar, and punctuation are expected.
- Proper citation and credible reference source. College recommends using APA format for reference citation (For more information see APA (2009). *The Publication Manual of the American Psychological Association*, sixth edition. Washington, DC, American Psychological Association):
  - Journal citation: Doe J, Doe K (2012). Title of the paper. *Journal of TCM*, No. 1(2), pages 10 – 12.
  - Book citation: Doe J, Doe K (2012). Title of the Book (2<sup>nd</sup> ed.). New York, TCM Publications.
  - Website citation: Doe J. Cool Website. Retrieved from <http://www.website.org/webpage>.
  - References cannot be solely based on a Wikipedia citation. If you find information in a Wikipedia citation you must verify it with a new source.
  - Appropriate citation must be used throughout. All quotes must be cited.
- Staple paper in the upper right corner with the author's name on the first page. Do not bind or place in a folder.

### Unit of Credit Policy

At California Institute for Integral Studies, one credit hour is defined as a minimum of 3 hours of work by an average student for a 15-week semester (i.e., 45 hours for a full semester). That work is to be supervised by an instructor, represented in intended learning outcomes, and verified by evidence of student achievement. An hour of direct faculty instruction is defined as being the equivalent of 50 minutes of classroom time.

ACTCM at CIIS operates on the semester system with each semester containing 15 weeks of class. One credit hour would be granted for didactic courses at least 15 contact hours of lecture as well as a minimum of 30 hours of student work outside the class are required for each unit of student credit. One credit hour for a clinic course represents 30 hours of class time as well as a minimum of 15 hours of student work outside the class are required for each unit of student credit.

### Grading

Activities	Percent of total grade
Midterm	40%
Final exam (cumulative)	50%
Quizzes	
Reading assignments	
Projects or paper	
In class activities	10%
Attendance	

### Graduate Grade Scale

Grade	Indication	Quality Points per Unit
A	Outstanding	4.0
A-	Very Good	3.7
B+	Good	3.3
B	Average	3.0

B-	Below Average, but Passing	2.7
C+	Failure	2.3
C	Failure	2.0
C-	Failure	1.7
D	Failure	1.0
F	Failure	0.0

The following have no quality point value and are not used in the calculation of the GPA:

Grade	Indication
AU	Audit
AW	Administrative Withdrawal
I	Incomplete
IN	Permanent Incomplete
IP	In Progress
NP	No Pass (B- or below for graduate student)
NS	Not Satisfactory
P	Pass (B or higher for graduate student)
TR	Transfer Credit
W	Withdrawal
X	Grade Not Received from Instructor

### Grade Requirements

For graduate students to remain in good academic standing, they must have no more than two grades of B-, C+, C, C-, D, F, NP, NS, I, IN, or AW.

### Satisfactory Academic Progress

Per federal regulations, all students must maintain minimum satisfactory academic progress (SAP) each semester in order to remain eligible for financial aid:

1. Must maintain a cumulative GPA of 3.0 or above.
2. Must maintain at least half-time enrollment status each semester.
3. Must not exceed two unsatisfactory grades in overall transcript: B- through F, NS, NP, I, IN, AW.
4. Maximum timeframe: may not exceed the maximum number of years required of your program.

### Class Policies and Expectations:

#### Class Attendance Policy

Students are expected to attend all class meetings regularly and punctually. Students are assigned an F (Failure) or NP (No Pass) grade if they are absent from more than 20 percent of a course. This maximum includes both excused and unexcused absences. Three instances of tardiness or leaving early are considered equivalent to one absence. Instructors may permit a student to deviate from this rule on the grounds of illness necessitating confinement for 24 hours or more, a death in the family, or other extreme emergencies. The instructor may request verification of these circumstances by a letter from a medical professional, the Dean of Students, or the Academic Vice President as appropriate. Due to the nature of some courses, individual programs, departments, and instructors may enforce stricter policies than these. Check the program handbook and/or the syllabus of a course to see these policies.

### Incompletes: Policies Regarding Faculty Granting Incompletes

Students anticipating being unable to complete a course may request permission from the instructor to receive an I (Incomplete) grade; students who have not completed the work required for a course are not to be given a passing grade in the course without completing the required work. ACTCM at CIIS courses are expected to be organized in a way that allows work to be completed during the semester the course is being offered. Below are the policies related to incomplete grades:

1. Permission to be given an I grade is given only in the following circumstances:
  - a. Medical reasons documented by a health-care professional;
  - b. A family emergency verified with supporting documentation; or
  - c. Decision by faculty member based on exceptional pedagogical reasons.
2. The instructor has the right to refuse to grant an I grade.
3. The Registrar's Office does not record an I grade without receiving an Incomplete Grade Request Form signed by the student and the instructor by the grade submission deadline. This form stipulates what coursework is remaining and its due date.
4. The instructor, not the student, determines the deadline for the remaining coursework. This deadline cannot exceed two semesters (including summer) from the last day of the semester in which the course took place, and can be earlier. The maximum deadline for an Incomplete given for exceptional pedagogical reasons is one semester. This deadline is not extended for students who are on a leave of absence, become inactive, or refrain from registering for any semester while the work remains outstanding.
5. If the student does not submit the coursework by this deadline, the I grade converts to an IN (Permanent Incomplete). An IN is irreversible.
6. Students may not graduate with an I grade on their record even in an elective course. Students may graduate with an IN grade on their record, provided that if the IN was for a required course, the student later successfully repeated the course.
7. The submission of an I grade by an instructor does not imply that that instructor will be an ACTCM at CIIS employee in a subsequent semester. It is the student's responsibility to maintain current contact information for this instructor.
8. Students may not sit in on a subsequent semester's offering of the same course in order to make up the coursework.
9. When submitting the remaining coursework, the student must include a signed Grade Change Form. The instructor uses this form to notify the Registrar's Office of the final grade.

### Dropping and Withdrawing

A drop is conducted before the semester's Add/Drop Deadline. Students may drop online through MyCIIS or by submitting a Registration Form to the Registrar's Office. Notification of a drop, written or otherwise, to the instructor, program staff, or any other CIIS office is insufficient. A drop results in a 100 percent reversal of the course's tuition charge. It does not reverse the registration fee charge.

After the Add/Drop Deadline, students may no longer drop courses. This is true even for courses that begin after the Add/Drop Deadline. They may withdraw if they have the instructor's written consent. A withdrawal results in a W on the transcript. To withdraw, submit a Registration Form to the Registrar's Office, signed by the instructor. The official date of withdrawal is the date the form is received by the Registrar's Office. The Registrar's Office does not process add or withdrawal requests submitted after the last class meeting. This is true even if the class finishes prior to the Add/Drop deadline. A partial reversal of the tuition charge may be possible depending on the date of the withdrawal. See the academic calendar for these dates. These dates are applicable regardless of when the dates the course begins and ends.

## Academic Integrity

As an academic community dedicated to the application, dissemination, and creation of knowledge, CIIS is committed to fostering an intellectual and ethical environment based on the principles of academic integrity. Academic integrity is essential to the success of the University's mission. Violations of academic integrity constitute serious offenses against the entire academic community. This academic integrity policy is designed to guide students as they prepare assignments, take examinations, write papers and perform the work necessary to complete their degree requirements.

The principles of academic integrity require that a student:

- Properly acknowledge and cite all use of the ideas, results, or words of others.
- Properly acknowledge all contributors to a given piece of work.
- Make sure that all work submitted as the student's own work in a course or other academic activity is produced by the student without the aid of unsanctioned collaboration.
- Obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with the student's interpretation or conclusions or fabricating sources, citations, or data.
- Not submit essentially the same material in more than one course without prior authorization by the faculty member.
- Treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress.
- Uphold the canons of the ethical or professional code of the profession for which the student is preparing.

Failure to uphold these principles of academic integrity threatens both the reputation of CIIS and the value of the degrees awarded to its students. Every member of the community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld.

## **Disability Services**

CIIS complies with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. Accordingly, no otherwise qualified disabled student shall, solely by reason of their disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination in any academic, research, counseling, financial aid, or other post-secondary education program or activity that CIIS provides for all students. Students with disabilities must meet the requirements and levels of competency generally required of all students in the program. In order to assist students with disabilities in fulfilling these requirements of the program, every reasonable effort is made to accommodate special needs of such students. If you would like to request accommodations related to a disability, please contact [sds@ciis.edu](mailto:sds@ciis.edu) to register with CIIS Student Disability Services.

## **Program Competencies:**

### Communications Skills

- Writing: Demonstrate the ability to write clearly, concisely, and with appropriate spelling, grammar and punctuation.
- Listening: Demonstrate the ability to actively listen to patients, faculty and colleagues.
- Speaking: Ability to tailor speech to your audience, and develop a well-organized presentation and ability to speak in a public setting.

### Information Literacy

- Demonstrate the knowledge of the field you are speaking or writing about. Demonstrate that you have knowledge and skills of a licensed practitioner.

### Critical Thinking

- Synthesis and Integration: Ability to gather and assess relevant information from many sources and divergent points of view.
- Reflective Thinking: Ability to understand your own bias and point of view when reflecting on what a patient, faculty member or colleague has stated.
- Problem Solving: Ability to break down a problem to manageable parts, examine the data and arrive at a coherent and justifiable solution.
- Analytical Skills: Ability to make inferences based on understanding of many perspectives.
- Research Skills: Ability to access data and use that data to assess a problem and infer conclusions based on the data available. The ability to understand the limitations of inferences based on sometimes incomplete data.

### Professionalism

- Ethics: Ability to act in an ethical manner with respect to your patients, coworkers and teachers.
- Caring: Ability to interact with patients in a caring manner.
- Communication: Demonstrate consistently appropriate and professional communication in a professional and respectful manner
- Appropriate Boundaries: Ability to maintain professional boundaries with patients, colleagues and faculty.