

QCOM

SUBJECT TITLE Unit 1 SHIATSU I

SUBJECT CODE QCOMS1

CAMPUS Diamond Valley

PREREQUISITES NIL

PARENT COURSE Certificate IV Shiatsu HLT 40202

SUBJECT AIMS

The fundamental principles and practice of Shiatsu are introduced.

The purpose of these studies is to give the students the basic methods of treating with Shiatsu techniques. Particular emphasis is focussed on appropriate pressure, location of meridians and meridian stretching exercises for student health enhancement as well as impartation of knowledge to others.

LEARNING OUTCOMES

At the satisfactory completion of the subject it is expected that students will be able to:

- Perform a basic Shiatsu sequence
- Apply appropriate pressure when performing Shiatsu
- Understand basic knowledge of the Meridians and Pathways
- Perform and be able to demonstrate the Meridian Stretches
- To have completed the criteria for the following units of the Australian Quality Training Framework
 - i. HLTSHU7A (provide the Shiatsu treatment)
 - ii. HLTSHU8A Work within the Shiatsu framework
 - iii. HLTSHU9A Maintain Shiatsu personal health and awareness and fulfil professional responsibilities

CONTENT

Demonstration and performing a basic Shiatsu treatment. The Meridian concepts are introduced and the individual channels are treated.

Client/patient care is emphasised and strategies devised to ensure that students are trained to always incorporate this method in all future treatments.

Meridian stretches are performed and incorporated into daily health practice of the students. A personal health journal is commenced to help students understand their own current health status.

METHODS OF TEACHING

This unit is a face to face unit of training incorporating demonstration and practical application of shiatsu sequences.

REQUIRED READING

Text book supplied at commencement of the course together with handouts supplied at each session.

RECOMMENDED READING

Do it Yourself Shiatsu W Ohashi Unwin Paperbacks 1979

The Ohashi Bodywork book Kodansha International 2001

Yin and Yang Shiatsu S Masunaga Japan Publications 1996

The complete Book of Shiatsu Therapy T. Namikoshi Japan Publications 1981

Tsubo K. Serizawa Japan Publications 1977

Meridian Exercises S Masunaga Japan Publications 1996

CLASS CONTACT

The equivalent of three and a half hours per week for 9 weeks or 6 hours per week for six weeks.

ASSESSMENT

Written integration, class assessment by observation Shiatsu practice. Practice record of 20 hours.

A competency must be gained in both categories.