

QCOM

SUBJECT TITLE Unit 2 SHIATSU 2

SUBJECT CODE QCOMS2

CAMPUS Diamond Valley

PREREQUISITES QCOMS2

PARENT COURSE Certificate IV Shiatsu HLT 40202

SUBJECT AIMS

Leg and arm stretch sequences, side position, Abdominal massage and more advanced treatment methods are covered in this module.

LEARNING OUTCOMES

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

- Incorporate a variety of Shiatsu skills when performing a Shiatsu treatment.
- Advanced stretches including spinal stimulation exercises
- 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 more advanced Shiatsu treatment. including leg and arm stretches.
Kneeling position for arm sequences
Spinal stimulation exercises are studied and performed to high level.

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.