



THE AUSTRALIAN COLLEGE  
OF EASTERN MEDICINE

**Student Unit Guide**  
**ACEMS1**

**Unit 1 Shiatsu 1**  
**Unit Duration 64 hours**

**Pre-requisite** Unit 3 Oriental Medicine

**Mode of Delivery** On Campus

**Unit Aim**

This subject equips students with the basics of Shiatsu therapy including palm, finger, elbow and knee techniques and meridian locations.

**Unit value**

1 credit point

**Learning Outcomes**

On successful completion of this unit, students will be able to:

- a. Describe and apply Shiatsu treatment to the whole body
- b. Describe and apply the three principles of Shiatsu.
- c. Describe and apply definitions and treatment methods for Jitsu and Kyo conditions

**Teaching methods**

- a) Lectures
- b) Physical demonstration
- c) Tutorials
- d) Off campus study

**Session Plan**

1	Bladder channel and Kidney channel.
2	Ampuku Stomach and Spleen
3	Liver channel and Gall Bladder channel
4	Heart channel and Small Intestine channel
5	Lung channel and Large Intestine channel.
6	Pericardium channel and Triple Heater channel
7	Head shiatsu

**Assessment Requirements**

<b>Assessment</b>	<b>Competency</b>
1. Written closed book examination and practical demonstration of Shiatsu practical skills	Competent /Not Competent

## References

Text supplied

*Zen Shiatsu Shizutu Masanaga*

*Meridian Exercises Shizutu Masanga*

*Shiatsu Wataru Ohashi*

*Beyond Shiatsu Wataru Ohashi*