



THE AUSTRALIAN COLLEGE OF EASTERN MEDICINE

Student Unit Guide ACEMS2

Unit 2 Shiatsu 2

Unit Duration 64 hours

Pre-requisites Unit 1, Unit 3 Oriental Medicine

Mode of Delivery On Campus

Senior Lecturer Thomas Ebejer

Unit Aim

This subject continues on the training from Shiatsu 1 with a strong emphasis on leg and arm stretches, side position and arm sequences. Spinal stimulation exercises are also included in this unit.

Learning Outcomes

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

- a. Describe and apply Shiatsu treatment using leg and arm stretches
- b. Describe and apply the 29 spinal stimulation exercises.
- c. Describe and apply side position shiatsu.
- d. Describe and apply sitting position shiatsu.

Session Plan

1	Leg sequence
2	Arm sequence
3	Side position shiatsu
4	Sitting position shiatsu
5	Spinal Stimulation exercises

Assessment Requirements

Assessment	Weighting
Practical Demonstration of the Shiatsu 2 practical training including Spinal stimulation exercises.	100%
80% attendance and active participation	Competent /Non Competent

Students will be expected to participate as both client and practitioner to achieve a pass in this subject.

References

Text supplied

Zen Shiatsu *Shizutu Masanaga*

Meridian Exercises *Shizutu Masanga*

Shiatsu *Wataru Ohashi*

Beyond Shiatsu *Wataru Ohashi*