

## ACCHS COURSE OUTLINE/SYLLABUS

**COURSE TITLE:** Acupuncture Techniques

**COURSE NUMBER:** AT 275

**UNITS/HOURS:** 3/45

**INSTRUCTOR:** John Kokko

**TERM OFFERED:** V

### **COURSE OBJECTIVES:**

Students will focus on the art of using acupuncture needles and other tools in the treatment of patients. Students will master principle of asepsis and sterilization and infection control and prevention of contamination during acupuncture treatment will also be emphasized. The students will be under direct management. Prescription principles, combinations of points and other treatment methods are covered as well.

### **TEACHING METHODS:**

Teaching methods include lectures, discussion, demonstration, supervised practice, charts, overhead projector, models, handouts, slides, quizzes, midterm and final.

### **GRADING POLICY:**

40% midterm, 45% final, 15% attendance and classroom participation.

### **PRE-REQUISITE(S):**

Acu Points III (AT274)

### **TEXTBOOKS:**

*Chinese Acupuncture & Moxibustion* compiled by Beijing College of Traditional Medicine, Foreign Language Press, Beijing, 1980

*Acupuncture: A Comprehensive Text* Shanghai College of Traditional Medicine, translated by John O'Connor and Dan Bensky, Eastland Press, Chicago, 1981.

### **REFERENCES:**

*The arts of Acupuncture Techniques* Johns, Robert North Atlantic Books Berkeley 1996

*Acumoxa Therapy: Reference & Study Guide* Richard Feit, Paul Zmiewski Paradigm Publications Brookline MA Current edition

## **DESCRIPTION OF CONTENT ON A WEEKLY BASIS:**

- WEEK 1      Needling equipment, Insertion methods. Angle, Direction, Depth, Location. (P 318-321)
- WEEK 2      Insertion practice, Basic manipulation, Retaining, get Qi, withdrawing. (P 322-326)
- WEEK 3      Precautions, Contraindication, Management of Accidents. (P 330-332)
- WEEK 4      Tonify and Reduce Techniques and practice. (P 327-329)
- WEEK 5      Principles and regulations of points' prescribing. (Handouts)
- WEEK 6      Clinical application of specific points (Handouts )
- WEEK 7      Moxibustion (P 339-346)
- WEEK 8      Cupping, cutting (P 346-347)
- WEEK 9      Midterm exam.
- WEEK 10     Electrical Acupuncture (P 431-433)
- WEEK 11     Ankle-Wrist Acupuncture (P 501-507)
- WEEK 12     Three-edged needle, plum blossom needle, warm needle (P 333)
- WEEK 13     Cutting, penetrating needle, water needle, intradermal needle, long needle, face needle, hand and foot needle, nose needle (P 334-336)
- WEEK 14     Infrared red needle, magnetism, chi-going devices, laser. (P 435)
- WEEK 15     Final exam