Syllabus

MAS 211 Shiatsu II

General Information

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Department
Physical Education and Integrated Health Care

Course Prefix
MAS

Course Number
211

Course Title
Shiatsu II

Course Information

Credit Hours
4

Lecture Contact Hours
4

Lab Contact Hours
3

Other Contact Hours
0

Catalog Description
This course allows third semester massage students to advance their conceptual understanding and hands-on practices of the Shiatsu technique. The philosophy of Chinese medicine theory taught in MAS 210, Shiatsu I, is expanded upon and is the basis for the evolution of the Shiatsu technique practiced in this course. Topics covered include more in-depth study of the Chinese medicine based meridians, and the study of specific acupressure point locations. Methods of applying these points to clients are covered in the laboratory component of the course. Students learn to give full Shiatsu sessions and create shiatsu treatment plans for individual clients that address specific medical and emotional issues.

Key Assessment
This course does not contain a Key Assessment for any programs

Prerequisites
BIO 165, BIO 172, BIO 171, MAS 110, MAS 210, and each with a grade of C or better

Co-requisites
BIO 265 and MAS 215

Grading Scheme
Letter

First Year Experience/Capstone Designation

This course DOES NOT satisfy the outcomes applicable for status as a FYE or Capstone.

SUNY General Education
This course is designated as satisfying a requirement in the following SUNY Gen Ed category
None

FLCC Values

Institutional Learning Outcomes Addressed by the Course

Vitality                        Inquiry                        Perseverance                        Interconnectedness

Course Learning Outcomes

1. Apply theories while developing treatment plans based on traditional Chinese medicine such as the five elements theory, Yin/Yang theory, Asian diagnosis, and the Chinese medicine-based meridians.
2. Physically demonstrate multiple techniques of Shiatsu using all of the basic meridians of Chinese medicine and create full body Shiatsu sessions.
3. Identify the major acupoints, meridian point locations, and meridian keywords that are used in Shiatsu bodywork.

Program Affiliation

This course is required as a core program course in the following program
AAS Therapeutic Massage

Outline of Topics Covered

1. Recognize the character of the Five Elements and associated Meridians.
2. Identify the twelve bilateral Meridians and corresponding Master points of Chinese Medicine.
3. Develop a complete Shiatsu routine with multiple techniques for each Meridian.
4. List the Extraordinary Vessels, Bo Points and Yu Points and utilize them during Shiatsu sessions.
6. Apply principles of Asian Diagnosis.
7. Demonstrate the ability to write a case study based on a series of Shiatsu sessions.
9. Interact appropriately while performing in the role of a student Shiatsu therapist.