Meridian and Point Energetics 1

I. COURSE DESCRIPTION

A. Current Catalog statement:
   “This is the first of three courses introducing fundamental theories and usage of acupuncture therapy, including meridian theory, special energetics and individual acupuncture point energetics. First course covers the lung, large intestine and stomach meridians and the theory and usage of acupoints, including the five shu-points, luo-connecting points, yuan source points, xi-cleft points, Back-Shu points, front-Mu points.” (AOMA 2005-2006 Catalog).

B. Pre-requisite:
   NONE

C. Personal Comment:
   I have been teaching this course since 1997 and I still enjoy teaching it. This course is an important course. It discusses the function and indications of meridians and points. The class will be a combination of lecture, presentation, and case discussion.

II. COURSE LEARNING OBJECTIVES

A. Program, Departmental and Class Learning Objectives:

AOMA’s Program Learning Objectives (PLOs)
Graduates of the AOMA Master’s degree program will:
1. Have the knowledge base necessary to enter the profession
2. Practice professional behaviors and values
3. Provide patient centered care
4. Incorporate evidence and experience based practices
5. Participate in collaborative patient care

Acupuncture Studies Department Learning Objectives (DLOs)
MISSION STATEMENT: The Acupuncture Department at AOMA is committed to the pursuit of excellence, integrity and quality demonstration, instruction, and supervision in Oriental medicine and acupuncture theories with their clinical practice and application.
1. Describe, identify and explain the channel system and distribution, acupoint location and their functions.
2. Specify and demonstrate use of anatomical landmarks, palpating and proportional measuring methods for channel and point location.
3. Identify, clarify, and explain the functions, indications and contraindications of needling of these points and channels.
4. Formulate, modify and explain different acupuncture point prescriptions according to the classification and special grouping of the points, such as local and distal points, front-mu and back-shu point, five element points, influential and confluent points, and so on.

This class aims to accomplish the following Learning Outcomes:

Course Learning Objectives (CLOs)

Upon completion of this course, students will be able to:
1. Discuss and analyze the theory and usage of the acupuncture points of the lung, large intestine, and stomach meridians.
2. Discuss and analyze the theory and usage of acupoints including the shu-points, five element points, luo-connecting points, yuan source points, and xi-cleft points, back-shu, and front-mu points.
3. Identify, clarify and explain the functions, indications and contraindications of needling these channels’ points.
4. Formulate, modify and explain different acupuncture point prescriptions according to the classification and special grouping of the points, such as local and distal points, front-mu and back-shu points, five element points, influential and confluent points, and so on.

B. What’s the benefit to me?
Successful completion of this course will allow you to comprehensively communicate with your client on a professional basis. Additionally, you will be able to apply your knowledge from this course to your acupuncture treatment of diseases. The information covered in this course will enable you to grow and develop as a professional. This course is very important for your overall development as an acupuncturist.

III. COURSE TEXTBOOKS

A. Required:

Recommended:


B. Why were these textbooks selected?
Deadman (2001) and Maciocia (2005) are current and comprehensive. Both authors are well known and recognized experts on Chinese medicine. CAM (1999) is an excellent reference contributed to by many famous practitioners in China.

While the entire books contain important information about Chinese medicine, you are required to read only the specifically assigned pages for this class.

Students should be familiar with the readings before coming to class. I encouraged students to bring questions with them from their reading for class discussion. I have found that such interaction can help deepen learning.

IV. GRADING
All work must be submitted to the satisfaction of the instructor in order to pass the course.

For graduate courses, the following grading scale is used:
   A – Outstanding to very good
   B – Good to average
   C – Below average.
No credit is granted for courses in which students perform below C level.

A. Grading
The course grade will be determined as follows:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams (2)</td>
<td>50%</td>
</tr>
<tr>
<td>Final (Comprehensive)</td>
<td>50%</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
</tr>
</tbody>
</table>

Numerical Equivalent:

<table>
<thead>
<tr>
<th>Percent Grade</th>
<th>Letter Grade</th>
<th>Grade Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100%</td>
<td>A Excellent to very good</td>
<td>4.0</td>
</tr>
<tr>
<td>80-89%</td>
<td>B Good to average</td>
<td>3.0</td>
</tr>
<tr>
<td>70-79%</td>
<td>C Acceptable to below average</td>
<td>2.0</td>
</tr>
<tr>
<td>69 and below</td>
<td>F Fail</td>
<td>0.0</td>
</tr>
</tbody>
</table>

B. Relationship of achieving the CLOs, DLOs and PLOs to the final grade:
I have designed this course such that if you make a good grade, I believe you have accomplished the CLOs, DLOs and PLOs. But in the final analysis, only you can determine the degree to which you have achieved the desired learning outcomes. I believe your accomplishment of the learning outcomes is more important than the final grade.

V. COURSE PRACTICES and POLICIES PRACTICES

A. Class Attendance, Tardiness, and Early Departure
Students are expected to be on time and prepared for the day’s lesson. Furthermore, class participation is required, as is a courteous and polite manner. Strict adherence to the Student Handbook and AOMA policies will be kept.
Attendance is mandatory. Since this is a didactic course, a student may miss up to two, three-hour sessions. If a student misses more than what is permissible, regardless of the reason, the final course grade will be lowered one letter. If a student misses more than 25% of the scheduled classes, the student will be dropped from the course as of that date, and the course grade will be determined as stated in the add/drop policy.

Three late arrivals or early departures will be counted as an absence and will be subject to the stated attendance policies.

If a student misses an exam, the individual must make it up within 7 calendar days. Please contact the administration office to set up the date for making–up the exam and to pay the make-up fee. Please read Student Manual 2005-2006 for details.

B. Plagiarism and Cheating
Plagiarism and cheating are serious offenses of academic and public life. Blatant or intentional plagiarism occurs when a person copies a passage almost word for word without identifying the source of the words or ideas. Unintentional plagiarism occurs when a person attempts to paraphrase the words of another, but the sentence structure, sequence of ideas, and key phrases noticeably resemble the original without giving due credit to the author.

Cheating is looking at or copying unauthorized sources during an in-class quiz, test, or exam, or during a take-home exam or assignment. It may also include unauthorized submission of a paper or assignment used for another class.

Faculty may impose the following consequences:

**Blatant Plagiarism:** May mean (at the discretion of the professor) failure in the course.

**Unintentional Plagiarism:** May (at the discretion of the professor) result in an automatic “F” for the assignment and may require that, in order to receive credit for the course, the student repeat the assignment (without credit) using proper documentation.

**Cheating:** May result in an “F” for the assignment. It may also result in failure of the course and any other action deemed appropriate by the professor, division chair, and Provost.

**Repeated Plagiarism or Cheating:** May result in academic suspension from the academy by the Academic Council.

Faculty must report all incidences of plagiarism or cheating to the Academic Office.

C. Communication Policy
Contact outside of class:
I am here to help you learn. If you have any concerns or questions do not hesitate to contact me. You can leave messages for me at 454-1188 or email me at: zzeng@aoma.edu

I try to respond to as soon as possible. Almost always within 24 hours.
D. Scholarship of Engagement Agreement
As a learning institution, AOMA engages in classroom research on the effectiveness of teaching. It is understood that all student work and grades may be anonymously used in the study of the scholarship of teaching and learning. Any student not wishing to participate in this learning endeavor should make his or her wishes known to the professor within the first two weeks of the course.

E. Shared Responsibility for Learning
Students are expected to be actively engaged with the learning process. Both instructor and students have responsibilities to be active participants in the learning that occurs.

F. Returning Papers, and Examinations
All papers will be returned. Examinations will not be returned. If there is a question about an examination the student is encouraged to make an appointment with the instructor for individual discussion.

G. Accommodation for Special Needs
If you need special accommodations because of a documented disability, whether it is a physical, sensory or learning, you must process your request with the Dean of Students. **Contact should be made prior to the beginning of the term** (the sooner the better), to allow enough time to review the disability documentation and to arrange for any needed reasonable accommodations. If contact is not made prior to the beginning of the term accommodations may not be possible.

H. Classroom Decorum
I encourage students to be actively involved and ask questions at any time. Students have a responsibility to come prepared and be alert. Creativity is highly valued.

VI. TENTATIVE COURSE SEQUENCE and REQUIREMENTS

**WEEK ONE: Class 1**

**Goals:**
1. Student will learn the definitions of acupuncture and acupuncture therapy.
2. Students will study the context of acupuncture and moxibustion within the larger framework of the field of Classical Chinese Medicine.
3. Students will learn the definitions of Yin and Yang, Qi and blood, five element

**Objectives:**
Upon completion of the class, students will be able to explain the Yin and Yang, Qi and blood, Five Elements of Traditional Chinese Medicine and the role that acupuncture and moxibustion therapy play in the broader scope of Chinese Medical Science.
**Class Sequence**
- Hour 1 – definition of Yin and Yang, relationship of Yin and Yang
- Hour 2 – definition of Qi and blood, functions of Qi and blood
- Hour 3 – theory and application of Five Elements

**Class Assignments:**
Throughout the course students will be asked to read select pages in preparation for the class. The purpose of this assignment is to expose students to both the breadth and depth of some of the classic literature in the field of Oriental medicine.

**Assigned Reading:**
Pages 11-28 (Channels and collaterals)

Review and study the materials discussed in class.

**WEEK TWO: Class 2**

**Goal:**
Student will learn the definitions, naming, pathways and functions of the 12 primary, collateral, divergent, muscular meridians and eight extra meridians.

**Objectives:**
Upon completion of the class:
1. Students will be able to identify the pathways and functions of the 12 primary, collateral, divergent, muscular meridians and eight extra meridians.
2. Students will be able to recognize the whole name of the meridians, and the pathway on the extremities of the 12 primary meridians.
3. Students will be able to describe the three complete circuits of the pathway of primary channels

**Class Sequence**
- Hour 1 – definitions and naming of meridians
- Hour 2 – pathway on the extremities of 12 primary meridians, the three complete circuits of the pathway of primary channels
- Hour 3 – definition and functions of 12 primary, collateral, divergent, muscular meridians and eight extra meridians

**Class Assignments:**
**Assigned Reading:**
Pages 38-61 (Point categories)

Review and study the materials discussed in class.
WEEK THREE: Class 3

Goal:
1. Student will learn the classifications for acupoints.
2. Students will study the special categories of points, such as the xi-cleft points, yuan-source points, luo-connecting points, back-shu points, front-mu points, lower he-sea points, hui-meeting points, confluent points, window of sky points, ghost point…

Objectives:
Upon completion of the class, students will be able to explain the function of special points and make decision to choose different special points.

Class Sequence:
Hour 1 - xi-cleft points, yuan-source points luo-connecting points,
Hour 2 - back-shu points, front-mu points, lower he-sea points,
Hour 3 - hui-meeting points, confluent points, window of sky points, ghost points

Class Assignments:
Assigned Reading:
Pages 29-38 (Point categories – five – shu points)

Review and study the materials discussed in class.
STUDY and REVIEW for Exam 1

WEEK FOUR: Class 4

Goals:
1. EXAM # 1
   Students will study the special categories of points: Five-Shu points

Objectives:
Upon completion of the class, students will demonstrate mastery of the first three lectures as part of Exam # 1 students will be able to explain the function of special points and make decision to choose different special points.

Class Sequence:
Hour 1 – Exam 1 and review answers (25 % of total grade)
Hour 2, 3 – five-shu points

Class Assignments:
Assigned Reading:
WEEK FIVE: Class 5

Goal:
1. The meridian and points of the Lung Meridian of Hand-Taiyin will be introduced

Objective:
Upon completion of the class:
1. Students will be able to describe the pathway of the Lung meridian of Hand-Taiyin. 2. Students will recognize and be able to explain the key concepts of the Lung meridian of Hand-Taiyin, and classified and apply acupoints of the Lung meridian of Hand-Taiyin.

Class Sequence
Hour 1 – pathway of the Lung meridian of Hand-Taiyin
Hour 2, 3 – points on the Lung meridian of Hand-Taiyin

Class Assignments:
Assigned Reading:
Pages 95- 107 (Large Intestine channel and points LI 1- LI 5)

WEEK SIX: Class 6

Goal:
1. The Large Intestine Meridian of Hand Yangming will be introduced.
2. The points of the Large Intestine Meridian of Hand Yangming will be introduced.

Objectives:
Upon completion of the class, students will be able to recognize and explain the key concepts governing the clinical usage of the Large Intestine Meridians and acupoints.

Class Sequence
Hour 1 – pathway of the Large Intestine Meridian of Hand Yangming
Hour 2, 3 – points on the Large Intestine Meridian of Hand Yangming

Class Assignments:
Assigned Reading:
Review and study the materials discussed in class.

WEEK SEVEN, Class 7

Goal:
1. Conclusion of the points of the Large Intestine Meridian of Hand Yangming

Objectives:
Upon completion of the class, students will broaden their understanding of the Large Intestine Meridian's clinical usage; classified and apply acupoints of the Large Intestine Meridian.

Class Sequence
Hour 1 – 3 points on the Large Intestine Meridian of Hand Yangming

Class Assignments:
Assigned Reading:
Pages 108 - 121 (Large Intestine channel and points LI 6- LI 20)

STUDY and REVIEW for Exam 2

WEEK EIGHT: Class 8

Goals:
1. EXAM # 2
2. Introduction to the Stomach Meridian of Foot Yangming.

Objectives:
Upon completion of the class, students will be able to recognize and explain the key concepts governing the clinical usage of the Stomach Meridian.

Class Sequence
Hour 1 – Exam 2 and review answers (25 % of the total grade).
Hour 2 – pathway of the Stomach Meridian of Foot Yangming
Hour 3 – points of the Stomach Meridian of Foot Yangming

Class Assignment:
Assigned Reading:
Review and study the materials discussed in class.

WEEK NINE: Class 9

Goal:
1. Continuation of the Stomach Meridian of Foot Yangming
2. The points of the Stomach Meridian of Foot Yangming will be introduced.

Objectives:
Upon completion of the class, students will broaden their understanding of the Stomach Meridian; classified and apply acupoints of the Stomach Meridian of Foot Yangming.

Class Sequence
Hour 1, 2, 3 – points of the Stomach Meridian of Foot Yangming

Class Assignment:
Assigned Reading:
Pages 158 - 167 (Stomach channel and points ST 36 - ST 41)

Review and study the materials discussed in class.

WEEK TEN: Class 10

Goal:
1. Continuation of the points of Stomach Meridian of Foot Yangming

Objectives:
Upon completion of the class, students will broaden their understanding of the Stomach Meridian; classified and apply acupoints of the Stomach Meridian of Foot Yangming.

Class Sequence
Hour 1, 2, 3 – points of the Stomach Meridian of Foot Yangming

Class Assignment:
Assigned Reading:
Pages 168 - 174 (Stomach channel and points ST 41 - ST 45)
Review and study the materials discussed in class.

WEEK ELEVEN: Class 11

Goal:
1. Conclusion of the points Stomach Meridian of Foot Yangming

Objectives:
Upon completion of the class, students will broaden their understanding of the Stomach Meridian; classified and apply acupoints of the Stomach Meridian of Foot Yangming.

Class Sequence
Hour 1, 2, 3 – points of the Stomach Meridian of Foot Yangming

Class Assignment:
Review and study the materials discussed in class.
REVIEW for FINAL EXAM

WEEK TWELVE: Class 12

Goals:
Students will take the final comprehensive examination and review the questions associated with it.

Objectives:
Upon the end of class, students will be able to:
1. Ask questions related to the exam and the material learned in this term.
2. Familiarize self with different styles of questions

Class Sequence
Hour 1: Final examination (50 % of total grade)
Hour 2: Final examination (continue)
Hour 3: Final examination (continue) and question answering

VII. SELECT BIBLIOGRAPHY

A. Books
Chen, S. *Review and pretest for acupuncture licensure exams in USA.*


Ding, L. (1999). *Preparing for the NCCAOM acupuncture examination*: NAMAA.


**C. Recommended Web Resources**

- [http://www.acupuncture.com](http://www.acupuncture.com)
  Provides broad information about this profession, as well as the fundamentals Chinese medicine

- [http://www.orientalmedicine.com](http://www.orientalmedicine.com)
  Useful information on OM, including foundations of Chinese medicine, Taichi and Qigong

- [http://www.aam.org](http://www.aam.org)
  Provides broad information on OM, OM organizations, and continuing education