ACUPUNCTURE POINT LOCATION AND MERIDIAN THEORY --Part II (AT0112)

I. Course Description

A. Current catalog statement about this course:

This is a course about distribution and functions of the network of channels and collaterals, categories of special points, body landmarks, point locating methods, and basic needling methods. This course also includes practice of physical point location.

B. Course description

This is a 3-credit 36-hour course offered in the 2nd semester of the first year. This is the middle section of a 3-part course of acupuncture point location. This course is designed to provide the students with the knowledge about the network of the channels and collaterals, point locating methods and location of the points on some channels.

C. Teaching-Learning Style:

Mostly lecture and demonstration, hands-on exercise and class practice. The participants should also read the related materials before class, practice actively both in and after class.

D. Class Prerequisite:

A Student must complete the class of Acupuncture Point Location and Meridian Theory I (AT0111) to participate this class.

E. Personal-comment:

This is a very important fundamental for acupuncture, which take a lot of comprehensions and memorizations. After-class study and practice is an essential part for the success in this class. Group study is strongly recommended

II. Course Learning Objectives:

A. Program learning objectives;

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
B. Department learning objectives:

**Acupuncture Department Learning Outcomes (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, acu-point location and their functions.
2. Explain, compare and contrast uses and contraindications, and safely perform, the basic and advanced acupuncture needling techniques and other Oriental medical treatment methods.
3. Describe, explain, analyze and evaluate Oriental medical disease, pattern diagnosis, and acupuncture and relevant Oriental medical treatment plans.
4. Formulate, integrate and apply fundamental Oriental medical theories, diagnostic techniques and assessment, syndrome differentiation, acupuncture channel and point location, point prescription, and techniques of needling and other Oriental medical treatment methods.

C. Class learning objectives:

At the end of the course, the participants are supposed to be able to:

1. Identify body landmarks and master point locating methods;
2. Classify the basic needling methods;
3. Accurately identify and describe the location of all the points on the channels of Small Intestine, Bladder, Kidney, Pericardium, Sanjiao and Gall Bladder.
4. Physically locate the points of the above-mentioned channels.

III. Course textbooks

A. Required textbooks:
1. *Chinese Acupuncture and Moxibustion*, by Cheng Xin-nong
2. *A Manual of Acupuncture*, by Peter Deadman

Why are these textbooks selected?

Both books are comprehensive and illustrative, easy to use.

These two textbooks are comprehensive references recommended by the national boards for licensure examinations.

Both books have been used as textbooks national wide for acupuncture point location for years.

B. Recommended readings:
1. *Clinically Oriented Anatomy*, by Keith Moore
2. *Anatomy & Physiology*, by Saladin
3. *Acupuncture--A comprehensive Text*, by Shanghai College of Traditional Medicine
4. *Grasping the Wind*, by Andrew Ellis, Nigel Wiseman, Ken Boss
5. *Images & Functions* by Arnie Lade
IV. Course grading system:

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 at a below-C level.

The final course grade will be determined by the following: (± 5%)

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Tests</td>
<td>45%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>55%</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</td>
<td>4.0</td>
</tr>
<tr>
<td>80-89%</td>
<td>B Good</td>
<td>3.0</td>
</tr>
<tr>
<td>70-79%</td>
<td>C Acceptable</td>
<td>2.0</td>
</tr>
<tr>
<td>69% and below</td>
<td>F Fail</td>
<td>0.0</td>
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</tbody>
</table>

The size/diameter of the marking dots used in the practical part of the examinations/tests should not exceed 1/4 inch.

Based upon the official school policy on make-up exams, if a quiz or examination is missed, the tests must be made up within seven calendar days. All make-up exams need to go through the administration. If a student needs to make up a practical exam, it’s the student’s responsibility to provide him/herself a “model” to dot the points on. The examiner of a make-up test may not be the teacher of this class.

The original answer sheets of each examination/test will be kept by the teacher of this class for 30 calendar days for academic dispute or review. Any request for review of the original examination/test materials 30 days after the exam was delivered will not be accommodated.

V. Course practices and policy practices

A. Class Attendance:

Attendance is mandatory.

Roll will be taken during each class or at random, and unexcused absences, lateness, or early departures will be noted in the grade book. Absences due to illness must be accompanied with a note from a health care provider.

It should be noted that the student’s grade will be lowered by one full grade as a result of two absences and another full grade as a result of three absences. Should a student be absent four times, he/she will be withdrawn from the course and be required to retake the entire course.

Three tardiness or early departures will be counted as an absence and will be subject to the above attendance policies.

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. **Late Work Policy**

In a rare emergency students can turn in assignment after the time it is due. The final grade for the assignment will be docked at least one letter grade for all late work.

No work will be accepted after the time of the final exam.

D. **Electronic Submission Policy**

Your homework or assignment can be submitted at clinic.dean@aoma.edu.

Your electronic emergency does not release you from the deadline for the assignment.

E. **Email Communication Policy**

1. Contact outside of class.
   
   I am here to help you learn. If you have any concerns or questions do not hesitate to contact me. I prefer to be contacted by email.

2. I try to respond to all my emails as soon as possible, almost always I am able to reply within 48 Hours if I am in town.

3. The best time(s) to contact me is during my office hours.

F. **Required Format for formal class paper(s):**
G. **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.

H. **Returning Papers, and Examinations**

All papers and home work will be returned.

Examinations will not be returned. If there is a question the student is encouraged to make an appointment with the instructor or the administration office for individual discussions.

I. **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 3rd meeting of this class (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 3rd meeting of this class accommodations may not be possible.

J. **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.

K. **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. It is expected that students will spend 2 hours per 1 in-class hour each week studying for this class. This is equivalent to an average of 6 hours of study per week in review of the week’s material.

L. **Student Responsibilities and Class Requirements**

Students are expected to be on time and prepared for the day’s lesson. Furthermore, class participation is required, as well as a courteous and polite manner. Strict adherence to the Student Handbook and AOMA policies will be kept.
The student of this class must be actively involved in all aspects of the class, especially practical exercises. All homework should be accomplished and handed in on time. The participants must take all the examination.

The students should bring adequate amount of dots (color coding labels) to the class and they are encouraged to change partners frequently for the practical part of the class.

Always read the sections in the textbooks about the channels and points which are going to be covered in the following class and prepare for the next meeting.

VI. Course projected sequence and requirements

All schedule information is subject to change with notice

Class 1

Goals
The students will learn the location of all the points on the Heart channel and the first 8 points of the Small Intestine channel.

Objectives
1. The students should be familiar with the local anatomy, especially the tendons around the wrist, and the bones of the hand and wrist
2. The students should be able to tell the location of all the points on the Heart channel
3. The students should be able to accurately find the physical location of the points on a human body

Schedule
Hour 1: introduction to the course. The heart channel, locations of the Heart points, and physical demonstration
Hour 2, 3: locating the points by the students

After class assignments
Practice the Heart points. Practice the first group of points on the SI channel. Read the sections about the metacarpal bones and phalanges, on p275 and p276, in Anatomy & Physiology, by Saladin.

Class 2

Goals
The students will learn the location of the first group of points on the Small Intestine channel.

Objectives
4. The students should be familiar with the local anatomy, especially the tendons around the wrist, and the bones of the hand and wrist
5. The students should be able to tell the location of the Small Intestine points from SI-1 to SI-8
6. The students should be able to accurately find the physical location of the points on a human body

Class Sequence
Hour 1: introduction to the course. The heart channel, locations of the Heart points, and physical demonstration
Hour 2: locations and locating methods of the points of SI-1 to SI-8, and physical demonstration
Hour 3: Locating the points by the students
Study/Learning guide
The difficult part of today’s class is the tendons near the wrist.

Class assignments
Practice the Heart points. Practice the first group of points on the SI channel. Read the sections about the metacarpal bones and phalanges, on p275 and p276, in Anatomy & Physiology, by Saladin.

Class 3

Goals
The students will learn the location of the rest of the points on the Small Intestine channel

Objectives
1. The students should be familiar with the local anatomy, especially the methods to find C7 and T1
2. The students should be able to tell the location of the points from SI-9 to SI-19
3. The students should be able to accurately find the physical location of the points on a human body

Class Sequence
Hour 1-2: introduction to the locations and locating methods of the points from SI-9 to SI-19, including physical demonstration
Hour 3: Locating the points by the students

Study/Learning guide
The focus of this meeting include
   A. counting the vertebrae
   B. the points on the lateral side of the neck

Class assignments
Practice the SI points. Read the sections about the muscles on the neck on p342, and the Regional Characteristics of Vertebrae from p265 top266, as well as the Scapula on p271, 271, in Anatomy & Physiology, by Saladin.

Class 4

Goals
The students will learn the location of the head and neck points on Bladder channel

Objectives
1. The students should be familiar with the local anatomy, especially the methods to find external occipital protuberance
2. The students should be able to tell the route of the Bladder channel and the location of points BL-1 to BL-10
3. The students should be able to accurately find the physical location of the points on a human body

Class Sequence
Hour 1-2: introduction to the locations and locating methods of the points from BL-1 to BL-10, including physical demonstration
Hour 3: Locating the points by the students
Study/Learning guide
The students should understand
A. the special needling techniques for the points around the eyes and the points on the scalp
B. the techniques of locating points on the scalp

Class assignments
Practice the head and neck points on the BL channel.
Prepare for the 1st quiz

Class 5

Goals
The students will continue to learn the location of the points on the Bladder channel

Objectives
1. The students should be familiar with the local anatomy, especially the methods to locate the vertebra and the sacral foramen.
2. The students should be able to tell the location of the points from BL-11 to BL-34.
3. The students should be able to accurately find the physical location of the points on a human body

Class Sequence
Hour 1: Quiz 1: the acupoints on Heart and Small Intestine Channels (Written test, 20 points)
Hour 2: introduction to the locations and locating methods of the points from BL-11 to BL-34, including physical demonstration
Hour 3: Locating the points by the students

Study/Learning guide
The focus of the practical part of the class include
A. counting the lumbar vertebrae
B. locating the sacral foramen as well as
C. remembering the point categories.

Class assignments
Practice the back points on the BL channel. Practice vertebrae counting

Class 6

Goals
The students will continue to learn the location of the points on the Bladder channel

Objectives
1. The students should be more familiar with the local anatomy on the back, especially the methods to locate the vertebra and the sacral foramen.
2. The students should be able to tell the location of the points from BL-35 to BL-54.
3. The students should be able to accurately find the physical location of the points on a human body
Class Sequence
Hour 1: introduction to the locations and locating methods of the points from BL-35 to BL-54, including physical demonstration
Hour 2-3: Locating the points by the students

Study/Learning guide
A. This is another opportunity to practice the techniques of locating the vertebrae.
B. Put the Bladder points on the back in a big picture.

Class assignments
Practice the back points on the BL channel. Practice vertebrae counting. Read about Sacrum on p267 and p268 in Anatomy & Physiology, by Saladin.

Class 7

Goals
The students will continue to learn the location of the points on the Bladder channel

Objectives
1. The students should be familiar with the local anatomy, especially the muscles and tendons on the leg, and the bones on the foot.
2. The students should be able to tell the location of the points from BL-55 to BL-67.
3. The students should be able to accurately find the physical location of the points on a human body

Class Sequence
Hour 1-2: introduction to the locations and locating methods of the points from BL-55 to BL-67, including physical demonstration
Hour 3: Locating the points by the students

Study/Learning guide
The focus in this meeting includes:
A. the point categories
B. the muscle of the calf
C. the bones and tendons of the foot

Class assignments
Practice the last group of points on the BL channel. Read about Surface Anatomy of the lower limb on p400 to p405 in Anatomy & Physiology, by Saladin.

Class 8

Goals
The students will learn the location of all the points on the Kidney channel

Objectives
1. The students should be familiar with the local anatomy, especially the bones on the foot and the intercastal space
2. The students should be able to tell all the points from KI-1 to KI-27 on the Kidney channel
3. The students should be able to accurately find the physical location of the points on a human body
**Class Sequence**
Hour 1: introduction to the locations and locating methods of all the points on the Kidney channel, including physical demonstration  
Hour 2-3: Locating the points by the students

**Study/Learning guide**
The students should pay more attention to  
A. the general pathway of the Kidney channel  
B. the bones of the feet  
C. the tendons behind the knees.
D. Deferent land marks on the upper and lower abdomen for proportional cun measurements.
E. The techniques for counting the ribs and inercostal spaces.

**Class assignments**
Practice the Kidney points. Read about *The Ankle and Foot* on p281 to p284, and *Muscles Acting on the Knee* on p373, p377 in *Anatomy & Physiology*, by Saladin.

**Class 9**

**Goals**
The students will learn the location of all the points on the Pericardium channel

**Objectives**
1. The students should be familiar with the local anatomy, especially the tendons of the arm
2. The students should be able to tell all the points on the Pericardium channel
3. The students should be able to accurately find the physical location of the points on a human body

**Class Sequence**
Hour 1: introduction to the locations and locating methods of all the points on the Pericardium channel, including physical demonstration  
Hour 2-3: Locating the points by the students

**Study/Learning guide**
A. To compare the locations of arm points on deferent channels  
B. To accurately define the tendons of the forearms.

**Class assignments**
Prepare for the 2nd quiz.

Read P604 in *A manual of acupuncture*, by Peter Deadman, etc.

Practice the PC points. Read about *Muscles of the Forearm* on p361, p370 and p399 in *Anatomy & Physiology*, by Saladin.

**Class 10**

**Goals**
The students will learn the location of all the points on the Sanjiao channel
Objectives
1. The students should be familiar with the local anatomy, especially the bones of the hand and arm
2. The students should be able to tell all the points on the Sanjiao channel
3. The students should be able to accurately find the physical location of the points on a human body

Class Sequence
Hour 1: Quiz 2: Bladder, Kidney and Pericardium Channels (Written test, 25 points)
Hour 2: introduction to the locations and locating methods of the first group of points on the Sanjiao channel, with physical demonstration
Hour 2-3: Locating the points by the students

Study/Learning guide
A. Take the quiz and get over it.
B. The points proximal to the elbows tend to be confusing

Class assignments
Practice the SJ points. Review the local surface anatomy of the arm and neck.

Read P592 in A manual of acupuncture, by Peter Deadman, etc., and compare the locations of the points on the lateral side of the neck.

Class 11

Goals
This is a review class. The students will review the location of all the points learned in this term

Objectives
1. The students will have the opportunity to resolve their problems about the location of the acupuncture points learned in this term on SI, BL, K, PC, SJ and GB channels, and get their individual questions answered with one-on-one assistance
2. The students should be able to tell the locations of all the acupuncture points learned in this term
3. The students should be able to accurately find the physical location of all the acupuncture points on a human body

Class Sequence
Hour 1-3: In-class exercise: Locating the points by the participants

Study/Learning guide
A. Questions are welcome. Please ask for assistance on your difficult points.
B. Pay attention to time management.

Class assignments
Review all contents covered in this term and prepare for the final examination

Class 12

Goals
To evaluate the mastery of the location of the acupuncture points
Objectives
Evaluation of the study on point location in this term

Class Sequence:
Final examination (comprehensive)
Part I: All points (written 25 points)
Part II: Locate the points physically (25 points)

VII. Selected Bibliography

A. Books
4. Keith Moore (2003), *Clinically Oriented Anatomy*, Lippincott Williams & Wilkins

B. Web Resources
1. [http://www.yinyanghouse.com/acupoints.html](http://www.yinyanghouse.com/acupoints.html) acupuncture points database contains comprehensive information for the meridians and acupuncture points that are used in the clinical practice of acupuncture.
3. [http://www.acuxo.com/meridianPictures.asp](http://www.acuxo.com/meridianPictures.asp) acuxo's Acupuncture Points window gives you access to hundreds of detailed award winning images showing the exact point locations along with their associated meridians.
4. [http://flashcardexchange.com/tag/acupuncture](http://flashcardexchange.com/tag/acupuncture) an online flash card site helps you to memorize the locations of the acupuncture points. (a paid account required for some activities)
5. [http://highered.mcgraw-hill.com/sites/0072919264/student_view0/index.html](http://highered.mcgraw-hill.com/sites/0072919264/student_view0/index.html) From the unique organization to the exceptional art, to the complete integration of the text with technology, Saladin has formed a teaching system that will both motivate and enable you to understand and appreciate the wonders of anatomy and physiology. The Online Learning Center is designed to enhance your learning. Book-specific content such as quizzing, case studies, objectives, and web links can all be accessed by choosing from the list to the left. These materials are designed to help you succeed in your course.