

Muscle Testing - Course Outline

Brief Course Description	<i>Muscle-testing is a technique which has been used by health care professionals for many years to evaluate the function and effectiveness of the muscles.</i>	
Course Prerequisites	<i>None</i>	
Course Requirements for a Certificate	<i>Intro to Anatomy/Physiology, Intro to Pathology and Open your own Business</i>	
Textbooks Required for this Course	<i>Manuals</i>	
Equipment/Supplies Required for this Course	<i>None</i>	
Course Duration	<i>In class: Part time over 9 weeks 21 hours</i>	<i>Correspondence: 4 months</i>
Homework Hours	<i>5</i>	
Delivery Methods	<i>Indicate how the course is delivered:</i> <input type="checkbox"/> <i>On-site delivery.</i> <input type="checkbox"/> <i>Distance delivery.</i>	
Instructional Method	<i>Method of Delivery.</i> <i>Classroom (Instructor Led.)</i> <i>Or Distance Education</i>	<i>Contact Hours.</i> <i>15</i>
Learning Objectives/Outcomes	<i>By the end of this course, students should be able to:</i> <input type="checkbox"/> <i>Know how to test and balance a client</i> <input type="checkbox"/> <i>Have a basic understanding of the 14 muscle balance</i> <input type="checkbox"/> <i>Know about chi</i> <input type="checkbox"/> <i>Have a basic understanding of the five element theory</i> <input type="checkbox"/> <i>Know the locations of the meridians</i> <input type="checkbox"/> <i>Know how to do basic pulse reading</i> <input type="checkbox"/> <i>Know the source points</i>	
Student Progress/Assessment Methods	<i>Exam: Written & Practical</i> <i>Case Studies: 10</i> <i>Must have completed and passed all required classes.</i> <i>Exam</i> Mark: 80% <i>Practitioners flow with a client</i> <i>Practitioners professionalism and attitude</i> Passing grade: 80% plus: <i>Attendance</i> Mark: 5% <i>Home work</i> Mark: 5%	
Attendance Expectations	<i>If taking by on-site delivery / class room - attendance is <u>extremely</u></i>	

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important because of the accelerated time frame. Students can only miss four classes (not days) and need a doctor's note or bereavement. Class time missed is not repeated in class and will be the responsibility of the students who may have to retake in a different term or by correspondence.

Dress Expectations

In the class room students may dress to their comfort as long as when they bend over breast area is covered and if wearing a skirt or dress length is appropriate.

When doing case studies in our college;

- *All Black: shirt, pants, socks and shoes*
- *Hair clean & fashioned*
- *No rings, arm bracelets or long necklaces*
- *Comfortable shoes (no bare feet or sock feet)*
- *Nails short & clean (light or clear nail polish is okay)*
- *No face piercing other than ears (anything else confirm first)*

Course Details

	<u>Courses Covered</u>
1.	Specific body Muscles and Testing
2.	Ying and Yang
3.	Meridians & Chi
4.	Five elements theory
5.	Basic Acupressure point
6.	Basic Pulse reading
7.	Basic Source points