

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
NONCREDIT COURSE

(Use this form only for Noncredit courses)

COURSE NUMBER AND TITLE: CNED 558 TOUCH FOR HEALTH

MINIMUM NUMBER OF SEMESTER HOURS: 24

SCOPE OF COURSE:

This course is designed to teach the layman the principles of massage therapy which benefits the body through stress reduction, pain alleviation/amelioration, enhanced circulation, increased flexibility, and improved muscle tone.

SPECIFIC COURSE OBJECTIVES:

The students will:

1. Identify the muscles of the body.
2. Be able to demonstrate the 14 essential muscle tests.
3. Locate acupressure, neurolymphatic, and neurovascular points.
4. Identify the body's meridians;
5. Accurately observe muscle response during muscle testing.
6. Effectively communicate with the person being tested, using the procedures and anticipating responses.
7. Decisively choose the proper points to stimulate to improve the muscle response.
8. Express the rationale for selecting specific tests, and understand the proper positioning and alignment.
9. Be able to self-administer appropriate acupressure treatments.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction
 - A. Course Overview
 - B. Basic Introduction to Physiology
- II. Recognition of Muscle Groups

- III. Recognition of Lymphatic system
- IV. Basis 14 Muscle Tests
 - A. Muscle Balancing Techniques
 - B. Neurolymphatic Response
 - C. Neurovascular Response
- V. Identification of Meridians
- VI. Proper Alignment
 - A. Identify Origin/insertion Points
 - B. Identify Correct Application of Pressure
 - C. Ideal posture
- VII. Integrate Specific Tests into Comprehensive Individual Plan
 - A. Challenge
 - B. Cross Crawl
 - C. Food Testing
 - D. Simple Pain Reduction
 - E. Figure Eight Energy Field
 - F. Surrogate Testing
 - G. Auricular Exercises
 - H. Optic Exercises
- VIII. Recognize Stressors and How to Achieve Relief
 - A. Emotional
 - B. Physical
 - C. Environmental
- IX. Effective Communication Techniques
- X. Etiquette

MATERIALS REQUIRED:

Loose, comfortable clothing, sneakers are recommended.

TEXTS RECOMMENDED OR REQUIRED:

A notebook and folder to hold handouts from current periodicals, news sources and journals that will be provided by instructor.

INSTRUCTIONAL METHODOLOGY:

The class is a combination of lecture, demonstration, and class participation.

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes _____ No X

If yes, check all that apply.

- _____ Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- _____ Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- _____ Two-Way Video Conferencing (Two-way interactive video and audio)
- _____ One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- _____ Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

METHODS OF DETERMINING WHETHER THE STATED OBJECTIVES HAVE BEEN MET BY STUDENTS:

Students will continue to practice skills learned in class to reach degree of satisfaction with proficiency.

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SIGNATURES ON FILE
