

# ACUP – ACUPUNCTURE

## ACUP 101

### Meridian Systems and Acupuncture Points I

**3 Credits Weekly (2-1-0)**

Through a combination of lecture, demonstration, and practice, students learn methods of locating acupuncture points in relation to anatomical landmarks and body measurements. Students also learn the concepts of meridians, channels and collaterals, and acupuncture point energetics.

*Prerequisites: HLSC 104, ACUP 127.*

## ACUP 103

### Meridian Systems and Acupuncture Points II

**3 Credits Weekly (2-1-0)**

Through a combination of lecture, demonstration, and practice, students learn the surface anatomy of the regular meridians and collaterals of the three hand-yin and three hand-yang meridians. This includes learning the location of acupuncture points along the meridians, as well as their divergent channels, internal pathways, and extra points. Students also learn the concept of cyclical flow in the meridians and acupoint energetics. This course is a continuation of Meridian Systems and Acupuncture Points I.

*Prerequisites: ACUP 101.*

## ACUP 104

### Diagnostics in Traditional Chinese Medicine

**3 Credits Weekly (3-0-0)**

Students learn diagnostic methods and skills according to the principles of Traditional Chinese Medicine (TCM). Patient assessment skills used in modern TCM, including the Four Methods of Diagnosis, are explained and practiced.

*Prerequisite: ACUP 127.*

## ACUP 105

### Introduction to Qi Gong and Tui Na

**1 Credit Weekly (1-1-0)**

Qi Gong and its value in the practice of Traditional Chinese Medicine is discussed and students are introduced to basic methods of Qi Gong which includes the traditional methods of moving and tonifying Qi. Students also become familiar with basic principles of Tui Na, a style of Chinese manipulations using non-invasive techniques for therapeutic and relaxation purposes.

## ACUP 106

### Medical Terminology

**1 Credit Weekly (1-0-0)**

This course provides an introduction to both bio-medical and Traditional Chinese medical (TCM) terminology. Topics in this course include an introduction to the use of terminology related to health, organ systems, environmental influences, and disease.

## ACUP 108

### Clinical Observation I

**1 Credit Total (0-0-30)**

As the first session of clinical observation, students have the opportunity to witness all facets of patient care, diagnosis and treatment providing the link between theoretical studies and practical clinical application. Students become familiar with all aspects of clinic operation, procedures and patient visits.

*Prerequisites: ACUP 104.*

## ACUP 110

### Meridian Systems and Acupuncture Points III

**3 Credits Weekly (2-1-0)**

Through a combination of lecture, demonstration, and practice students learn the surface anatomy of the regular meridians and collaterals of the three foot-yang and three foot-yin meridians. This includes learning the location of acupuncture points on these meridians, as well as their divergent channels, internal pathways, and extra points. Students also learn the concept of cyclical flow in the meridians, and acupoint energetics. This course builds on skills acquired in Meridian Systems and Acupuncture Points I.

*Prerequisites: ACUP 101.*

## ACUP 111

### Diagnostics in Traditional Chinese Medicine II

**3 Credits Weekly (3-1-0)**

Students examine the physical, anatomical, and energetic aspects of sinew-channel-based physical assessment used in Traditional Chinese Medicine (TCM). Students learn the therapeutic use of the sinew-channel pathways and their relation to anatomical structures and tissues. Students also develop their palpation skills and further develop needling techniques in relation to the treatment of musculoskeletal conditions.

*Prerequisites: HLSC 104, ACUP 101, ACUP 104, and ACUP 210.*

## ACUP 112

### Traditional Chinese Medicine Internal Therapeutics I

**2 Credits Weekly (2-0-0)**

Students explore various conditions that may appear as a result of dysfunction of the digestive system and how these conditions are assessed, diagnosed and treated using the Traditional Chinese Medicine (TCM) system.

*Prerequisites: ACUP 101 ACUP 104 and ACUP 119.*

## ACUP 113

### Clinical Observation and Practice I

**1 Credit Total (0-0-60)**

This second clinical observation course builds upon the skills learned in Clinical Observation I. Students gradually become more involved with the patient intake process and other clinic procedures.

*Prerequisites: ACUP 108.*

## ACUP 114

### Introduction to Research Methodology

**2 Credits Weekly (2-0-0)**

This course examines the basic concepts and methodologies that are used in modern acupuncture and Traditional Chinese Medicine research. Specific difficulties in applying a commonly used research format for evidence-based practices to the complex, unique practice of Traditional Chinese Medicine are discussed.

## ACUP 115

### Qi Gong and Tui na II

**2 Credits Weekly (2-1-0)**

In this course, students build on foundational concepts, and practice more advanced techniques of Qi Gong as preparation for self discipline and mind cultivation. Tui na and Oriental body work are also covered in detail. The application of specific Tui na techniques in a wide variety of pathological conditions is explored and students learn when these techniques from Traditional Chinese Medicine are integrated in the practice of acupuncture.

*Prerequisites: ACUP 105.*

**ACUP 116****Traditional Chinese Medicine Diagnostics Lab****1 Credit Weekly (1-1-0)**

The distinct diagnostic methods used to assess patterns of disharmony in Traditional Chinese Medicine (TCM) require practical skills that can only be obtained through practice. During this course, students practice and apply the procedures involved in the Four Pillars of diagnosis in Chinese Medicine. These competencies provide the framework for 'soft skills' employed during patient intake and interview, as well as critical thinking as it relates to interpretation of clinical data.  
*Prerequisites: ACUP 104.*

**ACUP 117****Foundations of Traditional Chinese Medicine****4 Credits Weekly (4-0-0)**

Students study the history and evolution of Eastern philosophical ideas which shaped health practices and Traditional medicine in China over the course of some 3000 years. This course introduces fundamental concepts in Traditional Chinese Medicine (TCM) such as: the vital substances of the body, five phase theory, external and internal causes of disease, as well as the zang-fu organ system and the meridian-collateral system.

**ACUP 119****Foundations of Traditional Chinese Medicine II****3 Credits Weekly (3-0-0)**

Students focus on assessment and description of pathology based on diverse diagnostic systems that are typical to Traditional Chinese Medicine (TCM). Students learn how to differentiate disease patterns by studying theories of Zang Fu organs, Qi, blood and body fluids, the Eight Principles, the six stages and four levels of disease, and San Jiao.  
*Prerequisites: ACUP 127.*

**ACUP 124****Introduction to Medical Microbiology****3 Credits Weekly (3-0-0)**

In this course, students learn the basic principles of medical microbiology and the pathogenesis of infectious disease and of clinically important microbial pathogens including bacteria, viruses, parasites and fungi. Students learn how microorganisms function in disease. A brief history of microbiology, epidemiology, body defence mechanisms and aseptic techniques are also discussed.  
*Prerequisites: Biology 30.*

**ACUP 127****Foundations of Chinese Medicine I****3 Credits Weekly (3-0-0)**

Students are introduced to the history, development, and evolution of philosophical ideas and concepts which shaped health practices and Traditional medicine in China over the course of 2500 years. This course examines concepts fundamental to Acupuncture and Traditional Chinese Medicine (TCM) such as: the vital substances of the body, five-phase theory, external and internal causes of disease, as well as the zang-fu organ system.

**ACUP 200****Acupuncture Safety and Traditional Chinese Medicine Modalities I****3 Credits Weekly (2-2-0)**

Concepts of infection prevention control and clean needle technique are covered. Traditional Chinese Medicine's basic clinical modalities are taught: acupuncture needling, cupping, gua sha, and moxibustion.  
*Prerequisites: ACUP 101, ACUP 127.*

**ACUP 201****Extra Meridians & Microsystems****2 Credits Weekly (2-1-0)**

This course introduces the eight extra meridians theory and acupuncture points. The application of the theory in the clinic is discussed.  
*Prerequisites: ACUP 101, ACUP 103 and ACUP 110.*

**ACUP 203****Therapeutic Principles of Acupuncture, Point Selection and Combination****2 Credits Weekly (2-0-0)**

Students explore the theoretical and practical principles that are used to formulate an acupuncture point prescription. The meaning of acupuncture point energetics and the synergy between specific points are explained. This course also covers how the acupuncturist can adjust and customize basic point combinations to the patient's actual signs, symptoms, and conditions. The therapeutic principles and mechanism of acupuncture from both the Traditional Chinese Medicine (TCM) and conventional medicine perspectives are discussed.  
*Prerequisites: ACUP 101, ACUP 119, ACUP 104.*

**ACUP 204****Traditional Chinese Medicine Internal Therapeutics II****3 Credits Weekly (3-0-0)**

Students explore the various conditions that may appear as a result of dysfunction of the respiratory, cardiovascular systems, as well as psychological disorders. The course also covers how these conditions are assessed, diagnosed and treated according to Traditional Chinese Medicine (TCM).  
*Prerequisites: ACUP 101, ACUP 104 and ACUP 119.*

**ACUP 205****Traditional Chinese Medicine Modalities I****1 Credit Weekly (1-1-0)**

Students are introduced to the various techniques used in Traditional Chinese Acupuncture such as needling, cupping, moxibustion, gua sha and explains appropriate therapeutic use of these techniques in clinical practice. The techniques of needle stimulation, such as tonification and sedation techniques, and safety and routine practices are also covered.  
*Prerequisites: ACUP 101.*

**ACUP 206****Traditional Chinese Medicine Nutrition, Lifestyle and Zhong Yao****3 Credits Weekly (3-0-0)**

Topics in this course include the history of Chinese nutrition, basic principles of nutrition from a Chinese energetic perspective, the use of specific foods for therapeutic purposes and the role that nutrition and lifestyle play in the overall maintenance of health in an individual. A generalized overview of the energetic properties of Chinese herbs is also discussed including an introduction to Chinese herbology.  
*Prerequisites: ACUP 101, ACUP 103, ACUP 104, ACUP 110, ACUP 119 and ACUP 201.*

**ACUP 208****Clinical Observation and Practice II****2 Credits Total (0-0-120)**

The course focuses on all facets of patient care related to noninvasive techniques and therapeutic modalities. Professional behavior, attitudes, patient management and communication are discussed. Foundational principles of Traditional Chinese Medicine and universal safety and hygiene precautions used in the treatment of patients are applied.  
*Prerequisites: ACUP 113.*

**ACUP 209****Internal Medicine****3 Credits Weekly (3-0-0)**

Students examine common medical conditions that may require acute care, referral to a physician, or coordination with other healthcare professionals.

*Prerequisites: HLSC 104, MTST 126, and HLST 150.*

**ACUP 210****Traditional Chinese Medicine Modalities II****3 Credits Weekly (1-2-0)**

Students further expand their skills and knowledge of acupuncture techniques built in Modalities I. More advanced techniques, such as electro-acupuncture and scalp acupuncture are covered, as well as less commonly used techniques, like plum blossom needling, are explained, demonstrated, and practiced in class. Safety and infection prevention control practices are reinforced.

*Prerequisites: ACUP 101, ACUP 200.*

**ACUP 211****Traditional Chinese Medicine Internal Therapeutics III****3 Credits Weekly (3-0-0)**

Students explore various pathological conditions that may occur in gynecology and obstetrics based on the theory of Traditional Chinese Medicine (TCM). Students learn to do assessment, diagnosis and form appropriate treatment strategies for these conditions according to the theory of TCM.

*Prerequisites: ACUP 101, ACUP 104 and ACUP 119.*

**ACUP 213****Traditional Chinese Medicine External Therapeutics I****3 Credits Weekly (3-0-0)**

Students study musculoskeletal disorders including muscle pain, joint and bone pain resulting from arthritis, injuries and other reasons. For each disorder, etiology, diagnosis and treatment according to Traditional Chinese Medicine (TCM) are discussed. The concepts of Bi Syndrome and Wei Syndrome, including assessment, diagnosis, and treatment are also covered.

*Prerequisites: ACUP 101, ACUP 104 and ACUP 119.*

**ACUP 214****Clinical Case Studies I****1 Credit Weekly (1-0-0)**

This course is the first in a series of courses focusing on relevant clinical situations from a TCM perspective. Students learn the structure, format, and purpose of long-form versus short-form case studies. Students further develop and enhance critical thinking and decision making skills related to differential diagnosis and treatment planning.

*Prerequisites: ACUP 101, ACUP 104, ACUP 119.*

**ACUP 215****Internship I****1 Credit Total (0-0-60)**

In this first internship, students conduct an assessment and formulate an accurate Traditional Chinese Medicine (TCM) diagnosis in collaboration with a supervisor. Students develop and implement treatment plans using a variety of clinical techniques. Students develop skills in the following areas: appropriate communication with patients, professional behaviour, and proper documentation.

*Prerequisites: ACUP 101, ACUP 103, ACUP 110, ACUP 205, ACUP 208 and ACUP 210.*

**ACUP 216****Traditional Chinese Medicine External Therapeutics II****2 Credits Weekly (2-0-0)**

The second course of External Therapeutics focuses on the use of TCM for neurological conditions such as Parkinson's disease, facial paralysis, trigeminal neuralgia, and proctological, dermatological disorders including hemorrhoids, urticaria, acne, dermatitis, eczema. Disorders of the mouth, eye, ear, nose and throat such as tinnitus, deafness, otitis media, tonsillitis, laryngitis, myopia and toothache are also covered. For each disorder, definition, etiology, pathology, diagnosis, differentiation and treatment according to TCM are discussed.

*Prerequisites: ACUP 101, ACUP 104 AND ACUP 119.*

**ACUP 218****Professional Ethics and Acupuncture Regulations****1 Credit Weekly (1-0-0)**

In this course, students gain knowledge and an appreciation of issues related to standards of practice, professional code of ethics, professional boundaries, as well as matters of jurisprudence in the regulation of acupuncture in Alberta. A variety of complex clinical situations are explored such as conflicts of interest, boundary crossings, and privacy legislation. Students also learn how acupuncturists are regulated in Canada and, more specifically, in Alberta.

**ACUP 219****Clinical Case Studies II****2 Credits Weekly (2-0-0)**

This is the second in a series of courses focusing on relevant clinical presentations. Students present cases from their clinical experience and discuss them with the class and instructor.

*Prerequisites: ACUP 214.*

**ACUP 220****Internship II****2 Credits Total (0-0-140)**

Building on the first internship, students continue to make appropriate assessments and proceed with an accurate Traditional Chinese Medicine (TCM) diagnosis with the assistance of the supervisor(s), ensuring appropriate patient charting and contributing actively to the treatment of patients, using appropriate clinical techniques. Students gradually take more initiative in the complete treatment of the patient.

*Prerequisites: ACUP 215.*

**ACUP 221****Traditional Chinese Medicine Internal Therapeutics IV****3 Credits Weekly (3-0-0)**

Students explore urogenital disorders, reproductive system disorders, endocrine disorders, auto-immune disorders, infectious diseases, and pediatric disorders. Students learn appropriate assessment diagnosis and treatment strategies for these disorders according to the theory of Traditional Chinese Medicine (TCM).

*Prerequisites: ACUP 101, ACUP 104 and ACUP 119.*

**ACUP 222****Qi Gong and Tui na****3 Credits Weekly (3-2-0)**

The theory and practice of Qi Gong and its use as a method of self-care in the practice of Traditional Chinese Medicine are introduced to students.

The theory, principles, and basic techniques Tui na tissue manipulation are also discussed and practiced for integration into a professional acupuncture clinical environment.

**ACUP 303**

**Internship III**

**2 Credits Total (0-0-140)**

During the third internship, students become more independent in the clinical practice of acupuncture. Students are responsible for developing short-term and long-term treatment plans, preparing case studies and investigating advanced topics.

*Prerequisites: ACUP 220.*

**ACUP 304**

**Internship IV**

**2 Credits Total (0-0-80)**

This is the final clinical phase of internship where the senior intern applies the Traditional Chinese Medicine (TCM) knowledge and skills necessary to work independently and successfully in an acupuncture clinic.

*Prerequisites: ACUP 303.*

**ACUP 305**

**Practice Management and Professional Entry Requirements**

**3 Credits Weekly (3-0-0)**

Students prepare for the business and operational aspects of the acupuncture profession. Topics covered include areas such as business planning, start-up, and operations of a professional clinic, as well as communication skills for interdisciplinary healthcare. Best practices and policies related to working with case loads for the Workers' Compensation Board or motor vehicle accidents are reviewed.

**ACUP 311**

**Acupuncture Safety Course (Clean Needle Technique)**

**1 Credit Weekly (1-0-0)**

This course prepares students to practice acupuncture safely based on Alberta and international standards. It covers information and practice on hygiene, infection prevention, and risk management in an acupuncture clinic.

**ACUP 312**

**Herbology for Acupuncturists**

**2 Credits Weekly (2-0-0)**

This course covers the fundamental principles of Chinese herbology including the system of qualification and classification of medicinal substances unique to the Chinese medicine framework. This system is juxtaposed to basic plant pharmacology and modern pharmaceutical compounds derived from Chinese herbs. The course provides an overview of exemplar Chinese herbs and herb formulas as they relate to common health conditions.

*Prerequisites: ACUP 119.*

**ACUP 314**

**Clinical Case Studies in Chinese Medicine**

**3 Credits Weekly (3-0-0)**

In the context of Traditional Chinese Medicine theory and practice, students learn the structure, format, and purpose of analyzing and developing both long-form versus short-form case studies. Students further develop and enhance critical thinking and decision making skills related to differential diagnosis and treatment planning.

*Prerequisites: ACUP 119, ACUP 104, ACUP 210.*

**ACUP 320**

**Pharmacological Therapy**

**3 Credits Weekly (3-0-0)**

In this course, students learn a brief history of pharmacology, drug classifications and the foundation of pharmacodynamic and pharmacokinetic principles. Examples from specific drug classes are used to illustrate how the principles involved in pharmacotherapeutics need to be included in professional practice. Brief scenarios are used to integrate pharmacology with the clinical setting. Safe, evidence-based practice, indications for use, therapeutic and adverse effects, assessment and patient/client education are emphasized. Drug-herbal interaction, political, legal, ethical, social and economic factors are discussed with regards to medications and health.

*Prerequisites: ACUP 124, MTST 126.*