

# 经络腧穴学、针灸推拿手法学及其临床应用

## 模 块 教 案

**Shanghai University of Traditional Chinese Medicine**  
**Teaching Plan**

**Curriculum:** Meridians-Collaterals and Acupoints

**Title:** General Introduction of Meridians and Collaterals

**Teaching requirements:**

1. To be acquainted with the establishment and development of the theory of Meridians and Collaterals
2. To master the concept and constitution of Meridians and Collaterals, the course law of The fourteen Channels, the distribution, Circulation Direction Law , the Interior-exterior and Connecting-pertaining Relationship of the Twelve Regular Channels.
3. To master the concept, distribution, Physiological Functions of the Eight Extraordinary channels.
4. To master the concept, distribution and Physiological Functions of the Twelve Divergent Channels, Fifteen Collaterals, the Twelve Muscle Regions and the Twelve skin Regions.
5. To be acquainted with the theory of Biaoben , Genjie, Qi Jie and Sihai
6. To be familiar with the Function and the Clinic Practice of the Meridians and Collaterals

**Teaching Method:**

6-hour lecture with multimedia as assistant method.

**Shanghai University of Traditional Chinese Medicine**  
**Teaching Plan**

**Curriculum:** Meridians-Collaterals and Acupoints

**Teacher:** Deng Haiping

<b>Content</b>	<b>Tool, Time Arrangement, textbook and reference</b>
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>1. To be acquainted with the establishment and development of the theory of Meridians and Collaterals</li> <li>2. To master the concept and constitution of Meridians and Collaterals, the course law of The fourteen Channels, the distribution, Circulation Direction Law , the Interior-exterior and Connecting-pertaining Relationship of the Twelve Regular Channels.</li> <li>3. To master the concept, distribution, Physiological Functions of the Eight Extraordinary channels.</li> <li>4. To master the concept, distribution and Physiological Functions of the Twelve Divergent Channels, Fifteen Collaterals, the Twelve Muscle Regions and the Twelve skin Regions.</li> <li>5. To be acquainted with the theory of Biaoben , Genjie, Qi Jie and Sihai</li> <li>6. To be familiar with the Function and the Clinic Practice of the Meridians and Collaterals</li> </ol> <p><b>II Emphases and difficulties</b></p> <ol style="list-style-type: none"> <li>1. the concept of meridians and collaterals</li> <li>2. the emergence of some terms, including blood and qi, mai, meridians and collaterals</li> <li>3. the relation between meridians and collaterals and hanf and foot, yin and yang, zang and fu organs</li> </ol> <p><b>III Arrangement (including teaching program, main content, brief summary, questions, preparation range and introduction to the following courses)</b></p> <p><b>Teaching Content:</b></p> <p>Chapter I General Introduction of Meridians and Collaterals Section I The Constitution of the System of the Meridians and Collaterals</p> <ol style="list-style-type: none"> <li>1. The Twelve Regular Channels</li> </ol>	<p><b>Tool:</b> computer, multimedia</p> <p><b>Time Arrangement:</b> 50min for introduction of meridians and collaterals; 160min for the composition of the system of the meridians and collaterals; 30min for the function of the meridians and collaterals, the clinic practice of the theory of the meridians and collaterals;</p> <p><b>Textbook:</b> <i>Meridians-Collaterals and Acupoints</i> , national programming textbook in tenth Five-year plan</p>

Content			Tool, Time Arrangement, textbook and reference	
<p>2. The Eight Extraordinary channels  3. The Twelve Divergent Channels  4. Fifteen Collaterals  5. The Twelve Muscle Regions  6. The Twelve skin Regions</p> <p>Section II The Function of Meridians and Collaterals and the Clinic Practice of the Theory</p> <p>1. The Function of the Meridians and Collaterals  2. The Clinic Practice of the Theory of the Meridians and Collaterals</p> <p><b>Brief summary:</b>  The course introduce mainly the system of the meridians and collaterals, including the twelve regular channels, the eight extraordinary channels, the twelve divergent channels, fifteen collaterals, the twelve muscle regions, the twelve skin regions; and the function of the meridians and collaterals, the clinic practice of the theory of the meridians and collaterals.</p> <p><b>Questions:</b></p> <p>1. What is the relation between the emergence of some terms, including blood and qi, mai, meridians and collaterals, and the establishment of the theory of Meridians and Collaterals?  2. What are the sameness and the difference between the twelve divergent channels and fifteen collaterals?  3. Why is it necessary to differentiate syndromes according to the theory of meridians and collaterals?  4. To illustrate the distribution law of the twelve regular channels on limbs.  5. What is the cyclical direction and linking law of the twelve channels?  6. What is the twelve skin regions and its clinical meaning?</p> <p><b>Preparation range and introduction to the following courses</b>  General Introduction of Acupoints</p>			<p><b>Reference:</b></p> <p>1. <i>Lingshu</i>, People Sanitation Publishing, 1965, Photocopy  2. <i>Suwen</i>, People Sanitation Publishing, 1981  3. <i>Nanjing</i>, People Sanitation Publishing, 1979  4. <i>Zhenjiu jiyi jing</i>, Jin, Huangfu Mi, commerce press, 1955  5. <i>Zhenjiu Dacheng</i>, Ming, Yang Jizhou, People Sanitation Publishing, 1963</p>	
writer	Deng Haiping	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	date	

**Shanghai University of Traditional Chinese Medicine**  
**Teaching Plan**

**Curriculum:** Meridians-Collaterals and Acupoints

**Title:** General Introduction of Acupoints

**Teaching requirements**

1. To be familiar with the concept and classification of the acupoints, and the content of the Specific Points
2. To master the Actions, Indication Law and Locating Methods of the Acupoints
3. To be acquainted with the nomenclature of the acupoints

**Teaching Method:**

5-hour lecture with multimedia as assistant method.

content	Tool, Time Arrangement, textbook and reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>To be familiar with the concept and classification of the acupoints, and the content of the Specific Points</li> <li>To master the actions, indication law and locating methods of the acupoints</li> <li>To be acquainted with the nomenclature of the acupoints</li> </ol> <p><b>II Emphases and difficulties</b>  <b>Emphaese:</b> the concept and actions of acupoints  <b>difficulties:</b> the relation between acupoints and Yin-yang, wuxing</p> <p><b>III Arrangement (including teaching program, main content, brief summary, questions, preparation range and introduction to the following courses)</b>  <b>Teaching Content:</b>  <b>Chapter II General Introduction of Acupoints</b>  <b>Section 1 The Classification and Nomenclature of the Acupoints</b></p> <ol style="list-style-type: none"> <li>The classification of the acupoints</li> <li>The nomenclature of the acupoints</li> </ol> <p><b>Section 2 Actions and Indication Law of the Acupoints</b></p> <ol style="list-style-type: none"> <li>The actions of acupoints</li> <li>The indication law of the acupoints</li> </ol> <p><b>Section 3 The Specific Points</b></p> <ol style="list-style-type: none"> <li>The five-shu points</li> <li>The Yuan-primary points</li> <li>Luo-connecting points</li> <li>The Xi-cleft points</li> <li>The back-Shu and front-Mu points</li> <li>The front-Mu points</li> <li>The eight influential points (Ba-hui Points)</li> <li>The eight confluent points</li> <li>The lower He-sea points</li> <li>The crossing points</li> </ol> <p><b>Section 4 The Methods of Locating Acupoints</b></p> <ol style="list-style-type: none"> <li>To locate points by the anatomical landmarks</li> <li>To locate points by proportional measurement</li> <li>The finger measurement</li> </ol>	<p><b>Tool:</b> Computer, multimedia</p> <p><b>Time Arrangement:</b>  15min for review ;  20min for introducing acupoints;  20min for classification and nomenclature of the acupoints;  25min for the actions, indication law of the acupoints;  160min for the Specific Points and locating methods of the acupoints.</p> <p><b>Textbook:</b> Ditto</p> <p><b>Reference:</b> Ditto</p>

Content			Tool, Time Arrangement, textbook and reference	
<p><b>Brief summary:</b> The course is on the classification and nomenclature of the acupoints, actions and indication law of the acupoints, the specific points, the methods of locating acupoints.</p> <p><b>Questions:</b></p> <ol style="list-style-type: none"> <li>1. To illustrate the preventive and therapeutic functions of the acupoints.</li> <li>2. To narrate the classification of the acupoints and the respective characters.</li> <li>3. What is acupoints? What is the relation between acupoints and meridians and collaterals?</li> <li>4. What is the five-shu points? What meaning are their names?</li> </ol> <p><b>Preparation range and introduction to the following courses:</b> Establishment and Development of the Theory of Meridians and Collaterals</p>				
writer	Deng Haiping	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	date	

**Shanghai University of Traditional Chinese Medicine  
Teaching Plan**

**Curriculum:** Meridians-Collaterals and Acupoints

**Title: Establishment and Development of the Theory of Meridians and Collaterals**

**Teaching requirements**

1. To be acquainted with the establishment and development of the theory of the Meridians and Collaterals.
2. To be familiar with the relational historic writing of Meridians and Collaterals .

**Teaching Method:**

1-hour lecture

content			Tool, Time Arrangement, textbook and reference	
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>To be acquainted with the establishment and development of the theory of the Meridians and Collaterals.</li> <li>To be familiar with the relational historic writing of Meridians and Collaterals .</li> </ol> <p><b>II Emphases and difficulties</b> Emphese: The earliest monograph on Acumox</p> <p><b>III Arrangement (including teaching program, main content, brief summary, questions, preparation range and introduction to the following courses)</b></p> <p><b>Teaching Content</b></p> <p>Section 1 the establishmen of the theory of the Meridians and Collaterals</p> <ol style="list-style-type: none"> <li>Recordation before <i>Huangdi neijing</i></li> <li><i>Huangdi neijing</i></li> <li>Recordation after <i>Huangdi neijing</i></li> </ol> <p>Section 2 the development of the theory of the Meridians and Collaterals</p> <ol style="list-style-type: none"> <li>Recordation in Wei, Jin, Sui and Tang dynasties</li> <li>Recordation in Song, Yuan, Ming and Qing dynasties</li> </ol> <p><b>Brief summary:</b> It is on the establishment and development of the theory of the Meridians and Collaterals.</p> <p><b>Questions:</b></p> <ol style="list-style-type: none"> <li>What symbolize the basic formation of acumox theory system?</li> <li>Which part of <i>Huangdi neijing</i> narrates specially meridians and collaterals?</li> <li>What is the earliest literature on meridians and collaterals?</li> <li>Who is the author of <i>Exposition of the Fourteen Meridians</i>?</li> </ol> <p><b>preparation range and introduction to the following courses:</b> Meridian and Acupoints of Hand-Taiyin</p>			<p><b>Tool:</b> Computer, multimedia</p> <p><b>Time Arrangement:</b> 15min for review; 25min for the establishment and development of the theory of the Meridians and Collaterals.</p> <p><b>Textbook:</b> Ditto</p> <p><b>Reference:</b> Ditto</p>	
writer	Deng Haiping	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	date	

**Shanghai University of Traditional Chinese Medicine  
Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Meridians-Collaterals and Acupoints of Hand-Taiyin

**Teaching requirements:**

1. To master the original text of the course of Meridian of Hand-Taiyin in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Hand-Taiyin.
3. To be familiar with the content of collaterals and divergent meridian of Hand-Taiyin.
4. To be acquainted with the content of muscle region of Hand-Taiyin.
5. To master the location, indication and manipulation of the common acupoints of Hand-Taiyin. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Hand-Taiyin.

**Teaching Methods:**

2-hour lecture with multimedia, 0.5-hour for locating the acupoints.

<b>Content</b>	<b>Teaching aid, Time arrangement,</b>
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	<b>Reference</b>
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>To master the original text of the course of Meridian of Hand-Taiyin in <i>Lingshu, Meridian</i>.</li> <li>To be familiar with the diseases and syndromes of Hand-Taiyin.</li> <li>To be familiar with the content of collaterals and divergent meridian of Hand-Taiyin.</li> <li>To be acquainted with the content of muscle region of Hand-Taiyin.</li> <li>To master the location, indication and manipulation of the common acupoints of Hand-Taiyin. To be familiar with the location and of the uncommon acupoints.</li> <li>To be acquainted with the main regional anatomy of the acupoints of Hand-Taiyin.</li> </ol> <p><b>II Emphases and difficulties</b>  Emphases: Course of Hand-Taiyin, Location of the important points of Hand-Taiyin  Difficulties: manipulation of the points at chest</p> <p><b>III Arrangement(including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b>  Section 1 meridian and collateral of Hand-Taiyin  1. Meridian of Hand-Taiyin  2. Collateral of Hand-Taiyin  3. Divergent meridian of Hand-Taiyin  Section 2 Acupoints of Hand-Taiyin (11 points, among which those with “star” are important acupoints.)  Zhongfu*, Yunmen, Tianfu, Xiabai, Chize*, kongzui*, jingju, Taiyuan*, Yuji, Shaoshang*.</p> <p><b>Brief summary</b>  The course of the meridian of Hand-Taiyin, the location, indications, manipulation of acupoints of Hand-Taiyin are mainly introduced.</p> <p><b>Thinking cap</b></p> <ol style="list-style-type: none"> <li>Why lung Meridian originates from Middle-Jiao?</li> </ol>	<p><b>Teaching aid</b>  Computer, multimedia.</p> <p><b>Time arrangement</b>  Summary of acupoints: review for 10 min;  Course of Hand-Taiyin: lecture for 30 min;  Location, indication and manipulation of points of Lung Meridian: lecture for 40 min.  Locating the points for 0.5 lecture hour.</p> <p><b>Text book:</b>  Ditto</p> <p><b>Reference:</b>  Ditto.</p>

2. Try to state the course of Lung Meridian in *Lingshu, Meridian*.
3. Try to state the special acupoints of Lung Meridian.
4. What's the location and manipulation of Zhongfu?

**Preparation range and introduction to the following courses:**

Meridian-collateral and acupoints of Hand-Yangming.

<b>Writer</b>	Cheng Ke	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine  
Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Meridians-Collaterals and Acupoints of Hand-Yangming

**Teaching requirements:**

1. To master the original text of the course of Meridian of Hand-Yangming in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Hand-Yangming.
3. To be familiar with the content of collaterals and divergent meridian of Hand-Yangming.
4. To be acquainted with the content of muscle region of Hand-Yangming.
5. To master the location, indication and manipulation of the common acupoints of Hand-Yangming. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Hand-Yangming.

**Teaching Methods:**

By using Multimedia, 2.5-hour lecture, 0.5-hour for locating the acupoints.

<b>Content</b>	<b>Teaching aid, time arrangement,</b>
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	reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>1. To master the original text of the course of Meridian of Hand-Yangming in <i>Lingshu, Meridian</i>.</li> <li>2. To be familiar with the diseases and syndromes of Hand-Yangming.</li> <li>3. To be familiar with the content of collaterals and divergent meridian of Hand-Yangming.</li> <li>4. To be acquainted with the content of muscle region of Hand-Yangming.</li> <li>5. To master the location, indication and manipulation of the common acupoints of Hand-Yangming. To be familiar with the location and of the uncommon acupoints.</li> <li>6. To be acquainted with the main regional anatomy of the acupoints of Hand-Yangming.</li> </ol> <p><b>II Emphases and difficulties</b>  Emphases: Course of Hand-Yangming, Location of the common points of Hand-Yangming.  Difficulties: manipulation of the points at shoulder.</p> <p><b>III Arrangement(including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b>  Section 1 meridian and collateral of Hand-Yangming  1. Meridian of Hand-Yangming  2. Collateral of Hand-Yangming  3. Divergent meridian of Hand-Yangming  Section 2 Acupoints of Hand-Yangming (20 points.)  Shangyang*, Erjian, Sanjian*, Hegu*, Yangxi*, Pianli, Wenliu, Xialian, Shanglian, Shousanli*, Quchi*, Zhouliiao*, Jugu, Tianding, Futu, Kouheliao, Yingxiang*.</p> <p><b>Brief summary</b>  The course of the meridian of Hand-Yangming, the location, indications, manipulation of acupoints of Hand-Yangming are mainly introduced.</p> <p><b>Thinking cap</b></p> <ol style="list-style-type: none"> <li>1. Try to state the course of Large Intestine Meridian in</li> </ol>	<p><b>Teaching aid</b>  Computer, multimedia.</p> <p><b>Time arrangement</b>  Summary of acupoints: review for 10 min;  Course of Hand-Yangming: lecture for 30 min;  Location, indication and manipulation of points of Large Intestine Meridian: lecture for 80 min.  Locating the points for 20 min.</p> <p><b>Text book:</b>  Ditto</p> <p><b>Reference:</b>  Ditto.</p>

*Lingshu, Meridian.*

2. Try to state the special acupoints of Large Intestine Meridian.

**Preparation range and introduction to the following courses:**

Meridian-collateral and acupoints of Foot-Yangming.

<b>Writer</b>	Cheng Ke	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine  
Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Meridians-Collaterals and Acupoints of Foot-Yangming

**Teaching requirements:**

1. To master the original text of the course of Meridian of Foot-Yangming in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Foot-Yangming.
3. To be familiar with the content of collaterals and divergent meridian of Foot-Yangming.
4. To be acquainted with the content of muscle region of Foot-Yangming.
5. To master the location, indication and manipulation of the common acupoints of Foot-Yangming. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Foot-Yangming.

**Teaching Methods:**

By using Multimedia, 4-hour lecture, 1-hour for locating the acupoints.

<b>Content</b>	<b>Teaching aid, time arrangement,</b>
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	reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>To master the original text of the course of Meridian of Foot-Yangming in <i>Lingshu, Meridian</i>.</li> <li>To be familiar with the diseases and syndromes of Foot-Yangming.</li> <li>To be familiar with the content of collaterals and divergent meridian of Foot-Yangming.</li> <li>To be acquainted with the content of muscle region of Foot-Yangming.</li> <li>To master the location, indication and manipulation of the common acupoints of Foot-Yangming. To be familiar with the location and of the uncommon acupoints.</li> <li>To be acquainted with the main regional anatomy of the acupoints of Foot-Yangming.</li> </ol> <p><b>II Emphases and difficulties</b> Emphases: Course of Foot-Yangming, Location of the common points of Foot-Yangming. Difficulties: manipulation of the points at chest and abdomen.</p> <p><b>III Arrangement(including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b></p> <p>Section 1 meridian and collateral of Foot-Yangming</p> <ol style="list-style-type: none"> <li>Meridian of Foot-Yangming</li> <li>Collateral of Foot-Yangming</li> <li>Divergent meridian of Foot-Yangming</li> </ol> <p>Section 2 Acupoints of Foot-Yangming (45 points) Chengqi*, Sibai*, Juliao*, Dicang*, Daying, Jiache*, Xiaguan*, Touwei*, Renying, Shuitu, Qishe, Quepen; Qihu, Kufang, Wuyi, Yingchuang, Ruzhong, Rugen, Burong, Chengman, Liangmen*, Guanmen, Taiyi, Huaroumen, Tianshu*, Wailing, Daju, Shuidao, Guilai*, Qichong; Biguan, Futu*, Yinshi, Liangqiu*, Dubi, Zusanli*, Shangjuxu*, Tiaokou, Xiajuxu*, Fenglong*, Jiexi*, Chongyang, Xiangu, Neiting*, Lidui*.</p> <p><b>Brief summary</b> The course of the meridian of Foot-Yangming, the location, indications, manipulation of acupoints of Foot-Yangming are mainly introduced.</p> <p><b>Thinking cap</b></p> <ol style="list-style-type: none"> <li>Try to state the course of Foot-Yangming in <i>Lingshu</i>,</li> </ol>	<p><b>Teaching aid</b> Computer, multimedia.</p> <p><b>Time arrangement</b> Summary of acupoints: review for 10 min; Course of Foot-Yangming: lecture for 30 min; Location, indication and manipulation of points of Stomache Meridian: lecture for 120 min. Self-study for 80 min.</p> <p><b>Text book:</b> Ditto</p> <p><b>Reference:</b> Ditto.</p>

2. Which points are under the knee in Stomach Meridian?  
Among them which are special points and belongs to what kind of special points?

3. What's the location and manipulation of Chengqi ?

**Preparation range and introduction to the following courses:**

Meridian-collateral and acupoints of Foot-Taiyin.

<b>Writer</b>	Deng Haiping	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine**  
**Teaching Plan**

Year: 2006-2007      Term: First term      Course: Meridians-Collaterals and Acupoints  
Title: Meridians-Collaterals and Acupoints of Foot-Taiyin

**Teaching requirements:**

1. To master the original text of the course of Meridian of Foot-Taiyin in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Foot-Taiyin.
3. To be familiar with the content of collaterals and divergent meridian of Foot-Taiyin
4. To be acquainted with the content of muscle region of Foot-Taiyin.
5. To master the location, indication and manipulation of the common acupoints of Foot-Taiyin. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Foot-Taiyin.

**Teaching Methods:**

By using Multimedia, 3-hour lecture, 1-hour for locating the acupoints.

Content	Teaching aid, time arrangement, reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>To master the original text of the course of Meridian of Foot-Taiyin in <i>Lingshu, Meridian</i>.</li> <li>To be familiar with the diseases and syndromes of Foot-Taiyin.</li> <li>To be familiar with the content of collaterals and divergent meridian of Foot-Taiyin.</li> <li>To be acquainted with the content of muscle region of Foot-Taiyin.</li> <li>To master the location, indication and manipulation of the common acupoints of Foot-Taiyin. To be familiar with the location and of the uncommon acupoints.</li> <li>To be acquainted with the main regional anatomy of the acupoints of Foot-Taiyin.</li> </ol> <p><b>II Emphases and difficulties</b> Emphases: Course of Foot-Taiyin, Location of the common points of Foot-Taiyin. Difficulties: manipulation of the points at chest and abdomen.</p> <p><b>III Arrangement(including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b> Section 1 meridian and collateral of Foot-Taiyin</p> <ol style="list-style-type: none"> <li>Meridian of Foot-Taiyin</li> <li>Collateral of Foot-Taiyin</li> <li>Divergent meridian of Foot-Taiyin</li> </ol> <p>Section 2 Acupoints of Foot-Taiyin (21 points.) Yinbai*, Dadu, Taibai*, Gongsun*, Shangqiu, Sanyinjiao*, Lougu, Dijj*, Yinlingquan*, Xuehai*, Jimen, Chongmen, Fushe, Fujie, Daheng*, Fuai, Shidou, Tianxi, Xiongxiang, Zhourong, Dabao*.</p> <p><b>Brief summary</b> The course of the meridian of Foot-Taiyin, the location, indications, manipulation of acupoints of Foot-Taiyin are mainly introduced.</p>	<p><b>Teaching aid</b> Computer, multimedia.</p> <p><b>Time arrangement</b> Summary of acupoints: review for 20 min; Course of Foot-Taiyin: lecture for 20 min; Location, indication and manipulation of points of Spleen Meridian: lecture for 80 min. Locating the points for 40 min.</p> <p><b>Text book:</b> Ditto</p> <p><b>Reference:</b> Ditto.</p>

**Thinking cap**

1. Try to state the course of Foot-Taiyin in *Lingshu, Meridian*.
2. Try to state the special acupoints of Large Intestine Meridian.
3. Which points can not be acupunctured deeply in Spleen Meridian?

**Preparation range and introduction to the following courses:**

Meridian-collateral and acupoints of Hand-Shaoyin.

<b>Writer</b>	<b>Cheng Ke</b>	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine  
Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Meridians-Collaterals and Acupoints of Hand-Shaoyin

**Teaching requirements:**

1. To master the original text of the course of Meridian of Hand-Shaoyin in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Hand-Shaoyin.
3. To be familiar with the content of collaterals and divergent meridian of Hand-Shaoyin
4. To be acquainted with the content of muscle region of Hand-Shaoyin.
5. To master the location, indication and manipulation of the common acupoints of Hand-Shaoyin. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Hand-Shaoyin.

**Teaching Methods:**

By using Multimedia, 1.5-hour lecture, 0.5-hour for locating the acupoints.

Content	Teaching aid, time arrangement, reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>To master the original text of the course of Meridian of Hand-Shaoyin in <i>Lingshu, Meridian</i>.</li> <li>To be familiar with the diseases and syndromes of Hand-Shaoyin.</li> <li>To be familiar with the content of collaterals and divergent meridian of Hand-Shaoyin.</li> <li>To be acquainted with the content of muscle region of Hand-Shaoyin.</li> <li>To master the location, indication and manipulation of the common acupoints of Hand-Shaoyin. To be familiar with the location and of the uncommon acupoints.</li> <li>To be acquainted with the main regional anatomy of the acupoints of Hand-Shaoyin.</li> </ol> <p><b>II Emphases and difficulties</b> Emphases: Course of Hand-Shaoyin, Location of the common points of Hand-Shaoyin. Difficulties: Standard location of Jiquan and Shaohai.</p> <p><b>III Arrangement(including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b> Section 1 meridian and collateral of Hand-Shaoyin 1. Meridian of Hand-Shaoyin 2. Collateral of Hand-Shaoyin 3. Divergent meridian of Hand-Shaoyin</p> <p>Section 2 Acupoints of Hand-Shaoyin (9 points,) Jiquan*, Qingling, Shaohai*, Lingdao, Tongli*, Yinxi*, Shenmen*, Shaofu, Shaochong*.</p> <p><b>Brief summary</b> The course of the meridian of Hand-Shaoyin, the location, indications, manipulation of acupoints of Hand-Shaoyin are mainly introduced.</p>	<p><b>Teaching aid</b> Computer, multimedia.</p> <p><b>Time arrangement</b> Summary of acupoints: review for 10 min; Course of Hand-Shaoyin: lecture for 10 min; Location, indication and manipulation of points of Heart Meridian: lecture for 40 min. Locating the points for 20 min.</p> <p><b>Text book:</b> Ditto</p> <p><b>Reference:</b> Ditto.</p>

**Thinking cap**

1. Try to state the course of Hand-Shaoyin in *Lingshu, Meridian*.
2. How many special points in Heart Meridian? List their name in series.

**Preparation range and introduction to the following courses:**

Meridian-collateral and acupoints of Hand-Taiyang.

<b>Writer</b>	<b>Cheng Ke</b>	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine**  
**Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Meridians-Collaterals and Acupoints of Hand-Taiyang

**Teaching requirements:**

1. To master the original text of the course of Meridian of Hand-Taiyang in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Hand-Taiyang.
3. To be familiar with the content of collaterals and divergent meridian of Hand-Taiyang.
4. To be acquainted with the content of muscle region of Hand-Taiyang.
5. To master the location, indication and manipulation of the common acupoints of Hand-Taiyang. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Hand-Taiyang.

**Teaching Methods:**

By using Multimedia, 3-hour lecture, 0.5-hour for locating the acupoints.

Content	Teaching aid, time arrangement, reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>To master the original text of the course of Meridian of Hand-Taiyang in <i>Lingshu, Meridian</i>.</li> <li>To be familiar with the diseases and syndromes of Hand-Taiyang.</li> <li>To be familiar with the content of collaterals and divergent meridian of Hand-Taiyang.</li> <li>To be acquainted with the content of muscle region of Hand-Taiyang.</li> <li>To master the location, indication and manipulation of the common acupoints of Hand-Taiyang. To be familiar with the location and of the uncommon acupoints.</li> <li>To be acquainted with the main regional anatomy of the acupoints of Hand-Taiyang.</li> </ol> <p><b>II Emphases and difficulties</b></p> <p>Emphases: Course of Hand-Taiyang, Location of the common points of Hand-Taiyang.</p> <p>Difficulties: manipulation of the points at face.</p> <p><b>III Arrangement(including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b></p> <p>Section 1 meridian and collateral of Hand-Taiyang</p> <ol style="list-style-type: none"> <li>Meridian of Hand-Taiyang</li> <li>Collateral of Hand-Taiyang</li> <li>Divergent meridian of Hand-Taiyang</li> </ol> <p>Section 2 Acupoints of Hand-Taiyang (19 points,)</p> <p>Shaoze*, Qiangu, Houxi*, Wangu*, Yanggu, Yanglao*, Zhizheng*, Xiaohai, Jianzhen*, Naoshu, Tianzong*, Bingfeng, Quyuan, Jianwaishu, Jianzhongshu, Tianchuang, Tianrong, Quanliao*, Tinggong*</p> <p><b>Brief summary</b></p> <p>The course of the meridian of Hand-Taiyang, the location, indications, manipulation of acupoints of Hand-Taiyang are mainly introduced.</p>	<p><b>Teaching aid</b></p> <p>Computer, multimedia.</p> <p><b>Time arrangement</b></p> <p>Summary of acupoints: review for 20 min;</p> <p>Course of Hand-Taiyang: lecture for 30 min;</p> <p>Location, indication and manipulation of points of Small Intestine Meridian: lecture for 70 min.</p> <p>Locating the points for 20 min.</p> <p><b>Text book:</b></p> <p>Ditto</p> <p><b>Reference:</b></p> <p>Ditto.</p>

**Thinking cap**

1. Try to state the course of Small Intestine Meridian in *Lingshu, Meridian*.
2. How many special points in Small Intestine Meridian? List their name in series..
3. What's the location and manipulation of Tinggong?

**Preparation range and introduction to the following courses:**

Meridian-collateral and acupoints of Foot-Taiyang.

<b>Writer</b>	<b>Cheng Ke</b>	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine**  
**Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Meridians-Collaterals and Acupoints of Foot-Taiyang

**Teaching requirements:**

1. To master the original text of the course of Meridian of Foot-Taiyang in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Foot-Taiyang.
3. To be familiar with the content of collaterals and divergent meridian of Foot-Taiyang.
4. To be acquainted with the content of muscle region of Foot-Taiyang.
5. To master the location, indication and manipulation of the common acupoints of Foot-Taiyang. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Foot-Taiyang.

**Teaching Methods:**

By using Multimedia, 5-hour lecture, 1.5-hour for locating the acupoints.

Content	Teaching aid, time arrangement, reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>To master the original text of the course of Meridian of Foot-Taiyang in <i>Lingshu, Meridian</i>.</li> <li>To be familiar with the diseases and syndromes of Foot-Taiyang.</li> <li>To be familiar with the content of collaterals and divergent meridian of Foot-Taiyang.</li> <li>To be acquainted with the content of muscle region of Foot-Taiyang.</li> <li>To master the location, indication and manipulation of the common acupoints of Foot-Taiyang. To be familiar with the location and of the uncommon acupoints.</li> <li>To be acquainted with the main regional anatomy of the acupoints of Foot-Taiyang.</li> </ol> <p><b>II Emphases and difficulties</b></p> <p>Emphases: Course of Foot-Taiyang, Location of the common points of Foot-Taiyang.</p> <p>Difficulties: manipulation of the points at back, lumbar and sacrum.</p> <p><b>III Arrangement(including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b></p> <p>Section 1 meridian and collateral of Foot-Taiyang</p> <ol style="list-style-type: none"> <li>Meridian of Foot-Taiyang</li> <li>Collateral of Foot-Taiyang</li> <li>Divergent meridian of Foot-Taiyang</li> </ol> <p>Section 2 Acupoints of Foot-Taiyang (67 points,)</p> <p>Jingming*, Cuanzhu*, Meichong, Qucha, Wuchu, Chengguang, Tongtian, Luoque, Yuzhen, Tianzhu*; Dazhu, Fengmen*, Feishu*, Jueyinshu, Xinshu*, Dushu, Geshu*, Ganshu*, Danshu*, Pishu*, Weishu*, Sanjiaoshu, Shenshu*, Qihai, Dachangshu*, Guanyuanshu, Xiaochangshu, Panguangshu*, Zhonglvshu, Baihuanshu, Shangliao, Ciliao*, Zhongliao, Xialiao, Huiyang; Chengfu, Yinmen, Fuxi, Weiyang, Weizhong*; Fufen, Pohu, Gaohuang*, Shentang, Yixi, Geguan, Hunmen, Yanggang, Yishe, Weicang, Huangmen, Zhishi*, Baohuang, Zhibian*; Heyang, Chengjin, Chengshan*, Feiyang*, Fuyang, Kunlun*, Pucan, Shenmai*, Jinmen, Jinggu, Shugu, Zutonggu, Zhiyin*.</p>	<p><b>Teaching aid</b></p> <p>Computer, multimedia.</p> <p><b>Time arrangement</b></p> <p>Summary of acupoints: review for 10 min; Course of Foot-Taiyang: lecture for 40 min; Location, indication and manipulation of points of Bladder Meridian: lecture for 110 min. Self-study for 80 min.</p> <p><b>Text book:</b></p> <p>Ditto</p> <p><b>Reference:</b></p> <p>Ditto.</p>

**Brief summary**

The course of the meridian of Foot-Taiyang, the location, indications, manipulation of acupoints of Foot-Taiyang are mainly introduced.

**Thinking cap**

1. Try to state the course of Small Intestine Meridian in *Lingshu, Meridian*.
2. Which meridians are connected with Jingming?
3. Try to state the location and and function of Eight Liao Point.
4. How to understand “Acupuncture BL40 to treat Lumbar and back pain”?
5. Why moxibusting Zhiyin can correct the position of fetus?

**Preparation range and introduction to the following courses:**

Meridian-collateral and acupoints of Foot-Shaoyin.

<b>Writer</b>	<b>Cheng Ke</b>	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine**  
**Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Meridians-Collaterals and Acupoints of Foot-Shaoyin

**Teaching requirements:**

1. To master the original text of the course of Meridian of Foot-Shaoyin in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Foot-Shaoyin.
3. To be familiar with the content of collaterals and divergent meridian of Foot-Shaoyin.
4. To be acquainted with the content of muscle region of Foot-Shaoyin.
5. To master the location, indication and manipulation of the common acupoints of Foot-Shaoyin. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Foot-Shaoyin.

**Teaching Methods:**

By using Multimedia, 2.5-hour lecture, 0.5-hour for locating the acupoints.

Content	Teaching aid, time arrangement, reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>To master the original text of the course of Meridian of Foot-Shaoyin in <i>Lingshu, Meridian</i>.</li> <li>To be familiar with the diseases and syndromes of Foot-Shaoyin.</li> <li>To be familiar with the content of collaterals and divergent meridian of Foot-Shaoyin.</li> <li>To be acquainted with the content of muscle region of Foot-Shaoyin.</li> <li>To master the location, indication and manipulation of the common acupoints of Foot-Shaoyin. To be familiar with the location and of the uncommon acupoints.</li> <li>To be acquainted with the main regional anatomy of the acupoints of Foot-Shaoyin.</li> </ol> <p><b>II Emphases and difficulties</b> Emphases: Course of Foot-Shaoyin, Location of the common points of Foot-Shaoyin. Difficulties: manipulation of the points at chest and abdomen.</p> <p><b>III Arrangement(including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b> Section 1 meridian and collateral of Foot-Shaoyin 1. Meridian of Foot-Shaoyin 2. Collateral of Foot-Shaoyin 3. Divergent meridian of Foot-Shaoyin Section 2 Acupoints of Foot-Shaoyin (27 points,) Yongyuan*, Rangu*, Taixi*, Dazhong*, Shuiquan, Zhaohai*, Fulu*, Jiaoxin, Zhubin, Yingu, Henggu, Dahe, Qixue, Siman, Zhongzhu, Huangshu, Shangqu, Shiguan, Yindu, Futonggu, Youmen; Bulang, Shenfeng, Lingxu, Shencang, Yuzhong, Shufu*.</p> <p><b>Brief summary</b> The course of the meridian of Foot-Shaoyin, the location, indications, manipulation of acupoints of Foot-Taiyang are mainly introduced.</p>	<p><b>Teaching aid</b> Computer, multimedia.</p> <p><b>Time arrangement</b> Summary of acupoints: review for 15 min; Course of Foot-Shaoyin: lecture for 25 min; Location, indication and manipulation of points of Kidney Meridian: lecture for 60 min. Locating the points for 20 min.</p> <p><b>Text book:</b> Ditto</p> <p><b>Reference:</b> Ditto.</p>

**Thinking cap**

1. Try to state the course of Kidney Meridian in *Lingshu, Meridian*.
2. Try to state the location and name of the Five Shu Points of Kidney Meridian.
3. Which meridians are connected with the tongue root? And write them down.

**Preparation range and introduction to the following courses:**

Meridian-collateral and acupoints of Hand-Jueyin.

<b>Writer</b>	<b>Cheng Ke</b>	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine  
Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Meridians-Collaterals and Acupoints of Hand-Jueyin

**Teaching requirements:**

1. To master the original text of the course of Meridian of Hand-Jueyin in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Hand-Jueyin.
3. To be familiar with the content of collaterals and divergent meridian of Hand-Jueyin.
4. To be acquainted with the content of muscle region of Hand-Jueyin.
5. To master the location, indication and manipulation of the common acupoints of Hand-Jueyin. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Hand-Jueyin.

**Teaching Methods:**

By using Multimedia, 1.5-hour lecture, 0.5-hour for locating the acupoints.

Content	Teaching aid, time arrangement, reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>1. To master the original text of the course of Meridian of Hand-Jueyin in <i>Lingshu, Meridian</i>.</li> <li>2. To be familiar with the diseases and syndromes of Hand-Jueyin.</li> <li>3. To be familiar with the content of collaterals and divergent meridian of Hand-Jueyin.</li> <li>4. To be acquainted with the content of muscle region of Hand-Jueyin.</li> <li>5. To master the location, indication and manipulation of the common acupoints of Hand-Jueyin. To be familiar with the location and of the uncommon acupoints.</li> <li>6. To be acquainted with the main regional anatomy of the acupoints of Hand-Jueyin.</li> </ol> <p><b>II Emphases and difficulties</b></p> <p>Emphases: Course of Hand-Jueyin, Location of the common points of Hand-Jueyin.</p> <p>Difficulties: manipulation of the points at chest and abdomen.</p> <p><b>III Arrangement(including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b></p> <p>Section 1 meridian and collateral of Hand-Jueyin</p> <ol style="list-style-type: none"> <li>1. Meridian of Hand-Jueyin.</li> <li>2. Collateral of Hand-Jueyin.</li> <li>3. Divergent meridian of Hand-Jueyin.</li> </ol> <p>Section 2 Acupoints of Hand-Jueyin (9 points,)</p> <p>Tianchi*, Tianquan, Quze*, Ximen, Jianshi*, Neiguan*, Daling*, Laogong*, Zhongchong*.</p> <p><b>Brief summary</b></p> <p>The course of the meridian of Foot-Shaoyin, the location, indications, manipulation of acupoints of Hand-Jueyin are mainly introduced.</p>	<p><b>Teaching aid</b></p> <p>Computer, multimedia.</p> <p><b>Time arrangement</b></p> <p>Summary of acupoints: review for 10 min;</p> <p>Course of Hand-Jueyin: lecture for 15 min;</p> <p>Location, indication and manipulation of points of Hand-Jueyin Meridian: lecture for 35 min.</p> <p>Locating the points for 20 min.</p> <p><b>Text book:</b></p> <p>Ditto</p> <p><b>Reference:</b></p> <p>Ditto.</p>

**Thinking cap**

1. Try to state the course of Pericardium Meridian in *Lingshu, Meridian*.
2. Try to state the location and name of the Five Shu Points of Pericardium Meridian.
3. Try to state the location and function of Point Neiguan.

**Preparation range and introduction to the following courses:**

Meridian-collateral and acupoints of Hand-Shaoyang.

<b>Writer</b>	<b>Zhao Ling</b>	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine**  
**Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Meridians-Collaterals and Acupoints of Hand-Shaoyang

**Teaching requirements:**

1. To master the original text of the course of Meridian of Hand-Shaoyang in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Hand-Shaoyang.
3. To be familiar with the content of collaterals and divergent meridian of Hand-Shaoyang.
4. To be acquainted with the content of muscle region of Hand-Shaoyang.
5. To master the location, indication and manipulation of the common acupoints of Hand-Shaoyang. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Hand-Shaoyang.

**Teaching Methods:**

By using Multimedia, 3-hour lecture, 1-hour for locating the acupoints.

Content	Teaching aid, time arrangement, reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>1. To master the original text of the course of Meridian of Hand-Shaoyang in <i>Lingshu, Meridian</i>.</li> <li>2. To be familiar with the diseases and syndromes of Hand-Shaoyang.</li> <li>3. To be familiar with the content of collaterals and divergent meridian of Hand-Shaoyang.</li> <li>4. To be acquainted with the content of muscle region of Hand-Shaoyang.</li> <li>5. To master the location, indication and manipulation of the common acupoints of Hand-Shaoyang. To be familiar with the location and of the uncommon acupoints.</li> <li>6. To be acquainted with the main regional anatomy of the acupoints of Hand-Shaoyang.</li> </ol> <p><b>II Emphases and difficulties</b></p> <p>Emphases: Course of Hand-Shaoyang, Location of the common points of Hand-Shaoyang.</p> <p>Difficulties: manipulation of the points at head.</p> <p><b>III Arrangement (including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b></p> <p>Section 1 meridian and collateral of Hand-Shaoyang</p> <ol style="list-style-type: none"> <li>1. Meridian of Hand-Shaoyang.</li> <li>2. Collateral of Hand-Shaoyang.</li> <li>3. Divergent meridian of Hand-Shaoyang.</li> </ol> <p>Section 2 Acupoints of Hand-Shaoyang (23 points,)</p> <p>Guanchong*, Yemen, Zhongzhu*, Yangchi*, Waiguan*, Zhigou*, Huizong, Sanyangluo, Sidu, Tianjing*, Qinglengyuan, Xiaoluo, Jianliao*, Tianliao, Tianyong, Yifeng*, Chimai, Luxi, Jiaosun, Ermen*, Erheliao, Sizhukong*.</p> <p><b>Brief summary</b></p> <p>The course of the meridian of Hand-Shaoyang, the location, indications, manipulation of acupoints of Hand-Shaoyang are mainly introduced.</p> <p><b>Thinking cap</b></p>	<p><b>Teaching aid</b></p> <p>Computer, multimedia.</p> <p><b>Time arrangement</b></p> <p>Summary of acupoints: review for 10 min;</p> <p>Course of Hand-Shaoyang: lecture for 30min;</p> <p>Location, indication and manipulation of points of Sanjiao Meridian: lecture for 80 min.</p> <p>Locating the points for 40 min.</p> <p><b>Text book:</b></p> <p>Ditto</p> <p><b>Reference:</b></p> <p>Ditto.</p>

1. Try to state the course of Sanjiao Meridian in *Lingshu, Meridian*.
2. Try to state the name and location of the points of three Yang Meridians located on the wrist transverse crease.
3. Try to state the location and and function of Point Waiguan.

**Preparation range and introduction to the following courses:**

Meridian-collateral and acupoints of Foot-Shaoyang.

<b>Writer</b>	<b>Zhao Ling</b>	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine**  
**Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Meridians-Collaterals and Acupoints of Foot-Shaoyang

**Teaching requirements:**

1. To master the original text of the course of Meridian of Foot-Shaoyang in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Foot-Shaoyang.
3. To be familiar with the content of collaterals and divergent meridian of Foot-Shaoyang.
4. To be acquainted with the content of muscle region of Foot-Shaoyang.
5. To master the location, indication and manipulation of the common acupoints of Foot-Shaoyang. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Foot-Shaoyang.

**Teaching Methods:**

By using Multimedia, 4-hour lecture, 1.5-hour for locating the acupoints.

Content	Teaching aid, time arrangement, reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>1. To master the original text of the course of Meridian of Foot-Shaoyang in <i>Lingshu, Meridian</i>.</li> <li>2. To be familiar with the diseases and syndromes of Foot-Shaoyang.</li> <li>3. To be familiar with the content of collaterals and divergent meridian of Foot-Shaoyang.</li> <li>4. To be acquainted with the content of muscle region of Foot-Shaoyang.</li> <li>5. To master the location, indication and manipulation of the common acupoints of Foot-Shaoyang. To be familiar with the location and of the uncommon acupoints.</li> <li>6. To be acquainted with the main regional anatomy of the acupoints of Foot-Shaoyang.</li> </ol> <p><b>II Emphases and difficulties</b></p> <p>Emphases: Course of Foot-Shaoyang, Location of the common points of Foot-Shaoyang.</p> <p>Difficulties: manipulation of the points at head.</p> <p><b>III Arrangement (including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b></p> <p>Section 1 meridian and collateral of Foot-Shaoyang</p> <ol style="list-style-type: none"> <li>1. Meridian of Foot-Shaoyang.</li> <li>2. Collateral of Foot-Shaoyang.</li> <li>3. Divergent meridian of Foot-Shaoyang.</li> </ol> <p>Section 2 Acupoints of Foot-Shaoyang (44 points,)</p> <p>Tongziliao*, Tinghui*, Shangguan, Hanyan, Xuanlu, Xuanli, Qubin*, Shuaigu*, Tianchong, Fubai, Touqiaoyin, Wangu*, Benshen*, Yangbai*, Toulinqi*, Muchuang, Zhengying, Chengling, Naokong, Fengchi*, Jianjing*, Yuanye, Zhejin, Riyue*, Jingmen*, Daimai*, Wushu, Weidao, Juliao, Huantiao*, Fengshi*, Zhongdu, Xiyangguan, Yanglingquan*, Yangjiao, Waiqiu, Guangming*, Yangfu, Xuanzhong*, Qiuxu*, Zulinqi*, Diwuhui, Xiashi, Zuqiaoyin*.</p>	<p><b>Teaching aid</b></p> <p>Computer, multimedia.</p> <p><b>Time arrangement</b></p> <p>Summary of acupoints: review for 20 min;</p> <p>Course of Foot-Shaoyang: lecture for 30min;</p> <p>Location, indication and manipulation of points of Gallbladder Meridian: lecture for 110 min.</p> <p>Locating the points for 60 min.</p> <p><b>Text book:</b></p> <p>Ditto</p> <p><b>Reference:</b></p> <p>Ditto.</p>

**Brief summary**

The course of the meridian of Foot-Shaoyang, the location, indications, manipulation of acupoints of Foot-Shaoyang are mainly introduced.

**Thinking cap**

1. Try to state the course of Gallbladder Meridian in *Lingshu, Meridian*.
2. Why the point Fengchi can be used to expelling both endogenous wind and exopathogen wind?
3. How to locate Point Huantiao?
4. Try to state the location and function of Point Yanglingquan.
5. Try to state the cause of Point Guangming treating eye diseases.

**Preparation range and introduction to the following courses:**

Meridian-collateral and acupoints of Foot-Jueyin.

<b>Writer</b>	<b>Zhao Ling</b>	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine**  
**Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Meridians-Collaterals and Acupoints of Foot-Shaoyang

**Teaching requirements:**

1. To master the original text of the course of Meridian of Foot-Jueyin in *Lingshu, Meridian*.
2. To be familiar with the diseases and syndromes of Foot-Jueyin.
3. To be familiar with the content of collaterals and divergent meridian of Foot-Jueyin.
4. To be acquainted with the content of muscle region of Foot-Jueyin.
5. To master the location, indication and manipulation of the common acupoints of Foot-Jueyin. To be familiar with the location and of the uncommon acupoints.
6. To be acquainted with the main regional anatomy of the acupoints of Foot-Jueyin.

**Teaching Methods:**

By using Multimedia, 3-hour lecture, 0.5-hour for locating the acupoints.

Content	Teaching aid, time arrangement, reference
<p><b>I Teaching requirements</b></p> <ol style="list-style-type: none"> <li>1. To master the original text of the course of Meridian of Foot-Jueyin in <i>Lingshu, Meridian</i>.</li> <li>2. To be familiar with the diseases and syndromes of Foot-Jueyin.</li> <li>3. To be familiar with the content of collaterals and divergent meridian of Foot-Jueyin.</li> <li>4. To be acquainted with the content of muscle region of Foot-Jueyin.</li> <li>5. To master the location, indication and manipulation of the common acupoints of Foot-Jueyin. To be familiar with the location and of the uncommon acupoints.</li> <li>6. To be acquainted with the main regional anatomy of the acupoints of Foot-Jueyin.</li> </ol> <p><b>II Emphases and difficulties</b></p> <p>Emphases: Course of Foot-Jueyin, Location of the common points of Foot-Jueyin.</p> <p>Difficulties: manipulation of the points at head.</p> <p><b>III Arrangement (including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b></p> <p>Section 1 meridian and collateral of Foot-Jueyin</p> <ol style="list-style-type: none"> <li>1. Meridian of Foot-Jueyin.</li> <li>2. Collateral of Foot-Jueyin.</li> <li>3. Divergent meridian of Foot-Jueyin.</li> </ol> <p>Section 2 Acupoints of Foot-Jueyin (14 points,)</p> <p>Dadun*, Xingjian*, Taichong*, Zhongfeng*, Ligou*, Zhongdu, Xiguan, Ququan*, Yinbao, Zuwuli, Yinlian, Jimai, Zhangmen*, Qimen*.</p> <p><b>Brief summary</b></p> <p>The course of the meridian of Foot-Jueyin, the location, indications, manipulation of acupoints of Foot-Jueyin are mainly introduced.</p> <p><b>Thinking cap</b></p>	<p><b>Teaching aid</b></p> <p>Computer, multimedia.</p> <p><b>Time arrangement</b></p> <p>Summary of acupoints: review for 20 min; Course of Foot-Jueyin: lecture for 30min; Location, indication and manipulation of points of Liver Meridian: lecture for 70 min. Locating the points for 20 min.</p> <p><b>Text book:</b></p> <p>Ditto</p> <p><b>Reference:</b></p> <p>Ditto.</p>

1. Try to state the course of Gallbladder Meridian in *Lingshu, Meridian*.

2. Try to state the common diseases and syndromes of Foot-Jueyin.

**Preparation range and introduction to the following courses:**

Course and acupoints of Du Mai.

<b>Writer</b>	<b>Zhao Ling</b>	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine**  
**Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: Courses and Acupoints of Du and Ren Mai

**Teaching requirements:**

1. To be familiar with the course, diseases and syndromes of Du and Ren Mai. To be familiar with the general function of eight extraordinary meridians.
2. To master the location, indication of the common points of Du and Ren Mai. To be familiar with the manipulation of the common points.

**Teaching Methods:**

By using Multimedia, 7-hour lecture, 2-hour for locating the acupoints.

Content	Teaching aid, time arrangement, reference
<p><b>I Teaching requirements</b></p> <p>1. To be familiar with the course, diseases and syndromes of Du Mai and Ren Mai. To be familiar with the general function of eight extraordinary meridians.</p> <p>2. To master the location, indication of the common points of Du and Ren Mai. To be familiar with the manipulation of the common points.</p> <p><b>II Emphases and difficulties</b></p> <p>Emphases: location of the common points of Du Mai. Difficulties: location of Yamen, Fengfu, Tiantu, Lianquan</p> <p><b>III Arrangement (including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b></p> <p><b>Teaching content</b></p> <p>Section 1: Course of Du Mai.</p> <p>Section 2 Acupoints of Du Mai (28 points,) Changqiang*, Yaoshu, Yaoyangguan*, Mingmen*, Xuanshu, Jizhong, Zhongshu, Jinsuo, Zhiyang*, Lingtai, Shendao, Shenzhu, Taodao, Dazhui*, Yamen*, Fengfu*, Naohu, Qiangjian, Houding, Baihui*, Qianding, Xinhui, Shangxing*, Shenting, Suliao*, Shuigou*, Duiduan, Yinjiao.</p> <p><b>Section 2 Ren Meridian</b></p> <p>1. course of Ren Mai.</p> <p>2. Acupoints of Ren Mai (24 points) Huiyin, Qugu, Zhongji*, Guanyuan*, Shimen, Qihai*, Yinjiao, Shenque*, Shuifen, Xiawan*, Jianli, Zhongwan*, Shangwan, Juque, Jiuwei, Zhongting, Danzhong*, Yutang, Zigong, Huagai, Xuanji, Tiantu*, Lianquan*, Chengjiang*.</p> <p><b>Section 7 The general function of Eight Extraordinary Meridians</b></p> <p><b>Brief summary</b></p> <p>The course of Du and Ren Mai, the location, indications, manipulation of acupoints of Du and Ren Mai are mainly introduced.</p>	<p><b>Teaching aid</b></p> <p>Computer, multimedia.</p> <p><b>Time arrangement</b></p> <p>Summary of acupoints: review for 20 min; Course of Du Mai: lecture for 40min; Location, indication and manipulation of points of Du Mai Meridian: lecture for 110 min. Locating the points for 40 min. Course of Ren Mai: lecture for 30min; Location, indication and manipulation of points of Ren Mai: lecture for 80 min. Locating the points for 40 min.</p> <p><b>Text book:</b></p> <p>Ditto</p> <p><b>Reference:</b></p> <p>Ditto.</p>

**Thinking cap**

- 1. Why Du Mai is called as “the sea of yang meridians”?
- 2. What’s the location and function of Dazhui?
- 3.What’s the location, function and points for attention of Guanyuan?
- 4.What’s the location and manipulation of Tiantu?
- 5. What’s the location and points for attention of Fengfu?

**Preparation range and introduction to the following courses:**

Extra points.

<b>Writer</b>	<b>Zhao Ling</b>	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	
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**Shanghai University of Traditional Chinese Medicine  
Teaching Plan**

Course: Meridians-Collaterals and Acupoints

Title: extraordinary points

**Teaching requirements:**

To be familiar with the location, indication and manipulation of the common points.

**Teaching Methods:**

By using Multimedia, 2-hour lecture, 1-hour for locating the acupoints.

Content			Teaching aid, time arrangement, reference	
<p><b>I Teaching requirements</b> To be familiar with the location, indication and manipulation of the common points.</p> <p><b>II Emphases and difficulties</b> Emphases: location of the common points. Difficulties: location of points on chest and abdomen.</p> <p><b>III Arrangement (including teaching program, main content, brief summary, thinking cap, preparation range and introduction to the following courses)</b> <b>Teaching content</b> Section 1 Acupoints at head and neck (14 points) Section 2 Acupoints at chest and abdomen (1 points) Section 3 Acupoints at back (8 points) Section 4 Acupoints at upper limbs (11 points) Section 5 Acupoints at lower limbs (12 points)</p> <p><b>Brief summary</b> The location, indication and manipulation of the common points are mainly introduced.</p> <p><b>Thinking cap</b> 1. Try to state the location and indication of Sishencong, Huatuoji, shixuan, Bafeng. 2 . Try to state the location and indication of Lanwei, Dannang, Zigong, Sifeng,</p>			<p><b>Teaching aid</b> Computer, multimedia.</p> <p><b>Time arrangement</b> Summary of acupoints: review for 20 min; Location, indication and manipulation of extraordinary points: lecture for 60 min. Locating the points for 20 min.</p> <p><b>Text book:</b> Ditto</p> <p><b>Reference:</b> Ditto.</p>	
<b>Writer</b>	<b>Zhao Ling</b>	<b>teaching and research section:</b> Meridan-Collateral and Acupoints	<b>Date</b>	

# 教案

**Course name: Headache, Therapeutics of Tuina    Teacher: Zhou Wenxin**  
**课程名称: 《推拿治疗学》——头风                    授课教师: 周文新**

Contents (内容)	Teaching material, reference book etc. (教材、参考书等)
<p>1. Teaching requirement 教学要求</p> <p>A. To master (掌握)</p> <p>a. Etiology and Pathogenesis of headache (头风的病因病机)</p> <p>b. Differentiations of headache (头风的辨证)</p> <p>c. Tuina therapy of headache (头风的推拿治疗方法)</p> <p>B. To be familiar with (熟悉)</p> <p>Principles of treatment about headache (头风的治疗原则)</p> <p>2. Focal points (本课的重点)</p> <p>Diagnosis and Tuina treatment of headache (头风的诊断和推拿治疗)</p> <p>3. arrangement of teaching (内容安排)</p> <p>A. Introduction of headache (头风概述)</p> <p>B. Etiology and Pathogenesis of headache (头风的病因病机)</p> <p>C. Differentiations of headache (头风的辨证)</p> <p>D. Tuina therapy of headache (头风的推拿治疗方法)</p> <p>E. Demo of Tuina for headache (头风的推拿治疗方法演示)</p> <p>4. Thinking Cap (思考题)</p> <p>A. What is the major etiology and pathogenesis about headache?</p> <p>B. What is manifestation of headache with deficiency of Qi and blood?</p> <p>C. What are the main points when we treat headache with Tuina?</p> <p>D. Case discussion</p>	<p>Teaching material: self-edited material (教材: 自编材料)</p> <p>Reference books: Therapeutics of acupuncture and Tuina, Chinese acupuncture and moxibustion (《针灸推拿治疗学》和《中国针灸学》)</p> <p>Teaching aid: PPT (教具: PPT)</p> <p>Teaching language: English (教学语言: 英语)</p> <p>Teaching hour: 1 hour (教学时数: 1 学时)</p>

Planner: Zhou Wenxin    Section of Therapeutics of Tuina  
 撰写人: 周文新                    教研室: 推拿治疗