

# ACUPUNCTURE

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## Program Outline

<b>Major:</b>	ACPT
<b>Length:</b>	3 Years
<b>Delivery:</b>	6 Semesters
<b>Credential:</b>	Ontario College Advanced Diploma
<b>Effective:</b>	2017-2018
<b>Location:</b>	Barrie
<b>Start:</b>	Fall (Barrie)

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### Description

The Acupuncture diploma program provides students with the knowledge and skills necessary to meet the entry-level standards of practice set by the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario (CTCMPAO). This program provides in-depth theoretical and clinical components of Acupuncture. Students benefit from expert clinical training that combines integrative healthcare models with Traditional Chinese Medicine, providing graduates with the necessary skills to practice as a regulated healthcare professional.

### Career Opportunities

Graduates of the Acupuncture program may be employed in fertility clinics, doctors' offices, physiotherapy clinics, naturopathic clinics, massage therapy clinics or chiropractic offices. As well, graduates often choose to open their own clinic space thus becoming self-employed and/or eventually specialize and become involved in one specific area of healthcare such as pain management, dermatology or gynecology.

### Program Learning Outcomes

The graduate has reliably demonstrated the ability to:

- critically analyze and evaluate Acupuncture and Chinese Medicine theories and treatment methods to perform safe and effective Acupuncture skills within a clinical setting;

- evaluate patients incorporating a bio-medical approach with Traditional Chinese Medicine (TCM) examination techniques to formulate a TCM diagnosis and treatment strategy, and carry out the treatment in a skillful and professional manner;
- explain the importance of Qi-cultivation in Acupuncture and Traditional Chinese Medicine, and competently perform practical skills in the various techniques of Qi-cultivation;
- employ essential therapeutic communication skills in professional practice situations to effectively work with and educate the public about integrative medical care models;
- establish professional relationships with Acupuncture colleagues and members of the inter-professional healthcare teams;
- assess and treat clients in a clinical setting using effective health related interpersonal skills;
- promote and advocate for the benefits of Acupuncture treatment to the community;
- establish a plan for lifelong learning for personal and professional development;
- access and support current and pertinent research to self-reflection, self-direction and the creation of best practices and current outcomes in the Acupuncture profession;
- provide culturally sensitive care to a diverse client population in the acupuncture clinical setting;
- evaluate and implement environmentally related initiatives relevant to the Acupuncture profession;
- identify and articulate the importance of conducting an Acupuncture or TCM practice in an ethical and professional manner, and within the appropriate provincial and federal legal requirements;
- apply basic entrepreneurial strategies to identify and respond to new opportunities.

### **External Recognition:**

There is a legislative requirement that program graduates must be licensed by the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario to be able to practice and work in the profession.

### **The Program Progression:**

Fall Intake - Barrie

Sem 1	Sem 2	Sem 3	Sem 4	Sem 5	Sem 6
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Fall	Winter	Summer	Winter	Summer	Fall
2017	2018	2018	2019	2019	2019

**Admission Requirements:**

OSSD or equivalent with

- Grade 12 English (C or U)
- Grade 11 Biology (C or U), or Grade 12 Biology (U)

First-year enrolment is limited, satisfying minimum entrance requirements does not guarantee admission.

Mature students, non-secondary school applicants (19 years or older), and home school applicants may also be considered for admission. Eligibility may be met by applicants who have taken equivalent courses, upgrading, completed their GED, and equivalency testing. For complete details refer to: [www.georgiancollege.ca/admissions/policies-procedures/](http://www.georgiancollege.ca/admissions/policies-procedures/)

Applicants who have taken courses from a recognized and accredited post-secondary institution and/or have relevant life/learning experience may also be considered for admission; refer to the Credit Transfer Centre website for details: [www.georgiancollege.ca/admissions/credit-transfer/](http://www.georgiancollege.ca/admissions/credit-transfer/)

**Additional Information:**

Applicants must have an up-to-date immunization record in compliance with the Public Hospitals Act. Completion and submission of this record is required during registration in order to ensure your placement in clinical and field placement facilities.

A Hepatitis B vaccination is required for your own safety. It may be obtained at a reduced cost through the student insurance plan.

It is required that students have Level HCP CPR and Standard First Aid on admission to the program (On-line courses are not acceptable). It is the student's responsibility to renew their Level HCP CPR certification annually while in the Program. Students are asked to submit a copy of their current Level HCP CPR and Standard First Aid certificate to the registrar's office and show the original to the program coordinator at registration.

**Graduation Requirements:**

## 26 Mandatory Courses

### 6 Clinicals

### 2 Communications Courses

### 4 General Education Courses

## **Graduation Eligibility:**

To graduate from this program, the passing weighted average for promotion through each semester, from year to year, and to graduate is 60%. Additionally, a student must attain a minimum of 50% or a letter grade of P (Pass) or S (Satisfactory) in each course in each semester unless otherwise stated on the course outline.

## Mandatory Courses

ACPT1000	Acupuncture Points and Meridians Introduction
ACPT1001	Acupuncture Points and Meridians Advanced
ACPT2001	Acupuncture Therapeutics
ACPT2003	Fundamentals of Acupuncture Needling
ACPT3001	Comprehensive Acupuncture Examination Review
ACPT3002	Acupuncture Practice Management
ALTM1000	Foundations of Traditional Chinese Medicine
ALTM1001	Qigong and Mindfulness 1
ALTM1002	Traditional Chinese Herbal Medicine Introduction
ALTM1003	Clinical Diagnosis of Traditional Chinese Medicine
ALTM1004	Qigong and Mindfulness 2
ALTM2000	TCM Differential Diagnosis Introduction
ALTM2001	Materia Medica
ALTM2002	Qigong and Mindfulness 3
ALTM2003	TCM Differential Diagnosis Advanced
ALTM2004	Clinical Diagnosis and Medical Terminology
ALTM2005	Qigong and Mindfulness 4
ALTM3000	Integrated TCM Cases
ALTM3001	Chinese Patent Medicines
BIOL1019	Anatomy and Physiology
BIOL1020	Palpation Anatomy
BIOL2009	Pathology
BUSI3007	Business Principles for the Regulated Professional
ETHC1000	Professional and Ethical Standards in Acupuncture
HLTH2004	Philosophies of Healing
REAS3000	Research Methodologies

## Clinicals

ACPT2000	Acupuncture Practice Introduction
ACPT2002	Acupuncture Practice Advanced

ACPT3000 Acupuncture Clinic Internship Introduction  
ACPT3003 Acupuncture Clinic Internship Advanced  
ALTM1005 TCM Grand Rounds Introduction  
ALTM2006 TCM Grand Rounds Advanced

#### Communications Courses

To be selected at time of registration from the College list, as determined by testing.

#### General Education Courses

To be selected from College list

#### **Course Descriptions:**

ACPT1000 Acupuncture Points and Meridians Introduction 42.0 Hours

This course will introduce meridian theory, the 12 regular meridians and their pathways and two of the 8 extraordinary vessels. This course will be part didactic and part practical, emphasizing meridian topography and anatomical point location using body landmarks and traditional measurements. Commonly used acupoints will be emphasized in respect to their Chinese names, locations, indications, needling technique and clinical relevance.

ACPT1001 Acupuncture Points and Meridians Advanced 42.0 Hours

This course continues to build the foundation of acupuncture meridians and point location. Students will explore the channel theory in depth, including the secondary vessels, collaterals, 8 extraordinary vessels, muscle and cutaneous regions and channel pathology. Acupuncture point functions, classifications and combinations are explored.  
P- ACPT1000 Acupuncture Points and Meridians Introduction

ACPT2000 Acupuncture Practice Introduction 56.0 Hours

Students perform acupuncture techniques to treat patients in the supervised Acupuncture clinic. Proper treatment room set up, patient positioning, environmental considerations and needling techniques are part of this clinic course. Clean Needle Technique (CNT) is performed on patients in the supervised clinic setting in preparation for the CNT examination.

P- ACPT1000 Acupuncture Points and Meridians Introduction and P- BIOL1020 Palpation Anatomy and C- ACPT2003 Fundamentals of Acupuncture Needling

ACPT2001 Acupuncture Therapeutics 42.0 Hours

This classroom/lab format introduces students to the many available therapies that can be incorporated in an acupuncture treatment including Tui Na, Moxabustion, Gua Sha, Cupping, Electro acupuncture, Plum Blossom needling technique and Auriculotherapy.

Students gain practical knowledge to effectively apply a broad spectrum of TCM adjunct therapies.

P- ALTM1000 Foundations of Traditional Chinese Medicine and P- BIOL1019 Anatomy and Physiology

#### ACPT2002 Acupuncture Practice Advanced 56.0 Hours

In a supervised clinic setting, students draw upon the Traditional Chinese Medicine (TCM) Differential Diagnosis courses and assess clinic patients to formulate acupuncture treatment plans. Students incorporate techniques and styles that they learn in Acupuncture Therapeutics, as well as, from their Grand Rounds classes courses and treat patients in the clinic using these techniques. Students must successfully pass the Clean Needle Technique (CNT) examination before entering 3rd year.

P- ACPT1001 Acupuncture Points and Meridians Advanced and P- ACPT2000 Acupuncture Practice Introduction and P- ACPT2001 Acupuncture Therapeutics, Co-ALTM2006 TCM Grand Rounds Advanced

#### ACPT2003 Fundamentals of Acupuncture Needling 42.0 Hours

Safety and Clean Needle Technique (CNT) is one of the requirements for registration as an Acupuncturist in Ontario. Theoretical and practical components of the course provide students with the knowledge and practice required for correct techniques of needling including treatment room set up, patient positioning, and choice of needle type and size. Students are also provided with the appropriate knowledge and practice of safety standards and protocols for using and disposing of materials.

P- ACPT1000 Acupuncture Points and Meridians Introduction and P- BIOL1020 Palpation Anatomy and C- ACPT2000 Acupuncture Practice Introduction

#### ACPT3000 Acupuncture Clinic Internship Introduction 168.0 Hours

At this phase of the program students will be running the supervised student clinic and seeing patients in all aspects of the treatment. They will be responsible for scheduling appointments, initial intakes, TCM differential diagnosis, creating treatment plans and performing acupuncture and/or other acupuncture therapies. Students will learn to modify treatments as their patients conditions change and assess potential environmental impact of practice.

P- ACPT2001 Acupuncture Therapeutics and P- ACPT2002 Acupuncture Practice Advanced

#### ACPT3001 Comprehensive Acupuncture Examination Review 84.0 Hours

Students will take this class time to review for all aspects of the Provincial Exam. Case studies, point selections, acupuncture techniques and office management skills will be addressed. Teachers will provide relevant study guides and materials to assist the students as they prepare for the examination. Class will be in a lecture and lab format as required.

P- ACPT2002 Acupuncture Practice Advanced and P- ACPT3000 Acupuncture Clinic Internship Introduction, Co-ACPT3003 Acupuncture Clinic Internship Advanced

#### ACPT3002 Acupuncture Practice Management 42.0 Hours

This course will provide students with the skills they need to confidently start their own practice after graduating from the program. All the basics of practice management will be covered. Areas such as public safety, record-keeping, confidentiality and privacy, needle disposal, niche-specific marketing, the importance of specializing, proper web marketing and other current methods for practice development will be covered.

P- ACPT2002 Acupuncture Practice Advanced and P- ACPT3000 Acupuncture Clinic Internship Introduction and P- BUSI3007 Business Principles for the Regulated Professional

#### ACPT3003 Acupuncture Clinic Internship Advanced 168.0 Hours

During this internship, students become more independent as they make appropriate assessments, TCM diagnoses and appropriate recommendations and referrals. Student Interns are encouraged to take more initiative in the complete treatment of the patient. Supervisor(s) assist with difficult cases or other acupuncture modalities. At this phase, student interns start to develop their unique style and specialization interests.

P- ACPT3000 Acupuncture Clinic Internship Introduction and P- REAS3000 Research Methodologies, Co-ACPT3001 Comprehensive Acupuncture Examination Review

#### ALTM1000 Foundations of Traditional Chinese Medicine 84.0 Hours

This course introduces students to the basics of Traditional Chinese Medicine (TCM) theory including Yin/Yang, Eight Principles, Zang/Fu theory, Five Elements theory, Qi, Blood and Body Fluids, patterns of disharmony and how to apply them in a working TCM framework through group collaboration and participation. This active approach to learning will be incorporated in the delivery of this course and future courses in this program.

#### ALTM1001 Qigong and Mindfulness 1 42.0 Hours

This course will cultivate sensitivity to Energy (Qi), self-awareness, the environment and communications skills. Level 1 will introduce the study of qigong forms including Taiji and meditation. Students will develop balance, patience and focus through the study of the 24 simplified Taiji form, journal writing, self-enquiry and group building exercises.

#### ALTM1002 Traditional Chinese Herbal Medicine Introduction 42.0 Hours

A brief introduction to the key concepts of Chinese Herbal Medicine (CHM) is required for the Acupuncture Diploma program. Understanding the basics of CHM will broaden students' understanding of TCM theory and diagnosis, enhancing the learning process with a unique "hands on" approach. CHM categories are discussed, indicating commonly used herbs and how they are applied in a TCM context.

#### ALTM1003 Clinical Diagnosis of Traditional Chinese Medicine 42.0 Hours

Traditional diagnostic skills are the backbone of effective Acupuncture treatment. In Clinical Diagnosis of (TCM), students will begin to learn the foundations of Traditional

Chinese pulse taking, tongue observation, the “10” questions, looking and smelling. These experiences will be applied towards a deeper understanding of the TCM patterns of disharmony.

#### ALTM1004 Qigong and Mindfulness 2 42.0 Hours

In Level 2, students will continue their study of Energy (Qi) through the study of Taiji, Meditation and Qigong. Deepening self –awareness and experiencing the movement of energy in one’s body, mind and spirit will allow students to be more open to the experiences of others as well as their own. Compassion, awareness of interconnections with nature, non-violent communication skills, and acceptance will be developed. Taoist and Buddhist classics will be discussed.

P- ALTM1000 Foundations of Traditional Chinese Medicine and P- ALTM1001 Qigong and Mindfulness 1

#### ALTM1005 TCM Grand Rounds Introduction 42.0 Hours

Grand rounds, a common practice in Western medical training, are an integral component of Traditional Chinese Medicine (TCM) education. Experienced TCM practitioners present clinical case problems commonly seen in their practice. This introduction to the clinical process provides students with a direct and interactive format with real live patients. Students gain an understanding of how to form a TCM diagnosis, develop a treatment plan and select appropriate acupuncture points for patients. This will take place in a supervised clinical setting and students will be working directly with patients.

P- ALTM1000 Foundations of Traditional Chinese Medicine

#### ALTM2000 TCM Differential Diagnosis Introduction 42.0 Hours

TCM Differential Diagnosis is a continuation of Clinical Diagnosis of TCM. In this course, students will explore further the methods of forming a TCM differential diagnosis with a focus on more advanced TCM theories and more advanced Patterns of Disharmony.

P- ALTM1000 Foundations of Traditional Chinese Medicine and P- ALTM1003 Clinical Diagnosis of Traditional Chinese Medicine

#### ALTM2001 Materia Medica 42.0 Hours

Materia Medica is a continuation of the Chinese Herbal Medicine (CHM) introduction from year one and focuses on exploring the use and function of single herbs, their categories, properties, tastes, preparation methods and contraindications. Knowledge of single herbs will aid in preparing the students’ understanding of herbal formulas and patents in year 3. Completion of this course will give the students the basic knowledge and skill to modify herbal formulas with single herbs safely and effectively.

P- ALTM1000 Foundations of Traditional Chinese Medicine and P- ALTM1002 Traditional Chinese Herbal Medicine Introduction

#### ALTM2002 Qigong and Mindfulness 3 42.0 Hours



In Level 3, students are able to deepen their meditation and qigong practices, and to apply their medical knowledge to Qigong forms. Working in pairs and small groups, students develop sensitivity, empathy and listening skills that will serve them in a clinical setting. Solo forms and studies of Qigong classics will also be further developed.

P- ALTM1004 Qigong and Mindfulness 2

ALTM2003 TCM Differential Diagnosis Advanced 84.0 Hours

In this course students continue to develop diagnostic skills by applying what they have learned to specific disease categories such as gynecology, dermatology, pain management and internal medicine. Students review more complicated case histories and clinical cases to gain the confidence necessary to become effective clinicians in their third year. Students practice taking comprehensive case histories and develop interpersonal skills such as listening, empathy and boundary setting.

P- ALTM1000 Foundations of Traditional Chinese Medicine and P- ALTM1003 Clinical Diagnosis of Traditional Chinese Medicine and P- ALTM2000 TCM Differential Diagnosis Introduction

ALTM2004 Clinical Diagnosis and Medical Terminology 42.0 Hours

Western clinical diagnosis is reinforced while allowing students to translate the disease process into Chinese medical differential diagnoses. Students review patients' signs and symptoms, lab testing and other diagnostic interventions and treatment protocols. Students become familiar with medical terminology, charting techniques and case studies from a Western and TCM perspective allowing them to collaborate with other healthcare professionals in clinic and hospital settings.

P- ALTM1000 Foundations of Traditional Chinese Medicine

ALTM2005 Qigong and Mindfulness 4 42.0 Hours

In this course, students demonstrate their ability to perform taiji and qigong forms, as well as to teach short forms to others for specific therapeutic effect. Applying their understanding of the benefits and applications of meditation and qigong exercises, students synthesize this knowledge with strong communication skills and are supported in developing their own personal style of working with patients.

P- ALTM2002 Qigong and Mindfulness 3

ALTM2006 TCM Grand Rounds Advanced 42.0 Hours

In this course, students continue to gain clinical insight through the Grand Round process. Students apply their current TCM knowledge to develop a critical analysis of TCM diagnosis, treatment planning and acupuncture point selection for patients in the clinic setting.

P- ACPT1001 Acupuncture Points and Meridians Advanced and P- ALTM1003 Clinical Diagnosis of Traditional Chinese Medicine and P- ALTM1005 TCM Grand Rounds Introduction, Co-ACPT2002 Acupuncture Practice Advanced

ALTM3000 Integrated TCM Cases 42.0 Hours

This course focuses on complex cases in obstetrics and gynecology, oncology, orthopedics, etc that are commonly seen in practice. Both Western and TCM diagnoses and treatments will be discussed and students will be challenged to reconcile multiple approaches simultaneously towards formulating a TCM treatment strategy and an integrated way of working that best meets the patient's needs. TCM and Western medicine specialists will be invited to present on their area of expertise.

P- ACPT3000 Acupuncture Clinic Internship Introduction

#### ALTM3001 Chinese Patent Medicines 42.0 Hours

Chinese Patent Medicines involves the study of traditional Chinese herbal formulas in their pill form. Students will learn many of the classic TCM formulas and how to apply them in a clinical setting safely and effectively. Side effects, contraindications and herb/drug interactions will be common themes examined throughout this course.

P- ALTM2001 Materia Medica

#### BIOL1019 Anatomy and Physiology 84.0 Hours

This course introduces the study of the normal structure and function of the human body, including the musculoskeletal, nervous, endocrine, digestive, respiratory, circulatory, immune, urinary, and reproductive systems. Emphasis will be placed on medical terminology and the hierarchy of structural organization. It will provide the foundation from which to prepare students for upcoming courses and clinical experiences.

#### BIOL1020 Palpation Anatomy 42.0 Hours

This course will familiarize the student with the anatomical structures of the human body. Students will be able to recognize normal, healthy anatomy through observation, palpation, mobilization and other Western assessment techniques such as range of motion and gait observation. The students will learn to detect abnormalities, recognize appropriate treatments and when to refer the patient to another qualified therapist or physician. Students will be introduced to Japanese Hara (abdominal palpation) and trigger points. The course is delivered in a lecture/lab format with an emphasis on the practical application of the skills being taught.

P- ALTM1000 Foundations of Traditional Chinese Medicine and P- BIOL1019 Anatomy and Physiology

#### BIOL2009 Pathology 84.0 Hours

This course teaches students the study of changes of homeostatic mechanical, biomedical and physical functions caused by the disease process or underlying abnormality. The major body systems will be reviewed and examined to reinforce previous knowledge of anatomy and physiology.

P- ALTM1000 Foundations of Traditional Chinese Medicine and P- BIOL1019 Anatomy and Physiology

#### BUSI3007 Business Principles for the Regulated Professional 42.0 Hours

In today's economic reality, many health care professionals will find themselves either self-employed, or employed on a part-time basis or on a contract by a small business. Students in this course will learn about their rights and responsibilities under various forms of employment. Students will also be exposed to the basic business concepts for establishing and operating a successful small business in their chosen health care field, and under the guidelines provided by the appropriate College and/or regulatory agency. (P- MASG3005 Massage Theory and Practice 5 or P- DENT1047 Introduction to the Dental Hygiene Profession or P- DENT1045 Introduction to the Dental Hygiene Profession or C- OPTI1013 Basic Eyeglass Dispensing Theory or P- ALTM1000 Foundations of Traditional Chinese Medicine)

**ETHC1000 Professional and Ethical Standards in Acupuncture 42.0 Hours**  
Provides an in-depth exploration of the acupuncture profession including ethical considerations and code of conduct. The history of the TCM and acupuncture profession in Canada, the regulatory college and professional organizations in Ontario will provide the context for students to develop a professional identity as an acupuncturist. Students will explore how to foster mutually respectful relationships with a variety of healthcare professionals with a primary focus on patient care. The necessity for ethical development and life-long learning will be emphasized.

**HLTH2004 Philosophies of Healing 28.0 Hours**  
In this course, students will study the history and development of integrative therapies and modern medicine with special interest to the philosophical assumptions and values underlying each approach. The similarities and differences of various modalities such as homeopathy, allopathy, naturopathy, reiki and therapeutic touch will be presented and discussed. Students will develop and articulate a personal healing philosophy.  
P- ALTM1000 Foundations of Traditional Chinese Medicine

**REAS3000 Research Methodologies 28.0 Hours**  
Evidence based medicine has become the standard for measuring treatment outcomes. This course discusses the different types of research methods and terminology so that the student will be prepared to enter into the field of research. Relevant Acupuncture research papers will be analyzed and discussed. Students will be required to complete an independent research project on the topic of their choice.  
P- ACPT2002 Acupuncture Practice Advanced

### **Course Description Legend**

P = Prerequisite; C = Concurrent prerequisite; CO= Corequisite

*Information contained in College documents respecting programs is correct at the time of publication. Academic content of programs and courses is revised on an ongoing basis to ensure relevance to changing educational objectives and employment market*

*needs. The college reserves the right to add or delete programs, options, courses, timetables or campus locations subject to sufficient enrolment, and the availability of courses.*