

SHIATSU SOCIETY UK

CURRICULUM for ONE YEAR COURSES

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Introduction

The Shiatsu Society recognises a level of certification obtainable in one year of study. This authorises students to practice bodywork that is based on the principles, philosophy and techniques of Shiatsu but is practiced for wellbeing rather than as a therapeutic system. They should not advertise themselves as practicing Shiatsu but may state that they have the certification named by the school running the one-year course.

Graduates of such a programme may be placed on the **Shiatsu Society Listing of Bodywork for Wellbeing Practitioners**. They will be publicised on a simple regional listing on the website, operate under the Shiatsu Society's Code of Professional Conduct & Ethics and are required to hold professional indemnity insurance. Student members of the Society will need to purchase professional level insurance via Balens Multi-therapy policy. Those not continuing their Shiatsu studies may join the Society as a Bodywork for Wellbeing Practitioner; professional level insurance is included in the fee for this membership category.

Motivations

This certification aims to attract students who want to study Shiatsu but are uncertain whether they want to commit to a three-year professional training. If the student wishes to continue their further study, then it provides a way in which they can partly fund their training through practice and gives them valuable experience with a wider selection of clients.

Requirements

These learning outcomes and assessment criteria are designed to provide a minimal framework for safe **Bodywork for Wellbeing Based on Shiatsu principles**. They are taken from 4 of the 5 Units of Assessment of the Level 4 Diploma in Shiatsu and based on the original approved One Year Curriculum (2017). As well as achieving these Learning Outcomes the student should have completed 150 hours of contact tuition and have completed at least 50 recorded treatments. The recommended Total Qualification Time (TQT¹) should be 365 hours which may include blended learning of Anatomy.

Explanation

The phrase “Bodywork for Wellbeing Based on Shiatsu Principles” denotes a form of body-based work that is based on the core principles of the style of Shiatsu that the full three-year course is teaching AND that is not aimed at treating problematic conditions but is focused on promoting the wellbeing of the client.

¹ TQT is Total Qualification Time, which includes contact hours, practice time, reflection time, assessment and self-study.

Shiatsu Society One Year Curriculum

	<u>Anatomy</u>
LO*	Understand the interaction of physiological processes and systems in relation to delivery of Shiatsu.
AC*	Analyse** how body systems interact with one another and the implications for delivery of Shiatsu.
AC	Analyse how organ systems relate to one another to maintain homeostasis or the dynamic equilibrium within the body.
LO	Understand the structure and functions of the skeletal system in relation to delivery of Shiatsu.
AC	Analyse the structure and functions of the skeletal system in relation to delivery of Shiatsu to include: <ul style="list-style-type: none"> a) functions of the skeleton. b) structures of the axial skeleton. c) structures of the appendicular skeleton. d) posture in terms of: <ul style="list-style-type: none"> • curves of the spine. • neutral spine alignment. • potential ranges of motion of the spine. e) postural deviations to include kyphosis, lordosis, scoliosis and the effect of pregnancy.
LO	Understand the structure and functions of joints in the body in relation to delivery of Shiatsu.
AC	Analyse the structure and functions of joints in the body in relation to delivery of Shiatsu to include: <ul style="list-style-type: none"> a) classification of joints. b) structure of synovial joints. c) types of synovial joints and their range of motion. d) joint movement potential, joint actions and injury risk.
LO	Understand the muscular system in relation to delivery of Shiatsu.
AC	Analyse the muscular system in relation to delivery of Shiatsu to include: <ul style="list-style-type: none"> a) characteristics and functions of the three types of muscle tissue. b) structure of skeletal muscle. c) name, location and function of major superficial anterior and posterior muscles.

	<p>d) name, location and function of the deep hip and shoulder muscles including the Psoas muscle.</p> <p>e) structure and function of the pelvic floor muscles.</p> <p>f) different types of muscle action.</p> <p>g) joint actions brought about by specific muscle group contractions.</p>
LO	Understand connective tissue in relation to delivery of Shiatsu.
AC	Explain the role, structure and function of the fascia in relation to delivery of Shiatsu.
AC	Explain the concept of bio-tensegrity in relation to delivery of Shiatsu.
	<u>Shiatsu Core Theory</u>
LO	Understand the core principles of Shiatsu.
AC	Explain the concept of health and wellbeing that is consistent with the practice, principles and theory underlying a chosen system or style of Shiatsu.
AC	<p>Outline the theoretical frameworks relevant to the delivery of Shiatsu to include the mandatory FIVE Phases and ONE of the following:</p> <p>a) Traditional Chinese Medicine.</p> <p>b) Zen Shiatsu.</p> <p>c) Movement Shiatsu - The Three Families.</p> <p>d) Namikoshi.</p>
AC	Explain the principles and concepts of Ki, Meridians/Channels and Tsubos according to a chosen model or style of Shiatsu.
AC	Explain the concept of dynamic equilibrium of complementary principles, described as Yin and Yang.
LO	Understand the use and safe application of Tsubos in Shiatsu.
AC	Identify the location of Tsubos according to the requirements of a chosen model or style of Shiatsu.
	<u>Professional Development, Business Practice and Ethics</u>
LO	Understand the Code of Professional Conduct and Ethics relating to Shiatsu.
AC	Summarise the regulatory body's Code of Professional Conduct and Ethics relating to Shiatsu.
AC	Explain the principle of referral and provide justification for referral decisions made in practice.
AC	Interpret ethical and moral values relevant to Shiatsu practice.

AC	Explain the meaning of implied and informed consent, procedures for obtaining consent to treat, and circumstances under which written consent should be obtained.
AC	Explain the term contra-indications and its implications for Shiatsu practice.
	<u>Lifestyle Medicine</u>
LO	Understand factors that influence health and well-being.
AC	Review own belief system as to what constitutes 'good health'.
	<u>Provide Bodywork for Wellbeing based on Shiatsu principles to Clients</u>
LO	Understand how to provide Bodywork for Wellbeing Based on Shiatsu Principles for clients.
AC	Explain how to recognise the limits of own knowledge, skills and experience and the importance of not exceeding them.
AC	Explain why a client may need to be referred to a healthcare practitioner.
AC	Explain when Shiatsu techniques should be used with caution or is contra-indicated locally or totally.
AC	Demonstrate the ability to implement Bodywork for Wellbeing Based on Shiatsu Principles (See appendices 4 & 5.
AC	Record a basic consultation form including a client's health history, their aims in receiving the bodywork and records of consent made with the client.
	<p>*LO = Learning Outcome (The Learner will)</p> <p>*AC = Assessment Criteria (The Learner can)</p> <p>**Analyse = Find out the parts of something, e.g., its elements, structure and processes.</p> <p style="padding-left: 40px;">Looking at the various components of thing to better understand them.</p> <p style="padding-left: 40px;">Examining something in detail.</p>

APPENDIX

These appendices are copied from the previous Core Curriculum to provide a guide to content.

Appendix 1. Anatomy – please also see relevant LO's in Unit of Assessment: Anatomy, Physiology and Pathology for Shiatsu.

a) Skeleton

Students should know the names and location of the following bones:

- i) Skull: frontal, parietal, temporal, occipital, zygomatic, sphenoid, nasal, mandible, maxillae.

- ii) Spine: 7 cervical vertebrae, including:
atlas and axis,
12 thoracic vertebrae,
5 lumbar vertebrae,
5 sacral vertebrae fused together to form the sacrum,
3-4 coccygeal vertebrae.

- iii) Sternum and its tip, the xiphoid process.

- iv) Ribs: 12 pairs, including two pairs of floating ribs.

- v) Clavicles, scapulae.

- vi) Arm: humerus, radius, ulna, 8 carpal bones (not individual names), 5 metacarpals, 14 phalanges.

- vii) Pelvis: ilium, ischium, pubis.

- viii) Thigh and leg: femur, tibia, fibula, patella, 7 tarsal bones (not individual names), 5 metatarsals, 14 phalanges.

b) Joints

- i) Basic structure of a synovial joint.
- ii) The six types of synovial joints with examples of each and movements possible.
- iii) Common example of cartilaginous and fibrous joints.

c) Connective tissue

- i) Composition of connective tissue and most important types i.e. fascia, ligaments, tendons, cartilage, blood.
- ii) Specific role, structure, and function of the fascia.

Appendix 2

- i) The three types of muscles and where they are found.
- ii) Functional inter-relationship of muscles i.e. agonist /antagonist, synergist and stabilisers (fixators).
- iii) Stretch reflexes and concept of stretching exercises (N.B. safety and effectiveness).

The names and position of the listed muscles below. Muscles that are highlighted and underlined should be studied more in depth i.e., students need to know action of highlighted muscles.

- iv) Muscles that move the jaw: **Masseter**, temporalis.
- v) Muscles of the front and side of neck: **Sternocleidomastoid**.
- vi) Muscles of the torso:
 - 1) Back and neck: **Erector spinae**.
 - 2) Muscles used in breathing: **Diaphragm**, internal and external intercostals.
 - 3) Muscles of the anterior abdominal wall: **Rectus abdominis**, transverse abdominal, internal and external oblique.
- vii) Muscles that move the shoulder girdle: Pectoralis minor, **Rhomboids**, Levator scapulae, **Trapezius**.
- viii) Muscles that move the humerus: **Pectoralis major**, **Deltoid**, **Latissimus dorsi**.
- ix) Muscles that move the forearm: **Biceps brachii**, **Triceps**.
- x) Muscles that move the wrist and fingers: Anterior flexor group, posterior extensor group.
- xi) Muscles that move the thigh: **Ilio psoas**, **Gluteus maximus**, Gluteus medius, Gluteus minimus.
- xii) Lateral rotator group (including Piriformis).
- xiii) Muscles of the posterior thigh: **Hamstrings (biceps femoris, semimembranosus, semitendinosus)**.
- xiv) Muscles of the medial thigh: Adductor group (including **Adductor Magnus** and Longus), Gracilis.
- xv) Muscles of the anterior thigh: **Quadriceps (rectus femoris** and the three Vasti muscles).
- xvi) Muscles of the lower leg: **Gastrocnemius**, Soleus, Tibialis anterior and the Peroneus group.

Appendix 3

Five Elements / Phases / Transformations

Traditional Chinese Medicine

Zen Shiatsu

The Three Families

Namikoshi

Appendix 4

PRINCIPLES of TOUCH

- i) Mental and physical focus.
- ii) Supportive touch.
- iii) Correctly angled pressure.
- iv) Empathy and compassion for the receiver.
- v) Posture and movement centred in the Hara.
- vi) Relaxed Pressure.
- vii) Continuity, appropriate pace and fluency of movement.

Appendix 5

TECHNIQUE

- i) Bodywork for Wellbeing based on Shiatsu Principles in prone, supine, side and sitting positions.
- ii) Appropriate positions for giving Shiatsu during pregnancy or when there is restricted movement.