



American
Organization for
Bodywork
Therapies of
Asia

500 Hour Curriculum

For Certified Practitioner
Membership

The **500 Hour Curriculum** includes the basic training requirements an applicant must satisfy to qualify for the **AOBTA® Certified Practitioner** level of membership.

ANATOMY AND PHYSIOLOGY | 100 hours minimum, including the following:

- I. **Osteology (15 hours minimum)**
Nomenclature, structure and function of the skeletal system
- II. **Myology (30 hours minimum)**
Structure and function of the muscular system, including origins and insertions
- III. **Structure and function of the other major systems**
 - A. Integumentary
 - B. Digestive
 - C. Neurological
 - D. Respiratory
 - E. Cardiovascular
 - F. Lymphatic
 - G. Urinary and Reproductive
 - H. Endocrine

CHINESE MEDICAL THEORY | 100 hours minimum, including the following:

- I. **General Theory**
 - A. Overview of Traditional Chinese Medicine
 - B. Basic Cosmology
 1. Chi (Qi, Ki): Definitions, functions
 2. Concepts of Tao, Chi (Qi, Ki), Yin/Yang, 10,000 things, etc.
 3. Six energies
 4. Five elements (Five Transformations)
 - C. Comparison of Eastern & Western medicine, including the basic concepts of disease and treatment in each
- II. **Yin/Yang**
 - A. Concepts of Yin/Yang properties and principles
 - B. Yin/Yang relationships
 - C. Yin/Yang imbalances in the body
- III. **Five Elements (Five Transformations)**

- A. Description, historical basis and context within Chinese Philosophy
- B. Laws of the five elements (cycles)
- C. Five elements as related to the body
- D. Correspondences

IV. Fundamental Substances of the body (descriptions, functions and relationships between them)

- A. Chi (Qi, Ki)
- B. Blood (Xue)
- C. Jing (Essence)
- D. Shen (Spirit)
- E. Fluids

V. The Organs – Visceral Manifestation Theory (functions, descriptions and typical signs of imbalance or disturbed function)

- A. The five Zang (Yin) organs (viscera) plus the pericardium
- B. The six Fu (Yang) organs (bowels) including Triple Warmer theory
- C. The Curious organs (Brain, Uterus, Gall Bladder)

VI. Channels and Effective Points (30 hours minimum)

- A. Twelve regular channels (external/superficial and internal/deep)
 - 1. Description
 - 2. Function and relationship with organs
 - 3. Paired relationships
 - 4. Order and direction of circulation (24 hour cycle)
 - 5. Anatomical location
 - 6. Main pathological signs
- B. Eight Extraordinary Vessels
 - 1. Description
 - 2. Function
 - 3. Anatomical location
 - 4. Main pathological signs
- C. Tendino-Muscular Pathways or Channels
- D. Cutaneous Regions
- E. Effective Points
 - 1. General description
 - 2. Anatomical location and main indications
 - a. Twelve general points (LI4, ST36, SP6, SI10, BL40/54, GB20, GB21, GB30, LV3, CV4, CV17, GV20)
 - b. Tonification and sedation points
 - c. Source points (Yuan points)
 - d. Luo connecting points
 - e. Front Mu (Bo or Alarm points)
 - f. Back Shu (Yu or Associated points)
 - g. Beginning and Ending points

VII. Evaluation – the Four Examinations

- A. Looking (observation)
 - 1. Spirit (Chen)
 - 2. Complexion

- 3. Body appearance
 - 4. Tongue
 - B. Listening/smell
 - C. Asking
 - D. Palpating (touching)
 - 1. Pulse
 - 2. Hara
 - 3. Channels and points
 - 4. Mu and Shu Points
- VIII. Pathology – causes and patterns of disease or imbalance**
 - A. Etiology – cause of the imbalance
 - 1. Exogenous causes – the six exogenic pathogens
 - 2. Endogenous causes – the seven emotions
 - 3. Other causes – infections, injury and lifestyle
 - B. Patterns of imbalances and assessment
 - 1. The Eight Principles
 - 2. Zang-Fu Organ patterns
 - 3. The Six Channels (divisions)
 - 4. The General Theory of Channels
 - 5. The Five Elements
 - 6. The Four Levels (Defense, Qi, Nutritive, Blood)
 - 7. The Three Heaters

DISCIPLINE, TECHNIQUE & PRACTICE | 160 hours minimum, including the following:

- I. Technique – Lecture and Demonstration**
 - A. Definition and history of modality
 - B. Theory relative to modality including effects on major body systems
 - C. Contraindications and potentially harmful techniques (cautions)
 - D. Principles of manipulation
 - E. Full body treatment
 - F. Passive and active exercises
- II. Treatment oriented application – Lecture and Demonstration**
 - A. Assessment and evaluation
 - B. Integration of techniques focused upon pathologies likely to be treated by practitioners
- III. Classroom practice** - This is supervised practice performed on other students and instructors

CLINICAL APPLICATION | 70 hours minimum

I. Supervised Clinical Practice (70 hours)

- A. Students will have the opportunity to integrate all of their training and practice by providing sessions for the general public in a supervised atmosphere
 1. A professional environment will be maintained at all times
 2. There will be constant, qualified supervision at all times
 3. During a client's first visit, a complete case history will be taken
 4. Session summaries will be written after each patient's visit
 5. "Rounds" will be regularly held so that students can share their sessions, interesting aspects, problems and successes with their peers
- II. In addition, students are encouraged to give at least **50 documented treatments** outside of the classroom and to have those treatment records reviewed by his/her Instructor(s). These treatments do not count towards the 70 hours of clinical practice or towards the 500 Hours of Curriculum Requirements.

OTHER | 70 hours minimum, including the following:

- I. First Aid and CPR course(s)
- II. Ethics and Professional Conduct
- III. Business Skills
- IV. Review of the Laws, Legislation, and Regulations for the ABT Profession
- V. Other topics relative to the practice of Asian Bodywork Therapy at the discretion of the teachers
- VI. A survey of the many Forms within the Asian Bodywork Therapy profession is recommended