ALHAMBRA
Medical University
Asian Body Work Certificate Program




ALHAMBRA Medical University
愛仁
School of
Acupuncture and Oriental Medicine

ALHAMBRA MEDICAL UNIVERSITY

Mission

Alhambra Medical University's mission is

To provide the highest quality education available in acupuncture and Oriental medicine in a progressive learning environment.

To provide the community with a highly competent and readily available source for complementary and alternative healthcare.

To foster and enhance mutual understanding and the ability to communicate with other healthcare professionals.

To assist acupuncture and Oriental medicine professionals to achieve their appropriate place within mainstream healthcare.

Institutional Goals

To educate and train students of acupuncture and Oriental medicine to competently enter the mainstream healthcare system as primary healthcare providers.

To teach the theory and practice of Oriental medicine while simultaneously developing critical thinking and problem solving.

To provide students with both the historical context and modern application of Oriental medicine.

To develop an open academic environment and support the cultural diversity of our students.

To simultaneously provide quality care in acupuncture and Oriental medicine to the community and a rich clinical experience for our students.

To foster communication between practitioners of Oriental medicine and Western medicine.

Program Mission

- To train competent practitioners in the art and science of massage therapy.

- To raise the professional level of massage practice by offering a high quality education.

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Educational Objectives

Upon completion of the program, students will be able to demonstrate competency in the theories and philosophy of Asian Body Work massage including Tui-Na, Shiatsu, Chair Massage, Circulatory Massage, and Reflexology.

Students will be able to demonstrate competency in anatomy, physiology, pathology, kinesiology, TCM meridian theory, and commonly use acupressure points as it relates to effective treatment in the massage therapy.

Students will be able to demonstrate competency in the hands-on skills of Tui-Na, Shiatsu, Chair Massage, Circulatory Massage, and Reflexology.

Student will be able to assess contraindication to massage.

Students will comprehend the ethic and boundary in their personal and professional lives.

Students will learn the law and regulation for the massage therapist/workers in the state of California.

Students will learn to open their own massage practice and methods to build their practice.





Admission Requirements

- All applicants must be 18 years of age or older.
- Submit a completed and signed AMU application along with a US$20.00 non-refundable application fee.
- A completed and signed AMU Enrollment Agreement
- One copy of your Original High School diploma or GED, sent directly to the AMU Office of Admission.
- One copy of your government issued ID card.
- Provide two recent color headshot photographs no larger than 2”x2”.
- Be interviewed by the Asian Body Work Director or a Asian Body Work Admissions Counselor. (Director of Admissions or an Admissions Counselor).



Financial Information

Student Tuition Recovery Fund (STRF)

California law requires that upon enrollment, a fee be assessed in relation to the cost of tuition this fee is included in the tuition at AMU. The Student Tuition Recovery Fund (STRF) was established by the California legislature to protect California students enrolled in postsecondary institutions from losing prepaid tuition funds if any of the following occurs:

1. The institution closes
2. The institution fails to live up to its enrollment agreement
3. The institution refuses to pay a court judgment.

To qualify for payment from the STRF, you must be a California resident and reside in California at the time the enrollment agreement is signed. Students who are temporarily residing in California for the sole purpose of receiving an education, specifically those who hold student visas or are legal residents of other states, are not considered California residents and therefore ineligible to receive STRF funds.

To receive an STRF reimbursement payment you must file an STRF application within one year of receiving notice from the Bureau for Private Postsecondary and Vocational Education that the institution has closed. If you do not receive notice from the Bureau, you have four years from the date of school closure to file a STRF application. If a judgment is obtained, you must file an STRF application within two years of the final judgment.

Please make sure you keep copies of your enrollment agreement, all financial paperwork, receipts and any other records obtained or given to you by the University. Questions regarding the STRF maybe directed to the:

Mailing Address:

Bureau for Private Postsecondary Education
P.O. Box 980818
West Sacramento, CA 95798-0818

Physical Address:

Bureau for Private Postsecondary Education
1625 North Market Blvd., Suite S-202
Sacramento, CA 95834

Phone:	(916) 574-7720
Toll Free:	(888) 370-7589
Web site:	www.bppe.ca.gov
E-mail:	bppe@dca.ca.gov

Tuition Refund Policy

Students will be held financially liable for all classes and practice that appear on their registration printouts. It is the student's responsibility to officially cancel their registration, drop, or withdraw from classes or practice. This includes but not limited to classes and practice the student registered for but never attended and or completed. Informing the class Instructor or Program Director does not constitute a cancellation of registration, drop or withdrawal, from class or practice.



Didactic (Classroom) Instruction Tuition Refunds

Cancellation of Registration

A Cancellation of registration cancels all registered classes and practice. If a cancellation of registration is submitted prior to the first day of class, a full refund of tuition, fees (other than the AMU Application Fee) and practice will be granted to the student. Students who submit a cancellation of registration on or after the first day of class are eligible to receive partial refunds based on a pro rata amount, for up to sixty percent (60%) of the course of instruction completed.

Refund Policy

Pro-rata refund by hour No refund after 60% of class hours took

Tuition rate and other fees

$7.00	per hour
$20.00	Application Fee (non-refundable)
$25.00	bounce check fee

All fees must be paid in full prior to starting each phase.

Phase I:	100 hours
Phase II:	150 hours
Phase III:	250 hours
Phase IV:	150 hours

The program hours offered by AMU are subjected to change in accordance with the CAMTC's policy.

Academic Procedure

Methods of Instruction:

The instructors will use the recommended texts, handouts of lecture material, audio visual aids, and anatomical charts. The following equipment will be used in the clinic portion of training: massage tables, massage oils, massage powders, hot packs, cold packs, foot soaks, and paraffin. The University will provide all the equipments.

Grading Criteria and Course Requirements:

80%-90%= B
70%-80%=C
Quizzes= 20%
Final Examination= 40%
Clinical Practice =40%



Curriculum and Course Description

| Total 650 Hours

Phase	I	(100 Hours)
#101	40 hrs	Anatomy & Physiology I
#102	8 hrs	Health & Hygiene
#103	4 hrs	Business Practice
#104	8 hrs	Health Boundaries for Body Work I
#105	20 hrs	Meridian and Acu-Points
#106	20 hrs	Tui-Na I
		Comprehensive exam I

Phase	II	(150 Hours)
#201	32 hrs	Anatomy & Physiology II
#202	32 hrs	Tui-Na II
#203	28 hrs	Shiatsu I
#204	28 hrs	Chair Massage
#205	22 hrs	Circulatory Massage I
#206	8 hrs	Health Boundaries for Body Work II
		Comprehensive exam II

Phase	III	(250 Hours)
#301	28 hrs	Anatomy & Physiology III
#302	40 hrs	Pathology
#303	32 hrs	Kinesiology
#304	32 hrs	Shiatsu II
#305	28 hrs	Tui-Na III
#306	42 hrs	Reflexology - Asian Style
#307	40 hrs	Circulatory Massage II
#308	8 hrs	CPR & First Aid
		Comprehensive exam III

Phase	IV	(150 Hours)
#401	150hrs	Comprehensive practice

Phase I 100 Hours

40 | 100 **#101 Anatomy & Physiology I**
This course offers a basic anatomy and physiology. A system approach to the human body with specific focuses on the effects of massage and bodywork. Curriculum will start from tissue, skeletal and muscular system

8 | 100 **#102 Health & Hygiene**
Students will learn the basic sanitary procedure and public hygiene emphasizing how massage therapists can protect themselves against communicable diseases. General principles of public health are discussed.

4 | 100 **#103 Business Practice**
Students will learn the basic skills and maintaining a successful practice. Marketing and communicating skills, plus psychological issues pertaining to promoting business will be explored and experienced. Professional and legal concerns will also be addressed.

8 | 100 **#104 Health Boundaries for Body Work I**
Students will learn the importance of setting boundaries which refer to clear definitions of what you will do, what you will not do, and what you will accept and not accept in client behavior.

20 | 100 **#105 Meridian and Acu-Points**
Students will learn the basic theory of traditional Chinese meridian and acu-points. The pathway of meridian and the location of acu-points will be taught, the physiology and pathology of meridian and acu-points will also be discussed.

20 | 100 **#106 Tui-Na I**
Students will learn the basic the traditional Chinese massotherapy massage theory and basic skills. The students will learn and train the various strokes. The ratio of lecture and practice will be 1:2.
Comprehensive exam I

Phase II 150 Hours

32 | 150 **#201 Anatomy & Physiology II**
The continuing of #101. Students will learn the main systems of the body. The course will focuses on the massage and bodywork.

32 | 150 **#202 Tui-Na II**
The continuing of #106. This course will teach students more hands-on techniques of Tui-Na. The ratio of lecture and practice will be 1:2 .

28 | 150 **#203 Shiatsu I**
Students will learn the basic Shiatsu, Japanese massage techniques. It includes the basic theory and varies strokes. The ratio of lecture and practice will be 1:2 .

28 | 150 **#204 Chair Massage**
Students will learn the basic chair massage techniques. It includes the basic theory and varies strokes. The ratio of lecture and practice will be 1:2.

22 | 150 **#205 Circulatory Massage I**
Students will learn the basic Swedish massage techniques, and how to apply meridian and channel theory together to relief pain symptoms. It includes the basic theory and varies strokes. The ratio of lecture and practice will be 1:2 .

8 | 150 **#206 Health Boundaries for Body Work II**
The continuing of #104. Students will learn the causality of self-image and body. It includes techniques for the body workers to deal with surfacing emotions and how to provide a feeling of emotional safety for the client.

Comprehensive exam II



Phase III 250 Hours

28 | 250 **#301 Anatomy & Physiology III**

The continuing of #201. Students will learn the main systems of the body. The course will focuses on the massage and bodywork.

40 | 250 **#302 Pathology**

This course offers general pathology and basic treatment on muscular and skeletal disorders.

32 | 250 **#303 Kinesiology**

Students will learn the basic principles and techniques of kinesiology. The ratio of lecture and practice will be 1:2.

32 | 250 **#304 Shiatsu II**

The continuing of #203. This course will focus on varies conditions of treatment with shiatsu. The ratio of lecture and practice will be 1:2.

28 | 250 **#305 Tui-Na III**

The continuing of #202. This course will teach students to evaluate various clinical disorders and how to treat these disorders with the Tui-Na skills. The ratio of lecture and practice will be 1:2.

42 | 250 **#306 Reflexology- Asian Style**

Students will learn how to stimulate the body's innate healing forces with reflexology, the basic theory and strokes of reflexology. The ratio of lecture and practice will be 1:2.

40 | 250 **#307 Circulatory Massage II**

The continuing of #205. Students will learn the basic Swedish massage techniques, and how to apply meridians and channels together to relief pain symptoms. It includes the basic theory and varies strokes. The ratio of lecture and practice will be 1:2.

8 | 250 **#308 CPR & First Aid**

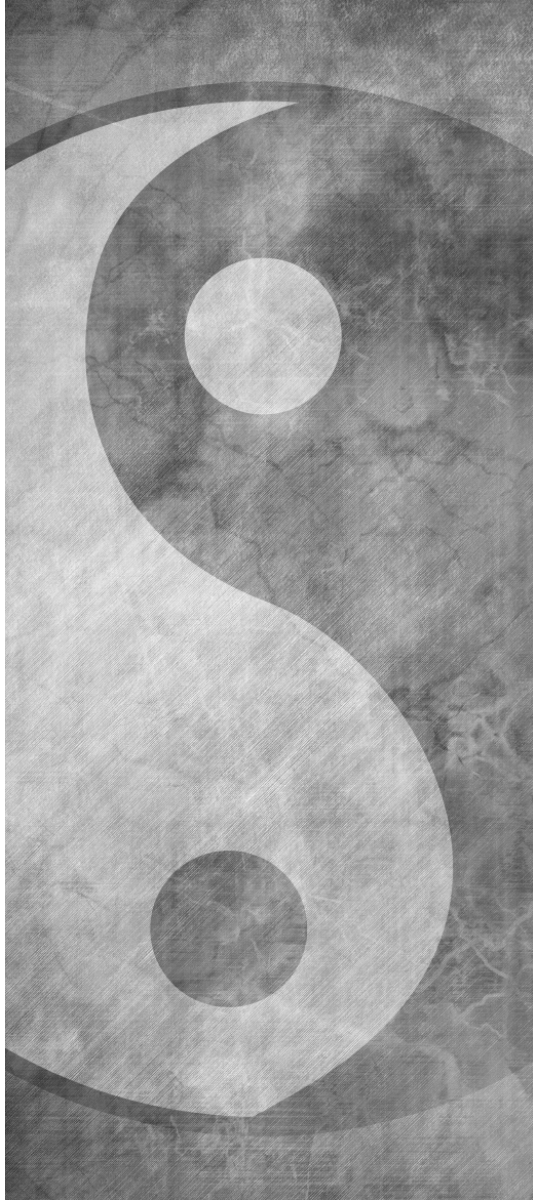
CPR and First Aid training for two years certification.

Comprehensive exam III

Phase IV 150 Hours

150 | 150 **#401 Comprehensive Practice**

Students will practice in the clinic of the university under the suppurations by the instructors.



Required and Recommended Texts

*Anatomy Coloring Book, by Wynn Kapit, Lawrence Elson, Benjamin Cummins, 2002

*Mosby's Fundamentals of Therapeutic Massage, by Mark F. Beck, Milady Publishing, 1999

* Fundamentals of Therapeutic Massage, by Sandy Frit, Mosby, 2000 *The Book of Shiatsu, by Paul Lundburg, Simon & Schuster, 2003

*Chinese Tui-Na Therapy, by Fu Wang, Foreign Language Press, Beijin China, 1994

* Foot Reflexology, by Jurgen Jora, St. Martin's Grifin, New York, 1991

*A massage Therapist Guide to Pathology, by Ruth Werner; Lippincott William & Wilkins, Philadelphia, 2002

*First Aid and CPR Essentials, by Ed D. Thygerson (editor), 2004

*The Business of Massge, by American Massage Therapy Association, 2002

Faculty

Chamorro, Isoliette

Nationally Certified in Therapeutic Massage and Body Work

Jiang, Fanfan L.Ac.

M.D. West China medical University, China
M.S. Dongguk-Royal University
A.D.T.* Yu Ying University (*: Advanced Doctoral Training)

Qiu, Ju Peng

M.D. Seventh Military Medical University, China

Tao, Gong Ming L.Ac.

M.D. Shanghai Medical University, China
M.S. Shanghai Medical University, China
M.S. South Baylo University, California

Xu, Xing Sheng L.Ac.

B.S. Shanghai University of Traditional Chinese Medicine, China
M.S Shanghai University of Traditional Chinese Medicine, China
PH.D Shanghai University of Traditional Chinese Medicine, China

Administration Staff

President	Jonathan Wu, M.D., Ph.D.
Academic Dean	Jerome Jiang, M.A., L.Ac.
Director of Asian Body Work	Tiffany Li, B.A.
Assistant director of Admissions	Danny Wang
	Ji-Long Jiang
Registrar	Qing Ma, B.A.
Librarian	Yue Lu, L.Ac.

Governing Board of Alhambra Medical University

Chairman	Matthew Lin M.D.	
President	Jonathan Wu, M.D., Ph.D.	
Members	An York Lee, L.Ac.	David Fang, M.D.
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	Fu Chu Huang	He-Ping Fan, L.Ac.
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	Stanley Toy M.D.	
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