

Unit Title:	Shiatsu Core Theory
Unit Level:	Level 4
Unit Credit Value:	29
GLH:	150
LASER Unit Code:	WJG844
Ofqual Unit Code:	F/618/0173

This unit has 5 learning outcomes.

Learning Outcome (The Learner will):		Assessment Criteria (The Learner can):	
1.	Understand the historical origins and evolution of Shiatsu	1.1	Review the historical origins and evolution of Shiatsu
		1.2	Describe the different systems of Shiatsu and their use
		1.3	Analyse the role of physiological, emotional, mental/emotional, environmental and spiritual factors in health and disease processes and energy disturbance
2.	Understand the core principles of Shiatsu	2.1	Explain the core principles of Shiatsu
		2.2	Explain the concept of health and wellbeing that is consistent with the practice, principles and theory underlying a chosen system or style of Shiatsu
		2.3	Outline the theoretical frameworks relevant to the delivery of Shiatsu to include the mandatory FIVE Phases and ONE of the following: a) Traditional Chinese Medicine b) Zen Shiatsu c) Movement Shiatsu - The Three Families d) Namikoshi
		2.4	Explain the principles and concepts of Ki, Meridians/Channels and Tsubos according to a chosen model or style of Shiatsu
		2.5	Explain the concept of dynamic equilibrium of complementary principles, described as Yin and Yang
3.	Understand the use and safe application of Tsubos in Shiatsu	3.1	Identify the location of Tsubos according to the requirements of a chosen model or style of Shiatsu
		3.2	Explain the functions and common usage of Tsubos according to the requirements of a chosen model or style of Shiatsu
		3.3	Evaluate the depths and responsiveness of Tsubos and how touch may affect them
4.	Understand the location and use of Meridians/channels in Shiatsu	4.1	Identify the location of Meridians/channels according to the requirements of a chosen model or style of

			Shiatsu.
		4.2	Explain the principles underpinning the palpation of meridians/channels relevant to a model or style of Shiatsu.
5.	Understand the importance of communication skills as an integral part of the theory and practice of Shiatsu	5.1	Explain the importance of effective communication skills in Shiatsu
		5.2	Explain why listening to the client is a continuation of working with Ki
		5.3	Explain the importance of communication through quality of touch

Assessment Guidance:

This unit must be assessed according to the LASER Level 4 Diploma in Shiatsu qualification specification.

Additional Information:

NA