Evidence Log

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| Unit Title: Shiatsu Core Theory | Unit Code(s): F/618/0173  |
| Unit Level: Level 4 | Unit Credit Value: 29 (150 GLHs) |
| Course Name: Laser Level 4 Diploma in Shiatsu  |
| Course Start Date:  | Course End Date: |
| Learner Name: |
| Tutor Name:  | Centre/Venue: |
|  |  |  |  |
|  | Date Assessment Criteria Met | LocationofSupporting Evidence | TUTOR SIGNATURE |
| **LO 1**  | **Understand the historical origins and evolution of Shiatsu.** |
| AC 1.1  | Review the historical origins and evolution of Shiatsu |  |  |  |
| AC 1.2 | Describe the different systems of Shiatsu and their use |  |  |  |
| AC 1.3 | Analyse the role of physiological, emotional, mental/emotional, environmental and spiritual factors in health and disease processes and energy disturbance |  |  |  |
| **LO 2**  | **Understand the core principles of Shiatsu.** |
| AC 2.1  | Explain the core principles of Shiatsu |  |  |  |
| AC 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 |  |  |  |
| AC 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 Medicineb) Zen Shiatsuc) Movement Shiatsu - The Three Familiesd) Namikoshi  |  |  |  |
| AC 2.4 | Explain the principles and concepts of Ki, Meridians/Channels and Tsubos according to a chosen model or style of Shiatsu |  |  |  |
| AC 2.5 | Explain the concept of dynamic equilibrium of complementary principles, described as Yin and Yang |  |  |  |
| **LO 3**  | **Understand the use and safe application of Tsubos in Shiatsu.** |
| AC 3.1  | Identify the location of Tsubos according to the requirements of a chosen model or style of Shiatsu |  |  |  |
| AC 3.2 | Explain the functions and common usage of Tsubos according to the requirements of a chosen model or style of Shiatsu |  |  |  |
| AC 3.3 | Evaluate the depths and responsiveness of Tsubos and how touch may affect them |  |  |  |
| **LO 4**  | **Understand the location and use of Meridians/channels in Shiatsu.** |
| AC 4.1  | Identify the location of Meridians/channels according to the requirements of a chosen model or style of Shiatsu |  |  |  |
| AC 4.2 | Explain the principles underpinning the palpation of meridians/channels relevant to a model or style of Shiatsu |  |  |  |
| **LO 5** | **Understand the importance of communication skills as an integral part of the theory and practice of Shiatsu.** |
| AC 5.1  | Explain the importance of effective communication skills in Shiatsu  |  |  |  |
| AC 5.2 | Explain why listening to the client is a continuation of working with Ki |  |  |  |
| AC 5.3 | Explain the importance of communication through quality of touch |  |  |  |

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| Tutor Feedback |  | Tutor Name, Signature and Date |
| Learner Comment |  |