



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**