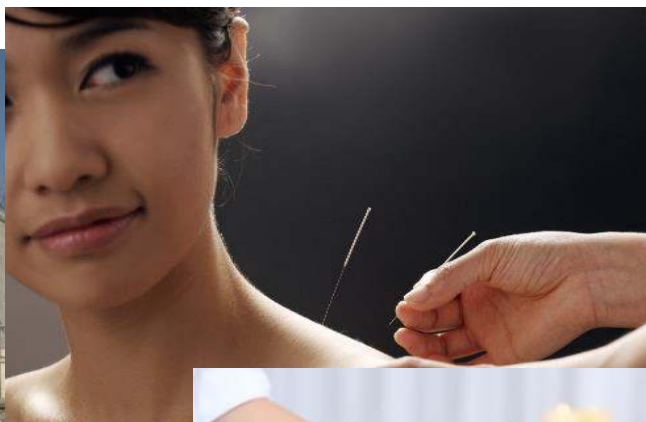




New York COLLEGE

OF HEALTH PROFESSIONS



Pioneering Holistic Health Education for 40 Years

2023-2026 Catalog

www.nycollege.edu

A Message from the President



I warmly welcome you to New York College of Health Professions, an institution dedicated to preparing professional leaders and practitioners in the field of Holistic Health and Integrative Medicine. With our Holistic approach to education and clinical practice, we blend Eastern and Western therapies in prevention, healing and the promotion of wellness. New York College is committed to its students, its clinic patients and the general population through our unique and breakthrough technologies in healthcare and related industries.

We are proud to be an educational center with national institutional accreditation dedicated to becoming the gold standard in our field.

The College's clinic facilities at Syosset provide opportunities for our students, graduates, and faculty to immerse themselves into all forms of medicine.

New York College maintains very affordable tuition while preserving standards that let us to be one of the few institutions of our kind to have both institutional and programmatic accreditation. In fact, we are the only private not-for-profit institution of our kind in the metropolitan New York City area.

I hope that you will review our catalog and website at www.nycollege.edu, visit us on campus and join with us in helping the world solve its health problems through a holistic approach.

A Li Song
President

Table of Contents

About New York College of Health Professions	4
Enrollment Services	12
Academic Calendars	21
School of Massage Therapy	24
Massage Therapy Courses of Study	32
Massage Therapy Course Descriptions	35
Graduate School of Acupuncture and Herbal Medicine	44
Graduate School of Acupuncture and Herbal Medicine Course of Study	56
Graduate School of Acupuncture and Herbal Medicine Course Descriptions	61
Board of Trustees	72
College Administration	73
Department Administrators	75
Faculty	76



About New York College of Health Professions

Founded in 1981, New York College of Health Professions is the leader in holistic health education. Institutionally accredited by the New England Commission of Higher Education¹ (NECHE), the College offers programs in Massage Therapy (Associate of Occupational Therapy), Acupuncture (Bachelor of Professional Studies/Master of Science) and Chinese Herbal Medicine (Bachelor of Professional Studies/Master of Science). The Acupuncture and Chinese Herbal Medicine programs are also programmatically accredited by the Accrediting Commission for Acupuncture and Herbal Medicine (ACAHM)². ACAHM does not accredit any programs at the undergraduate/bachelor level.

The College is committed to excellence in health care education. Members of the faculty serve on the boards of national and state organizations and are helping to raise the standards of the holistic health professions to levels of excellence.

The current student body represents a cross section of ages, nationalities, ethnicities, and interests, all sharing a common goal to positively impact the health care system. The growing acceptance of Traditional Chinese Medicine (TCM) and complimentary care integrated with western medicine will continue to enhance career opportunities. Alumni report that their comprehensive education and training have prepared them to effectively participate in health care activities in the 21st century.

Vision

New York College of Health Professions is committed to the maintenance and enhancement of health, including physical health, psychological health, and spiritual health. In the service of this commitment, the College seeks affiliations with other institutions and explores a wide variety of approaches to enhancing and maintaining wellness and quality of life.

Mission

New York College of Health Professions is dedicated to offering quality degree programs in holistic health. The mission has three main components.

Education: To provide students with the knowledge and skills to enable them to become expert practitioners in their fields. To provide the knowledge and skills to enhance the health, wellness, and quality of life in the larger community, and to develop educational materials to achieve the same purpose.

Service: To provide clinical and pharmacological services to the community as a complement of the program of professional education. To provide services and products to the community that complement the programs offered by the College.

Research: To develop and implement, with outside parties, new product development in health care, wellness, and quality of life products.

¹ 3 Burlington Woods #100 Burlington, MA 01803 Tel: (855)886-3272

² 500 Lake Street, Suite 204 Excelsior, MN 55331 Tel: (952)212-2434

Educational Objectives

The following are the principal educational objectives in support of the College's Mission:

- To provide students with the knowledge, skills, and professionalism to become highly qualified practitioners in select health care fields.
- To enable students to be fully capable of obtaining employment in their health care field.
- To prepare students to pass the licensure and/or certification exams required to become licensed or certified practitioners in the state of New York.
- To develop in students a sense of ethical responsibility in the therapist-client dynamic and with fellow practitioners.
- To provide students with an appreciation for continued learning throughout their professional careers.

Educational Opportunities

The programs offered by New York College of Health Professions provide the highest standards of education and training in massage therapy, acupuncture, and Chinese herbal medicine. The College is breaking new ground and creating a bridge between Traditional Chinese Medicine with western medicine by creating an alliance with Bellevue Hospital, a major medical institution in the New York City metropolitan area.

Why Holistic Health Care

The National Center for Complementary and Integrative Health or the NCCIH (formerly the National Center for Complementary and Alternative Medicine,) a component of the NIH, is the federal government's lead agency for scientific research on Complementary and Alternative Medicine (CAM). Founded in 1999, it uses rigorous scientific investigation to define the usefulness and safety of complementary and alternative medicine interventions (CAM) and to provide the public with research-based information to guide health-care decision making.

As defined by the NCCIH, CAM includes a large and diverse group of interventions, practices, and disciplines, including those taught at New York College of Health Professions such as massage therapy, acupuncture, herbal medicine, yoga, Qi Gong and Tai Chi, which are used to improve health and well-being and in the treatment of illness or symptoms such as chronic pain or stress. Analysis by the NCCIH and the Centers for Disease Control of research data from a 2012 National Health Interview Survey³ on the use of complementary modalities found that about 59 million Americans spend up to \$39.2 billion a year out-of-pocket on CAM. This represents 9.2% of the total out-of-pocket expenditures in health care⁴. There is great interest across many health care disciplines regarding the potential application of some CAM approaches to a variety of challenging health problems and to health promotion. In large part this interest is based on emerging evidence from research carried out over the past decade. In several studies acupuncture was found to ease chronic pain such as low-back pain and neck pain. It may also help reduce the frequency and

³ [http:// nih.gov](http://nih.gov)

⁴ <http://nccih.nih.gov/research/results/spotlight/americans-spend-billions>

tension of headaches and prevent migraines. Chronic back pain, which affects approximately 25% of adults, is by far the most frequent health problem for which Americans turn to CAM. A recent Wake Forest Medical School and Duke University School of Medicine study funded by the NCCIH found that when compared to the usual care, acupuncture may significantly reduce hot flashes associated with menopause⁵. The World Health Organization recognizes acupuncture and herbal medicine as effective for over 43 common ailments.

Research on massage therapy is conducted annually by the American Massage Therapy Association (AMTA). Their 2016 consumer survey reports that 78% of individuals who received a massage in the past year did so for medical reasons such as pain relief, soreness, spasms, injury recovery, pregnancy, migraines and stress relief. Their research estimates Massage Therapy as a \$12.1 billion industry in the US with roughly 43.8-57.8 million adults (19-25%) having had at least one massage between July 2015 and July 2016⁶. The US Bureau of Labor Statistics projects the growth of massage therapist employment at 22% over the period 2014–2024, faster than average for all occupations.

From 2011-2015, revenue from CAM healthcare providers increased 14% and employment increased 19%. Revenue is projected to grow an average of 3.6%/year through 2020⁷.

Academic Programs

The New York State Education Department has authorized New York College of Health Professions to award degrees and certificates in the following accredited programs.

Associate of Occupational Studies (AOS) – Massage Therapy

Started in 1981, New York College's nationally recognized Massage Therapy Program was its first educational program. In September 1996, the Board of Regents of the University of the State of New York granted approval to the college to award a 68-credit Associate in Occupational Studies (AOS) degree with a major in Massage Therapy (HEGIS Code 5299), the first in the United States. The college has modified the original AOS degree to a 72-credit program, which can be completed in six trimesters (2 academic years) of full-time study. Students have up to 3 years to complete the program if taking the program part time. Graduates are eligible to take the New York State Massage Therapy Licensing Examination. They are also eligible to sit for the Massage and Bodywork Licensing Examination (MBLEx), which allows them to seek licensure in states outside of New York.

⁵ Menopause Journal, "Acupuncture, as Practiced in Clinical Settings, May Significantly Improve Menopause-related Symptoms, March 18, 2016

⁶ AMTA 2015 Consumer Survey and 2015 Industry Survey

⁷ IBIS World Industry Report 62139b Alternative Healthcare Providers in the U.S., December 2016

Bachelor of Professional Studies/Master of Science (BPS-MS) – Acupuncture

The acupuncture program was approved by the Board of Regents in 1992, the first such program approved in the state. The program was granted Bachelor/ Master degree status in 1998 (Bachelor of Professional Studies/Master of Science). The acupuncture program (HEGIS Code 1299 /1299), is a nine trimester curriculum that requires 145 credits and awards a combined Bachelor of Professional Studies in Health Science/Master of Science in acupuncture degree (BPS/MS). The program can be completed in 3 academic years of full-time study. Students have up to 6 years to complete the program if taking the program part-time.

Bachelor of Professional Studies/Master of Science (BPS-MS) – Acupuncture with a Chinese Herbal Medicine Specialization

The Acupuncture with a Chinese Herbal Medicine Specialization program was approved by the Board of Regents in 1992, the first such program approved in the state. The program was granted Bachelor/ Master degree status in 1998 (Bachelor of Professional Studies/Master of Science). The Acupuncture with a Chinese Herbal Medicine Specialization program (HEGIS Code 1299 /1299), is a ten trimester curriculum that requires 185 credits and awards a combined Bachelor of Professional Studies in Health Science/Master of Science in Acupuncture with a Chinese Herbal Medicine Specialization degree (BPS/MS). The program can be completed full time in approximately 4 years. Students have up to 8 years to complete the program if taking the program part-time.

For alumni who graduated with the BPS-MS degree in Acupuncture, the College offers a Chinese herbal program. The Acupuncture with a Chinese Herbal Medicine Specialization Program for Acupuncture Alumni is a 47-credit program in herbal classroom and clinical training. This program can be completed in 2 years. Alumni will surrender their BPS-MS degree in Acupuncture upon completion of this program as they will be awarded the BPS-MS degree in Acupuncture with a Chinese Herbal Medicine Specialization.

Accreditations and Registrations

All degree and certificate programs offered by New York College of Health Professions are registered by the:

Office of Professions
New York State Education Department
89 Washington Avenue, 2nd Floor, West Wing
Albany, NY 12234
(518) 486-2967
And / or
New York State Education Department
Office of College & University Evaluation
89 Washington Avenue, 5th Floor, Mezzanine
Albany, NY 12234
(518) 474-1551

Program Title	Degree Awarded	HEGIS Code
Massage Therapy	AOS	5299
Health Science/Acupuncture	BPS/MS	1299/1299
Health Science/Acupuncture with a Chinese Herbal Specialization	BPS/MS	1299/1299

New York State

New York College of Health Professions is chartered by the Board of Regents of the University of the State of New York. All programs are registered with the New York State Education Department (NYSED).

Institutional Accreditation

The New York College of Health Professions is accredited by the New England Commission of Higher Education (NECHE).

The New York College of Health Professions is accredited by the New England Commission of Higher Education (formerly the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges, Inc.). Accreditation of an institution of higher education by the Commission indicates that it meets or exceeds criteria for the assessment of institutional quality periodically applied through a peer group review process. An accredited school or college is one which has available the necessary resources to achieve its stated purposes through appropriate educational programs, is substantially doing so, and gives reasonable evidence that it will continue to do so in the foreseeable future. Institutional integrity is also addressed through accreditation.

Accreditation by the Commission is not partial but applies to the institution as a whole. As such, it is not a guarantee of the quality of every course or program offered or the competence of individual graduates. Rather, it provides reasonable assurance about the quality of opportunities available to students who attend the institution.

Inquiries regarding the status of an institution's accreditation by the Commission should be directed to the administrative staff of the College. Individuals may also contact the Commission at:

New England Commission of Higher Education

3 Burlington Woods #100
 Burlington, MA 01803
 (855) 886-3272
info@neche.org
<https://www.neche.org>

Programmatic Accreditation

The following programs offered by the New York College of Health Professions are accredited by the Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM)

1. Master of Science in Acupuncture
2. Master of Science in Acupuncture with a Chinese herbal medicine specialization

Temporary federal flexibilities with respect to the institutional eligibility for distance education related to the COVID-19 national emergency expire on 7 October 2023. The program(s) listed above are not accredited by ACAHM to offer courses via distance education beyond 7 October 2023.

ACAHM does not accredit any programs at the undergraduate level.

ACAHM's accreditation does not include participation by the institution in Title IV, HEA federal student financial aid programs.

Accreditation status and notes may be viewed on the [ACAHM Directory](#).

ACAHM is recognized by the United States Department of Education as the specialized accreditation agency for institutions/programs preparing acupuncture practitioners. ACAHM is located at 500 Lake Street, Suite 204, Excelsior, Minnesota 55331; phone 952/212-2434; <https://acahm.org>

Public Disclosure Statement Effective as of 21 May 2024

Inquiries regarding the status of programmatic accreditation by ACAHM should be directed to the administrative staff of the Graduate School of Acupuncture and Herbal Medicine. Individuals may also contact:

Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM)

500 Lake Street, Suite 204

Excelsior, MN 55331

(952) 212-2434

info@acahm.org

<https://acahm.org>

Other accreditations/memberships are:

- Approved provider of continuing education by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).
- Approved provider of continuing education by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).
- Approved provider of continuing education by the New York State Education Department.
- American Massage Therapy Association Council of Schools (AMTA)
- Council of Colleges of Acupuncture and Herbal Medicine (CCAHM)
- American Organization for Bodywork Therapies of Asia (AOBTA)
- Acupuncture Society of New York (ASNY)

Continuing Education Workshops

A range of Continuing Education workshops are offered annually designed to meet the needs of working health care professionals as well as the community at large. Review courses for the New York State Massage Therapy Licensing Examination and national certification exams are also offered on a regular basis in massage therapy, acupuncture and Chinese herbology. The CE schedule and fees can be found on the College's website (www.nycollege.edu) or can be obtained by calling the Continuing Education Department at 1-800-922-7337 extension #130. CE flyers are emailed to alumni, faculty, and students.

Locations

New York College of Health Professions is located in Syosset, New York, on the north shore of Long Island, approximately 30 miles east of Manhattan. The campus is easily accessible via the Long Island Railroad. The campus in Syosset contains the administrative offices for all educational programs, a physical arts deck, academic health care clinics, the herbal dispensary, the Steve Kaufman Library, bookstore, faculty work room, and student lounge. All offices of Enrollment Services are located at the main campus in Syosset.

The academic health care teaching clinics are an integral part of a student's educational experience. With over 5500 patient treatments annually, these teaching clinics are also important in providing affordable holistic health care to members of the community. The academic health care teaching clinics offer fully supervised holistic treatments to the community while providing a clinical internship for student practitioners. Treatments include Swedish massage, Asian bodywork massage, reflexology, acupuncture, and herbal consultations.

Herbal Dispensary

The Herbal Dispensary carries a variety of herbal products constituting a traditional Chinese herbal formula or pattern pharmacy. These include raw herb materials, prepared materials in pill, powder, tincture, extract and topical forms, as well as homeopathic remedies and nutritional supplements. Some of the products are

dispensed only after consultation and recommendation from a clinic health care professional. The herbal dispensary is open to the community.

Bookstore

The College bookstore in Syosset carries all the required student texts, as well as a wide selection of books and educational materials covering many other aspects of holistic health. It also stocks uniforms, logo merchandise, face cradle cushions, massage tables, acupuncture needles, moxa, massage oils and creams, and other professional supplies.

Steve Kaufman Library

The Steve Kaufman Library, located on the Syosset campus, contains the most extensive collection of holistic medicine materials available on Long Island. The library contains books, anatomical models, journals, multimedia and online resources specializing in acupuncture, herbal medicine and massage therapy. The mission of the New York College of Health Professions Steve Kaufman Library is to support the College's mission by maintaining a quality of collection of materials and offering those services which further the education, clinical and research needs of the College as a whole.

The library is open Monday – Thursday 10:00 AM to 7:00 PM, and Friday 11:00 AM to 3:00 PM. The library is open to students, staff and faculty. Alumni, clinical patients and those conducting research are encouraged to use the library as well. Wireless internet is available throughout the library and networked computer workstations as well as the college's webpage provide online access to the library's catalog, the Internet, email, and Microsoft Office Suite. Online indexes to professional periodical literature include subscriptions to online resources and are available on and off campus. These databases include full-text research articles focusing on holistic approaches to health care and medicine. A tutoring room is available for one-on-one assistance and small study groups. The College library is a member of the Long Island Library's Resource Council and MEDLI which fosters cooperation and sharing of resources among medical libraries on Long Island. For further information, contact the Librarian, Cynthia Cayea at library@nycollege.edu.

Enrollment Services

Admissions

Admissions to New York College of Health Professions is considered on an ongoing basis. Prospective students who wish to enroll must apply through admissions. Regardless of program, applicants to the School of Massage Therapy and the Graduate School of Acupuncture and Herbal Medicine must meet academic admissions criteria, and they must submit all required documentation prior to the start of the trimester for which they are matriculating. Applicants to the College will submit the following as part of the admissions process:

1. Application for Admissions
2. Application Essay
3. Official High School and/or College Transcripts
4. Physical
5. Immunization Record
6. Meningitis Awareness Form
7. Course Registration Form

Once all documents have been received and the interview is completed, all materials are carefully reviewed. Acceptance into the program is then determined together with an appropriate course of study. The admissions staff considers all information provided by the applicant. Applicants are notified in writing of the Admissions Office decision. Once a decision on an applicant is made, the offices of Registrar, and Bursar will begin to reach out to newly accepted students to complete their enrollment at the College.

Applicants who have been accepted into a program may defer their admission to a subsequent trimester with the approval of the admissions office. Admissions may only be deferred for up to one year. Requests for deferred entrance must be made in writing to the Admissions Office. Students who wish to enroll after the deferment period has ended must reapply to the College.

The College reserves the right to reject, re-admit, or continue a student's participation in any program at its sole discretion, providing such decision does not discriminate in admissions or access to its programs and activities based on race, color, national origin, religion, creed, disability, age, marital status, gender, sexual orientation, or veteran status. Further, in accordance with Title IX of the Education Amendments of 1972, New York College of Health Professions does not discriminate based on sex in its educational programs, activities, or employment practices.

International Students

New York College of Health Professions welcomes international students. An applicant who is a citizen of a foreign country must complete the regular application process and provide the following additional documentation:

- 1) Evaluation of educational equivalency in the United States and a certified English translation of educational credentials by a recognized educational organization including:

Globe Language Services, Inc.

305 Broadway, Suite 401

New York, NY 10007

(212) 693-1489

www.globelangauge.com

or

World Evaluation Services (WES)

P.O. Box 5087

Bowling Green Station, NY 10274-5087

(212) 966-6311

www.wes.org

- 2) For the purposes of assuring the College and the United States government that all necessary costs to maintain the student throughout his/her tenure at the College will be met, students must submit an Ability-to-Pay statement. (This form can be obtained from the college's admissions office.)
- 3) A valid visa or alien registration card. New York College of Health Professions is authorized under federal law to enroll nonimmigrant alien students. An international student who needs to have his/her visa transferred should consult with the admissions office.
- 4) International students who transfer from American colleges or universities must have their previous school complete the I-20 Transfer Recommendation Form and must also furnish copies of all previous universities' I-20s and a copy of their I-94 from their passport.
- 5) All applicants whose first language is other than English, are required to submit the official score report of TOEFL iBT (Test of English as a Foreign Language and spoken English) as administered by the Educational Testing Service, or an examination deemed to be equivalent by the Admissions Office. The minimum score is 500 written based, or 61 on the computer-based test (iBT), as well as minimum scores of 22 in listening and 26 in speaking. Students may also satisfy the English competency requirement by scoring a level 6 on the International English Language Testing System (IELTS). English competency may be demonstrated and the TOEFL requirement waived, if the applicant has completed at least two years (60 semester credit or 90 quarter credit) of baccalaureate level education from an accredited college or university in the United States, or from an equivalent English language institution in another country; or if the applicant otherwise demonstrates enough English language competency through the interview and written essay required for admission to the program.
- 6) Information about the TOEFL may be obtained from the Educational Testing Service, P.O. Box 6151, Princeton, New Jersey 08541-6151, USA, in writing or by calling 1-800-468-6335, Monday – Friday, 8:00 AM – 7:45 PM Eastern Standard Time or at the TOEFL website: www.ets.org/toefl.
- 7) All expenses incurred by international applicants during this application process are the responsibility of the candidate and are non-refundable. All international students with F-1 visas must be full-time (12 credits) students.

- 8) All international students must submit with their application financial disclosure information including bank statements showing the ability to pay one year of tuition.

Student Services

Student Services provides necessary help and guidance to all enrolled students. Student Services is the key to academic success as they work with students to ensure that they are academically on track to complete their degree. The following are provided by Student Services to ensure student success at the College.

1. Coordination of tutoring for students struggling in their classes.
2. Advising during registration and the add/drop period.
3. Receives and investigates student complaints and grievances as outlined in the Student Handbook.
4. Schedules and conducts both the Committee of Academic Policy and Student-Faculty Committee Meetings.
5. Coordinates New Student Orientation and Graduation.
6. Receives and investigates all student Title IX incidents. For all incidents, please contact student.services@nycollege.edu or akotowski@nycollege.edu.
7. Coordinates reasonable accommodations for students who have a 504 plan.

Student Services works with both the academic and enrollment departments to provide a clear resolution to any student issues at the College.

Grievance and Complaint Procedures

New York College strives to maintain the highest standards of education quality. To this end, the College is committed to safeguarding the rights of all students. Students are assured that no action will be taken against them for filing a grievance or complaint. All students enrolled at the New York College of Health Professions have a right to file complaints and grievances. The office of Student Services is the office responsible for handling all aspects of student complaints and grievances. The office of Student Services works with other departments, including Enrollment Services, the program Deans, and administration, once a complaint or grievance has been received to ensure a timely response. Student complaints and grievances must be submitted in writing to the office of Student Services, either by obtaining an incident report (which are available by contacting Student Services) or by emailing student.services@nycollege.edu. All complaints and grievances are kept strictly confidential. Incidents that involve policies and procedure of the College are handled through Student Services. Incidents that involve academics (faculty and coursework) are handled through the program Dean. Note that academic incidents may have Student Services involved, depending on the incident.

The office of Student Services will, upon receipt of a written complaint or grievance, conduct a thorough investigation of the incident. The office of Student Services will interview witnesses and draft a report and findings, which will be shared with the student complainant. The office of Student Services will consult other departments as necessary for additional input, and policies and procedures outlined in the Student Handbook will be used as a guide for determining the outcome. The office of Student Services will make a recommendation of action to the student. If the student does not agree with the recommendation, the student can escalate the complaint or grievance to the Committee of Academic Policy as outlined in the

Student Handbook. The process is designed to ensure that the student complaint or grievance is handled in a timely fashion and that the outcome is fair and reasonable.

If a student is unable to resolve a complaint with the College or believes that the College has not properly addressed the issues raised, he or she may file a complaint with the New York State Education Department (NYSED). Students in the Graduate School of Acupuncture and Herbal Medicine may also contact the Accreditation Commission for Acupuncture and Herbal Medicine at the following:

New York State Education Department
Office of the Professions
89 Washington Avenue, 2nd Floor, West Wing
Albany, NY 12234
Tel: (518) 474-3817
Fax: (518) 473-8577

Accreditation Commission for Acupuncture and Herbal Medicine (ACAHM)
500 Lake Street, Suite 204
Excelsior, MN 55331
Tel: (952) 212-2434
info@acahm.org

Reasonable Accommodations for Students with Disabilities

New York College of Health Professions will provide reasonable accommodations to enrolled students who are otherwise qualified, with documented disabilities. Reasonable accommodations will be determined on an individual basis.

In compliance with Section 504 of the Rehabilitation Act of 1973, the College shall take such steps as are necessary to ensure that no disabled student is denied the benefits of, excluded from participation in, or otherwise subjected to discrimination under the education program or activity operated by the recipient because of the absence of educational auxiliary aids for students with impaired sensory, manual, or speaking skills.

In compliance with Title II of the American Disabilities Act of 1990, the College shall furnish appropriate auxiliary aids and services where necessary to afford an individual with a disability an equal opportunity to participate in, and enjoy the benefits of, a service, program, or activity conducted by a public entity.

The following procedures have been implemented to assure compliance with both Acts:

1. During the admissions process, the applicant identifies a special need or disability and signs the Request for Reasonable Accommodations Form pertaining to that special need and pertinent accommodations.

2. The disability is verified by a source external to the applicant. This could include a physician, psychologist, counselor, or any person certified in helping professions. The verification is made a permanent part of the student record.
3. The Office of Student Services reviews the applicant's file and determines if a special accommodation is required. The accommodation is identified.
4. The Office of Student Services consults with the appropriate Programmatic Dean to determine whether the College can provide the special accommodation. If this is possible, the Dean of the School of Massage Therapy and/or the Dean of the Graduate School of Acupuncture and Herbal Medicine, in conjunction with the Office of Student Services jointly make the decision regarding the admission of the applicant. The College is not obligated to admit the applicant if it cannot provide the assistance needed.
5. Once the student is admitted and enrolled, the Office of Student Services sends a written notification to the Dean of the School of Massage Therapy and/or the Dean of the Graduate School of Acupuncture and Herbal Medicine and each of the student's instructors. This notification identifies the student, his/her disability or special need and the accommodation required. The accommodation is mandated.
6. The Office of Student Services will enter a notation on each student file indicating the special accommodation accorded to each student. At the end of each trimester, the Office of Student Services will file a report certifying the application of the special accommodation policy for each student.
7. After admission, the above described procedure is followed each trimester.
8. The internal forms appropriate for the administration of this policy are available in the Office of Student Services.

For further information on reasonable accommodations, contact the Student Services Office at studentservices@nycollege.edu.

Campus Crime Reporting and Statistics Policy

It is the policy of the New York College of Health Professions to report campus crime statistics. The Advisory Committee on Campus Safety will provide, upon request, all campus crime statistics as reported to the US Department of Education, [Campus Safety and Security \(ed.gov\)](#). To request this information, contact the Office of Student Services or the Human Resources Office. Statistics for crimes that have occurred on campus are available on the college's website at [Campus Security](#).

Student Finances

Official Notice

Students are hereby officially notified that the registration and enrollment process is not complete until all tuition, fees, and other charges are paid in full in accordance with the payment deadline schedule for each trimester. Students will not be able to attend classes if they have not made full payment or made alternative arrangements. Students personally guarantee and are responsible for all obligations to the college for tuition, fees and other charges.

A student who has an outstanding financial balance due to the College or is “on hold” for missing documents is officially given notice that the college will withhold granting degrees and issuing grades. A student may also be subject to additional collection fees, attorneys’ fees, late fees, fines or interest charges on the unpaid balance.

Bursar

The Bursar office is responsible for assessing and collecting all tuition and fees for the College. The Bursar works with students who either directly pay their tuition to the College each trimester. Students are encouraged to pay their tuition and fees through Self-Serve, the College’s online student portal.

Below is a breakdown of all tuition and fees for New York College of Health Professions.

Non-Refundable Fees (some or all fees may apply)

Fee	Description of Fee
\$45.00	Non-refundable Application Fee – Massage Therapy Program
\$45.00	Non-refundable Application Fee – Acupuncture/Herbal Medicine Programs
\$25.00	Registration Fee (per trimester)
\$30.00	Liability Insurance Fee (per trimester)
\$25.00	College ID Replacement Fee
\$100.00	Clinic Fee – MT Clinic 1/GSOM Grand Rounds through Clinic 4 (per trimester)
\$75.00	Lab Fee – HS 114, HS 115, EL 104, CH 303, CH 304, CH 401
\$450.00	Acupuncture/Herbal Medicine Clinic Kit (Acupuncture Technique 1)
\$100.00	Graduation Fee
\$325.00	Challenge Exam Fee – Prior Learning (per course)
\$50.00	Installment Plan Fee
\$50.00	Late Payment Fee
\$35.00	Add/Drop Fee (once the trimester begins)
\$250.00	Late Registration Fee
\$10.00	Official Transcript Fee
\$25.00	Returned Check Fee
\$45.00	Replacement/Duplicate Diploma Fee
\$75.00	Make-up/Retake Exam Fee

Student Tuition Liability and Refunds

In order to receive a refund of paid tuition and fees, all students who withdraw from all their classes must complete a Change of Enrollment Status Form at the Student Services office and once processed, New York College of Health Professions is authorized to:

1. Calculate the student’s tuition liability and applicable refund for any given trimester as follows:

Period of Withdrawal	Liability	Refund Percentage
Prior to first day of trimester	0%	100%
During the first week	10%	90%
During the second week	25%	75%
During the third week	50%	50%

During the fourth week	75%	25%
After the fourth week	100%	0%

2. Tuition liability during a ten-week course.

Period of Withdrawal	Liability	Refund Percentage
Prior to first day of trimester	0%	100%
During the first week	25%	75%
During the second week	50%	50%
After the second week	100%	0%

If a student cancels his/her enrollment prior to the first day of classes, a full tuition refund will be issued.

Scholarships

Scholarships may be available to students through New York College merit scholarships, donor organizations or individuals. Students are encouraged to search for scholarships to assist them in helping them pay for tuition and other college expenses. There are several scholarship search services that can be utilized on the Internet.

Vocational Rehabilitation

The Office of Vocational and Educational Services for Individuals with Disabilities (VESID) provides services and financial assistance for education to students with certain disabilities. Further information can be obtained from the Division of Vocational Rehabilitation. Please check the phone book or the Internet for your local office. [http:// www.access.nysed.gov/vr/do/locations.htm](http://www.access.nysed.gov/vr/do/locations.htm)

Department of Veterans Affairs: Educational Benefits & Educational Assistance (The Post 9/11 GI Bill®)

If you need help paying for school or job training and you've served on active duty after September 10, 2001, you may qualify for the Post-9/11 GI Bill®. Find out if you can get education benefits through the Post-9/11 GI Bill®.

What benefits can I get?

- Tuition and fees
- Money for Housing (if you're in school more than half time)
- Money for books and supplies (up to \$1,000 per school year)

Do I have Post-9/11 GI Bill® benefits?

- You can check to see if you have Post-9/11 GI Bill® benefits at www.vets.gov.

How do I get these benefits?

- You'll need to apply to www.vets.gov. The benefit amount depends on which school you go to, how much active-duty service you've had since September 10, 2001, and how many credits or training hours you're taking.

What benefits does the Post-9/11 GI Bill® include?

- The full tuition amount for in-state schools up to the maximum national average of \$26,042.
- A Basic Allowance for Housing (BAH) based on the cost of living where your school is located.
- Up to 36 months of education benefits, in most cases payable for 15 years after your release from active duty.
- A percentage-of-maximum-benefit scale based on how much active service you've had since September 10, 2001.
- Example: If you had 90 days of active service since September 10, 2001, you would qualify for 40% of the maximum amount. Three years of active service would qualify you for 100% of the benefit.

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. government website <https://www.va.gov/education/about-gi-bill-benefits/>.

Section 103 - VA Pending Payment Compliance Facility Name: New York College of Health Professions
Facility Code: 319C4132 Person Completing Addendum: Jacqueline McIntyre In accordance with Title 38 US Code 3679 subsection (e), this school adopts the following additional provisions for any students using U.S. Department of Veterans Affairs (VA) Post 9/11 G.I. Bili® (Ch. 33) or Vocational Rehabilitation and Employment (Ch. 31) benefits, while payment to the institution is pending from the VA. This school will not:

- Prevent nor delay the student's enrollment;
- Assess a late penalty fee to the student;
- Require the student to secure alternative or additional funding;
- Deny the student access to any resources available to other students who have satisfied their tuition and fee bills to the institution, including but not limited to access to classes, libraries, or other institutional facilities.

However, to qualify for this provision, such students will be required to produce the Certificate of Eligibility by the first day of class. Application forms, information and assistance are available at the Department of Veterans Affairs offices. (www.gibill.va.gov or 1-800-827-1000).

Academic Calendars

New York College of Health Professions is a trimester school. Each calendar year there are three 15 week trimesters with either a two or three week intercession between. Below are the academic calendars through the end of the 2023-2026 academic year.

Spring 2023 Trimester

Jan 1, 2023	Sunday	New Year's Day/Closed
Jan 2	Monday	Spring Trimester Begins
Jan 9	Monday	Add/Drop Deadline
Jan 16	Monday	Martin Luther King Jr. Day/Closed
Feb 20	Monday	President's Day/Closed
March 6	Monday	Withdrawal Deadline
March 13	Monday	Summer Trimester Registration Begins
March 25	Saturday	Summer Trimester Registration Ends
Apr 7	Friday	Good Friday/Closed
Apr 9	Sunday	Easter Sunday/Closed
Apr 17	Monday	Spring Trimester Ends

Fall 2023 Trimester

October 2	Monday	Fall Trimester Begins
October 9	Monday	Add/Drop Deadline
Nov 23/24	Thurs/Fri	2023 Thanksgiving Holiday/Closed
Dec 4	Monday	Withdrawal Deadline
Dec 4	Monday	Spring Trimester Registration Begins
Dec 8	Friday	Spring Trimester Registration Ends
Dec 23	Saturday	Fall Trimester Ends
Dec 24/25/26	Sun/Mon/Tues	Christmas Holiday/Closed

Spring 2024 Trimester

Jan 1, 2024	Monday	New Year's Day/Closed
Jan 2	Tuesday	Spring Trimester Begins
Jan 9	Tuesday	2024 Add/Drop Deadline
Jan 15	Monday	Martin Luther King Jr. Day/Closed
Feb 19	Monday	President's Day Closed
March 4	Monday	Withdrawal Deadline
March 11	Monday	Summer Trimester Registration Begins
March 15	Friday	Summer Trimester Registration Ends
March 29	Friday	Spring Holiday/Closed
March 31	Sunday	Easter Sunday/Closed
Apr 15	Monday	Spring Trimester Ends

Summer 2024 Trimester

Apr 29, 2024	Monday	Summer Trimester Begins
May 6	Monday	Add/Drop Deadline

May 27	Monday	Memorial Day/Closed
June 19	Wednesday	Juneteenth/Closed
July 1	Monday	Withdrawal Deadline
July 4	Thursday	Independence Day/Closed
July 8	Monday	Fall Trimester Registration Begins
July 12	Friday	Fall Trimester Registration Ends
Aug 12	Monday	Summer Trimester Ends

Fall 2024 Trimester

Aug 26, 2024	Monday	Fall Trimester Begins
Sep 2	Monday	Labor Day/Closed
Sep 3	Tuesday	Add/Drop Deadline
Oct 28	Monday	Withdrawal Deadline
Nov 4	Monday	Spring Trimester Registration Begins
Nov 8	Friday	Spring Trimester Registration Ends
Nov 28/29	Thurs/Fri	2024 Thanksgiving Holiday/Closed
Dec 9	Monday	Fall Trimester Ends
Dec 24/25	Tues/Wed	Christmas Holiday/Closed

Spring 2025 Trimester

Jan 1, 2025	Wednesday	New Year's Day/Closed
Jan 6	Monday	Spring Trimester Begins
Jan 13	Monday	Add/Drop Deadline
Jan 20	Monday	Martin Luther King Jr. Day/Closed
Feb 17	Monday	President's Day Closed
March 10	Monday	Withdrawal Deadline
March 17	Monday	Summer Trimester Registration Begins
March 21	Friday	Summer Trimester Registration Ends
Apr 18	Friday	Spring Holiday/Closed
Apr 20	Sunday	Easter Sunday/Closed
Apr 21	Monday	Spring Trimester Ends

Summer 2025 Trimester

May 5, 2025	Monday	Summer Trimester Begins
May 12	Monday	Add/Drop Deadline
May 26	Monday	Memorial Day/Closed
June 19	Thursday	Juneteenth/Closed
July 4	Friday	Independence Day/Closed
July 7	Monday	Withdrawal Deadline
July 14	Monday	Fall Trimester Registration Begins
July 18	Friday	Fall Trimester Registration Ends
Aug 18	Monday	Summer Trimester Ends

Fall 2025 Trimester

Sep 1, 2025	Monday	Labor Day/Closed
Sep 2	Tuesday	Fall Trimester Begins
Sep 8	Monday	Add/Drop Deadline
Nov 3	Monday	Withdrawal Deadline
Nov 10	Monday	Spring Trimester Registration Begins
Nov 14	Friday	Spring Trimester Registration Ends
Nov 27/28	Thurs/Fri	2025 Thanksgiving Holiday/Closed
Dec 15	Monday	Fall Trimester Ends
Dec 24/25	Wed/Thurs	Christmas Holiday/Closed

Spring 2026 Trimester

Jan 1, 2026	Thursday	New Year's Day/Closed
Jan 5	Monday	Spring Trimester Begins
Jan 12	Monday	Add/Drop Deadline
Jan 19	Monday	Martin Luther King Jr. Day/Closed
Feb 16	Monday	President's Day Closed
March 9	Monday	Withdrawal Deadline
March 16	Monday	Summer Trimester Registration Begins
March 20	Friday	Summer Trimester Registration Ends
Apr 3	Friday	Spring Holiday/Closed
Apr 5	Sunday	Easter Sunday/Closed
Apr 20	Monday	Spring Trimester Ends

Summer 2026 Trimester

May 4, 2026	Monday	Summer Trimester Begins
May 11	Monday	Add/Drop Deadline
May 25	Monday	Memorial Day/Closed
June 19	Friday	Juneteenth/Closed
July 3	Friday	Observance of Independence Day/Closed
July 4	Saturday	Independence Day/Closed
July 6	Monday	Withdrawal Deadline
July 13	Monday	Fall Trimester Registration Begins
July 17	Friday	Fall Trimester Registration Ends
Aug 17	Monday	Summer Trimester Ends

Fall 2026 Trimester

Aug 31, 2026	Monday	Fall Trimester Begins
Sep 7	Monday	Labor Day/Closed
Sep 8	Tuesday	Add/Drop Deadline
Nov 2	Monday	Withdrawal Deadline
Nov 9	Monday	Spring Trimester Registration Begins
Nov 13	Friday	Spring Trimester Registration Ends

Nov 26/27	Thurs/Fri	2026 Thanksgiving Holiday/Closed
Dec 14	Monday	Fall Trimester Ends
Dec 24/25	Thurs/Fri	Christmas Holiday/Closed

Full-Time or Part-Time Status

Full-time students are those enrolled in courses of 12 or more credits. Part-time students are those enrolled in courses of six to eleven credits per trimester. The recommended programs outlined on the following pages are designed for students who intend to devote their full time and energy to their studies. Many students, however, must work a full-time or part-time job while in attendance, or have other responsibilities outside of school. Therefore, many students spend more than nine or ten trimesters at the college. For these students, part-time courses of study are available.

School of Massage Therapy

The field of massage therapy is one of the fastest growing in complementary health care. Increasing acceptance and respect for holistic health care has created many new career opportunities for massage therapists. New York College of Health Professions offers an Associate in Occupational Studies (AOS) degree (AOS) in Massage Therapy. Our graduates consistently score in the upper percentiles of the New York State Massage Therapy Licensing Exam pass rates.

Research estimates that in 2015 massage therapy was a \$12.1 billion industry⁸. The Consumer Survey by the American Massage Therapy Association (AMTA) found that roughly 39.1 million US adults had a massage in 2015 and of those the overall mean was 4.35 massages in the past 12 months. 90% of consumers now believe that massage is beneficial to health and wellness, and that 91% believe it can be effective in reducing pain. Of those surveyed, 85% claim they received a massage for medical reasons (such as pain relief, soreness, injury recovery, migraines or stress). Massage is no longer solely for relaxation and pampering⁹.

As the field of holistic health care continues to expand, there is an even greater demand for massage therapists. Employment as a massage therapist is projected to grow by 22% between 2014 and 2024, faster than average for all occupations¹⁰. Practitioners are needed in hospitals, wellness and western medical clinics, spas, sports programs, resorts, rehabilitation centers, health clubs and on cruise ships. There are growing specialties ranging from sports massage and pregnancy massage to stress management programs

⁸ IBIS World Industry Report OD6028 Massage Services, January 2015

⁹ American Massage Therapy Association 2015 Consumer Survey

¹⁰ US Bureau of Labor Statistics

and treatment for cancer patients. As a Licensed Massage Therapist (LMT), you can work independently (67% are sole practitioners¹¹) and be your own boss with your own practice, or you can choose to work with spas, resorts, medical facilities or in a group holistic/wellness practice. Students enrolled in the massage therapy program earn an accredited AOS degree and they become a licensed health care professional. With the growing recognition of the benefits of this health care field, it is an exciting time to study and become licensed in Massage Therapy.

The curriculum in the massage therapy program is comprehensive, integrating methodologies of the east and the west. Courses include those in western biosciences, as well as in eastern health care. The curriculum is designed to provide students with the knowledge and skills necessary for their personal and professional growth. Each student in the program receives comprehensive training in both Swedish (Western) massage and Asian bodywork, allowing them to become proficient in different techniques of massage therapy.

Western massage therapy, often referred to as “physiotherapy” and considered by many as “medical massage,” focuses on the manipulation of the body’s soft tissue to promote a balanced state of health. Specific strokes such as effleurage, petrissage, friction and stretching are taught by some of the finest instructors in the field of massage therapy.

Asian bodywork combines traditional Chinese medical principles for assessing imbalances in the energy system with a western approach to organ dysfunction. Like acupuncture, Asian bodywork focuses on the balance and movement of energy within the body. Whereas the acupuncturist inserts needles into the energy pathways to stimulate and move the energy, the Asian bodywork massage therapist relies primarily on the sensitivity and strength of the hands to manipulate the life energy. Asian bodywork techniques include both deep tissue manipulation that is used in other forms of massage, and the stimulation of energy movement that is the basis of Chinese herbal medicine.

All students study physical arts to improve balance, develop sensitivity, increase awareness, strength, and stamina, correct physical posture and energy alignment. An Introduction to Physical Arts class exposes students to Tai Chi Chuan, an ancient Chinese system of exercise and active meditation; Yoga, based on Taoist principles of postures and balancing of the body’s energy systems; and Qi Gong, the practice of energy cultivation. Students may then choose the specific physical arts course they wish to continue with to fulfill this integral part of the curriculum in the massage therapy program. Regular practice of physical arts has been shown to produce many healthful effects, including better balance, a clearer mind and an increased ability to direct one’s attention, all vital for a student’s growth as a competent health care practitioner.

Before graduation, students complete their training with a clinical internship supervised by licensed experienced health care professionals. Through this internship, they have the valuable opportunity to develop proficiency in treating various pathological conditions.

¹¹ American Massage Therapy Association 2015 Industry Survey

Student Learning Outcome for the School of Massage Therapy

Upon successful completion of the Massage Therapy program, students will be able to:

- Demonstrate the knowledge and skills in the art and science of Eastern, Western, and Therapeutic Medical Massage modalities as entry-level practitioners.
- Integrate the knowledge of Western Health Sciences and both Eastern and Western Massage Therapy Principles to promote critical thinking, enhance problem solving, and consistently document massage therapy sessions thoroughly and accurately within a clinical setting.
- Develop a strategy of self-care, successful practice, business, or employment within the field of massage therapy.
- Demonstrate ethical and legal behavior, cultural sensitivity and effective communication with clients and other healthcare professionals.

Massage Therapy Program – Associate in Occupational Studies (AOS)

The massage therapy program is a 72-credit program which includes a concentration of electives in either sports massage or advanced massage techniques and can be completed in six trimesters or 2 academic years. Graduates of the program receive an Associate in Occupational Studies (AOS) degree in Massage Therapy. They are eligible to sit for the New York State Licensing Exam in Massage Therapy and the Massage and Bodywork Licensing Exam (MBLEx) for other state licensure.

This catalog outlines the recommended six trimester (2 year) program for the 72-credit program for students who intend to enroll full-time (12 credits per trimester). For students wishing to complete their degree program faster, it is possible to increase the amount of credits per trimester and complete the 72-credit program in five trimesters (20 months). For students who must work at a full-time or part time job while in attendance or have other responsibilities outside of school, they may attend as part-time students. Part time students must complete their course study of the AOS Massage Therapy program within the maximum of 3 academic years.

**Note: For graduates of the Massage Therapy program, some course credits can be evaluated and transferred into the BPS/MS Degree Program when enrolling in either the Acupuncture or Acupuncture with a Chinese Herbal Medicine Specialization program. Recommended courses of study for the 72-credit program can be found beginning on page 32.*

Student to Instructor Ratio

The instructor to student ratio for technique classes is 16:1. If the class density exceeds 16 students, a Teacher Assistant is added, or another section is added. The instructor to student ratio for didactic classes may be up to 40:1.

Massage Therapy Law in the State of New York

Massage therapy has been a licensed profession in the state of New York since 1968. The licensed practitioner of massage therapy in New York state may treat patients without first obtaining a medical referral. Article 155 of the New York State Education Law contains the definition of the profession of massage therapy, as well as the scope of practice. The law states that a “Licensed Massage Therapist” is a practitioner who engages in “applying a scientific system of activity to the muscular structure of the human body by means of stroking, kneading, tapping, and vibrating with the hands or vibrators for the purpose of improving muscle tone and circulation.” The massage therapy curriculum at the college exceeds the current 1,000 hour requirement in New York state. Graduates from the College of Massage Therapy are well prepared academically and clinically to join the ranks of other health care professionals in the state of New York.

New York State Licensure Requirements

To qualify for a massage therapy license in the state of New York an applicant must fulfill the following requirements:

- Complete and file an application with the New York State Education Department.
- Candidate must be a high school graduate or have equivalent education.
- Candidate must be a graduate of a New York State registered Massage Therapy program or have equivalent education.
- Pass a written examination satisfactory to the Board and in accordance with the Commissioner’s regulations.
- Candidate must be either a United States citizen or alien lawfully admitted for permanent residence in the United States (USCIS I-551 Status/ “Green Card”).
- Candidate must be of good moral character as determined by the Department.
- Candidate must be at least 18 years of age.
- Candidate must hold current Red Cross or American Heart Association certification in CPR and First Aid.
- Initially a fee of \$108 is paid to the New York State Education Department and a fee of two-hundred and sixty dollars (\$260) to their testing agency. Thereafter, a triennial registration fee of fifty dollars (\$50) is required.
- Effective January 1, 2012, New York State Licensed Massage Therapists must complete 36 hours of mandatory continuing education for license re-registration every three years.

Program Graduation, Retention and Exam Rates

Of the newly enrolled students in the Massage Therapy program, the graduation rate for students enrolling in Spring 2020 is 42.5%. The retention rate after one year of enrollment in Spring 2022 is 10.7% with the average from Fall 2018 to Spring 2022 being 53.2%. The average pass rate on the August 2021 New York

State Massage Therapy Examination by first-time candidates from New York College of Health Professions matched all NYS candidates with a 63%. Additional information regarding program outcomes can be requested from the Office of the Dean. The Institutional Research Report for 2021-2022 can be found on the college website: <https://nycollege.edu/whynychp>.

Admissions and other Requirements

All applicants to the massage therapy program must be high school graduates. Applicants for the School of Massage Therapy who have graduated from high school must have achieved a minimum GPA of 2.0 or have the equivalent qualifications. A high school diploma or equivalency certificate is required to sit for the New York State Massage Licensing exam. Applicants must follow the admissions procedure outlined in this catalog on pages 11 to 13.

Clinic Entrance Examination

As part of its evaluation process, the School of Massage Therapy conducts a comprehensive Clinic Entrance Exam in order to:

- Afford an opportunity for systematic integrative review of knowledge and skills
- Boost student confidence
- Prepare students for clinical training
- Evaluate the progress of each student
- Provide institutional feedback on the effectiveness of teaching and course content

CPR & First Aid Certification

All students studying in the School of Massage Therapy are required to pass a basic CPR and First Aid course approved by either the American Red Cross or American Heart Association, including hands-on skills practice, prior to entry into clinic. A copy of their current CPR and First Aid Certificate is required to be on file in the massage therapy teaching clinic and a copy must be on file in the Registrar office.

Transfer Credits

New York College of Health Professions does award credit for prior learning. To receive the AOS degree in massage therapy, the last two trimesters of full-time enrollment in the program must be completed at the College. All courses submitted for transfer credit will be evaluated for applicability to the selected curriculum and compliance with licensure requirements.

An applicant wishing to transfer from another institution must complete the regular application process including the academic requirements and supply the following documents:

- Each candidate must request an official transcript(s) for all prior course work and a complete course description or syllabus be sent to the Admissions Office.

- Applicants who wish to be considered for transfer credits in one or more subject areas must make their request in writing to the Admissions Office during the admissions process. Transfer credit can only be considered and awarded during a student's first academic year. Transcripts are evaluated by the Dean of the appropriate program. Transfer credit will be awarded for equivalent course work completed within the last 5 years with a grade of "B" (3.0) or better. An applicant will be notified in writing of transfer credit to be awarded. When all aspects of the transfer application are completed, an interview with the program Dean may be required. Transfer students must meet the admissions requirements in effect at the time of their official transfer. *Note that applicants may receive transfer credit for up to 50% of the total program credit requirements. Of that 50%, no more than 25% of the program clinical training requirements may be accepted as transfer credit.*

Advance Standing

Applicants to the College who have completed coursework equivalent to the programs offered at New York College of Health Professions are encouraged to apply to the College. Advanced standing applicants must submit all transcripts from previous institutions at the time of admission so that the appropriate course plan can be created for the applicant, and the correct courses can be registered.

Applicants that are registering as Advanced Standing can request that courses from their previous institutions be awarded in one of the following methods.

1. *Credit by Examination* – Qualified students may receive didactic course credits by taking and passing a written examination or a project equivalent to the final requirement of the course. An equivalent course is determined by the faculty of the department or division and must be approved by the program Dean. The maximum number of exemption credits that can be counted towards a New York College of Health Professions degree is 12. Transfer credits are in addition to exemption credits. Exemption credits will be awarded to degree students only. Requests for Challenge Exams must be made within the first year of study at the College, and a fee of \$325 is collected prior to the taking of the examination. If the Challenge Exam is successful, the credit is awarded and a grade of "AP" (Advanced Placement) is entered on the student's transcript. If the Challenge Exam is not successful, the student must take the course, and fee for the examination is applied to the tuition cost for the course.
2. *Prior Learning Assessment* – Prior Learning Assessment allows student to gain credit for learning that has occurred outside of the instruction provided by the college using one or more of the following assessment methods. For other programs, students may be waived from attending certain courses based on one or more of the following methods.
 - a. Standardized Exams - College credits may be earned by successfully passing one or more of the following proficiency exams: The College Scholarship Service's Advanced Placement (AP) Examination; the College Level Examination Program (CLEP); the American College Testing Program Proficiency Examination Program (PEP); exams of the US Armed Forces Institute

(USAFI); and the Defense Activity for Non-Traditional Educational Support (DANTES); and the Excelsior College Examinations. (These credits may be earned even while a student is enrolled at the College.)

- b. For Non-Collegiate Courses - Prior learning credit for non-collegiate courses may also be awarded based on recommended college level equivalencies established by the American Council on Education in The National Guide to Educational Credit for Training Programs and The Guide to Evaluation of Educational Experiences in the Armed Forces, and the New York State Education Department Program on Non-Collegiate Sponsored Instruction (PONSI).
 - c. Portfolio Method - Students may submit a portfolio of documents attesting to course equivalent learning that has been attained through work, non-traditional education, self-study or other non-sponsored forms of learning. Documents supporting this form of learning might include work projects, job descriptions, commendations, or licenses and/or certificates. Supporting letters from employers or other knowledgeable sponsors must accompany all portfolio submissions but are not enough alone to warrant the award of credit. Portfolio assessment is conducted by ad hoc faculty committees with expertise in the relevant subject matter to ensure that such applicants are adequately prepared academically to undertake the course of study at the College.
 - d. Challenge Examination - Students may apply to be excused from enrolling in a course based on their knowledge of the coursework. To demonstrate their knowledge, they will be offered a challenge exam covering the specific course content. Usually this exam will be comparable to comprehensive exams given in the course.
3. *Transfer Credit* – Work completed at another baccalaureate level academic institution will be considered for transfer credit. This form of credits is awarded based on a review of the student's transcript from the prior institution and the equivalency of courses from the two institutions. Transfer credit will be approved only for courses that have been taken within the last five year and if a grade of "B" or better was earned. Transfer courses requested from prior to five years will be reviewed using one of the other methods outlined above.

Any student seeking to use one or more of the above methods to obtain credits in one of the programs at the College must obtain permission from the program Dean or director of the program.

Any matriculated student with a cumulative grade point average of 2.0 for the AOS program may apply for Prior Learning Assessment. Generally, students applying for this form of assessment have had significant work, military or similar experience. The college may accept credit toward its admissions requirements that has been awarded by portfolio assessment or may accept no more than 50% of credit toward its admission requirement earned through Credit by Examination if that assessment was performed and credit was awarded by an institution (other than New York College) accredited by an agency recognized by the U.S. Secretary of Education.

All requests for Prior Learning Assessment must be submitted to the program Dean in a timely fashion so that the award of credit can be completed before the end of the student's first year of enrollment. Requests for the assessment of prior learning must be accompanied by an Application for Prior Learning Form, relevant documentation, and the assessment fee of \$325 per course.

Note: Although a student may be awarded credit through Prior Learning Assessment, some state agencies and some institutions may not accept prior learning credits that have been awarded by a non-regionally accredited institution.

The program Dean's decision will be forwarded to the Registrar. The award will be indicated on the transcript by the letters PL and will have no bearing on the student's grade point average. Students who wish to challenge the program Dean's award of credit should follow the academic appeals policy, which appears in the Student Handbook.

Satisfactory Academic Progress

All matriculated students pursuing a program of study must be in good academic standing and must maintain satisfactory academic progress toward graduation. *Please refer to the Student Handbook for all information regarding the Satisfactory Academic Progress policy, procedures, and requirements.*

Graduation Requirements

Students must complete the required courses and have a cumulative minimum GPA of 2.0 in order to graduate from the Massage Therapy program.

Courses of Study

MASSAGE THERAPY PROGRAM (AOS) – Full Time			
<i>Six Trimester Recommended Course of Study - 72 Credits/1380 to 1530 Hours</i>			
Year 1 - 36 Credits/705 or 720 Hours			
Trimester 1	12 Credits/225 Hours	Credits	Hours
HS 111	Anatomy and Physiology I	4	75
HS 113	Myology I	3	45
OS 106	Holistic and Public Health	2	30
WT 101	Swedish Technique I	2	45
PA 300	Introduction to Physical Arts	1	30
Trimester 2	12 Credits/210 Hours	Credits	Hours
HS 112	Anatomy and Physiology II	4	75
HS 201	Myology II	3	45
OS 110	Fundamental Theory of Channels and Points	3	45
WT 202	Swedish Technique II	2	45
Trimester 3	12 Credits/255 or 270 or 285 Hours	Credits	Hours
WT 213	Medical Massage I	2	45
WT 110	Swedish Practice Lab	1	30
AT 110	Asian Bodywork I	2	45
WT 218	Reflexology (Required may be taken in another trimester)	2	45
PA 301/311/321	Tai Chi I/Yoga I/Qi Gong I (U)	1	30
HS 214	Neurology	3	45
	Elective	1	15-30
Year 2 - 61 Credits/1125 Hours			
Trimester 4	12 Credits/225 or 240 or 255 hours or 270 hours	Credits	Hours
C 200	Introduction to Clinic	1	15
HS 215	Kinesiology	3	45
WT 214	Medical Massage II	2	45
AT 210	Asian Bodywork II	2	45
	Electives	4	75-120
Trimester 5	12 Credits/240 or 255 or 270 Hours	Credits	Hours
HS 202	Pathology I	3	45
AT 220	Asian Bodywork III	2	45
M 204	Medical Ethics/Practice Management	2	30
C 201	Massage Therapy Clinic I	2	60
	Electives	3	60-90
Trimester 6	12 Credits/225 or 240 or 255 hours or 270 hours	Credits	Hours
HS 203	Pathology II	3	45
TMR 101	Total Massage Review	2	30
C 202	Massage therapy Clinic II	3	90
	Electives	4	75-120

MASSAGE THERAPY PROGRAM (AOS) – Part Time

<i>Nine Trimester Recommended Course of Study – 72 Credits/1380 to 1530 Hours</i>			
Year 1 - 24 Credits/435 Hours			
Trimester 1	8 Credits/150 Hours	Credits	Hours
HS 111	Anatomy and Physiology I	4	75
OS 106	Holistic and Public Health	2	30
WT 101	Swedish Technique I	2	45
Trimester 2	8 Credits/150 Hours	Credits	Hours
PA 300	Introduction to Physical Arts	1	30
HS 113	Myology I	3	45
HS 112	Anatomy and Physiology II	4	75
Trimester 3	8 Credits/135 Hours	Credits	Hours
OS 110	Fundamental Theory of Channels and Points	3	45
HS 201	Myology II	3	45
WT 202	Swedish Technique II	2	45
Year 1 - 24 Credits/435 Hours			
Trimester 4	8 Credits/195 Hours	Credits	Hours
WT 213	Medical Massage I	2	45
WT 110	Swedish Practice Lab	1	30
AT 110	Asian Bodywork I	2	45
WT 218	Reflexology (Required may be taken in another trimester)	2	45
PA 3X1	Tai Chi I/Yoga I/Qi Gong I	1	30
Trimester 5	8 Credits/130 Hours	Credits	Hours
HS 214	Neurology	3	45
WT 214	Medical Massage II	2	45
HS 215	Kinesiology	3	45
Trimester 6	8 Credits/150 or 180 Hours	Credits	Hours
AT 210	Asian Bodywork II	2	45
C 200	Introduction to Clinic	1	15
M 204	Medical Ethics/Practice Management	2	30
	Electives	3	60-90
Year 3 - 24 Credits/ Hours/495 or 585 Hours			
Trimester 7	8 Credits/165 or 225 Hours	Credits	Hours
AT 220	Asian Bodywork III	2	45
	Electives	6	120-180
Trimester 8	8 Credits/165 Hours or 195 Hours	Credits	Hours
HS 202	Pathology I	3	45
C 201	Massage Therapy Clinic I	2	60
	Electives	3	60-90
Trimester 9	8 Credits/165 Hours	Credits	Hours
HS 203	Pathology II	3	45
TMR 101	Total Massage Review	2	30
C 202	Massage therapy Clinic II	3	90

<i>Electives for 72 Credit Massage Therapy Program</i>			
<i>Course Code</i>	<i>Course Name</i>	<i>Credits</i>	<i>Hours</i>
AT 301	Shiatsu	2	45
AT 302	Shiatsu 2	2	45
AT 216	Thai Massage	2	45
EL 101	Western Nutrition***	1	15
EL 104	Aromatherapy: Therapeutic Use	2	30
EL 105	Pregnancy and Infant Massage	2	45
EL 106	Clinical Reflexology Theory and Practice	2	45
EL 107	Introduction to Western Herbs	2	30
EL 108	Palpation Lab	1	30
HS 114	Clay Anatomy 1	1	30
HS 115	Clay Anatomy 2	1	30
WT 209	Therapeutic Chair Massage	1	30
WT 211	Corporate Chair Massage	2	45
WT 212	Sports Massage	2	45
WT 216	Trigger Point Therapy 1	2	45
WT 219	Lomi Lomi Hawaiian Massage	2	45
WT 220	Trigger Point Therapy 2	2	45
WT 231	Deep Tissue Massage	1	30
WT 240	Introduction to Sports Massage	3	45
WT 252	Assessment/Exercise Prescription/Instruction	2	30
WT 254	Nutrition and Weight Management***	2	30
PA 301-9	Tai Chi Chuan Courses	1	30
PA 311-5	Hatha Yoga Courses	1	30
PA 321-4	Qi Gong Courses	1	30
	***Courses MUST Be Taken Concurrently		

Massage Therapy Course Descriptions

Please understand that not all courses are offered each trimester. Please check the current course schedule to determine what courses are being offered. The course schedule is developed by the program Dean and provides the most current information available. All information including class meeting times and locations, faculty names and course offerings are subject to change without notice or obligation. The College reserves the right to

cancel classes with low enrollment or to modify the sequence of courses that don't require prerequisites or corequisites.

ASIAN TECHNIQUE (AT)

AT 110 Asian Bodywork 1 - 2 credits

This course introduces the basic techniques of Asian Bodywork. Asian Bodywork (Tui Na) is regarded as one of the three limbs of Chinese Herbal Medicine, the other two being acupuncture and herbalism. It is a highly refined and complex system of bodywork therapy which combines the

use of traditional Chinese medical principles for assessing and evaluating general imbalances in the energetic system and a Western approach to organ dysfunctions. Tui Na is a holistic style of bodywork, which restores, promotes, and maintains optimum health through the treatment of the physical body, the bioenergy, and the emotions, which reflect and are bound into the neuromuscular system. The techniques used in Tui Na focus on balancing the musculoskeletal system and promoting the proper circulation of Qi, Blood and Fluids, which regulate all the physiological processes of the body. In Tui Na the energy system is balanced through bodywork techniques as compared to acupuncture which uses needles, or herbalism which relies on the ingestion of medicinal substances. Asian Bodywork Technique I introduces the location and manipulation of the Cutaneous Regions, Tendino-Muscle channels and the Primary channels located on the anterior surface of the body, thereby affecting all the systems of the mind-body complex. Tui Na manipulative techniques, hand exercises and other physical exercises begin the development of sensitivity, relaxation, and strength. A key to Tui Na is the strength and sensitivity of the practitioner's hands that manipulate Qi within the patient to restore the balance of energies essential for good health and disease prevention. At the completion of this course the student will have a generalized knowledge of the energetic system, as well as the basic technical skills necessary to complete the anterior portion of the basic Tui Na technique. The student also will be introduced to diagnosis using observation, tongue, and pulse.

Prerequisite: OS 106

AT 210 Asian Bodywork 2 - 2 credits

Asian Bodywork II introduces techniques for treatment of conditions affecting the posterior aspects of the body. Asian Bodywork II introduces the location and manipulation of the Cutaneous Regions, Tendino-Muscle channels and the Primary channels located on the posterior surface of the

body thereby affecting all the systems of the mind-body complex. Asian manipulative techniques, hand exercises and other physical exercises begin the development of sensitivity, relaxation, and strength. At the completion of this course, the student will have a generalized knowledge of the energetic system, as well as the basic technical skills necessary to complete the posterior portion of the Asian Bodywork treatment.

Prerequisite: AT 110, OS 106, OS 110

AT 220 Asian Bodywork 3 - 2 credits

This course is an expansion of the foundation laid in Fundamentals of Holistic Health, Fundamental Theory/Channels and Points, and Asian Bodywork I & II where students were introduced to the principles of East Asian Medicine. In this course, the student will learn a more advanced and solid foundation for their practice and their development as practitioners of Asian Bodywork. The course will give more detail on the diagnostic principles and how they lead to Pattern Identification and treatment. At the end of this course, the student will be able to conduct a more advanced assessment of the patient from an East Asian medical perspective and thereby be able to treat the patient more effectively. Class discussion will also include general nutritional and lifestyle recommendations, specific protocols, and specific case studies as they relate to the more in-depth assessments and various pathologies reviewed.

Prerequisite: AT 210

AT 301 Shiatsu 1 - 2 credits (Elective)

This course offers an introduction to the fundamental principles and practice of Shiatsu. It includes the history, development and applications of the different styles of Shiatsu with an emphasis on the Zen tradition. Students will learn basic principles of pressure, how to use body mechanics including proper positioning and movement, and a series of sequential techniques referred to as the "form". This course

will focus on the form in the prone and supine positions.

Prerequisite: OS 110

AT 302 Shiatsu 1 - 2 credits (Elective)

This course follows and builds on AT 301, Basic Shiatsu 1. Principles of pressure will be refined and applied to the form in the side and sitting positions. Review of the prone and supine positions will also be covered. An introduction to the elective courses Applied Shiatsu 1 & 2, in which diagnosis and treatment protocols are studied, will be offered for those considering pursuing their Shiatsu practice in more depth.

Prerequisite: AT 301

CLINIC (C)

C 200 Introduction to Massage Therapy Clinic - 1 credit

This course is the first part of the student's clinical experience. It is designed as an introduction to the clinical process in order to prepare students for the clinic environment. The course is conducted in the classroom with emphasis on clinic policy and procedure, clinical behavior and professionalism, and proper patient care. Students are given important clinic information related to infectious conditions/blood-borne pathogens, OSHA and the College's Privacy Policies and Procedures. Students are taught how to properly perform client intake and develop treatment plans.

Prerequisites: AT 110, HS 112, HS 201, OS 110, WT 202, HS 214, WT 210, WT 213 / Co-requisites: AT 210, HS 215

C 201 Massage Therapy Clinic 1 - 2 credits

In Clinic I, students are responsible for the completion of 23 full-body Asian treatments and 22 full-body Western treatments for a total of 45 treatments. An additional 13 hours are required for

paperwork, 2 Clinic Rounds, conferences with Clinic Supervisors, and other tasks essential for the efficient running of the clinic.

Prerequisite: C200 / Co-requisites: AT 220, HS 202, WT 214 / CPR and First Aid Certification

C 202 Massage Therapy Clinic 2 - 3 credits

In Massage Therapy Clinic II, students are responsible for the completion of 37 Western treatments and 38 Asian treatments, for a total of 75 treatments and are required to complete a Case Study Paper. An additional 13 hours are required for paperwork, research, conferences with Clinic Supervisors, 2 Clinic Rounds and other tasks necessary for the efficient running of the clinic.

Prerequisite: C 201 / Co-requisite: HS 203

HEALTH SCIENCES (HS)

HS 111 Anatomy & Physiology 1 –4 credits

This course is designed to provide an understanding of the structure and function of the major systems of the body. Basic anatomical terminology and directional terms are introduced and demonstrated, followed by study of concepts in basic chemistry, cell and tissue biology. This course also focuses on the structure and function of the integumentary, skeletal, muscular and nervous systems. The student will be guided through the surface anatomy of the skeletal system utilizing a regional approach, with emphasis on important palpable landmarks and sites of attachments for tendons and ligaments. 45 hours lecture; 30 hours lab.

Prerequisite: None / Co-requisite: HS 113

HS 112 Anatomy and Physiology 2 – 4 credits

Anatomy and Physiology 2 continues the study of the basic structure and functions of the human body which had

begun in Anatomy and Physiology 1. This course provides an in-depth study of blood and the cardiovascular system, the lymphatic, respiratory, digestive, endocrine, urinary, and reproductive systems of the human body. The student learns to identify and locate the major tissues and organs of these systems and to describe their functions. Basic concepts in nutrition and metabolism are introduced following the study of the digestive system. At the conclusion of this course, the student should understand the normal anatomical and physiological relationships among all the major systems in the human body. Lab work includes the use of tissue slides; tissue and organ models; charts and illustrations; instructional videotapes; medical equipment; physical examination/ palpation of superficial lymph nodes; and basic lung auscultation and spirometry to illustrate the structure and functions of the lymphatic, respiratory, digestive, endocrine, urinary, and reproductive systems. 45 hours lecture; 30 hours lab.

Prerequisite: HS 111

HS 113 Myology 1 - 3 credits

Myology 1 is a detailed study of the muscular system of the body, including nomenclature, histology, anatomy and physiological aspects of the system. Myology 1 deals only with the muscles located in the head, neck and trunk. Superficial and postural muscles are emphasized. The student will learn the origin and insertion of each muscle, and to physically locate, palpate and demonstrate the action of the major muscle groups. A keen awareness of the skeletal structure is needed for the student to participate in the practice of palpation and muscle testing.

HS 201 Myology 2 - 3 credits

Myology 2 continues the study of the muscular system, with emphasis on the origins and insertions of the muscles of the extremities. Through supervised practice, students gain confidence and experience in the art of muscle

palpation. Demonstration of muscle actions is an integral part of the course. This practical training supports the development of massage technique. Discussions of clinical conditions that may affect the upper and lower extremities are included when relevant to the practice of Massage Therapy. 30 hours lecture; 15 hours practicum.

Prerequisite: HS 113

HS 202 Pathology 1 - 3 credits

Pathology 1 is an introduction to the study of human disease conditions. The scope of practice, goals of treatment, and various treatment modalities will be discussed for certain neuromusculoskeletal and organic diseases, with emphasis on indications and contraindications for treatment of these conditions. Basic concepts such as cellular adaptation, the inflammatory response, types of pain, tissue repair and healing, hot and cold therapies, genetic and developmental diseases, will be addressed in the early part of the course. During the second half of the course, fractures; whiplash; soft tissue injuries; repetitive stress disorders; arthritis and associated disorders; bursitis/ tendonitis; deformities; muscular diseases; bone diseases; neurological conditions and skin diseases will be discussed.

Prerequisites: HS 112, HS 201, HS 214

HS 203 Pathology 2 - 3 credits

This course continues the study of human disease conditions. Topics discussed include the immunological diseases, cancers, blood and cardiovascular diseases, gastrointestinal diseases, urinary disorders, endocrine diseases, disorders of male/female reproductive system and respiratory system. Holistic treatments and lifestyle issues are emphasized where applicable.

Prerequisite: HS 202

HS 214 Neurology - 3 credits

Neurology is a detailed study of one of the major regulatory systems of the

body. The course includes information on the histology, anatomy & physiology of the nervous system including the spinal cord and spinal nerves, the brain and cranial nerves, the sensory, motor and integrative systems and the autonomic nervous system. The major spinal nerve plexuses are discussed, and common clinical problems are also covered.

Prerequisite: HS 112

HS 215 Kinesiology - 3 credits

Kinesiology is an introduction to the study of movement of parts of the human body. This course begins with a discussion of the scope of kinesiology and a definition of movement as it applies to the human body. The student will learn to apply kinesiology to the body by learning assessment of the major regions of the body. The student will learn medical history taking, posture evaluation, muscle length testing, and palpation, active range of motion evaluation, passive range of motion evaluation, muscle testing, and some regional orthopedic testing. With this assessment information the therapist will be able to determine if massage therapy is appropriate and will be able to monitor the patient's progress.

Prerequisites: HS 112, HS 201

MANAGEMENT (M)

M 204 Medical Ethics/Practice Management - 2 credits

The first half of this course is designed to introduce students to the concepts and the philosophy of professional thinking and conduct. It emphasizes the importance of professional practice and the responsibilities students need to address to develop and maintain ethical values and behavior. This course will examine in depth several issues in ethics, decision-making, and the continued growth of professional identity for the health care professional. Instructional methods include lecture and discussion, with emphasis on appropriate role playing, focusing on

the dynamics of communication, interpersonal relationship skills with clients and dealing with the experiences of a client having emotional release during a treatment. The second half of this course will teach students how to develop and manage a massage therapy practice. It will provide a foundation for the student's emerging identity as a professional health care provider. Students will learn how to maintain the highest ethical and professional standards in their practices and to identify ways that they can engage in a successful, profitable and ethical business.

ORIENTAL SCIENCES (OS)

OS 106 Fundamentals of Holistic Health and Public Health - 2 credits

This course will focus on educating health care providers about health care information and options; expand and shape new perceptions, attitudes, and behaviors about health and healing; and explore caring-healing interventions for a healthier, balanced life. Holistic living is enhanced with the integration of daily self-care and complementary and alternative therapies. Living a healthy and balanced life requires that each person address his or her own body-mind-spirit needs and nurture the spiritual qualities of life. Public Health topics examined in the course include infection control procedures for the health care practitioner and the patient/client and environmental health and lifestyle issues which impact the health of individuals and the population in general. Prevention, interventions, programs and services within the Public Health System will also be studied. This course will also focus on the nature and distribution of energy throughout the human body. An introduction to the fundamental philosophical principles of Chinese Herbal medicine which form the basis of Asian Bodywork will be introduced. The Taoist Cosmology, principles of energy from ancient and modern viewpoints will be discussed, followed by a more detailed study of

TCM concepts, including Yin/Yang, 5 Element Theory and a brief introduction to Channels and Points.

OS 110 Fundamental Theory/Channels and Points - 3 credits

This course focuses on the nature and distribution of energy throughout the human body. Included is an introduction to the fundamental philosophical principles of Chinese herbal medicine which form the basis of Asian Bodywork, as well as an in-depth study of the channel system. Included in this course's curriculum is a basic study of the qualitative distribution of energy and its areas of influence. The course introduces the concept of the Organs, the viscera and the bowels, and their functional roles in energy development and utilization. The Taoist Cosmology, principles of energy from ancient and modern viewpoints will be discussed, followed by a more detailed study of TCM concepts, including Yin/Yang, the TCM concept of the Organs, the Channels, the Five Elemental Energies and their Correspondences, and the Six Stages of Yin and Yang. The second half of this course begins the detailed anatomical and physiological study of all the Primary Channels, as well as the Conception and Governing Channels. A portion of this course will be spent measuring and palpating the pathways and major points on the Primary Channels. In addition, the physiology of the Organs and Channels will be reviewed. Major points and their functions will be included, as well as study of the associated Luo Channels, Tendino-Muscle Channels and Cutaneous Regions.

Prerequisite: OS 106

PHYSICAL ARTS (PA)

PA 300 Introduction to Physical Arts – 1 credit

This class introduces the students to an overview of each of the three main physical art forms taught at New York College. The students will receive

introductory training in Yoga, Tai Chi, and Qi Gong. After completing Introduction to Physical Arts students choose which physical arts form, they want to focus on while attending the College. After taking this introduction course, Massage Therapy students are required to complete at least one trimester of a Physical Art of their choice in order to satisfy graduation requirements. GSOM students are required to complete at least three trimesters of a Physical Art of their choice in order to satisfy graduation requirements. A student may change Physical Arts disciplines to fulfill the trimester requirement (i.e. from Tai Chi to Yoga, or Yoga to Qi Gong, etc.) but must then begin with the Level I of the new discipline.

Tai Chi Chuan

Tai Chi Chuan, an ancient Chinese system of exercise, is intended to be the beginning and the basis of on-going practice in physical development and training necessary for any Chinese Herbal Medicine practitioner. This series of courses, Tai Chi Chuan I-III, introduces the basic techniques and movements for developing sensitivity to and awareness of the Qi, or energy, in one's own body. Tai Chi Chuan, a Taoist form of exercise and active meditation is studied for the development of sensitivity, increasing levels of awareness, strength and stamina, correct physical posture and alignment, as well as the increased flow within and control of the practitioner's energy system. As a result of the development of greater degrees of energy, concentration and increasing levels of awareness, the movement of Qi becomes a cognitive experience leading the practitioner to a point of direct experience of the energy deficiencies and excesses, as they exist in the physical body of the patient – an essential assessment skill necessary for becoming competent in the field of Chinese Herbal Medicine. Tai Chi also provides an excellent means for increasing one's health and vitality.

Prerequisite: PA 300

PA 301 Tai Chi Chuan 1 - 1 credit

PA 302 Tai Chi Chuan 2 - 1 credit

PA 303 Tai Chi Chuan 3 - 1 credit

PA 306 Tai Chi Chuan 4 - 1 credit

PA 307 Advanced Concepts & Applications in Tai Chi Chuan - 1 credit

Students will be introduced to advanced concepts and applications in Tai Chi Chuan such as opposite side/equal development, feet only/weight shift development, seated Tai Chi, and self-defense applications.

PA 308 Advanced Tai Chi Chuan - 1 credit

For those who have completed the initial Tai Chi Chuan form. Class consists of "corrections", "push hands", and "sword form."

PA 309 Advanced Push Hands & Rooting Applications in Tai Chi Chuan - 1 credit

Students will be introduced to advanced push hands and rooting applications in Tai Chi Chuan such as softness overcoming hardness, yielding and redirecting a stronger force, investing in loss, not using force against force, listening to and developing sensitivity to an opponent's energy, and many other advanced push hands and rooting applications.

Tai Chi Chuan Instructor Certification

Full Tai Chi Chuan Instructor Certification is awarded by passing the following courses with a "B" (3.0) average or better: Tai Chi Chuan 1, 2, 3, & 4, and 3 trimesters of Advanced Tai Chi Chuan – AND – Student Teaching for 60 hours or 30 classes – AND – passing a comprehensive exam.

Qi Gong

Classes in Qi Gong are designed to introduce students to the practice of energy cultivation. By integrating the understanding learned in theory classes

with personal and practical experience, the student will achieve a greater recognition and insight into the fundamental knowledge of Traditional Chinese Medicine. In the process, students learn many exercises with great healing potential applicable for the promotion of general health and specific self-remedies for Zang-Fu disharmonies. This class complements the Tai Chi Chuan coursework and enables a more refined and powerful benefit from Tai Chi and other Eastern internal arts practices. With regular practice, students gain inner confidence, health and mental/emotional poise.

Prerequisite: PA 300

PA 321 Qi Gong 1 - 1 credit

PA 322 Qi Gong 2 - 1 credit

PA 323 Qi Gong 3 - 1 credit

PA 324 Qi Gong 4 - 1 credit

Qi Gong Instructor Certification

Full Qi Gong Instructor Certification is awarded by passing the following courses with a B (3.0) average or better: Qi Gong 1, 2, 3 & 4 – AND – Student Teaching for 80 hours or 40 classes – AND – passing a comprehensive exam.

The Advanced Yoga Institute at New York College of Health Professions

The Advanced Yoga Institute at New York College of Health Professions offers a four (4) trimester course leading to certification as an Assistant Yoga Instructor. This one credit per trimester course offers 120 hours of yoga instruction consisting of Yoga 1, 2, 3 and 4, or Yoga 1, 2, 4 and Advanced Yoga.

Initially, the student experiences the 31 posture flow series of Hatha Yoga. Detailed instructions are given in proper breath control as it relates to the movement of the body into and out of poses. Focus here is on the internal working of the breath within the posture, developing a one-pointed mind. Emphasis is placed on postures

offering the least chance of injury yet letting the body open.

Moving from Yoga 1 to Yoga 2, the series continues with emphasis not only on postures, but also on the meditative aspect of yoga, performed while doing postures and in seated meditation. Here breathing exercises called Pranayama are introduced to further develop the mind and body. At this point the focus is not on “putting your foot behind your head,” but on clearing the mind of thought.

Yoga 3 finishes the 31-posture series and introduces the student to physical and mental disciplines designed to enable him/her to “remain calm in an uncomfortable situation” while moving forward on the path of life.

In Yoga 4 the students are introduced to various teaching methods, working with each other on correcting poses and understanding how to touch students, comfortably without causing injury, with emphasis not on perfecting the postures but on stilling the mind.

Each class is preceded by a lecture on various aspects of yoga and is ended with a twenty-minute relaxation, culminating in a feeling of physical and mental calmness that leads to an inward discovery of peace. Hatha Yoga is one of the most highly evolved systems of physical development. In this course the student is introduced to the various asana (postures) that are based on the integration of Taoist principles of relaxed action and traditional yoga postures. If consistently practiced, the asana help the student develop kinesthetic awareness, relaxation, muscular strength, endurance, flexibility, and concentration. The asana also focus on balancing the energy system through spinal alignment and proper breathing. The practice of Hatha Yoga harmonizes and balances the body on many levels essential for good health and well-being. Students who complete Hatha Yoga 1 - 3 will be eligible to take Hatha Yoga 4, which will lead to a teaching assistant certification.

Prerequisite: PA 300

PA 311 Hatha Yoga 1 - 1 credit

PA 312 Hatha Yoga 2 - 1 credit

PA 313 Hatha Yoga 3 - 1 credit

PA 314 Hatha Yoga 4 - 1 credit

PA 315 Advanced Yoga - 1 credit

Advanced Yoga builds on the teachings of Yoga 1 - 4 classes. Through the physical practice of Yoga postures, the practitioner begins to develop an inner awareness leading to the development of intuitive judgment found within the calm mind. The development and cultivation of Prana (energy) enables the practitioner of the healing arts to transfer energy to the patient. Yoga also develops a strong, flexible body resulting in increased health.

The following subjects will be explored:

- 1) Pranayama Breathing exercises and their relationship to meditation.
- 2) Moving meditation while performing asana.
- 3) Seated meditation using various points of concentration within the body.
- 4) Variations of the postures taught in Yoga 1 - 4.
- 5) New postures to build strength and discipline.
- 6) The application of the Bandas (Muscular Locks) in Pranayama Breathing.
- 7) Opening up the major meridians within the body.
- 8) Understanding prana as an energy intelligence residing both inside and outside of the individual.
- 9) Discovering the true essence while meditating on the breath.
- 10) Realizing calmness within sensation by holding long asana.

Yoga Instructor Certification

Full Yoga Instructor Certification is awarded by passing the following courses with a B (3.0) average or better: Yoga 1, 2, 3 and 4, or Yoga 1, 2, 4 and Advanced Yoga – AND – Student

Teaching for 80 hours or 40 classes–
AND – passing a comprehensive exam.

TOTAL MESSAGE REVIEW (TMR)

TMR 101 Total Massage Review - 2 credits

This course offers an in-depth review designed to successfully pass the New York State Massage Therapy Board examination and the National Certification Exam for Therapeutic Massage. The course will review test taking skills, studying for the examination, and anxiety relieving techniques. Health sciences classes to be reviewed include Anatomy and Physiology I and II, Myology I and II, Neurology, Kinesiology, Palpation, Arthrology, and Pathology modalities. Eastern theory will include a review of Fundamental Theory. There will be achievement practice examinations along with a simulated practice State Board examination.

Prerequisite: C 201 / Co-requisite: C 202

WESTERN TECHNIQUE (WT)

WT 101 Swedish Technique 1 - 2 credits

In this course a brief overview of the history of massage is presented, as well as the fundamental principles and physiological effects of Swedish (Western) massage techniques. The application of the basic strokes of Swedish technique to the supine patient will be defined and demonstrated, including proper use of massage oils, table, and draping techniques as well as the indications and precautions for massage. At the completion of the course, the student will have a general knowledge of the Swedish massage principles and techniques necessary to complete the anterior portion as well as the posterior body.

Pre-Requisite / Co-requisite: HS 113

WT 110 Swedish Practice Lab - 1 credit

Swedish Practice Lab is a course that prepares the student for more advanced knowledge of massage therapy. This course reinforces the student's ability to understand and explain the modality of Swedish massage. Students will also work on refining their body mechanics, increasing their palpation skills, and Swedish technique.

Prerequisite: WT 202/ Co-Requisite: WT 213

WT 202 Swedish Technique 1 - 2 credits

A review of the basic strokes to the anterior of the body, reinforcing proper use of massage oils, table and draping techniques while emphasizing the development of sensitivity and joint movement exercises. A variety of exercises for increasing endurance, strength and concentration are incorporated into the massage to enhance its focus while hands-on instruction will be focused to the posterior of the body. A detailed orientation to the procedure, requirements and entire clinic process will be given during the final weeks of this course as the massage student becomes the massage clinician. At the completion of the course, the student will be able to begin assessing various physical conditions and will have the basic palpatory and massage skills necessary to give a complete one-hour Swedish massage.

Prerequisite: WT 101 / Co-requisites: HS 112, HS 201

WT 213 Medical Massage Technique 1 - 2 credits

Medical Massage Technique I prepares the clinician for the advanced course work of applying Western technique to an existing pathological dysfunction. Review of fundamental principles and physiological effects of massage, its indications and precautions, as well as

specific soft tissue techniques are taught in preparation for the treatment of injuries. Included is instruction in trigger point therapy, deep tissue manipulation, orthopedic assessments and special tests, and a variety of more advanced Western techniques. Students are taught to practice specific patterns for common pathological conditions, incorporate active and passive exercises, and how and when to employ them. At the completion of the course, the clinician will have a greater knowledge of Western massage principles, techniques and the basic skills necessary to give a massage treatment.

Prerequisite: WT 202

WT 214 Medical Massage Technique 2 - 2 credits

Medical Massage Technique 2 presents the future massage therapist with a wider and deeper understanding of soft tissue techniques and their effects on the human body. Therapists are instructed in specific patterns for common pathological conditions, the use of trigger point therapy, deep tissue manipulation, and introducing a variety of connective tissue techniques to their treatment protocol. Indications, precautions and possible contraindications for massage are re-emphasized in class discussion along with the effects of stress on the mind/body complex and its role in disease. Networking is encouraged for patient recommendations, as the professional massage therapist develops effective communication skills with other licensed health professionals. Clinical case histories are studied as the massage therapist develops a treatment protocol for the individual patient. At the completion of the course, the massage therapist will have deeper understanding of Western massage principles and the various techniques used when giving a massage treatment. The future therapist will have the ability to develop a patient treatment plan for an existing pathological dysfunction including short- and long-term goals.

Prerequisite: WT 213

WT 218 Introduction to Reflexology - 2 credits

This introductory course will include a study of the principles and history of foot Reflexology. The location of reflex areas and points on the feet which relate to corresponding parts of the body will be taught, as well as the application of various Reflexology techniques. Students will learn the basic skills and practices for performing a foot Reflexology treatment from class demonstration and participation.

Prerequisites: HS 111, HS 112, WT 101 /
Co-requisite: WT 202

ELECTIVES (In alphabetical order by course code)

These courses cover a variety of subjects, giving students the opportunity to expand their knowledge in areas of interest. Students are responsible for signing up for elective courses as they choose but must complete the required number of elective hours in their program prior to graduation. Suggested elective hours for each trimester are shown on each recommended course sequence.

AT 216 Thai Massage - 2 credits

This course will introduce the student to the basic techniques of Thai massage. Thai massage can improve circulation and produce the experience of deep relaxation throughout the body. Benefits of the Thai Massage include improved blood and lymph circulation, pain relief, improvements in digestion,

absorption of nutrients and elimination of waste products.

Prerequisite: OS 110

EL 101 Western Nutrition - 1 credit

This course reviews the digestion and assimilation of carbohydrates, proteins, and fats and the role of vitamins and minerals in these processes. Current issues and trends in nutrition will be discussed.

Prerequisites: HS 111, HS 112, Co-requisite WT 254

EL 102 Stone /Pregnancy/ Infant Massage - 1 credit

This course covers the incorporation of hot stones as an adjunct to the Swedish massage. The course will also cover concerns of massaging the pregnant patient and infant, and specifically, positioning, indications, and contraindications of massaging the pregnant female and infant.

Prerequisites: WT 102, HS 112

EL 103 Essential Oils - 1 credit

This course introduces the student to the role that plants, and essential oils have on the physical, emotional, and spiritual well-being of individuals. The class will open the students to the world of healing scents that have been used for centuries in the science of essential oil therapy. Multiple uses for scents and specific techniques will be discussed. Mixtures of oils will be created by students for use in the massage therapy practice.

Prerequisite: HS 111

EL 104 Aromatherapy: Therapeutic Use – LAB FEE APPLIES - 2 credits

This course provides a true foundation into the world of essential oils in skin, body and health care. Plant chemistries are examined as a way of revealing and understanding the complex vital role in the ecological balance of our planet as well as the documented medicinal uses for physical, emotional and spiritual

homeostasis. This course will help the student gain an understanding of the benefits of Aromatherapy as the tools to achieve desired medicinal therapies to use in practice and everyday life. Students will learn how chemical configurations create not only scents that affect the limbic system of the brain but will also be introduced to alternative gateways within the multitude of uses of essential oils and how to implement them within treatment.

Pre-requisite: HS 111

EL 105 Pregnancy and Infant Massage - 2 credits

This is a hands-on course that introduces the basic techniques of Prenatal, Postnatal and Infant Massage. This course will cover contraindications and precautions when working with pregnant women, proper draping and bolstering techniques and how to administer a massage in side-lying position. Postnatal concerns will be addressed, including how to reduce incidence of post-partum depression. The Infant Massage section will cover indications, cues (an infant's method of communication), contraindications and stretches. This course also covers the benefits of massage for both infant and caregiver, and concerns of the infant/child with special needs focusing on pathologies such as ADD/ADHD, Asperger's syndrome, Down's syndrome and other conditions.

Prerequisites: HS 112, WT 202

EL 106 Clinical Reflexology Theory and Practice - 2 credits

This course is a continuation of the Introduction to Reflexology course and goes beyond a general relaxation treatment to include treatment protocols for common medical conditions. Students will be instructed on how to determine areas of emphasis for those treatments. Included will be various neck, shoulder, back, knee and hip conditions, plantar fasciitis, Achilles tendonitis, respiratory issues, digestive disturbances, eye and ear problems,

headaches, sinusitis, stress, anxiety and depression, menstrual, reproductive and menopausal problems, and special considerations for pregnant woman, diabetics and oncology patients.

Participants will be required to perform and document at least one reflexology treatment in clinic each week and will be given the opportunity to discuss the treatment in class the following week. In addition, reflexes not included in the introductory course will be demonstrated and practiced.

Prerequisite: WT 218

EL 107 Western Herbs and Supplements - 2 credits

The student will be introduced to the value and correct dosages of a variety of western botanicals. Since herbal remedies have become a factor in American health care, the need to educate patients about the truly safe and effective botanical, as well as the potentially ineffective and dangerous alternatives is a priority. This course will also address vitamin, mineral and food supplementation and their interactions with allopathic medications and Chinese herbs. Various clinical conditions and their holistic treatment will be discussed.

EL 108 Palpation Lab - 1 credit

Palpation Lab will help the student develop a better understanding of muscular, skeletal, and related soft tissue anatomy of the body through palpation. This course will help the student palpate and review the major muscles, bony landmarks, lymph nodes, organs, blood vessels, and certain other important soft tissue structures relevant to the practice of massage therapy. Case studies will be introduced to support the critical thinking of assessment through palpation.

Prerequisites: HS113, HS 201, WT 101, WT 202

HS 114 Clay Anatomy Lab 1 – LAB FEE APPLIES - 1 credit

Clay Anatomy Lab 1 will help the student develop a better understanding of the muscular, skeletal and related soft tissue anatomy of the axial region by using the "Anatomy in Clay Learning System". The student will mold clay muscles, as well as selected nerves, blood vessels, glands and other soft tissue structures and attach them to the axial and proximal limb skeleton of the "Manikin Model®". This course will help the student review the major muscles and other important soft tissue structures relevant to the practice of massage therapy. Muscle attachments, locations and actions will be emphasized.

Prerequisite: HS 113 / Co-requisite: WT 213 - May be taken in any order with HS 115

HS 115 Clay Anatomy Lab 2 – LAB FEE APPLIES - 1 credit

Clay Anatomy Lab 2 will help the student develop a better understanding of the muscular, skeletal and related soft tissue anatomy of the appendicular skeletal region by using the "Anatomy in Clay Learning System." The student will mold clay muscles, as well as selected nerves, blood vessels and other soft tissue structures, and attach them to the axial and proximal limb skeleton of the "Manikin Model®." This course will help the student review the major muscles and other important soft tissue structures relevant to the practice of massage therapy. Muscle attachments, location and actions will be emphasized.

Prerequisite: HS 201 / Co-requisite: WT 214 - May be taken in any order with HS 114

WT 209 Therapeutic Chair Massage - 1 credit

This course will address health and stress concerns prevalent among individuals working in various settings. The method taught is derived from several body work modalities such as therapeutic techniques in Swedish massage and Asian Points and Channels. Students will be taught how to treat within a 15-minute chair massage

sequence. Students will master a routine to reducing stress and muscle imbalances, as well as promoting oneself in various corporations and local business. In addition, focus will be on proper postural positioning during the performance of the technique. Depending on the current season the class will be in the community during special events and festivals. Students will also learn self-promoting business tips.

Prerequisite: WT 202

WT 212 Sports Massage - 2 credits

This course is designed to teach the students the fundamental principles and techniques of Sports Massage: Pre-event, Post-event, Intra-event, Rehabilitation and Maintenance. Sports Massage technique is the understanding of how to work with athletes to improve their performance, prevent potential injuries and speed up recovery time from injuries.

Prerequisite: WT 214

WT 215 Bodywork Modalities - 2 credits

Students are provided with an overview of various bodywork techniques. The history, principles, training requirements and application of each technique will be presented. Techniques to be discussed may include Cranial Therapy, Myofascial Release, Shiatsu, Thai Massage, Trager, Manual Trigger Point Therapy, Polarity Technique, Tui Na, Bindege Web Massage, Rolfing, Manual Lymph Drainage, and Feldenkrais.

Prerequisite: WT 202

WT 216 Trigger Point Release Technique 1 - 2 credits

Myofascial trigger points are among the most common and pervasive of the five major causes of muscle pain and dysfunction. This course will provide a detailed review of the muscles of the head, neck and upper extremities and discuss the causative and perpetuating

factors of myofascial trigger points in each region. After a survey of referred pain patterns, students will learn how to effectively palpate and eliminate trigger points and to apply appropriate manual and rehabilitative techniques.

Prerequisite: HS 201

WT 220 Trigger Point Release Technique 2 - 2 credits

Myofascial trigger points are among the most common and pervasive of the five major causes of muscle pain and dysfunction. This course will provide a detailed review of the muscles of the abdomen, lower back and lower extremities and discuss the causative and perpetuating factors of myofascial trigger points in each region. After a survey of referred pain patterns, students will learn how to effectively palpate and eliminate trigger points and to apply appropriate manual and rehabilitative techniques.

Prerequisite: HS 201

Note: Students may enroll in either Trigger Point course, as WT 216 is NOT a prerequisite for WT 220.

WT 231 Deep Tissue Massage - 1 credit

Deep Tissue Massage is a hands-on course that will instruct the massage therapist to work into deeper layers of body structure to effect muscle relaxation, structural integrity and eliminate imbalances in the body dynamics. The course will teach the therapist to soften more superficial

structures to affect the deepest structures in the musculoskeletal system. It will teach these deep tissue techniques while integrating them into regular Swedish massage techniques. The course will also address techniques that will focus on the back, hips, legs, the iliopsoas, knees, shoulders and arms referring to carpal tunnel syndrome and tennis elbow, and the chest, breath and diaphragm.

Prerequisite: WT 202

WT 240 Introduction to Sports Massage - 3 credits

Sports Massage technique is the understanding of how to work with athletes to improve their performance, prevent potential injuries and speed up recovery time from injuries. This course is designed to teach theory of the fundamental principles and techniques of Sports Massage: Theory of exercise and athletic performance and the Theory of sports massage. This course will also review assessment specific to sports massage along with a review of pertinent anatomy.

Prerequisite: WT 213

WT 252 Assessment, Exercise Prescription, and Exercise Instruction - 2 credits

This provides the student with the information to adequately assess the client seeking personal training. The student will utilize appropriate health screening, informed consent, and

consultation forms. Following the assessment, the student will focus on exercise prescription and instruction of the prescribed exercise. The course will also cover interpersonal skills, sports psychology, and marketing.

Prerequisite: WT 213

WT 254 Nutrition and Weight Management - 2 credits

This course is designed as an introduction to human nutrition and weight management. Emphasis will be placed on the role of macro- and micronutrients in human health plus issues that affect this relationship. Everything that you learn from this course is meant to be applied to your lifestyle today. Because nutrients come from food, you need to learn what foods should be eaten, how they should be prepared, and which portion sizes are appropriate. Your knowledge of anatomy and physiology is essential to helping you understand what happens to food in the digestive tract and how nutrients are absorbed and distributed throughout the body. How to use nutrition for weight management, food allergies/intolerances, heart disease/hypertension, and diabetes mellitus will be covered.

Prerequisite: WT 213, Co-requisite EL 101

GRADUATE SCHOOL OF ACUPUNCTURE AND HERBAL MEDICINE

Chinese herbal medicine dates back more than 2,000 years. The ancient Chinese system of medicine is based on acupuncture, herbal medicine, and bodywork. These therapies are practiced throughout the world. Although variations exist on the ancient Chinese model, all the systems share the same foundation. Students in the college's Graduate School of Acupuncture and Herbal Medicine study and train to become proficient in the three basic components of Chinese herbal medicine: acupuncture, herbal medicine and bodywork. These are the fundamental modalities through which balance and health are achieved and sustained.

In 1991, New York state passed legislation licensing professionals to practice acupuncture. New York College of Health Professions' acupuncture program was the first to be approved by the New York State Education Department. Acupuncture has continued to grow as a respected and valued health care modality. The college has expanded its educational programs to train students in the minimally invasive holistic modalities based on Chinese therapies.

Acupuncture

Acupuncture is a virtually painless technique of inserting fine needles into specific points on the body. These points act as an access to a greater channel network. Each is said to have a specific function, which relates to physiological function. Through stimulation of these points, qi (energy) is manipulated, blockages are removed, and balance is restored. These ideas have been practiced throughout the centuries. What was once considered strictly clinical evidence is today being tested by modern science. As more Americans are discovering the benefits of natural therapies, acupuncture is one of the more popular choices.

Acupuncture has been widely used for pain management and is growing in use not only to treat and cure, but also to maintain good health. Acupuncture is also capable of inducing deep relaxation and has been found to be useful for people who have not responded to more conventional forms of treatment.

Chinese Herbal Medicine

Herbalism, the use of plant parts for healing, dates back thousands of years to ancient China, where herbs were used for their medicinal value to remedy a wide range of diseases and disorders. Today, herbalism consists of using natural substances including the roots, bark, shoots, leaves, seeds and fruits of plants as well as minerals and some animal parts to provide conditions that allow the body to heal itself. Herbs are directed toward balancing energy, thereby also relieving symptoms.

There are over 500 entries in the traditional Chinese Materia Medica. These substances are the foundation of Chinese medicine. Many of these entries are plant based; some are minerals and animal products. Chinese herbal medicine is the internal medicine branch of Traditional Chinese Medicine. It is

used to treat a host of conditions and comes in various forms and can be taken as a powder, pill or, a boiled decoction from the raw substances.

Bodywork

Tui Na, an ancient form of bodywork/massage, translates into “to push” (Tui) / “to grasp” (Na). It has been an important part of Traditional Chinese Medicine (TCM) and utilizes the same principles that are prevalent in TCM. There are several different styles of Tui Na, and they differ in the tradition that was passed down, as well as the techniques. Tui Na uses several different types of hand techniques in its application, and these include rubbing, grasping, rolling, pressing, vibrating and dragging. The practitioner uses fingers, knuckles and elbows to stimulate acupuncture points and meridians. This not only affects the circulation of qi, but treats the soft tissues along the meridians.

Program Purpose Statement

The purpose of the Graduate School of Acupuncture and Herbal Medicine program is to provide a comprehensive education and training in Acupuncture and/or Chinese Herbal Medicine through the Bachelor of Professional Studies in Health Sciences and Master of Science in Acupuncture or Herbal Medicine (BPS/MS). The program strives to graduate practitioners who can become an integral part of the health care community.

Program Goals

The goals of the Graduate School of Acupuncture and Herbal Medicine program are to:

- Provide students with the knowledge, skills, and professionalism to become highly qualified practitioners in acupuncture and/or Chinese herbal Medicine.
- Prepare students to be capable of passing the licensure and/or certification exams required to become a licensed or certified practitioner in New York and other states.
- Develop in students a sense of ethical responsibility in the therapist-client dynamic and with fellow practitioners.
- Provide students with an appreciation for continued learning throughout their professional careers.
- Enable students to be fully capable and independent practitioners and obtain employment in various health care fields.

Student Learning Outcome for the Graduate School of Acupuncture and Herbal Medicine Program

Upon successful completion of the Graduate School of Acupuncture and Herbal Medicine Program, students will be able to:

- Conduct a holistic and thorough assessment of the patient's condition by employing differential diagnosis and critical thinking utilizing four methods of diagnosis of Traditional Chinese Medicine (TCM).
- Develop personalized, effective, and safe treatment plans according to the principles of TCM.
 - Acupuncture program: Implementing acupuncture treatments and range of adjunctive therapies such as moxibustion, cupping, electroacupuncture, GuaSha, TuiNa, etc.
 - Herbal Medicine program: Incorporating Chinese herbal medicine in conjunction with all treatments outlined in the Acupuncture program.
- Emphasize the importance of self-care and preventative care through physical arts, diet, and lifestyle.
- Maintain comprehensive documentations and ethically and professionally communicate with patients and other health care providers with a thorough TCM and biomedical knowledge.
- Design strategies for establishing a successful practice, business, or employment with the diverse field of acupuncture.

Acupuncture Program – Bachelor of Professional Studies/Master of Science (BPS/MS)

The acupuncture program is a 145 credit, nine trimester (3 academic years) program. For students who must work at a full-time or part time job while in attendance or have other responsibilities outside of school, they may attend New York College as part-time students. Part time students must complete their course study of the Acupuncture program within the maximum of 6 academic years. Upon completion, graduates receive a combined Bachelor of Professional Studies/Master of Science degree in Health Science/Acupuncture. They are eligible to sit for the NCCAOM (National Certification Commission for Acupuncture and Oriental Medicine) acupuncture certification exams, which are required by New York state. *Recommended Course of Study for the 145-credit program can be found on page 53.*

Acupuncture with a Chinese Herbal Medicine Specialization Program – Bachelor of Professional Studies/Master of Science (BPS/MS)

The Acupuncture with a Chinese Herbal Medicine Specialization program is a 185 credit, ten trimester (4 academic years) program. Upon completion, graduates receive a combined Bachelor of Professional Studies/Master of Science degree in Health Science/Acupuncture with a Chinese Herbal Medicine Specialization. For students who must work at a full-time or part time job while in attendance or have other responsibilities outside of school, they may attend New York College as part-time students. Part time students must complete their course of study of the Acupuncture with a Chinese Herbal Medicine Specialization program within the maximum or 8 academic years. They are eligible to sit for the NCCAOM (National Certification Commission for Acupuncture and Oriental Medicine) certification exams in Acupuncture with Point Location and Foundations of Oriental Medicine, which are required by New York state for licensure. They are also eligible to sit for the NCCAOM certification exam in Chinese Herbology. New York College of Health Professions also offers a two-year, 47 credit, herbal medicine

program for returning alumni from the acupuncture program. Upon completion of this program, students surrender their master degree in acupuncture and are then awarded a master degree in Acupuncture with a Chinese Herbal Medicine Specialization. *Recommended Course of Study for the 185-credit program can be found on page 55. Recommended Course of Study for the 47-credit program can be found on page 57.*

Student to Instructor Ratio

The instructor to student ratio for technique classes is 16:1. If the class density exceeds 16 students, a Teacher's Assistant is added. The instructor to student ratio for didactic classes may be up to 40:1.

Acupuncture Law in New York State

Acupuncture has been a licensed profession in the State of New York since 1991. The practice of acupuncture in New York state has thereby joined the ranks of the 50 New York state licensed professions recognized by the Office of Professions, including medical doctors, chiropractors and dentistry. Licensed acupuncturists are entry level providers, in other words, they may treat patients without first obtaining a medical referral. Article 160 of the New York State Education Law contains the definition of the profession of acupuncture, as well as the scope of practice. The law states that a licensed acupuncturist may treat patients for "diseases, disorders and dysfunctions of the body for the purpose of achieving a therapeutic or prophylactic effect." To paraphrase, the licensed acupuncturist is not limited to the treatment of a disease condition, nor is he/she confined to treatment of a specific body part. In addition, the law requires that a licensed acupuncturist must advise his/her patients of the importance of medical consultation regarding their condition. The law which governs the practice of Acupuncture in New York State affords the practitioner a broad scope of practice, consistent with the holistic perspective promoted by New York College of Health Professions' Graduate School of Acupuncture and Herbal Medicine.

New York State Licensure

To qualify for an acupuncture license in the state of New York an applicant must fulfill the following requirements:

- Complete and file an application with the New York State Education Department
- Provide evidence of satisfactory completion of a course of formal study registered by the NYS Education Department or its substantial equivalent in accordance with the Commissioner's regulations. (i.e. New York College of Health Professions acupuncture and herbal medicine programs.)
- Have experience in accordance with the Commissioner's regulations
- Pass an examination(s) satisfactory to the New York State Board and in accordance with the Commissioner's regulations. (i.e. NCCAOM exam(s))
- Pass the Clean Needle Technique Examination (required by the college prior to Clinical Internship)
- Be at least 21 years of age

- Be of good moral character as determined by the New York State Education Department
- Have earned nine college credits in the biosciences. (This requirement is automatically satisfied by completing the New York College BPS/MS degree in either Acupuncture or Herbal Medicine.)
- Hold current Red Cross or American Heart Association certification in CPR and First Aid
- Pay a fee of \$780 to the New York State Education Department for the initial licensure and a fee of \$288 for each triennial registration

Program Graduation, Retention and Exam Rates

Of the newly enrolled students in the Graduate School of Acupuncture and Herbal Medicine program, the graduation rate for acupuncture students enrolling in Spring 2017 is 17.7% and similarly the graduation rate for herbal medicine students enrolling in Spring 2015 is 25.0%. The retention rate after one year of enrollment in Spring 2022 is 70.6% with the average from Fall 2018 to Spring 2022 being 67.0%, and similarly the retention rate for herbal medicine students enrolling in Spring 2022 is 75.0% with the average from Fall 2018 to Spring 2022 being 62.6%. The pass rates on the Jan. – Dec. 2021 NCCAOM exams for first time takes for APL exam was 66.7%, BIO exam was 54.6%, CH exam was 0.0%. FOM exam was 93.60%. The Institutional Research Report for 2021-2022 can be found on the college website: <https://nycollege.edu/whynychp>.

Admissions and Other Requirements

Applicants for the Graduate School of Acupuncture and Herbal Medicine must have completed at least two years of education at the baccalaureate level. Specifically, applicants must have completed a minimum of 60 undergraduate trimester credits with a minimum GPA of 2.5, in a college or university accredited by an agency recognized by the US Secretary of Education. Nine of these credits must be in the biosciences. If a student does not have the nine bioscience credits, they may satisfy this requirement by taking Anatomy & Physiology I and II and Chemistry for the Health Sciences while enrolled in the program, providing that they pass these courses with a grade of “C” or better by the end of their first year to remain in the program. All applicants for the acupuncture and herbal medicine programs at New York College of Health Professions must follow the admissions procedure outlined in this catalog on pages 11 to 13.

Transfer Credits

New York College of Health Professions does award credit for prior learning. To receive the BPS-MS degree in acupuncture or herbal medicine, the last year of full-time enrollment in the program must be completed at the College. All courses submitted for transfer credit will be evaluated for applicability to the selected curriculum and compliance with licensure requirements.

An applicant wishing to transfer from another institution must complete the regular application process including the academic requirements and supply the following documents:

- Each candidate must request an official transcript(s) for all prior course work and a complete course description or syllabus be sent to the Admissions Office.
- Applicants who wish to be considered for transfer credits in one or more subject areas must make their request in writing to the Admissions Office during the admissions process. Transfer credit can only be considered and awarded during a student's first academic year. Transcripts are evaluated by the Dean of the appropriate program. Transfer credit will be awarded for equivalent course work completed within the last 5 years with a grade of "B" (3.0) or better. An applicant will be notified in writing of transfer credit to be awarded. When all aspects of the transfer application are completed, an interview with the program Dean may be required. Transfer students must meet the admissions requirements in effect at the time of their official transfer. *Note that applicants may receive transfer credit for up to 50% of the total program credit requirements. Of that 50%, no more than 25% of the program clinical training requirements may be accepted as transfer credit.*

Advance Standing

Applicants to the College who have completed coursework equivalent to the programs offered at New York College of Health Professions are encouraged to apply to the College. Advanced standing applicants must submit all transcripts from previous institutions at the time of admission so that the appropriate course plan can be created for the applicant, and the correct courses can be registered.

Applicants that are registering as Advanced Standing can request that courses from their previous institutions be awarded in one of the following methods.

1. *Credit by Examination* – Qualified students may receive didactic course credits by taking and passing a written examination or a project equivalent to the final requirement of the course. An equivalent course is determined by the faculty of the department or division and must be approved by the program Dean. The maximum number of exemption credits that can be counted towards a New York College of Health Professions degree is 12. Transfer credits are in addition to exemption credits. Exemption credits will be awarded to degree students only. Requests for Challenge Exams must be made within the first year of study at the College, and a fee of \$325 is collected prior to the taking of the examination. If the Challenge Exam is successful, the credit is awarded and a grade of "AP" (Advanced Placement) is entered on the student's transcript. If the Challenge Exam is not successful, the student must take the course, and fee for the examination is applied to the tuition cost for the course.
2. *Prior Learning Assessment* – Prior Learning Assessment allows student to gain credit for learning that has occurred outside of the instruction provided by the college using one or more of the following assessment methods. For other programs, students may be waived from attending certain courses based on one or more of the following methods.
 - a. Standardized Exams - College credits may be earned by successfully passing one or more of the following proficiency exams: The College Scholarship Service's Advanced Placement (AP) Examination; the College Level Examination Program (CLEP); the American College Testing Program Proficiency Examination Program (PEP); exams of the

US Armed Forces Institute (USAFI); and the Defense Activity for Non-Traditional Educational Support (DANTES); and the Excelsior College Examinations. (These credits may be earned even while a student is enrolled at the College.)

- b. For Non-Collegiate Courses - Prior learning credit for non-collegiate courses may also be awarded based on recommended college level equivalencies established by the American Council on Education in The National Guide to Educational Credit for Training Programs and The Guide to Evaluation of Educational Experiences in the Armed Forces, and the New York State Education Department Program on Non-Collegiate Sponsored Instruction (PONSİ).
 - c. Portfolio Method - Students may submit a portfolio of documents attesting to course equivalent learning that has been attained through work, non-traditional education, self-study or other non-sponsored forms of learning. Documents supporting this form of learning might include work projects, job descriptions, commendations, or licenses and/or certificates. Supporting letters from employers or other knowledgeable sponsors must accompany all portfolio submissions but are not enough alone to warrant the award of credit. Portfolio assessment is conducted by ad hoc faculty committees with expertise in the relevant subject matter to ensure that such applicants are adequately prepared academically to undertake the course of study at the College.
 - d. Challenge Examination - Students may apply to be excused from enrolling in a course based on their knowledge of the coursework. To demonstrate their knowledge, they will be offered a challenge exam covering the specific course content. Usually this exam will be comparable to comprehensive exams given in the course.
3. *Transfer Credit* – Work completed at another baccalaureate level academic institution will be considered for transfer credit. This form of credits is awarded based on a review of the student's transcript from the prior institution and the equivalency of courses from the two institutions. Transfer credit will be approved only for courses that have been taken within the last five year and if a grade of "B" or better was earned. Transfer courses requested from prior to five years will be reviewed using one of the other methods outlined above.

Any student seeking to use one or more of the above methods to obtain credits in one of the programs at the College must obtain permission from the program Dean or director of the program.

Any matriculated student with a cumulative grade point average of 3.0 for the BPS-MS programs may apply for Prior Learning Assessment. Generally, students applying for this form of assessment have had significant work, military or similar experience. The college may accept credit toward its admissions requirements that has been awarded by portfolio assessment or may accept no more than 50% of credit toward its admission requirement earned through Credit by Examination if that assessment was performed and credit was awarded by an institution (other than New York College) accredited by an agency recognized by the U.S. Secretary of Education.

All requests for Prior Learning Assessment must be submitted to the program Dean in a timely fashion so that the award of credit can be completed before the end of the student's first year of enrollment.

Requests for the assessment of prior learning must be accompanied by an Application for Prior Learning Form, relevant documentation, and the assessment fee of \$325 per course.

Note: Although a student may be awarded credit through Prior Learning Assessment, some state agencies and some institutions may not accept prior learning credits that have been awarded by a non-regionally accredited institution.

The program Dean's decision will be forwarded to the Registrar. The award will be indicated on the transcript by the letters PL and will have no bearing on the student's grade point average. Students who wish to challenge the program Dean's award of credit should follow the academic appeals policy, which appears in the Student Handbook.

Comprehensive Exams

As part of its evaluation process, the Graduate School of Acupuncture and Herbal Medicine conducts a series of comprehensive exams throughout the curriculum to:

- Afford students an opportunity for systematic integrative review of knowledge base and skills
- Prepare students for clinical training
- Prepare students for national board examinations
- Evaluate the progress of each student
- Provide institutional feedback on the effectiveness of teaching and curriculum delivery

All comprehensive exams are given each trimester. Students must complete a petition to take the appropriate exam. Announcements of exam dates are posted in the Dean's office and on college bulletin boards well in advance. Multiple review sessions are offered to students prior to the Entrance and Exit exams. The College offers free Practice Labs every trimester prior to the comprehensive exams. Two comprehensive exams are given at different stages during the programs as follows:

The Clinic Entrance Exam

This exam is taken in the 6th trimester for full time students or when all course work for the first six trimesters has been completed in the case of part-time students. Successful passage of this exam is required to progress into clinic internship. This exam is comprised of three parts for Acupuncture students and four parts for Herbal Medicine students:

- A 200-question multiple choice written portion based on all course work covered including questions on Acupuncture, TCM Science theory, and Clinical techniques and safety.
- An 80-question multiple choice written part covering information studied in Health Science classes up to the sixth trimester.

- A practical portion consisting of Point Location, Clinical techniques skill review (part of C 302 Clinical Skills Review) and safety.
- An 80-question herbal section covering all information learned in the Materia Medica series of classes. This part also consists of a visual identification of ten herbs (Herbal students only).

The Clinic Exit Exam

This exam is taken upon completion of all course work in the program and applies to both full-time and part-time students. Successful passage of this exam is one of New York College's graduation requirements. This is a more clinically oriented exam consisting of the following parts:

- A 200-question multiple choice written portion based on all course work covered including questions on Acupuncture and TCM Science theory that is presented in a more clinical or case study format.
- An 80-question multiple choice written part covering information studied in Health Science classes in the program. This portion focuses on more clinical information.
- A practical portion consisting of a complete patient analysis and treatment performed in a clinical setting.
- An 80-question herbal section covering the information learned in all the herbal classes in the program (Herbal students only).

Requirements to Sit for the Examinations

Students preparing for the Clinic Entrance and Exit Examinations must maintain a 3.0 GPA to be eligible to sit for the exam. Students must submit and receive approval on a petition form signed by the Dean.

Examination Policies

Students are afforded a maximum of four (4) attempts for passage of each examination. Students who petition an examination, or are required to appear for a re-take examination, and fail to appear for the examination will automatically be given a failure. Documentation must be provided in emergency cases.

Examination Failure Policies

Failure after the 2nd attempt will result in a Recommended Audit Plan (RAP). Failure after the 3rd attempt will result in a Mandatory Audit Plan (MAP). RAP Requirements: students must be tutored; attendance will be taken; student must take quizzes and exams which will be reviewed. MAP Requirements: students must audit the courses; attendance is mandatory; and students must pass ALL quizzes and exams. Students who receive a failure after the 3rd attempt of the Fundamentals and Acupuncture Exit exams must register for OS 600.

ENTRANCE Exam: (2nd & 3rd Failed Attempts)

Bioscience Recommended – obtain a tutor for HS 403 & HS 404

	Mandatory – HS 305, HS 405, HS 403, & HS 404
Fundamentals	Recommended – obtain a tutor for OS 301 & OS 302 Mandatory – OS 301, OS 304 & OS 305
Acupuncture	Recommended – obtain a tutor for AC 301, AC 302 & AC 303 Mandatory – AC 400 & C 302

EXIT Exam: (2nd & 3rd Failed Attempts)

Bioscience	Recommended – obtain a tutor for HS 305, HS 405, HS 403, & HS 404 Mandatory – HS 501 & HS 502
Fundamentals	Recommended – obtain a tutor for OS 301, OS 304 & OS 305 Mandatory – OS 301, OS 406 & OS 407, & *OS 600 (Must register for OS 600)
Acupuncture	Recommended – obtain a tutor for OS 406, OS 407 & AC 400 Mandatory – OS 406, OS 407, AC 400, C 302, & *OS 600 (Must register for OS 600)

Note: There is a \$75 make-up fee for any necessary retake exams.

CPR & First Aid Certification

All students studying in the Graduate School of Acupuncture and Herbal Medicine are required to pass a basic CPR and First Aid course approved by either the American Red Cross or American Heart Association, including hands-on skills practice, prior to entry into clinic assistantship. A copy of their current CPR and First Aid Certificate is required to be on file in the Academic Teaching Clinic and a copy must be on file in the Registrar's Office prior to graduation.

Acupuncture Clean Needle Technique (CNT) Examination

The Council for Colleges of Acupuncture and Herbal Medicine (CCAHM) administers the Clean Needle Technique (CNT) Examination as a requirement for licensure in many states, including the State of New York. To ensure that students have demonstrated competence in clean needle technique and asepsis prior to undertaking the internship experience, the college requires that students achieve a passing grade on the CCAHM's CNT exam as a prerequisite for entrance into the acupuncture and Chinese herbal medicine teaching clinics. Students must apply for and pass this exam during the second year of the Acupuncture and Herbal Medicine programs as a pre-internship requirement.

Satisfactory Academic Progress

All matriculated students pursuing a program of study must be in good academic standing and must maintain satisfactory academic progress toward graduation. *Please refer to the Student Handbook for all information regarding the Satisfactory Academic Progress policy, procedures, and requirements.*

Graduation Requirements

Students must complete the required courses and have a cumulative minimum GPA of 3.0 in order to graduate from the Graduate School of Acupuncture and Herbal Medicine programs. In addition, students must pass the Clinic Exit Exams.

National Certification Commission for Acupuncture & Oriental Medicine (NCCAOM)

The NCCAOM was established by the profession to promote nationally recognized standards in Acupuncture and Chinese Herbal Medicine and to ensure public safety. NCCAOM certification represents professional recognition. It does not authorize or license an individual to practice Acupuncture or Chinese Herbal Medicine. Licensure and registration are state regulatory functions.

Disclosure of State Requirement for Acupuncture License

Completion of the current Acupuncture and/or Herbal Medicine program meets the educational requirements for professional licensure or certification needed for employment is detailed in the [Disclosure of State Requirement for Acupuncture License](#).

Additional details can be found on [NCCAOM's State Licensure Requirements](#) website and by clicking on each state to see the details and procedures of applying for licensure or certification.

Graduates from the acupuncture program are qualified to take the Foundations of Oriental Medicine, Acupuncture with Point Locations, and Biomedicine examinations.

Graduates from the Acupuncture with a Chinese Herbal Medicine Specialization program are qualified to take the Foundations of Oriental Medicine, Acupuncture with Point Locations, Biomedicine, and Chinese Herbology examinations.

NCCAOM Certification Policies

Candidates applying for NCCAOM certification in Acupuncture, Chinese Herbology, and/or Oriental Medicine, will be required to complete a prescribed set of examination modules in order to earn the desired credential. Certification with NCCAOM makes an important statement about professional competencies that is recognized by regulatory bodies, third-party payers, the profession and the public. NCCAOM certification shows competency for licensure as an acupuncturist by 47 states and the District of Columbia.

California licensure may require additional training. For details, please see California's Acupuncture Board's educational requirements: https://www.acupuncture.ca.gov/students/edu_require.shtml.

For further information on NCCAOM requirements and policies or to request application packages, students should contact the NCCAOM at:

NCCAOM
2025 M Street NW, Suite 800
Washington DC, 20036
Tel: (202) 381-1140
E-mail: info@nccaom.org
Web: www.nccaom.org

Graduate School of Acupuncture and Herbal Medicine Courses of Study

ACUPUNCTURE PROGRAM (BPS/MS) <i>Nine Trimester Recommended Course of Study – 145 Credits/2835 Hours</i>			
Year 1 - 48 or 59 Credits			
Trimester 1	14 or 21 Credits	Credits	Hours
HS 300	Surface Anatomy (UL)	4	75
OS 301	Fundamental Theory of Oriental Medicine (UL)	3	45
AC 301	Channels and Points I (UL)	4	75
CH 301	Introduction to Chinese Herbal Medicine	2	30
PA 300	Introduction to Physical Arts	1	30
*HS 301	Anatomy and Physiology I (IF NECESSARY)	4	75
*HS 310	Chemistry for the Health Sciences (IF NECESSARY)	3	45
Trimester 2	16 or 20 Credits	Credits	Hours
HS 303	Neurology (U)	3	45
OS 302	OM Diagnostic Methods	3	45
OS 304	OM Pattern ID, Pathomechanisms & Treatment Principles I (UL)	3	45
AC 302	Channels and Points II	4	75
AT 401	Asian Bodywork 1 (Tui Na) (U)	2	45
PA 301/311/321	Tai Chi I/Yoga I/Qi Gong I (U)	1	30
HS 302	Anatomy and Physiology II (IN NECESSARY)	4	75
Trimester 3	18 Credits	Credits	Hours
HS 304	Biochemistry (UL)	3	45
HS 305	Pathophysiology I (G)	3	45
OS 305	OM Pattern ID, Pathomechanisms & Treatment Principles II (UL)	3	45
AC 303	Channels and Points III (UL)	4	75
AC 304	OM Palpatory Assessment (UL)	2	45
AT 402	Asian Bodywork II (Tui Na II) (UL)	2	45
PA 302/312/322	Tai Chi II/Yoga II/Qi Gong II (U)	1	30
Year 2 - 52 Credits			
Trimester 4	18 Credits	Credits	Hours
HS 405	Pathophysiology II (G)	3	45
HS 402	Western Nutrition (U)	3	45
OS 406	TCM Internal Medicine I (UL)	3	45
AC 400	Acupuncture Points Review (U)	2	45
AC 411	Acupuncture Techniques I (G)	2	45
PA 303/313/323	Tai Chi III/Yoga III/Qi Gong III (U)	1	30
C 301	Introduction to Clinic (G)	2	45
C 401	Clinic Grand Rounds I (G)	2	45
Trimester 5	17 Credits	Credits	Hours

HS 401	Medical Microbiology & Immunology (G)	3	45
HS 403	Patient Assessment I (G)	4	75
OS 407	TCM Internal Medicine II (G)	3	45
AC 412	Acupuncture Techniques II & New Methods (G)	2	45
HS 406	Health Psychology (U)	3	45
C 402	Clinic Grand Rounds II (G)	2	45
Trimester 6	17 Credits	Credits	Hours
HS 404	Patient Assessment II (G)	4	75
HS 407	Medical Ethics (UL)	2	30
OS 408	TCM Gynecology & Male Reproductive Disorders (UL)	3	45
OS 405	Eastern Nutrition (G)	2	30
C 302	Clinical Skills Review (G)	1	30
AC 413	Acupuncture Techniques III (Microsystems) (G)	2	45
C 403	Clinic Assistantship (G)	3	90
Clinic Entrance Exam			
Year 3 - 45 Credits			
Trimester 7	16 Credits	Credits	Hours
AC 501	Japanese Acupuncture & Diagnostic Methods (G/A)	2	45
HS 501	Internal Medicine I (G)	3	45
HS 503	Pharmacology (G)	3	45
C 501	Oriental Medicine Clinic I (G)	6	180
C 511	Clinical Analysis & Case Histories I	2	30
Trimester 8	16 Credits	Credits	Hours
AC 502	Japanese Acupuncture Techniques (G/A)	2	45
HS 502	Internal Medicine II (G)	3	45
R 511	Research Data & Methodology (G)	3	45
C 502	Oriental Medicine Clinic II (G)	6	180
C 512	Clinical Analysis & Case Histories II	2	30
Trimester 9	13 Credits	Credits	Hours
M 301	Practice Management (G)	2	30
C 503	Oriental Medicine Clinic III (G)	6	180
C 513	Clinical Analysis & Case Histories III	2	30
	Elective (G)	3	45
Clinic Exit Exam			
<i>*Note: The Prerequisites of HS 301 Anatomy and Physiology I and HS 302 Anatomy and Physiology II must be completed by the end of the first year for a student to continue the program. HS 310 Chemistry for the Health Sciences must be completed prior to HS 304 Biochemistry. The credits for HS 301, HS 302, and HS 310 do NOT count toward the 145 credits required for the BPS-MS degree.</i>			

ACUPUNCTURE WITH A CHINESE HERBAL MEDICINE SPECIALIZATION PROGRAM (BPS/MS)

Ten Trimester Recommended Course of Study – 185 Credits/3495 Hours

Year 1 - 54 Credits			
Trimester 1	14 or 21 Credits	Credits	Hours
HS 300	Surface Anatomy (UL)	4	75
OS 301	Fundamental Theory of Oriental Medicine (UL)	3	45
AC 301	Channels and Points I (UL)	4	75
CH 301	Introduction to Chinese Herbal Medicine	2	30
PA 300	Introduction to Physical Arts	1	30
*HS 301	Anatomy and Physiology I (IF NECESSARY)	4	75
*HS 310	Chemistry for the Health Sciences (IF NECESSARY)	3	45
Trimester 2	19 OR 23 Credits	Credits	Hours
HS 303	Neurology (U)	3	45
OS 302	OM Diagnostic Methods	3	45
OS 304	OM Pattern ID, Pathomechanisms & Treatment Principles I (UL)	3	45
AC 302	Channels and Points II	4	75
AT 401	Asian Bodywork 1 (Tui Na) (U)	2	45
PA 301/311/321	Tai Chi I/Yoga I/Qi Gong I (U)	1	30
CH 302	Chinese Materia Medica I (U)	3	45
HS 302	Anatomy and Physiology II (IN NECESSARY)	4	75
Trimester 3	21 Credits	Credits	Hours
HS 304	Biochemistry (UL)	3	45
HS 305	Pathophysiology I (G)	3	45
OS 305	OM Pattern ID, Pathomechanisms & Treatment Principles II (UL)	3	45
AC 303	Channels and Points III (UL)	4	75
AC 304	OM Palpatory Assessment (UL)	2	45
AT 402	Asian Bodywork II (Tui Na II) (UL)	2	45
PA 302/312/322	Tai Chi II/Yoga II/Qi Gong II (U)	1	30
CH 303	Chinese Materia Medica II (U)	3	45
Year 2 - 61 Credits			
Trimester 4	21 Credits	Credits	Hours
HS 405	Pathophysiology II (G)	3	45
HS 402	Western Nutrition (U)	3	45
OS 406	TCM Internal Medicine I (UL)	3	45
AC 400	Acupuncture Points Review (U)	2	45
AC 411	Acupuncture Techniques I (G)	2	45
PA 303/313/323	Tai Chi III/Yoga III/Qi Gong III (U)	1	30
C 301	Introduction to Clinic (G)	2	45
C 401	Clinic Grand Rounds I (G)	2	45

CH 401	Chinese Materia Medica III (U)	3	45
Trimester 5	20 Credits	Credits	Hours
HS 401	Medical Microbiology & Immunology (G)	3	45
HS 403	Patient Assessment I (G)	4	75
OS 407	TCM Internal Medicine II (G)	3	45
AC 412	Acupuncture Techniques II & New Methods (G)	2	45
HS 406	Health Psychology (U)	3	45
C 402	Clinic Grand Rounds II (G)	2	45
CH 402	Chinese Herbal Formulas I (U)	3	45
Trimester 6	20 Credits	Credits	Hours
HS 404	Patient Assessment II (G)	4	75
HS 407	Medical Ethics (UL)	2	30
OS 408	TCM Gynecology & Male Reproductive Disorders (UL)	3	45
OS 405	Eastern Nutrition (G)	2	30
C 302	Clinical Skills Review (G)	1	30
AC 413	Acupuncture Techniques III (Microsystems) (G)	2	45
C 403	Clinic Assistantship (G)	3	90
CH 403	Herbal Formulas II (U)	3	45
<i>Clinic Entrance Exam</i>			
Year 3 - 53 Credits			
Trimester 7	17 Credits	Credits	Hours
HS 501	Internal Medicine I (G)	3	45
HS 503	Pharmacology (G)	3	45
C 501	Oriental Medicine Clinic I (G)	6	180
C 511	Clinical Analysis & Case Histories I	2	30
CH 501	Herbal Formulas III (U)	3	45
Trimester 8	20 Credits	Credits	Hours
HS 502	Internal Medicine II (G)	3	45
R 511	Research Data & Methodology (G)	3	45
C 502	Oriental Medicine Clinic II (G)	6	180
C 512	Clinical Analysis & Case Histories II	2	30
CH 504	Shuang Han Lun (G)	3	45
CH 502	Clinical Application of Herbs I (G)	3	45
Trimester 9	16 Credits	Credits	Hours
M 301	Practice Management (G)	2	30
C 503	Oriental Medicine Clinic III (G)	6	180
C 513	Clinical Analysis & Case Histories III	2	30
	Elective (G)	3	45
CH 503	Clinical Application of Herbs II (G)	3	45
Year 4 - 17 Credits			

Trimester 10	17 Credits	Credits	Hours
HS 601	Pharmacognosy & Toxicology (G)	3	45
CH 601	Clinical Applications of Herbs III (G)	3	45
CH 602	Wen Bing Xue (G)	3	45
C 504	Oriental Medicine Clinic IV (G)	6	180
C 514	Clinical Analysis and Case Histories IV (G)	2	30
Clinic Exit Exam			
<i>*Note: The Prerequisites of HS 301 Anatomy and Physiology I and HS 302 Anatomy and Physiology II must be completed by the end of the first year for a student to continue the program. HS 310 Chemistry for the Health Sciences must be completed prior to HS 304 Biochemistry. Note that the credits for HS 301, HS 302, and HS 310 do NOT count toward the 185 credits for the BPS-MS degree.</i>			

ACUPUNCTURE WITH A CHINESE HERBAL MEDICINE SPECIALIZATION PROGRAM FOR RETURNING M.S. IN ACUPUNCTURE GRADUATES <i>Six Trimester Recommended Course of Study – 47 Credits/840 Hours</i>			
Year 1 - 18 Credits			
Trimester 1	6 Credits	Credits	Hours
CH 302	Chinese Materia Medica I (U)	3	45
CH 303	Chinese Materia Medica II (U)	3	45
Trimester 2	6 Credits	Credits	Hours
CH 401	Chinese Materia Medica III (U)	3	45
CH 402	Chinese Herbal Formulas I (U)	3	45
Trimester 3	6 Credits	Credits	Hours
CH 403	Herbal Formulas II (U)	3	45
CH 501	Herbal Formulas III (U)	3	45
Year 2 - 29 Credits			
Trimester 4	9 Credits	Credits	Hours
CH 502	Clinical Application of Herbs I (G)	3	45
HS 601	Pharmacognosy & Toxicology (G)	3	45
C 521	Herbal Clinic I	3	90
Trimester 5	9 Credits	Credits	Hours
CH 503	Clinical Application of Herbs II (G)	3	45
CH 504	Shuang Han Lun (G)	3	45
C 522	Herbal Clinic II	3	90
Trimester 6	11 Credits	Credits	Hours
CH 601	Clinical Applications of Herbs III (G)	3	45
CH 602	Wen Bing Xue	3	45
C 514	Clinical Analysis & Case Histories 4 (G)	2	30
C 523	Herbal Clinic III	3	90

Acupuncture/ Chinese Herbal Medicine Medicine Course Descriptions

Please understand that not all courses are offered each trimester. Please check the current course schedule to determine what courses are being offered. The course schedule is developed by the College and provides the most current information available. All information including class meeting times and locations, faculty names and course offerings are subject to change without notice or obligation. The College reserves the right to cancel classes with low enrollment or to modify the sequence of courses that don't require prerequisites or corequisites.

ACUPUNCTURE (AC) Channels & Points Series

This series of three courses involves a detailed study of the channel system and acupuncture point functions, including the myology associated with each channel.

AC 301 Channels & Points 1 - 4 credits

This course begins the study of the channel system. Students study channel pathways and connections and the functions of each channel. Channels studied include the 12 regular channels, the 8 extra channels, the divergent channels, the 15 Luo-collaterals, the 12 sinew channels, and the cutaneous channels. In addition to channels, pathways, and functions, students study several points on each channel to help them understand the course of each channel, and develop the skills needed to begin point location.

45 hours lecture; 30 hours lab.

Co-requisite: OS 301

AC 302 Channels & Points 2 - 4 credits

Channels & Points II begins an in-depth study of the channels and points. Students study 7 of the 14 main meridians and their points. Attention is focused on point location, function, indication, needle depth and regional anatomy. The course also provides a more in-depth and detailed study of the clinical application and point indication differences among points on the same channel. The class also concentrates on specific point applications.

45 hours lecture; 30 hours lab.

Prerequisite: AC 301

AC 303 Channels & Points 3 - 4 credits

Channels & Points III continues with an in-depth study of the channels and points. Students study the remaining 7 of the 14 main meridians and their points. Attention is focused on point location, function, indication, needle depth and regional anatomy. The course also provides a more in-depth and detailed study of the clinical application and point indication differences among points on the same channel. The class also concentrates on specific point applications.

45 hours lecture; 30 hours lab.

Prerequisite: AC 301

AC 304 OM Palpatory Assessment - 2 credits

This course is designed to focus on the four methods of TCM Diagnosis which are observation, listening, questioning and palpation. The main methods of palpation are reading the pulses at the radial artery and palpating abdominal zones and reflex points. Success in both methods depends on a high level of sensitivity honed by constant practice. This course will provide a solid foundation in the basics of pulse and abdominal diagnosis on which to build further development. By the end of the course students should be able to discern disharmonies on the pulse and abdomen and incorporate them into the overall diagnostic assessment.

Prerequisite: OS 302

AC 400 Acupuncture Points Review - 2 credits

This course provides a detailed review of all the information covered in the Channels and Points classes taken in the first year of the program. The information is presented by point category rather than by channel orientation. The class gives students a different way of looking at point function and indication.

Prerequisites: AC 302, AC 303

AC 411 Acupuncture Techniques 1 - 2 credits

This course, which is primarily practical, teaches the necessary skills of handling, insertion, manipulation, and removal of acupuncture needles. Various sizes and gauges of needles will be handled and inserted into a variety of substances from very soft to harder than human epidermis. Students are always carefully supervised. Basic moxibustion and cupping techniques are also introduced. This course is 45 hours of lecture and practical.

Prerequisites: OS 301, AC 302, AC 303

AC 412 Acupuncture Techniques 2 & New Methods - 2 credits

This course will introduce and allow the practice of a variety of methods of advanced acupuncture techniques including, advanced needling; moxa techniques; bleeding; gua sha; plum blossom; and, electro-acupuncture.

Advanced techniques for tonification and sedation are demonstrated, and needle insertion practice is given for clinically significant points. In addition, the treatment of first aid conditions with acupuncture, managing needling faints, points for contraindication in specific circumstances, and difficult, dangerous and forbidden points are all taught. Also, anesthetic, pain control, and substance abuse protocols will be studied (using body, ear and scalp points). This course will also introduce some modern developments in Acupuncture techniques. This course is 45 hours of lecture and practical.

Prerequisite: AC 411

AC 413 Acupuncture Techniques 3 (Microsystems) - 2 credits

This course introduces the student to the two major microsystems used in acupuncture: auricular acupuncture and scalp acupuncture. For both systems, the class examines the primary systems used in China as well as other systems that have been developed, including Nogier auricular, auricular detoxification protocols, and the scalp system devised by Ming Qing Zhu. The different maps of the ear and scalp are compared. Clinical applications and treatment formulas are emphasized. In addition, students briefly over-view such microsystems as the hand, the nose, the eye and the foot. Emphasis is placed on needling techniques and in class practice. This course is 45 hours of lecture and practical.

Prerequisite: AC 411

AC 501 Japanese Acupuncture Diagnostic Methods (GSOM Program Only) - 2 credits

This course focuses on developing the student's diagnostic skills with emphasis on diagnosis by palpation. Included is the development of pulse reading skills with students working in groups using a direct feedback method. Various methods of abdominal diagnosis are presented including the abdominal patterns for determining the use of the eight extraordinary vessels. Students also learn how to palpate for excess and deficiency in meridians and how to determine by palpation the most appropriate points for treatment. This information gathered by palpation is essential to both substantiate diagnosis by observation and questioning as well as to clarify conflicting or misleading presenting symptoms. This course is 45 hours of lecture and practical.

Prerequisite: C 302

AC 502 Japanese Acupuncture Techniques (GSOM Program Only) - 2 credits

This course focuses on some of the subtle and refined needle techniques practiced in Japan. These include both inserted and non-insertion methods of tonification and sedation, use of intradermal needles, and use of specially designed pediatric acupuncture tools. Direct moxibustion and the use of Manaka ion pumping cords are also taught. This course is designed to complement Japanese Acupuncture Diagnostic Methods (AC 501). This course is 45 hours of lecture and practical.

Prerequisite: AC 501

ASIAN TECHNIQUE (AT)

AT 401 Tui Na 1 - 2 credits

This course offers an introduction to the basic principles and practice of Tui Na. Its traditional uses in Chinese Herbal medicine will be discussed and students will learn basic hand techniques and how to apply them. This course is 45 hours of lecture and practical.

Prerequisite: OS 301

AT 402 Tui Na 2 - 2 credits

This course follows and builds upon AT 401, Tui Na 1. Hand techniques will be refined and clinical applications for some simple conditions demonstrated and practiced. This course is 45 hours of lecture and practical.

Prerequisite: AT 401

CHINESE HERBAL MEDICINE (CH)

CH 301 Introduction to Chinese Herbal Medicine - 2 credits

This course introduces the basic theory of the use of herbal medicine in Traditional Chinese Medicine. The nature of herbal preparation in China is explored. The basic categories of herbal treatment are studied and important herbs in each category are discussed in detail. The concomitant use of herbs and Chinese Herbal Medicine will be discussed as well as the situations that may call for herbal treatments before or after acupuncture treatments. An introduction to the pharmacy is given including the labeling, categorization, storage of herbs, and dispensing protocols. Students are introduced to all herbal products stocked in the pharmacy including raw herbs; freeze dried granulated formulas; Chinese prepared products; and miscellaneous natural products including herbs, vitamins, minerals and other substances

patented in the US and Europe. This course is a requirement in both the Acupuncture and Herbal Medicine programs.

Co-requisite: OS 301

Chinese Materia Medica Series

The three courses involve a detailed analysis of more than 400 individual herbs, minerals, and animal substances including name, properties (taste, temperature), ingredients, channels entered, functions, clinical usage, dosage and contraindications.

CH 302 Chinese Materia Medica 1 – LAB FEE APPLIES - 3 credits

Prerequisite: CH 301

CH 303 Chinese Materia Medica 2 – LAB FEE APPLIES - 3 credits

Prerequisite: CH 301

CH 401 Chinese Materia Medica 3 – LAB FEE APPLIES - 3 credits

Prerequisite: CH 301

Chinese Herbal Formulas Series

During these courses approximately 300 herbal formulae are studied in detail. Each formula is examined in terms of its component herbs, properties, functions and indications. Prescription principles, modifications, combination, dosage and contraindications are covered. Each formula is discussed in terms of standard differentiation of patterns and treatment principles according to Traditional Chinese Medicine.

CH 402 Chinese Herbal Formulas 1 - 3 credits

Prerequisites: CH 302, CH 303, CH 401

CH 403 Chinese Herbal Formulas 2 - 3 credits

Prerequisites: CH 302, CH 303, CH 401

CH 501 Chinese Herbal Formulas 3 - 3 credits

Prerequisites: CH 302, CH 303, CH 401

Clinical Applications of Herbal Medicine Series

These courses deal exclusively with the herbal treatment of specific internal diseases known to respond effectively to Chinese herbal medicine. Each disease is introduced by its Western name and then differentiated into the varying TCM syndromes, which correspond to that assessment. In this way, students begin to familiarize themselves with the kind of analytical thinking needed in the clinic. These courses emphasize differential diagnoses in TCM. Formulas that the students are familiar with are discussed in terms of direct clinical application.

CH 502 Clinical Applications of Herbal Medicine 1 - 3 credits

Prerequisites: CH 402, CH 403, CH 501

CH 503 Clinical Applications of Herbal Medicine 2 - 3 credits

Prerequisites: CH 402, CH 403, CH 501

CH 601 Clinical Applications of Herbal Medicine 3 - 3 credits

Prerequisites: CH 402, CH 403, CH 501

CH 504 Shang Han Lun - 3 credits

Shan Han Lun is one of the four TCM classics textbooks taught in all TCM universities in China. It is the oldest surviving clinical TCM textbook especially for febrile diseases. In the period of Han Dynasty, most of TCM schools believed that febrile disease is caused by cold-attack. This text discusses the principle of differential diagnosis and treatment of febrile disease based on the theory of the six stages. The course will teach six stages differentiation, pathological progressive disease transmission, and the most important formulas in this classical book for febrile diseases.

Prerequisites: CH 402, CH 403, CH 501, OS 304, OS 305

CH 602 Advanced Topics in Herbal Medicine – Wen Bing Xue - 3 credits

Wen Bing Xue, the warm febrile diseases, one of the four TCM classics, was written after the Shan Han Lun. The theories of both the cold-attack diseases and warm febrile diseases are two major schools which supplement each other and play an important guiding role in the clinical practice and studies of TCM. In the period of the Ming and Qing Dynasties, the school of febrile diseases, made a breakthrough in the traditional understanding that – all febrile diseases belong to cold “attack”, thereby creating the principle of differential diagnosis and treatment of febrile disease on the basis of the theories of Wei- Qi- Ying- Xue (Four level) as well as Triple Jiao (San Jiao). The course will teach the febrile diseases of pathology, pulse, tongue diagnosis, four level differentiation, San Jiao differentiation and treatment.

Prerequisites: C 403, CH 402, CH 403, CH 501, OS 304, OS 305

CLINIC (C)

C 301 Introduction to Clinic - 2 credits

This course marks the first part of the student’s clinical education. It is designed as an introduction to the clinical process in order to prepare students for Clinic Grand Rounds. The course is conducted in the classroom with the emphasis on clinical policy and procedure, clinical behavior and professionalism, and proper patient care. Information on important clinical information such as infection control, OSHA, HIPAA, and Clean Needle Technique (CNT) are emphasized. The necessary information to avoid contamination is taught to the practitioners through the Clean Needle Technique, developed by the National Commission for the Certification of Acupuncture and Oriental Medicine (NCCAOM). This includes sterilization of instruments, the use of an autoclave, and other essential sterilization procedures. The background of the infectious diseases such as Hepatitis and

the HIV contamination issues in relation to health care workers will be presented, and the guidelines for minimizing the dangers of all types of infection are taught. Students are also taught the necessary interview skills that they will utilize in clinic in order to perform a case history. The forms and procedures used in the clinic daily will be emphasized.

Prerequisites: AC 302, AC 303, AC 304
Corequisite: C 401

C 302 Clinical Skills Review - 1 credit

This course is designed to review the necessary skills and prepare students for entry into their clinical internship. Internship involves students beginning to treat their own patients in the student clinic under supervision. Therefore, this course acts as a final preparation for students to review their point location, needle insertion, diagnostic and treatment skills (including case history taking and analysis, point and herb selection, needling, moxa, cupping, bleeding, electric stimulation, plum blossom, gua sha, ear and scalp acupuncture, etc.) in readiness for the internship. All aspects of clinical skills are reviewed from the technical to the interpersonal with emphasis placed on preparing the student to behave autonomously in clinic. The course finishes with the requirement of the Clinic Entrance Exam. This class is 30 hours.

Students must successfully complete this exam prior to entry into the internship.

Prerequisites: AC 304, AC 400, AC 412, C 301

GSOM Clinic Grand Rounds & Assistantship Series

C 401 Clinic Grand Rounds 1 - 2 credits

This term of clinical observation is the student's first introduction to the clinical practice of Chinese Herbal medicine. In Clinic Grand Rounds 1 students are assigned to observe a

licensed acupuncturist in practice. This provides the opportunity for the beginning student to observe a professional in practice and to have the opportunity to ask questions about diagnosis and treatment. Students experience direct interaction with patients by observation of the tongue and taking the pulse. Further interaction is at the discretion of the supervisor. The focus of Grand Rounds I is to allow the student to see Chinese Herbal Medicine in practice and to give the student an introduction to the process of conducting an intake, gathering important diagnostic information, analyzing that information in order to make a diagnosis and identify a pattern and then progressing to appropriate treatment.

Prerequisites: AC 302, AC 303, AC 304, OS 302, OS 304, OS 305 Corequisite: C 301

C 402 Clinic Grand Rounds 2 - 2 credits

In the second term of Clinic Grand Rounds, the student is assigned to observe a licensed acupuncturist and to observe a student intern in the GSOM Teaching Clinic. When observing the professional, the focus of the student is on discussion with the licensed acupuncturist about the case, the diagnosis, and the treatment. By this time, the student will be expected to have a good understanding of pattern identification and diagnostic principles. At the discretion of the supervisor, the student may take on greater responsibility for patients; greeting patients, conducting intakes, making follow-up phone calls, removing needles and doing adjunctive techniques. Treatment will primarily be conducted by the licensed acupuncturist. When observing a licensed practitioner, the Grand Rounds student has closer contact with the patient. The focus is still on discussion of the case with the advanced intern and the supervisor; however, the student may be asked to participate more in the treatment and adjunctive techniques. The student may be asked to assist the practitioner in a variety of ways including adjunctive

techniques, removing needles, filling herbal formulas, etc. The student observer may also be asked to complete certain clinical duties such as running the autoclave and stocking the herb pharmacy.

Prerequisite: C 401

C 403 Clinic Assistantship - 3 credits

In Clinic Assistantship the student takes on a more active role in the treatment of patients. Students are assigned to 2 shifts with a student intern. The focus this term is to prepare the student to become an intern where they will have much more responsibility for the patient. By going through the entire process with a clinical intern and being under the close supervision of a clinic supervisor, the student gains confidence, ability, and feels prepared to begin an internship the following term. When working with the student intern, the Assistant is responsible for adjunctive techniques.

Prerequisite: C 402, National CNT Certificate, OSHA Training Certificate

Acupuncture/ Herbal Medicine Clinical Internship Series

The Clinical Internship is the ultimate phase of clinical training. At this point the student has completed the first two years of didactic training and taken and passed the Clinic Entrance Exam. It is here that the student is asked to demonstrate the ability to take the information learned in earlier coursework, synthesize it, and apply it to real patients. At the internship level, the student works under the supervision of a licensed acupuncturist but takes on full responsibility for the evaluation and treatment of patients. Student interns conduct the entire intake, including pulse and tongue diagnosis, and then report back to their supervisor. Together, the supervisor and student intern determine a diagnosis and treatment principle and decide on an appropriate treatment for that day as well as a treatment plan for the patient. Students in the Herbal Medicine

program also discuss appropriate herbal formulas with their supervisor and work with their patients in determining the best mode of delivery for an herbal formula. The Clinical Internship phase of the program is designed to guide students through their transition into professional practice. At each level of Clinic Internship, the student is given more responsibility for the patients by the clinical supervisor so that by the end of their internship phase students can come to the supervisor with a diagnosis and treatment plan already prepared. Students in Clinical Internship work in pairs. Both students are involved in the intake and discussion of the case, but one student takes primary responsibility for the patient and completes the treatment. All students must complete four clinic shifts per week for 15 weeks (180 hours/ trimester). Students sign up for specific times each week and are expected to be present each week at the same time. Completion of all clinic requirements is required for graduation from either program.

C 501 AC/OM Clinic 1 - 6 credits

Prerequisites: C 401, C 402, C 403, National CNT Certificate; First Aid / CPR Certificate (current); Passing of GSOM Clinic Entrance Exam. / Co-requisites: C 511

C 502 AC/OM Clinic 2 - 6 credits

Prerequisite: C 401, C 402, C 403, C 501 / Co-requisite: C 512

C 503 AC/OM Clinic 3 - 6 credits

Prerequisite: C 401, C 402, C 403, C 501, C 502 / Co-requisite: C 513

C 504 OM Clinic 4 (OM Program only) -6 credits

Prerequisite: C 401, C 402, C 403, C 501, C 502, C 503, CH 402, CH 403, CH 501 / Co-requisite: C 514

C 521/522/523 Herbal Clinics 1, 2, 3 - 3 credits each

After completion of Chinese Materia Medica I, II, III and Herbal formulas I, II, III, student will try to learn how

supervisors diagnose patients, design and implement appropriate treatment plans, and use Chinese herbal formulas, patent medicine to treat different diseases in the clinic. Although designed for returning Acupuncture students wishing to get their Herbal Medicine Degree, this class can be taken as an elective by any OM student.

Prerequisites: CH 402, CH 403, CH 501

Acupuncture & Herbal Medicine Case Histories Series

Case Histories I – IV are designed as adjunctive courses to the student practitioner's experience during AC Clinic I – III and OM Clinic I – IV. One of their major purposes is to encourage student practitioners to express their feelings and personal experiences regarding the treatment of patients during clinic. These courses answer questions and explain situations encountered during the clinic experience. Problems arising with patient attitudes and behavior, odd clinical manifestations, and emotional responses of the practitioner are discussed, and resolution guidelines developed. At the end of the course the practitioner should have a fuller and more comprehensive understanding of the acupuncture and herbal practitioners' normal and extraordinary practice situations and be better prepared to enter a private practice.

These courses cover traditional case histories presented in classical texts, modern case histories from mainland China, case histories from patient records, and those from acupuncture journals.

C 511 Case Histories 1 - 2 credits

Prerequisites: OS 406, OS 407, OS 408 / Co-requisite: C 501

C 512 Case Histories 2 - 2 credits

Prerequisites: OS 406, OS 407, OS 408 / Co-requisite: C 502

C 513 Case Histories 3 - 2 credits

Prerequisites: OS 406, OS 407, OS 408 / Co-requisite: C 503

C 514 Case Histories 4 (OM Program Only) - 2 credits

Prerequisites: OS 406, OS 407, OS 408 / Co-requisite: C 504

HEALTH SCIENCES (HS)

HS 300 Surface Anatomy - 4 credits

Surface Anatomy provides a comprehensive understanding of the structure and function of the muscular and skeletal systems of the human body. Bony anatomy and landmarks and how they pertain to point location will be studied in detail. This is followed by a review of muscle physiology and a detailed study of musculature of the human body and how they play in point location. The lab portion of this class focuses on palpation of bones and muscles. This class is 45 hours lecture; 30 hours laboratory.

Prerequisite: HS 301

HS 301 Anatomy & Physiology I - 4 credits

This course is designed to provide an understanding of the structure and function of the major systems of the body. Basic anatomical terminology and directional terms are introduced and demonstrated, followed by study of concepts in basic chemistry, cell and tissue biology. This course also focuses on the structure and function of the integumentary, skeletal, muscular and nervous systems. The student will be guided through the surface anatomy of the skeletal system utilizing a regional approach, with emphasis on important palpatory landmarks and sites of attachments for tendons and ligaments. 45 hours lecture; 30 hours laboratory.

Prerequisite: None / Co-requisite: None

HS 302 Anatomy and Physiology 1 - 4 credits

Anatomy and Physiology 2 continues the study of the basic structure and functions of the human body which had begun in Anatomy and Physiology 1. This course provides an in-depth study of blood and the cardiovascular system, the lymphatic, respiratory, digestive, endocrine, urinary, and reproductive systems of the human body. The student learns to identify and locate the major tissues and organs of these systems and to describe their functions. Basic concepts in nutrition and metabolism are introduced following the study of the digestive system. At the conclusion of this course, the student should understand the normal anatomical and physiological relationships among all the major systems in the human body. Lab work includes the use of tissue slides; tissue and organ models; charts and illustrations; instructional videotapes; medical equipment; physical examination/palpation of superficial lymph nodes; and basic lung auscultation and spirometry to illustrate the structure and functions of the lymphatic, respiratory, digestive, endocrine, urinary, and reproductive systems. 45 hours lecture; 30 hours lab.

Prerequisite: HS 301

HS 303 Neurology - 3 credits

Neurology is a detailed study of one of the major regulatory systems of the body. The course includes information on the histology, anatomy & physiology of the nervous system including the spinal cord and spinal nerves, the brain and cranial nerves, the sensory, motor and integrative systems and the autonomic nervous system. The major spinal nerve plexuses are discussed. The course will also consider major neurological conditions as they relate to Neuroanatomy. The students will also learn how to perform a mini-neurological exam.

Prerequisite: HS 302

HS 304 Biochemistry - 3 credits

This course serves as an introduction to the various types of biomolecules found

in the human body and the metabolic processes involved in producing and transforming these molecules to generate energy for the system. Both aerobic and anaerobic metabolism of carbohydrates, proteins and fat are discussed as well as the importance of vitamins and minerals in the regulation of these processes. This course also provides the student with a basis for understanding nutrition on a biochemical level.

Prerequisite: HS 310

HS 305 Pathophysiology 1 - 3 credits

Pathophysiology 1 addresses the underlying pathophysiological mechanisms of common human diseases from the Western medical point of view. This course provides basic understandings of pathological changes in cells, tissues, organs and systems that occur during a diseased state. Pathophysiology 1 also discusses the therapeutic basis for pathological conditions when appropriate. Topics include inflammatory response, tissue healing and repair, immunological disorders, neoplasia, hematopoietic and lymphoid disorders, and cardiovascular and respiratory disorders. This course integrates information taught in Anatomy & Physiology, Biochemistry, Neurology and other health science courses.

Prerequisite: HS 303

HS 310 Chemistry for the Health Sciences - 3 credits

Chemistry for the Health Sciences is a course designed to introduce the students to an overview of general chemistry principles. The course covers select topics in general chemistry, inorganic chemistry and organic chemistry. It is designed to give students a basic understanding of chemical principles that are necessary as a prerequisite to biochemistry.

HS 401 Medical Microbiology & Immunology - 3 credits

This course is a study of the blood and the body's defense mechanisms. It focuses on the cellular elements of the blood and the immune system and their function in maintaining the homeodynamic balance of the body. The characteristics of the various blood cells and tissue bound white blood cells are discussed along with their roles in the inflammatory response, allergy and other immune reactions of the body. Microbiological pathogens and the generation of antibodies are discussed as well as psychoneuroimmunology and the effects of emotions and stress on immune functions.

Prerequisites: HS 302, HS 304

HS 402 Western Nutrition - 3 credits

This course covers the digestion and assimilation of carbohydrates, proteins and fats and the role of vitamins and minerals in these processes. Dietary assessment and the evaluation of nutritional status from a Western perspective are discussed as well as the use of diet therapy for the treatment and prevention of many illnesses.

Prerequisite: HS 304

HS 403 Patient Assessment 1 - 4 credits

This course applies concepts from anatomy, myology, arthrology, and neurology to the orthopedic and neurological assessment of the patient through palpation, observation, percussion and auscultation. This course covers assessment of structure and function of joints from both the appendicular as well as axial skeleton. The class emphasizes a review of surface anatomy as well as joint, muscle, and tendon and ligament palpation of the head, neck, and trunk, upper and lower extremities. The skills necessary to perform an orthopedic and neurological examination are taught for the evaluation of the patient in a clinical setting. Pertinent clinical conditions will also be discussed. 45 hours lecture; 30 hours lab.

Prerequisites: HS 300, HS 303

HS 404 Patient Assessment 2 - 4 credits

This course serves as an understanding of how a physical examination is used in the evaluation and assessment of the patient in the development of a working diagnosis. The fundamentals of the physical examination will be covered including history taking, palpation, percussion and auscultation, as well as laboratory testing, imaging studies, and other diagnostic instrumentation. Pertinent clinical conditions will also be discussed. 45 hours lecture; 30 hours lab.

Prerequisites: HS 305, HS 405

HS 405 Pathophysiology 2 - 3 credits

Pathophysiology 2 covers the pathophysiological mechanisms of common human diseases, affecting digestive system, urinary system, male reproductive system, female reproductive system, nervous system, endocrine system, integumentary system, musculoskeletal system and calcium/phosphorus metabolism. This course provides basic understandings of changes in the body's normal physiological functions during a disease process and discusses the therapeutic basis for pathological conditions when appropriate. Pathophysiology 2 together with Pathophysiology 1 provides a basis for the understanding of diseases taught in Internal Medicine 1 & 2.

Prerequisites: HS 302, HS 303

HS 406 Health Psychology - 3 credits

This course introduces students to western concepts of psychology, including general psychology, abnormal psychology and health psychology principles. This course also prepares students to apply basic counseling skills when interacting with patients, such as reflective listening, basic stress management techniques, and referral skills.

HS 407 Professional Medical Ethics - 2 credits

This course is designed to be a cornerstone in the development of professional and ethical health care practice. State regulations and codes of ethical conduct governing the practice and profession are discussed. General topics in the field of medical ethics are also discussed.

HS 501 Internal Medicine 1 - 3 credits

Internal Medicine 1 is a clinically oriented course with a focus on signs, symptoms, differential diagnosis, and therapy of various diseases. This course also emphasizes emergency medical conditions and the interpretation of common laboratory values relevant to the professionals in the area of holistic medicine. Topics covered in this course include common diseases of the cardiovascular, respiratory, digestive, hematopoietic, lymphoid, and immune systems. Several case histories and slides are discussed during class. A key objective of this course is to improve students' analytical thinking and clinical skills.

Prerequisites: HS 401, HS 403, HS 404

HS 502 Internal Medicine 1 - 3 credits

Internal Medicine II, a continuation of Internal Medicine 1, focuses on the signs, symptoms, differential diagnosis and treatments of common diseases. Topics include diseases of the nervous system, endocrine system, skin, appendages, musculoskeletal system, infectious diseases, geriatric medicine, pediatric medicine, obstetrics, and gynecology. Interpretation of the laboratory values, discussion of case histories, and medical emergencies will be emphasized wherever appropriate. In combination with Internal Medicine 1 and other courses, Internal Medicine 2 is designed to help students improve their analytical thinking and clinical skills.

Prerequisites: HS 401, HS 403, HS 404

HS 503 Pharmacology - 3 credits

The purpose of this course is to introduce the student to the most

commonly prescribed drugs, their mechanisms of action and their common side effects. A systems approach to the application of pharmaceuticals is used so the student will better understand the use of the medication patients may be taking. Drug interactions and food and drug interactions will also be discussed. The course provides the student with an understanding of how and why medications are used in Western Medicine and how particular drugs affect the body.

Prerequisite: HS 401

HS 601 Pharmacognosy & Toxicology of Herbs (OM Students Only) - 3 credits

This course is an extension of Pharmacology, in that it continues the study of Western drugs. In addition, the therapeutic properties of natural drugs, common herbs used in Eastern and Western medicine are studied. The physiological, biochemical and toxic effects of herbal and pharmaceutical preparations are emphasized.

Prerequisites: HS 503, CH 402, CH 403, CH 501

MANAGEMENT (M)

M 301 Practice Management - 2 credits

This course educates and instructs the graduating student in sound business traits essential to successful business and practice. The graduating student learns about setting up a practice, time management, comfort zones, insurance guidelines and carriers, marketing and advertising, professional services to aid in business growth, establishing professional relationships, generating on-going referrals, billing, and front desk procedures.

Prerequisite: HS 407

ORIENTAL SCIENCES (OS)

OS 301 Fundamental Theory of Oriental Medicine - 3 credits

This course provides a general overview of the theory and practice of Chinese medicine as well as an in-depth examination of the fundamental theory that underlies the practice of Chinese medicine and many related clinical approaches under the broader domain of Chinese Herbal Medicine. This course examines all aspects of the practice of Chinese medicine from fundamental philosophy through treatment. This course focuses in detail on the concepts of yin and yang, the five phases, vital substances, the zang fu (viscera and bowels), jing luo (channels and connections), the causation of disease, fundamental diagnostic concepts and elementary treatment principles and methods. This course serves as the foundation for all further courses in TCM medical theory. It provides a systematic and authentic grounding in concepts that are fundamental to learning and practicing Chinese Herbal Medicine. The student is taught to reason with, and think critically about, core concepts in Chinese medicine.

OS 302 OM Diagnostic Methods - 3 credits

This course provides an in-depth study of the principles and techniques of diagnosis in Chinese medicine. The focus of the course is on the use and understanding of the Four Diagnostic Methods – Palpation, Observation, Inquiry, and Listening & Smelling. The student learns the classic 28 pulses of Chinese medicine as well as the signs of the tongue and symptom analysis. By the end of the course, the student can establish the relationship of clinical signs to the pathogenesis of disease and arrive at an accurate diagnosis based on the eight principles and visceral manifestation theory. This is both a

practical and didactic class, with time devoted to the development of the diagnostic skill of palpating, observation, and inquiry.

Prerequisite: OS 301

Pattern ID, Pathomechanisms, & Treatment Principles Series

Once the study of fundamental theory and diagnostic methods has been completed, the student is ready to begin a deeper analysis of the patterns of disease according to Chinese Herbal Medicine principles. Diagnosis and treatment in Chinese Herbal Medicine is based on the correct identification of the pattern established by the analysis of the presenting signs and symptoms of each individual patient. This course looks at many of the possible lenses through which pattern identification can be accomplished: the eight principles, the six pathogens, the seven emotions, qi, blood and body fluids, viscera and bowels, the six channels and the four aspects. The diagnostic pattern is analyzed in terms of pathomechanism, presenting signs and symptoms (including pulse and tongue) and differentiating features. The student will integrate the knowledge acquired in their Oriental Medical coursework in order to develop a stronger set of clinical reasoning skills.

OS 304 OM Pattern ID, Pathomechanisms & Treatment Principles 1 - 3 credits

Prerequisite: OS 301

OS 305 OM Pattern ID, Pathomechanisms & Treatment Principles 2 - 3 credits

Prerequisite: OS 301

OS 405 Eastern Nutrition - 2 credits

This course is designed to teach the basic principles of Oriental dietary therapy. Food and diet will be looked at from the Oriental perspective of creating balance within the body-mind. This process involves an awareness of both how to eat as well as what to eat.

The factors of mental, emotional, and physical states, age, occupation, the time of day, and season are discussed in terms of their importance in selecting an appropriate diet. The energetic qualities of each food will be studied carefully, and specific indications and contraindications given in their medicinal use.

Prerequisite: OS 301

TCM Internal Medicine Series

Having learned how to identify a pattern based on presenting signs and symptoms, in this three-term sequence of TCM internal medicine the student addresses diagnosis based on disease conditions in Oriental Medicine, as well as gynecology & male reproductive disorders. Diseases in each field are introduced by their biomedical disease name and, where relevant, differentiated into the common Oriental Medicine patterns that correspond to the diagnosis. In this way, students continue to familiarize themselves with the analytical thinking necessary for clinical work. When a patient presents a given biomedical disease, it is necessary for the OM practitioner to translate that disease into a TCM Pattern based upon the signs and symptoms. Most diseases will present as one of several possible patterns and by determining the OM pattern, the clinician is then able to decide upon an appropriate treatment strategy. The most common diseases are discussed with the pattern identification and etiology treatment principles and strategies given.

OS 406 TCM Internal Medicine 1 - 3 credits

Prerequisites: AC 302, AC 303, OS 304, OS 305

OS 407 TCM Internal Medicine 2 - 3 credits

Prerequisites: AC 302, AC 303, OS 304, OS 305

OS 408 TCM Gynecology & Male Reproductive Disorders - 3 credits

Prerequisites: AC 302, AC 303, OS 304, OS 305

RESEARCH (R)

R 511 Current OM Research Data & Methodology - 3 credits

The basic clinical research methodology for Acupuncture and Oriental Medicine is introduced in this course. Topics include comparison of traditional medicine with modern medicine; current progress in acupuncture and related research; biomedical understanding of acupuncture and Oriental Medicine; literature search and review; research design and basic statistics and computer applications and network information on traditional medicine.

Prerequisites: HS 404, HS 407, OS 406, OS 407, OS 408

ELECTIVES (In alphabetical order by course code)

These courses cover a variety of subjects, giving students the opportunity to expand their knowledge in areas of interest. Students are responsible for signing up for elective courses as they choose but must complete the required number of elective hours in their program prior to graduation. Suggested elective hours for each trimester are shown on each recommended course sequence.

AC 501 Japanese Acupuncture Diagnostic Methods (OM students only) - 2 credits

This course focuses on developing the student's diagnostic skills with emphasis on diagnosis by palpation included is the development of pulse reading skills with students working in groups using a direct feedback method. Various methods of abdominal diagnosis are presented including the abdominal patterns for determining the use of the eight extraordinary vessels. Students also learn how to palpate for excess and deficiency in meridians and how to determine by palpation the most appropriate points for treatment. This information gathered by palpation is essential to both substantiate diagnosis by observation and questioning as well as to clarify conflicting or misleading presenting symptoms.

Prerequisite: OS 405

AC 502 Japanese Acupuncture Techniques (OM students only) - 2 credits

This course focuses on some of the subtle and refined needle techniques practiced in Japan. These include both inserted and non-insertion methods of tonification and sedation, use of intradermal needles, and use of specially designed pediatric acupuncture tools. Direct moxibustion and the use of Manaka ion pumping cords are also taught. This course is designed to complement Japanese Acupuncture Diagnostic Methods (AC 501).

AT 311 Thai Massage (GSOM Students Only) - 2 Credits

This course will introduce the student to the basic techniques of Thai massage. Thai massage can improve circulation and produce the experience of deep relaxation throughout the body. Benefits of the Thai Massage include improved blood and lymph circulation, pain relief, improvements in digestion, absorption of nutrients and elimination of waste products.

Prerequisite for GSOM: OS 301

C 505 AC/OM Clinic Elective - 2 credits

Once students finish their Acupuncture Clinical Internship series (I, II, III), they may elect to gain more clinical experience by signing up for this elective. Student interns gain supervisor's clinical experience during which they individually diagnose patients then design and implement appropriate treatment plans, including acupuncture, herbal medicine and patent medicine.

Prerequisite: C 501

C 506 AC/OM Clinic Elective - 3 credits

Once students finish their Acupuncture Clinical Internship series (I, II, III), they may elect to gain more clinic experience by signing up for this elective. Student interns gain supervisor's clinical experience during which they individually diagnose patients then design and implement appropriate treatment plans, including acupuncture, herbal medicine and patent medicine.

Prerequisite: C 501

C 507 AC/OM Clinic Elective - 1 credit

Once students finish their Acupuncture Clinical Internship series (1, 2, 3), they may elect to gain more clinic experience by signing up for this elective. Student interns gain supervisor's clinical experience during which they individually diagnose patients then design and implement appropriate treatment plans, including acupuncture, herbal medicine and patent medicine.

Prerequisite: C 501

C 510 Facial Rejuvenation Clinic - 2 credits

This clinic elective is designed to allow Acupuncture/OM Interns (I, II, III, IV) to gain clinical experience in the use of acupuncture in cosmetology, especially in preventing and reducing wrinkles, treating facial paralysis, acne, chloasma, and hair loss. Acupuncture and herbal protocols will be used to treat these conditions.

Prerequisite: OS 515 / Co-requisite C 501

C 515 AC/ OM Clinical Preceptorship - 2 credits

This clinic elective is designed as an apprenticeship training in which the student can assist a licensed acupuncturist in private practice. This is a valuable opportunity to gain insight and understanding from direct contact with a professional at work in a clinical setting. The student can assist in patient management and in certain treatment techniques at the discretion of the practitioner.

Prerequisite: C 501

C 516 Herbal Dispensary Preceptorship (Elective for OM students only) - 1 or 2 credits

This elective is designed to provide students, under supervision, business management skills in a working herbal dispensary. Students will hone their skills in the production and preparation of raw and patent herbal formulae, learn new information regarding supplements, use inventory control practices, learn attributes of patient/customer services and general herbal dispensary maintenance.

Prerequisites: C 501, CH 302, CH 303, CH 401

C 517 Herbal Preceptorship (Elective for OM students only) - 2 credits

This elective is designed as an apprenticeship training in which the student can assist a certified herbalist in private practice. This is a valuable opportunity to gain insight and understanding from direct contact with a professional at work in a clinical setting. The student can assist in patient management as well as in certain treatment techniques at the discretion of the practitioner.

Prerequisites: C 501 and Supervising Practitioners approval.

CH 505 Patent Herbs (Elective) - 3 credits

This course introduces approximately 100-150 effective patent medicines that can be easily purchased in the U.S. including their names, formulas, indications for prescription, and dosage. Herbal attention and precautions will be given to the verification of their efficacy by Western medical research. After this course, students must demonstrate mastery of at least 100 commonly used herbal patents and be able to apply these medicines in their clinical work.

Prerequisites: CH 301, OS 301, OS 302, OS 304

CH 600 Terminal Herbal Competency (Elective for OM students only) - 2 credits

The course is designed as a review and synthesis of Materia Medica and herbal formulation. It aims to help students achieve a comprehensive and integrated understanding of Chinese herbology as one of the cornerstones of TCM, while also assisting them in their preparation for the National Certification (NCCAOM) exam in Chinese Herbology. Upon completion, students are required to demonstrate mastery of Chinese herbology and formulation and to be able to apply this knowledge to specific cases.

Prerequisites: CH 402, CH 403, CH 501

HS 409 Clinical Nutrition 1 - 3 credits

This course provides an examination of nutrition from a Western perspective. It will provide the student with insights into problems with the standard American diet and the direct relationship between diet and health. The positive and negative aspects of dairy, sugar, salt and other common foods will be discussed, and alternatives will be presented.

HS 410 Clinical Nutrition 2 - 3 credits

This course is a continuation of HS 409. Nutritional therapy for the following conditions will be discussed – heart failure and transplant, pulmonary disease, renal disorders, neoplastic disease, HIV & AIDS, food allergy and intolerance, neurologic disorders, rheumatic disorders, and metabolic disorders.

Prerequisite: HS 409

HS 411 Western Herbs and Supplements - 2 credits

The student will be introduced to the value and correct dosages of a variety of western botanicals. Since herbal remedies have become a factor in American health care, the need to educate patients about the truly safe and effective botanical, as well as the potentially ineffective and dangerous alternatives is a priority. This course will also address vitamin, mineral and food supplementation and their interactions with allopathic medications and Chinese herbs. Various clinical conditions and their holistic treatment will be discussed.

OS 310 Basic Chinese Language - 2 credits

This course introduces the basic pronunciation of Mandarin Chinese and teaches the student to recognize and pronounce both the Yale and Pinyin Romanization system. The student is also taught how to recognize, read and write several basic Chinese characters. Since the structure of Chinese is very complicated and the gap between spoken and written Chinese is greater than that between the spoken and written forms of other languages, the focus will be on radicals and characters commonly used in herbal medicine and medical terminology.

Prerequisite: OS 301

OS 404 Philosophy & History of Medicine - 2 credits

This course is a survey of healing systems of the modern and ancient world, both Eastern and Western. The

evolution of the concepts of the individual, illness, healing and health is discussed with the goal of generating a broad perspective and deep interest in the history of the student's chosen profession. The student will gain a deeper knowledge of the history of Chinese medicine in China and the United States and the history of biomedicine in Europe. In addition, the student will have the opportunity to review other medical systems of Asian medicine and the development of medical alternatives in the United States. This course is organized to allow the student to be able to speak and write about the history of medicine in a knowledgeable way and to give the student access to reference material that may prove helpful in the further study of Chinese medicine.

Prerequisite: OS 301

OS 500 TCM Classics - 3 credits

TCM Classics is a study of two of the most important writings in TCM history the Nei Jing and the Nan Jing. This class introduces the student to the concepts, theories and applications of the principles written about in these classic texts. This fifteen-week class spends approximately five weeks on each of the following: the Su Wen (five weeks), and Ling Shu (five weeks) of the Nei Jing and five weeks on the Nan Jing. The theories taught in these classes permeate throughout many different traditions in Oriental Medicine.

Prerequisite: C 301

OS 511 TCM Traumatology & Orthopedics - 3 credits

As a major component of Traditional Chinese Medicine, traumatology and orthopedics has a long history and employs unique therapeutic methods. With the increase in intensity of sporting and working activities and prolonged life expectancy in modern society, more and more disorders related to the muscular and skeletal system are emerging. Patients with these disorders come to form approximately forty percent of the visits

to the Acupuncturist or TCM practitioner. Therefore, it is necessary for students to acquire a thorough knowledge on the subject. The course includes special diagnostic methods and modalities of TCM traumatology and orthopedics. The treatment, prevention and post-surgical management of fracture, dislocation, soft tissue injury and chronic injury, and other osteopathy with TCM; and Modern research aspects on the issue.

Prerequisite: C 302

OS 512 Management and Prevention of Accidents - 2 credits

With the popularization of acupuncture, increasing numbers of patients with more and more complicated disorders are coming to receive Acupuncture treatments. With the developments of new modalities in Acupuncture, the possibilities of accidents and complications has also increased. Therefore, it is very important to develop a thorough understanding of acupuncture accidents and how to prevent them. Though there is a naturally recognized clean needle course required for practice in this country, it is far from ensuring total safety. The course includes a brief introduction to documented historical accidents and their prevailing conditions, general analysis of causes and categorization of acupuncture accidents and complications, local anatomy of the most potentially dangerous points, detailed analysis of accidents and management according to categories of internal organ injury, nerve system injury, blood vessel injury, acupuncture infection, and acupuncture side effects.

Prerequisite: C 302

OS 513 TCM Surgical Diseases & External Medicine - 3 credits

This course introduces non-surgical methods of Chinese medicine for diseases that are typically treated by surgical procedures in western medicine, diseases of dermatological conditions and various injuries. It will

also introduce the topical application of herbs and formulas, including patent medicines, such as ointments, tinctures, soft extracts, adhesive plasters, powders, creams, lotions and gels, etc.

Prerequisites: OS 406, OS 407, OS 408

OS 515 TCM Facial Rejuvenation - 3 credits

The use of acupuncture in cosmetology, especially in preventing and reducing wrinkles, has attracted more and more attention. Not limited the above, acupuncture has been using to treat facial paralysis, acne, chloasma, hair loss etc. Acupuncture and herbal protocols not only cure these conditions, but also make skin become fine, smooth and elastic. In this class, students will learn the most important points, acupuncture techniques, herbal formulas, and other protocols for facial rejuvenation.

Prerequisites: AC 302, AC 303, OS 304, OS 305

OS 600 Terminal Acupuncture Competency - 2 credits

This course is designed to assess student comprehension of the three years' study of oriental medicine with specific focus on acupuncture techniques and application. After review and summary all TCM theory, Meridian theory, Acupuncture energetic, needling techniques to direct student go back to view the advantage and essence of TCM acupuncture holistic system. This course will also help the student prepare and pass any type of test, especially the NCCAOM exam.

Prerequisites: C 501

OS 606 Advanced Chinese Pulse Diagnosis - 2 credits

This course provides an advanced TCM pulse diagnosis skill after student finished basic TCM pulse diagnosis methods. The course will introduce "Bin Hu Mai Xue" (The pulse studies of Ping Hu) by Li Shi Zhen, who is a famous ancestor doctor. Students will practice the pulse palpation in different individuals under the instructor's supervision.

Prerequisite: OS 302

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Former Associate Ophthalmologist, Raymond Fong, PC
Former Research Associate, New York Eye and Ear Infirmary
Senior Medical Officer, Navy Reserve, Captain
Herman Seager Award winner, 1990
Former Research Fellow, Emory University of Medicine
Former Research Fellow, Centers for Disease Control

College Administration

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College of Preceptors/Cambridge University, Bachelor of Arts (Business Administration) Kensington University; New York State Notary License; Treasurer, Suffolk County Citizen's Police Academy Alumni Association., Board of Directors & Treasurer 2011-2018; New Center of Wholistic Health Education & Research, Treasurer & Board of Trustees, 1990-1998; Comptroller 1989-1990; Royal Business Schools 1986-1988.

Dr. Steven Haffner, DC, MA Ed – Chief Academic Officer, Dean, College of Massage Therapy

Dr. Steven Haffner received his Doctor of Chiropractic degree from New York Chiropractic College, Old Brookville, NY in 1984, and currently serves as full-time faculty at Nassau County Community College and as Adjunct Faculty at Queensborough Community College, Adelphi University, and University of Bridgeport. Prior to these positions, he served as full-time faculty at New York College of Health Professions (NYCHP) from 1996 to 2010, during which period, he served as the Dean of the School of Massage Therapy from 2005 to 2010, Acting Dean of Academic Affairs from 2007 to 2008, and Dean of Students from 2003 to 2004. He also taught at the Swedish Institute before his employment with NYCHP.

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Diplomate of Acupuncture, National Certification Commission for Acupuncture and Oriental Medicine; Doctorate of Acupuncture and Chinese Medicine, Pacific College of Health and Science; Masters of Science in Oriental Medicine, Tri-State College of Acupuncture; Masters of Arts in Education, Dongguk University, Korea; Bachelors of Arts in Buddhist Studies, Dongguk University, Korea. Licensed Acupuncturist in New York and Virginia; Author of many books including "A Clinical Manual of Herbal Medicine – Therapeutics for Conditions & Disorders" and "Buddha Dharma Practice"; Dharma Teacher.

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Master of Arts (East Asian Studies), Bachelor of Arts (Asian Studies), St. John's University; Advanced Level 8 Senior Instructor Certificate, Wing Hong Yip Dragon Style Kung Fu School; 6th Degree Black Belt Master Instructor Certificate, Kukkiwon – World Taekwondo Headquarters; 5th Degree Black Belt Instructor Certificate, Chinese Swai Jiao Association; 3rd Degree Black Belt Instructor Certificate, World Tang Soo Do Association; National Referee Certificate, United States Chinese Kuoshu (Kung Fu) Federation; Class D-3 Referee Certificate, United States Taekwondo Union; Class R-D Referee Certificate, National AAU Taekwondo & Junior Olympic Taekwondo Program; 1996 AAU Taekwondo National Championships Bronze Medalist in Sparring; 1995 U.S.A. Wushu-Kung Fu Federation Northeast Regionals Full Contact Sanshou Fighting Gold Medal Champion and National Championships 2X Silver Medalist in Sanshou and Shuai Chiao; 1995 United States Chinese Kuoshu Championships, 3rd Place in Full Contact Lei Tai Fighting; 1992 United States Chinese Kuoshu Championships, 1st Place in Advanced Short Weapons, 2nd Place in Advanced Southern Forms, 3rd Place in Full Contact Lei Tai Fighting; Certificate of Completion – Clinical Observation & Discussion Program, International Studies of Oriental Medicine, Kyung Hee University, Seoul, Korea; Certificate of Achievement in Chinese Culture, Feng Chia University, Taichung, Taiwan.

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Lauren Giacopino, BS, AOS, LMT (NY) – Asian and Western Technique

BS in Nutrition and Exercise Sciences from Queens College, AOS from Swedish Institute. NYS Licensed Massage Therapist. Career professional with 20 years practical massage therapy experience. Certified in Pre-, Peri- & Post-natal massage and Medical massage.

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Doctor of Medicine, graduate of Downstate Medical College, Brooklyn, N.Y.; Post-Graduate Assistant Professor of anatomy at Downstate Medical College; Clinical training in Medicine at Downstate/Kings County Hospitals; Residency at NYU Medical College in Diagnostic Radiology; Training in Gestalt Psychotherapy at The Gestalt Center for Psychotherapy and Training, New York; Licensed Medical Doctor in New York State.

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Literature, University of Oxford; Oxford, England, BA, English Literature and Pre-Medical Studies, State University of New York at Binghamton.

Christian Nahas, DO, MS – Health Sciences

Doctor of Osteopathic Medicine, UMDNJ-School of Osteopathic Medicine (1989), Master of Science in Physiology, Rutgers University Graduate School (1984), Bachelor of Arts, Biology, Catholic University of America (1981), Family Physician (1992-2012), retired, Adjunct Assistant Professor NYIT, Adelphi University, Queensboro Community College, Nassau Community College, NY College of Health Professions.

Dr. Serge Nerli, DC, MS, Health Science – Health Sciences

Doctor of Chiropractic, New York Chiropractic College; Master of Science (Human Nutrition), University of Bridgeport; Diplomate of American Chiropractic Board of Sports Physicians; Adjunct Faculty, New York Chiropractic College, Queens College; Licensed Chiropractor, New York State and Florida.

Tara O'Rourke, BS, AOS, LMT (NY) – Health Science and Western Technique

Bachelor of Science in Professional and Liberal Studies, Dowling College; Associate in Occupational Studies (Massage Therapy), New York College of Health Professions; Licensed Massage Therapist, New York State.

Dr. Bruce Park, DACM, MSOM, MA, BA, LAc – Acupuncture and Oriental Sciences, Director of Manhattan Sites

Diplomate of Acupuncture, National Certification Commission for Acupuncture and Oriental Medicine; Doctorate of Acupuncture and Chinese Medicine, Pacific College of Health and Science; Masters of Science in Oriental Medicine, Tri-State College of Acupuncture; Masters of Arts in Education, Dongguk University, Korea; Bachelors of Arts in Buddhist Studies, Dongguk University, Korea. Licensed Acupuncturist in New York and Virginia; Author of many books including "A Clinical Manual of Herbal Medicine – Therapeutics for Conditions & Disorders"

and "Buddha Dharma Practice"; Dharma Teacher.

Martin Silber, MS, BPS, Dipl. LAc, MQG, ADS/RT, Chy.

Masters of Science (Acupuncture) and Bachelors of Professional Studies (Health Sciences) Tri-State College of Acupuncture NY, NY (1995); Diplomate of Acupuncture with the National Council for the Certification of Acupuncture and Oriental Medicine (NCCAOM) (1994); Acupuncture Detoxification Specialist (ADS) with National Acupuncture Detoxification Association (NADA) and at The Lincoln Hospital Substance Abuse Program, Bronx, NY (1997); Instructor/Clinic Supervisor at the New Center for Wholistic Health Education and Research (NCWHER), Syosset, NY (1997-2009); NADA Registered Trainer (RT) at The Lincoln Hospital Substance Abuse Program, Bronx, NY (1998); Originator of the Long Island chapters of the Acupuncture Society of New York (ASNY) (1997, 1999 and 2007); Senior Acupuncture Supervisor (SAS) for Nassau County's Department of Drug and Alcohol Detoxification program (NCDDA) in the Substance Abuse Clinic (SAC) (1998-2012); Originator and Clinic Supervisor of the first acupuncture detoxification program for Catholic Charities (2000-2003); Instructor/Clinic Supervisor/Clinic Director at the New York College of Traditional Chinese Medicine (NYCTCM) in Mineola, NY (2009-Present); Clean Needle Technique Training Instructor and Examiner for the Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) (2009-Present); Acupuncture Team Leader for the Nassau County Medical Reserve Corps (NCMRC) (2015-Present); Instructor/Clinic Supervisor New York College of Health Professions (NYCHP) in Syosset, NY (2019-Present).

Frank M. Ventimiglia, MS, LAc, LMT, BPS, AOS – Asian Technique

New York College of Health Professions, Professional Practitioner at New York College of Health Professions Integrative Health Center, supervises the NADA Auricular Acupuncture Substance Abuse Detox Protocol at Nassau University Medical Center, for The Nassau County Department of Mental Health's Methadone Program; CCAOM Certified Examiner for CNT Proficiency Exams;

Maintains a private practice in Hicksville NY, participates in a group neurological practice at Island Neuro Care PC in Massapequa NY; NADA Certified in Battlefield Acupuncture for the treatment of Trauma and PTSD; Team Leader for The Nassau County Medical Reserve Corps, Trauma Response Team; Licensed Acupuncturist and Massage Therapist, New York State.

Dr. James Vitale, DAC, MS, BPS, LAc (NY) – Acupuncture

Doctorate of Acupuncture, Pacific College of Oriental Medicine; Diplomate of Oriental Medicine - NCCAOM, Master of Science (Acupuncture) and Bachelor of Professional Studies (Health Sciences), New York College of Health Professions. Licensed Acupuncturist, New York State.

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Doctor of Chiropractic, New York Chiropractic College; Bachelor of Art (Psychology), SUNY Albany; Certified Chiropractic Sports Physician, Certified in Manipulation under Anesthesia, Certified Fitness Trainer (ISSA); Licensed Chiropractor (New York State).

Lixia Wu, DAACHM, MSOM, BPS, AOS

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National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), Diplomate of Acupuncture Doctorate of Acupuncture and Chinese Medicine, Pacific College of Oriental Medicine. Master of Science (Acupuncture & Oriental Medicine). Licensed Acupuncturist, New York State.

Dina M. Zito, DC, BS – Health Sciences

Doctor of Chiropractic, The University of Bridgeport, College of Chiropractic, Class president and speaker 2005; Accepted into the clinical internship program at the Connecticut Veterans Administration Center in West Haven CT as well as Newington CT, 2005; Bachelor of Science in Biology, BA, Manhattan College, 1999. Licensed Chiropractor, New York State.

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This catalog is under the responsibility of the College and is effective August 2021.

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Testimonials

“With your healing powers and healing studies, and your own intuitive self, you have the ability to find within yourself the best way to be a complete healer. You will help others to heal themselves. Hold steadfast in your sense of your talent; what you put out in your healing will return to you. The sense of being able to help someone else is the most gratifying feeling on this planet.”

Shirley MacAine, Actor, Writer - Commencement Speaker

“Attending New York College of Health Professions has confirmed that making a career change and choosing this College was the right decision. Class sizes here are small and much more conducive to learning. Class times are flexible which allows me to work and be a mom. The faculty is so supportive and is always there to help you succeed. It’s like having a family away from home.”

Jeanine Pena, B.P.S./M.S./ A.O.S., LMT, L.Ac. - Massage Therapy and Oriental Medicine graduate

“Everything I needed to learn I did, and I’m confident in my own abilities and my skills, so I’m not worried at all about getting a job.

Arianne Meyerricks, A.O.S., LMT - Massage Therapy graduate

“Other cultures have been around for thousands of years and have been dealing with health problems long before traditional Western medicine. New York College is continuing in a magnificent tradition. More and more people are beginning to realize the benefits, the actual healing properties and powers for different cultures’ medicine, and you are really on the cutting edge. As our health care system starts to collapse people are going to be coming to your graduates. They literally have healing hands and that is something no one will ever be able to take away from them. We are expecting them to go forth and heal the nation, heal the world – a really great responsibility. “

Al Roker, TV Host - Commencement Speaker

“Alternative medicine is not turning back the clock; it’s turning forward the clock. I don’t want to call it alternative anymore; I want to call it medicine.”

Cheryl Willis, TV Anchor, Reporter, Journalist NY1 News - Commencement Speaker

“Receiving alternative health care makes you feel good; learning about it makes you feel better; practicing it with all your heart makes everybody feel the best.”

Anastasia Seelig, B.P.S./M.S., L.Ac. - Acupuncture and Oriental Medicine graduate

“I am writing to you in gratitude for the wonderful care I received at the student clinic. I have seen great improvement in my condition and feel better each time I visit the clinic. As a cancer survivor, the compassion, caring and good humor meant the world to me and I will always appreciate the kindness.”

Mansural Khan, Ph.D.

Former Assistant Principal for NYC Schools, Former Professor at New York University - Massage Therapy Teaching Clinic Patient

“I want to come back and get my master’s in acupuncture while I’m still young.”

Yoo Jin Shin, A.O.S., LMT - Massage Therapy graduate

“We can start our own practice combining ayurvedic Medicine and acupuncture. I have a natural inclination toward natural healing.”

Harpreet Singh, B.P.S./M.S., L.Ac.

Acupuncture graduate

“My doctor gave me a cortisone shot that could not help me. The pills that the doctor gave me – even the specialist – cannot help; but when I came here, the acupuncture and herbs... that is what brought me back to life.”

Marguerite Durant - Acupuncture and Herbal Medicine Teaching Clinic patient



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