

# Certificate Programs

While completing the Master's Degree program at Five Branches University, students can choose to train in a specialized field of study. Students are awarded a certificate upon completion of any of the following certificate programs. Certificate programs are offered based on faculty availability and student interest.

Certificates are available in:

- Five Element Acupuncture
- Medical Qigong
- Sports Medicine
- Tuina Massage



## Sports Medicine Certificate Program

Orthopedic acupuncture has become a growing trend in the world of sports. Athletes use acupuncture to heal joint pain, muscle strains and sprains, and to prevent injury. The benefits of stress reduction and increased energy provided by acupuncture are also helpful to keep athletes in top performance and in alleviating tension prior to competition.

The Five Branches Sports Medicine Certificate program is designed for students who are particularly interested in helping patients increase stamina, flexibility and de-stress to remain in peak form. The program emphasizes treatment of orthopedic injuries such as shin splints, tennis elbow, knee injuries, low back pain, sprained ankles and other impairments. The certificate program is comprised of two academic classes, specialized clinical training courses and two specific examinations. The first exam tests knowledge in anatomy and physiology, TCM and channel theories and is a prerequisite for participation in the related clinical training. The second is a practical examination.

For specific course descriptions please refer to the Department of Clinical Medicine and Department of Clinical Training. Successful completion of the following coursework and final examination will award the student with the certificate:

### TCM Trauma and Orthopedics

■ MCM 410 3 Units/48 Hours

### Advanced Trauma and Orthopedics

■ MEL 700 2 Units/32 Hours

### Sports Medicine Rounds

■ MCL 300 1.5 Units/48 Hours

### Sports Medicine Internship

■ MCL 600 1.5 Units/48 Hours

*Frank He teaching Sports Medicine rounds*

## Five Element Certificate Program

Five Branches is fortunate to have leading practitioners and teachers of Five Element Acupuncture. Together they have many years of experience in this specialized field which integrates classical Chinese medical philosophical theory with modern psychology. The Law of the Five Elements was formulated by the ancient Chinese as a way to understand the movement of life's energies in nature. The courses in this department teach students to diagnose and treat Qi according to this model, thereby addressing a deep level of human experience.

The Five Element Certificate includes three theoretical courses and three levels of clinical training. The clinical training courses allow students to first observe, and later practice the applications of Five Element theory, energetics and the spirit of the points on patients. The certificate requirements may be fulfilled while enrolled in the MTCM degree program.

The progression through the Five Element Certificate Program is as follows: In order to receive the Five Element Certificate, students must complete Five Element Theory I, Five Element Theory II and one additional theory course of their choice. Five Element Clinical Rounds may be taken after completion of Five Element Theory I. Five Element Clinical Internship Rounds may be taken concurrently with Five Element Theory II. Five Element Clinical Paired Internship may be taken upon completion of MEL 310, MEL 420 and MCL 400. Each level of clinical training is required in order to obtain the certificate. The following courses are offered in the Five Element program. Please see course descriptions under the Department of TCM Theory and the Department of TCM Clinical Training.

### Five Element Theory I

■ MEL 310 2 Units/32 Hours

### Five Element Theory II

■ MEL 420 2 Units/32 Hours

### Five Elements: Spirit of the Points, I

■ MEL 431 2 Units/32 Hours

### Five Elements: Spirit of the Points, II

■ MEL 432 2 Units/32 Hours

### Five Elements: Spirit of the Points, III

■ MEL 433 2 Units/32 Hours

### Five Elements: Deepening Into the Officials

■ MEL 440 2 Units/32 Hours

### Five Elements: Archetypal Acupuncture

■ MEL 450 2 Units/32 Hours

### Five Element Clinical Rounds

■ MCL 300 48 Hours

### Five Element Clinical Internship Rounds

■ MCL 400 48 Hours

### Five Element Clinical Paired Internship

■ MCL 510 48 Hours

*Tala Lindaro and Mary Huse, professors of Five Element Acupuncture*



木

WOOD

火

FIRE

土

EARTH

金

METAL

水

WATER

## Medical Qigong Practitioner Certificate Program

Five Branches offers a 200 hour Medical Qigong Practitioner (M.Q.P.) Certificate. This program teaches the basic theories and practical applications of Medical Qigong, based on the textbook *Chinese Medical Qigong Therapy: A Comprehensive Clinical Text*. The courses include oral and practical examinations and allow the students to participate in clinical internship at the Five Branches Medical Qigong Clinic.

A 200 hour Medical Qigong (M.Q.P.) Certificate will be issued to students who have successfully completed Medical Qigong I–IV (128 academic hours) in addition to 72 hours of clinical training.

The program is four semesters (two years). The final exams include oral and practical examinations plus clinical competencies. See course descriptions under the Department of TCM Complementary Studies and the Department of Clinical Training.

### Medical Qigong I

■ MEL 310 2 Units/32 Hours

### Medical Qigong II

■ MEL 320 2 Units/32 Hours

### Medical Qigong III

■ MEL 330 2 Units/32 Hours

### Medical Qigong IV

■ MEL 340 2 Units/32 Hours

### Medical Qigong Clinical Internship Rounds

■ MCL 400 72 Hours

*Knowing others is wisdom;  
Knowing the self is enlightenment.  
Mastering others requires force;  
Mastering the self needs strength.*

—DAODEJING 33

## TCM Tuina Massage Practitioner Certificate Program

Tuina utilizes a variety of hand techniques which are usually practiced on a clothed body. Tuina works on the energy channels and points, using the same principles as acupuncture—except that the hands and fingers are used rather than needles. Tuina has the potential to release stagnant energy flow and tension, enhancing the healing process and reestablishing the proper functioning of the body and the recovery of damaged tissues. Tuina works holistically, providing patients with physical and mental relaxation, and a deep sense of well-being. Tuina brings the patient's awareness to what is going on within their own body, an essential first step in any healing process.

The TCM Tuina Massage Practitioner Certificate Program at Five Branches University consists of 176 hours of both theoretical and clinical training. Students may complete the courses required for the certificate program while fulfilling their MTCM degree.

This program is open to students who are not enrolled in the MTCM program, provided they meet the general education enrollment requirements for Five Branches University and have taken the prerequisites MCT 100, TCM Foundations; MAC 110, Introduction to Channel Theory; MCT 200, TCM Diagnosis; MWM 103, Human Anatomy and MWM 203, Medical Physiology.

Please see course descriptions under the Department of TCM Acupuncture and the Department of Clinical Training.

### TCM Tuina Massage I

■ MAC 350 3 Units/48 Hours

### TCM Tuina Massage II

■ MEL 400 2 Units/32 Hours

### TCM Tuina Massage Clinical Internship Rounds

■ MCL 400 48 Hours

### TCM Tuina Massage Clinical Internship

■ MCL 600 48 Hours