**推拿手法学一（04.022.0.1）**

推拿手法学（一）是针灸推拿专业的主干核心课程，亦可作为选修课程面向中医院校所有专业学生。课程第一部分包括简要介绍课程目标和内容及学习方法的推拿手法学绪论，中国推拿手法简史，基础理论与知识。第二部分为课程重点，即讲解摆动类、摩擦类、挤压类手法的术式要领、临床应用及练习方法。课程通过课堂讲授、技能示教及带教训练，使学生掌握推拿基本手法的理论知识、操作技能，以及基本手法在人体不同部位的操作规范。同时培养学生的观察、思维和动手等综合能力，为继续学习推拿人体操作、推拿治疗学等后续课程，胜任推拿医疗和研究工作打好基础。

As the core course for Acupuncture and Moxibustion and Tuina Manipulation majors, Manipulation of Tuina Ⅰ can be also viewed as a minor course for all students in Chinese medicine institutions. Part One includes a brief introduction to the course goals and contents as well as the learning methods of the introduction to Manipulation of Tuina, a brief history of Chinese Manipulation of Tuina and basic theories and knowledge. As the key of this course, Part Two explains the essentials of pushing rolling manipulations, scrubbing manipulations and squeezing-pressing manipulations and their clinical application and practice methods. Through classroom teaching, skills demonstration and practice training, this course helps students master the theoretical knowledge and operational skills of basic Tuina manipulations, as well as operating norms related to the application of basic manipulations to different parts of the body. At the same time, this course is aimed to cultivate students' comprehensive abilities like observation, thinking, problem-solving, etc., thus laying the foundation for continuing to learn other follow-up courses like manipulation of Tuina on human bodies and Tuina therapeutics, as well as cultivating students’competence in Tuina health care and related research work.