



STANDARD KEMAHIRAN PEKERJAAN KEBANGSAAN  
(NATIONAL OCCUPATIONAL SKILLS STANDARD)

MP-091-3:2011

QIGONG THERAPY  
*TERAPI QIGONG*

LEVEL 3



JABATAN PEMBANGUNAN KEMAHIRAN  
KEMENTERIAN SUMBER MANUSIA, MALAYSIA

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STANDARD PRACTICE & STANDARD CONTENT  
FOR

MP-091-3 : 2011

QIGONG THERAPY

LEVEL 3



**Jabatan Pembangunan Kemahiran**  
**Kementerian Sumber Manusia, Malaysia**

# STANDARD PRACTICE

## NATIONAL OCCUPATIONAL SKILLS STANDARD (NOSS) FOR;

### QIGONG THERAPY

#### LEVEL 3

#### 1. INTRODUCTION

This is a NOSS developed for *Qigong* under sub sector of alternative and complementary therapy. There is a high demand for skilled personnel in this field in future as the health and wellness services industry is developing rapidly. Ministry of Health had promoted an initiative at selected government hospitals to incorporate modern, traditional and complementary medicines into the national healthcare system. This is to provide more “holistic” medical care by setting up departments to provide Traditional and Complementary Medicine (TCM). Therefore, the need for skilled personnel from the health and wellness services industry is in demand.

This NOSS is developed focusing on the *Qigong* area of the alternative and complementary therapy which is part of Traditional and Complementary Medicine (TCM). *Qigong* is the Chinese philosophy and practice of aligning breath, physical activities and awareness for mental, spiritual and corporeal health, as well as the development of human potential. The central idea in *Qigong* practice is the control and manipulation of “*Qi*”, a form of energy. The concept of “*Qi*” as a form of pervasive energy is a fundamental pillar of Chinese Philosophy. This energy is considered to exist in all things including the air, water, food, and sunlight. In the body, “*Qi*” represents the unseen vital force that sustains life. *Qigong* practice involves the manipulation and balance of the “*Qi*” within the practitioner’s body and its interaction with the practitioner’s surroundings. The method and ultimate objective for the practice is dependent on the practitioner. The development of traditional Chinese medicine added more details to the role of “*Qi*” within the human body. In this system, “*Qi*” travels through the body along twelve main meridians channels and numerous smaller branches and tributaries (known as the collaterals). Those main meridians also correspond to twelve main organs: the lung, large intestines, stomach, spleen, heart, small intestine, urinary bladder, kidney, liver, gallbladder, pericardium, and the “triple warmer,” which represents the entire torso region. The amount and flow of “*Qi*” is affected by a person’s emotional state which is ultimately related to the Mind and the Body. Many *Qigong* practices use this concept of proper “*Qi*” flow through those meridians as a basic foundation. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote wellness even though the value of *Qigong* clinically remains unproven.

There are more than 2,000 clinical papers on PubMed (online authoritative centre for clinical papers, a division of the US National Library of Medicine, National Institute of Health) that indicate that *Qigong* is helpful in various forms of illnesses.

In modern medical science a Phase III clinical study will require a minimal number of 300 subjects; however it is not easy to get 300 patients to practise *Qigong* for a stipulated period. Therefore almost all the clinical papers ended with the conclusion that says “sampling size is too small”. Although *Qigong* is still not considered as a practice that is proven conclusively by the modern medical science, it is an accepted treatment option in the fields of complementary and alternative medicine. In fact in many countries in the west services of *Qigong* therapists are covered by health insurance. Thus, the development of NOSS *Qigong* will provide a structured career path and career guidance for individuals who has interest in becoming a *Qigong* practitioner. The demand for qualified and experienced *Qigong* personnel is important as of now and may increase in the near future. Hence, the development of this NOSS is essential for the industry practitioner to have certain guidelines and standards based on the level of competencies that have been set by the industrial experts in this field.

Thus, the development of NOSS *Qigong Therapy* will provide a structured career path and career guidance for individuals who has interest in becoming a *Qigong* practitioner. The demand for qualified and experienced *Qigong* personnel is important as of now and may increase in the near future. Hence, the development of this NOSS is essential for the industry practitioner to have certain guidelines and standards based on the level of competencies that have been set by the industrial experts in this field.

This NOSS is developed focusing on the *Qigong Therapy* area. Based on the DACUM workshop findings, it was decided that the entry level for *Qigong Therapy* is at Level 3. The justification is based on the nature of work that requires competency in understanding of *Qigong* fundamentals, principles, manipulation of “Qi” energy and performing a range of complex motions as it encompasses a large variety of both physical and mental training methods designed to help the body and the mind based on *Qigong* philosophy.

NOSS development is conducted starting with Occupational Area Analysis (OAA), which is an analysis of the specific area that the NOSS will be developed. The Occupational Structure (OS) of Occupational Analysis (OA) will be the basis for the analysis. In case non-existing OS, the OA session should be conducted for that specific occupational area to produce OS by NOSS panel experts. An OS is shown in Figure 1: OS for the *Qigong Therapy – Sub Sector of the Health and Wellness Services*.

Consequently, the development of this NOSS at Level 3 (*Refer Figure 1.2 Proposed Occupational Profile Chart for Qigong Therapy*) is essential so that the sub sector will have complete standards and guidelines to be used by the industry.

**This NOSS is developed without prejudice and does not contain elements reflective to any religious beliefs and certain races in Malaysia.**

## 2. OCCUPATIONAL STRUCTURE

<b>SECTOR</b>	<b>MEDICAL AND PHARMACEUTICALS</b>
<b>SUB SECTOR</b>	<b>HEALTH &amp; WELLNESS SERVICES</b>
<b>AREA</b>	<b><i>ENERGY HEALING</i></b>
<b>SUB AREA</b>	<b><i>QIGONG</i></b>
<b>LEVEL 5</b>	ADVANCED <i>QIGONG</i> THERAPY
<b>LEVEL 4</b>	<i>QIGONG</i> THERAPY
<b>LEVEL 3</b>	<i>QIGONG</i> THERAPY
<b>LEVEL 2</b>	NA
<b>LEVEL 1</b>	NA

Figure 1.1 Occupational Framework Matrix for *Qigong* in Malaysia

### 3. DESCRIPTION OF COMPETENCY LEVEL

The NOSS is developed for various occupational areas. Candidates for certification must be assessed and trained at certain levels to substantiate competencies. Below is a guideline of each NOSS Level as defined by the Department of Skills Development, Ministry of Human Resources, Malaysia.

Malaysia Skills Certificate Level 1: (Operation and Production Level)	Competent in performing a range of varied work activities, most of which are routine and predictable.
Malaysia Skills Certificate Level 2: (Operation and Production Level)	Competent in performing a significant range of varied work activities, performed in a variety of contexts. Some of the activities are non-routine and required individual responsibility and autonomy.
Malaysia Skills Certificate Level 3:	Competent in performing a broad range of varied work activities, performed in a variety of contexts, most of which are complex and non-routine. There is considerable responsibility and autonomy and control or guidance of others is often required.
Malaysia Skills Diploma Level 4: (Executive Level)	Competent in performing a broad range of complex technical or professional work activities performed in a wide variety of contexts and with a substantial degree of personal responsibility and autonomy. Responsibility for the work of others and allocation of resources is often present.
Malaysia Skills Advanced Diploma Level 5: (Managerial Level)	Competent in applying a significant range of fundamental principles and complex techniques across a wide and often unpredictable variety of contexts. Very substantial personal autonomy and often significant responsibility for the work of others and for the allocation of substantial resources features strongly, as do personal accountabilities for analysis, diagnosis, planning, execution and evaluation.

#### 4. MALAYSIAN SKILL CERTIFICATION

Candidates after being assessed verified and fulfilled Malaysian Skill Certification requirements shall be awarded with Sijil Kemahiran Malaysia (SKM) for Level 1, 2 and 3 as for Level 4, 5 and 6 shall be awarded with Diploma Kemahiran Malaysia and Diploma Lanjutan Kemahiran Malaysia respectively. There is no specific pre-requisite to pursue this course. All candidates are recommended to undergo on job training to attain knowledge and skills in the *Qigong* Therapist field of work.

Assessment must be in accordance with the following:

This NOSS outlines the duties and tasks in the *Qigong* Therapist working environment as required by the industry and has been developed and documented following extensive collaboration across key Malaysian organisations. To meet the requirements of this industry, it is imperative that the duties and tasks outlined follow a high standard as well as maintenance of consistency throughout the assessment process. This can only be done by stipulating a precise framework in which the assessment of duties and tasks must be conducted. The training & assessment of a *Qigong* practitioner must be deployed in accordance with JPK policy and in adherence to Traditional and Complementary Medicine (TCM), Ministry of Health Malaysia rules and regulations as follows:

- a) The final assessment of competence must include the combination of documented continuous assessment conducted by the facilitator during training and the results of post-training examination;
- b) The post-training examination must be practical in nature and involve demonstration & application of the duties and tasks utilizing real equipment and real-world examples;
- c) The tasks and duties as outlined in this NOSS must be assessed throughout the training program and during a post-training examination;
- d) The learning environment and facilities need to be in accordance with the requirements of the industries;
- e) The development and assessment of the duties & tasks must demonstrate that they develop transferable skills;
- f) The development and assessment of the duties & tasks must include documentation by candidates both during training and examination; and
- g) All training and assessment materials must be mapped and verified to be in accordance with the NOSS *Qigong* Therapy by a panel of industry subject matter experts appointed by JPK



## 5. JOB COMPETENCIES

A *Qigong* Therapy (Level 3) is competent in performing:

- *Qigong* energy activation;
- *Dynamic Qigong* practice;
- *Static Qigong* practice;
- *Self-Healing Qigong* practice;
- *Group-Healing Qigong* practice;
- *Healing-Sound Qigong* practice and
- *Energy Healing* services sales and marketing

## 6. WORKING CONDITIONS

Generally, *Qigong* can be practise in any environment and it is preferable that there be a quiet designated area, without distraction, for example: telephone free area, away from conversations, etc. They may work individually or in a modular group in a minimum supervision by *Qigong* Master. Personnel in this field of work are required to provide a safe, clean working environment for *Qigong* treatments, shall not offer *Qigong* treatment to a client in locations or under conditions which may compromise or endanger themselves or the client and shall exercise discretion when offering *Qigong* in cases of emergency. The personnel also shall outline the process of *Qigong* treatment to clients and offer an explanation of the methods used, positions and any possible implications of *Qigong* therapy. Members shall conduct business properly attired. Engagement in aggressive, overly friendly, untoward or unseemly behaviour is strictly forbidden. Members will have to adhere to the Code of Ethics laid down by the Federation of Malaysia *Qigong* Associations which has been accepted by the Ministry of Health.

### **Code of Ethics of *Qigong* Practitioners**

The practitioner will:

- Strive to maintain a high standard of skill, knowledge, and professional conduct.
- Offer services without favouritism, prejudice, or discrimination with regards to race, religion, nationality, gender, political or financial standing.
- Not make unrealistic, inaccurate, or false claims about *Qigong* or training or abilities as a practitioner.
- Conduct classes and healing in an ethical and courteous manner and practice honesty in advertising and promotion of services.
- Respect other practitioners. Will not disparage other forms or healing practices.
- Will respect and honour the student's right to work with the teacher(s) of his choice. Will not spread any false information or create any obstacle in order to prevent student to exercise that choice.

- Be honest about disclosure of professional background, refrain from using untrue or misleading certificates and other professional documents.
- Refrain from involvement of sexual advances while interacting with students or clients.
- Keep client and student information strictly confidential, in line with the ethics and legal standards held by other health care professionals.
- Exercise the best judgement to determine if *Qigong* techniques or healing are not suitable or not in the best interests of students or clients.
- Acknowledge own limitations and shall not hesitate to make referrals, when appropriate, to qualified health care professionals.
- Never promote superstition. Would always explain extraordinary phenomenon with *Qigong* Science knowledge instead of claiming it as paranormal or spiritual.
- Refrain from any form of substance abuse and seek to model healthy behaviour for students and clients.

## 7. EMPLOYMENT PROSPECTS

The *Qigong* practitioner personnel have a high employment prospect locally. This is because with people's increasing focus on good health and overall wellness, natural health professionals are more in demand than ever and *Qigong* is one of the thriving natural health fields. Among the most thriving natural health practices, *Qigong* has enjoyed tremendous job growth over the past few years. The growing demand for holistic healing has resulted in more training programs being available for those who want to receive *Qigong* training and practice professionally and there are acute shortages of well-trained personnel in this area. In addition to that as an English speaking country, Malaysia has attracted many *Qigong* enthusiasts from the West to learn *Qigong* and to seek therapy here.

## 8. SOURCES OF ADDITIONAL INFORMATION

### Local

- Traditional and Complementary Medicine Division  
Ministry of Health Malaysia

1<sup>st</sup> and 2<sup>nd</sup> Floor, Block E  
Jalan Cenderasari  
50590 Kuala Lumpur  
Tel: 03-2898 5077  
Fax: 03-2691 1259  
URL: <http://tcm.moh.gov.my>  
URL: <http://tcm.moh.gov.my/blog>

- Island Zhineng *Qigong* Centre

F-8 Rifle Range Flats  
11400 Pulau Pinang  
Tel: 04-8291396  
Fax: 04-2280278  
Web: [Qigongzhineng.wordpress.com](http://Qigongzhineng.wordpress.com)

- Persatuan Zhineng *Qigong* Malaysia

No. 5-1(1<sup>st</sup> floor), Persiaran Bayan Indah,  
533 Bayan Baru, Sg Nibong,  
11900 Penang  
Tel: 04-6460602  
Fax: 04-6461277  
Web: [znqgmy.org.my](http://znqgmy.org.my)

- China Soaring Crane *Qigong* Association, Wilayah Persekutuan

No. 23, Jalan 3/23A, Off Jalan Genting Klang  
53300 Setapak, Kuala Lumpur  
Tel: 03-41439600  
Fax: 03-41439600  
Web: [sccq.my/cscq.com.my](http://sccq.my/cscq.com.my)

- Persatuan Zhen *Qi* Yun Xing Malaysia

No. 11, 1<sup>st</sup> Floor, Jalan 52/10  
46200 Petaling Jaya, Selangor  
Tel: 03-79607184  
Fax: 03-79607184

- Wellness Medical *Qi* Gong Centre Sdn. Bhd.

WMQ Puchong Training Centre, 27B Jalan BPU 6  
Bandar Puchong Utama, 47100 Puchong, Selangor  
Tel: 1-700-800-WMQ (967)/03-79583888/012-2837588  
Fax: 03-79541888  
Web: <http://www.wellnessmedicalQigong.com/>

- Persatuan Pengamal Senaman Hexiang Zhuang *Qigong* Kajang, Selangor

No. 15, Jalan 6, Tmn Kajang Baru, Sg Jelok,  
43000 Kajang, Selangor

- Central & Southern Malaysia Zhineng *Qigong* Association

No. 80-2, Jalan PPM 4, Plaza Pandan Malim,  
75250 Melaka  
Tel: 012-7237815  
Fax: 06-3357701

- Persatuan Senaman Zhineng *Qigong* Batu Pahat

No. 49, Jalan Budaya, Taman Bandar  
83000 Batu Pahat  
Tel: 012-731 7535  
Fax: 07-4555129

### **Foreign**

- ChiNeng Institute Europe

Horstweg 64, 7381 BS Loenen, GLD  
The Netherlands  
PO Box 112, 1000 AC Amsterdam  
Tel: +31(0)55 505 1596  
Web: [www.chineng.eu](http://www.chineng.eu)

- Haola *Qigong*

Alte Landstraße 56  
D 88138 Sigmarszell  
Tel: 08389/923501  
Handy: 0152 0208 7513  
Web: [haola.de](http://haola.de)

- National *Qigong* Association

P.O. Box 270065  
St Paul, MN, USA, 55127  
Phone: 1-888-815-1893  
Fax: 1-888-359-9526  
Web: [nqa.org](http://nqa.org)

**9. APPROVAL DATE**

The National Skills Development Board (NSDB), Ministry of Human Resources has agreed and endorsed this Standard on .....

**10. ACKNOWLEDGEMENT**

The Director General of DSD would like to extend his gratitude to the organisations and individuals who have been involved in developing this standard.

## 11. NOSS DEVELOPMENT COMMITTEE MEMBERS

### QIGONG THERAPY - LEVEL 3

<b>PANEL</b>		
1.	Mr. Ooi Kean Hin	Chief Therapist Island Zhineng <i>Qigong</i> Centre
2.	Mr. Ch'ng Poh Tee	President, Central and Southern Zhineng <i>Qigong</i> Association
3.	Mr. Gan Hewe Ten	Instructor Persatuan Senaman Zhineng <i>Qigong</i> Batu Pahat, Johor
4.	Mr. Steven How Eng Huat	President Persatuan China Soaring Crane <i>Qigong</i> Wilayah Persekutuan
5.	Mr. Chen Yuen Lian	Chief Instructor Persatuan Pengamal Senaman Hexiang Zhuang <i>Qigong</i> Kajang, Selangor
6.	Mr. Goh Pit Min	Secretary Zhen <i>Qi</i> Yun Xing Association Malaysia
7.	Mr. Ser Cheng Sam	President Zhen <i>Qi</i> Yun Xing Association Malaysia
8.	Mr. Yong Kei Wai	President Persatuan Zhineng <i>Qigong</i> Malaysia
<b>FACILITATOR</b>		
9.	En. Kamarul Izam B. Jalani	Adimega Sdn. Bhd.
<b>CO-FACILITATOR</b>		
10.	Cik Siti Wafiah Bt. Zahari	Adimega Sdn. Bhd.

## JOB PROFILE CHART (JPC)

<b>SECTOR</b>	<b>MEDICAL AND PHARMACEUTICALS</b>		
<b>SUB SECTOR</b>	<b>HEALTH &amp; WELLNESS SERVICES</b>		
<b>JOB AREA</b>	<b><i>QIGONG THERAPY</i></b>		
<b>JOB LEVEL</b>	<b>THREE (3)</b>	<b>JOB AREA CODE</b>	<b>MP-091-3:2011</b>

← COMPETENCY →



## COMPETENCY PROFILE (CP)

<b>Sub Sector</b>	<b>HEALTH AND WELLNESS SERVICES</b>			
<b>Job Area</b>	<b><i>QIGONG THERAPY</i></b>			
<b>Level</b>	Three (3)			
<b>CU Title</b>	<b>CU Code</b>	<b>CU Descriptor</b>	<b>CU Work Activities</b>	<b>Performance Criteria</b>
1. <i>Qigong Activation</i>	<b>MP-091-3:2011-C01</b>	<i>Qigong Activation</i> is the preparatory phase for one to get into actual practice which involves such basic fundamentals whereby practitioners have to regulate (adjust) the body (postures), breathing, mind and emotion. In <i>Qigong</i> energy activation, practitioner envisages to get into ' <i>Qigong</i> state' (meditative state) to enhance internal and external <i>Qi</i> energy for healing purposes. The personnel who is competent in performing <i>Qigong Activation</i> activities shall be able to identify <i>Qigong Activation</i> requirements, plan <i>Qigong Activation</i> activities, activate <i>Qigong</i> energy, evaluate and record <i>Qigong Activation</i> result in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics for <i>Qigong</i> practitioners.	<ol style="list-style-type: none"> <li>1. Identify <i>Qigong Activation</i> requirements</li>   <li>2. Plan <i>Qigong Activation</i> activities</li> </ol>	<ol style="list-style-type: none"> <li>1.1 <i>Qigong</i> fundamentals, principles, philosophy, and specific <i>Qigong Activation</i> procedures collected</li> <li>1.2 <i>Qigong Activation</i> relationship to Traditional Chinese Medicine (TCM) foundation (yinyang, 5 elements, internal organ phenomena, meridian system, body, <i>Qi</i> and mind) identified</li> <li>1.3 <i>Qigong</i> preparatory stage and meditative state determined</li>   <li>2.1 Appropriate attire selected</li> <li>2.2 <i>Qigong Activation</i> techniques justified</li> <li>2.3 <i>Qigong Activation</i> procedures well organised in accordance with <i>Qigong</i> principles</li> <li>2.4 Time/duration, environment condition, safety and hygiene set up in accordance with premise policy</li> </ol>



CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
			<p>3. Activate '<i>Qigong Activation</i>'</p> <p>4. Monitor the performance of <i>Qigong Activation</i> result</p>	<p>3.1 Body posture/positioning according to types of <i>Qigong</i> set up in a good and calm condition</p> <p>3.2 <i>Qigong Activation</i> techniques adopted accordingly to specific <i>Qigong Activation</i> procedures</p> <p>3.3 <i>Qigong Activation</i> is carried out in accordance with <i>Qigong</i> therapy manual and specific <i>Qigong Activation</i> procedures</p> <p>3.4 Internal and external <i>Qi</i> energized to enhance <i>Qi</i> level for healing purposes.</p> <p>4.1 Effectiveness of <i>Qigong Activation</i> assessed in accordance with <i>Qigong</i> fundamentals, principles, philosophy</p> <p>4.2 Application of <i>Qigong</i> fundamental in <i>Qigong Activation</i> activities justified</p> <p>4.3 <i>Qigong Activation</i> practiced according to time/duration allocated</p> <p>4.4 Record format determined</p> <p>4.5 <i>Qigong Activation</i> result updated and documented according to Standard Operating Procedure (SOP)</p>

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
				4.6 <i>Qigong Activation</i> result justified as per <i>Qigong</i> principles/ philosophy
2. <i>Dynamic Qigong</i> therapy	<b>MP-091-3:2011-C02</b>	<i>Dynamic Qigong</i> therapy is to perform <i>Qigong</i> practices (exercises) that require movements to enhance practitioner's own energy. The personnel who is competent in performing <i>Dynamic Qigong</i> activities shall be able to identify <i>Dynamic Qigong</i> requirements, plan and carry out <i>Dynamic Qigong</i> activities, evaluate <i>Dynamic Qigong</i> result and record practitioner feedback in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics for <i>Qigong</i> practitioners.	<ol style="list-style-type: none"> <li>1. Identify <i>Dynamic Qigong</i> requirements</li> <li>2. Plan <i>Dynamic Qigong</i> activities</li> </ol>	<ol style="list-style-type: none"> <li>1.1 External <i>Qi</i> and internal <i>Qi</i> application determined</li> <li>1.2 Mind and <i>Qi</i> relationship determined</li> <li>1.3 <i>Dynamic Qigong</i> methods/ techniques determined</li> <li>2.1 Types of <i>Dynamic Qigong</i> (forms) and methods selected according to <i>Qigong</i> principles</li> <li>2.2 <i>Dynamic Qigong</i> posture and movements material aids studied and finalised</li> <li>2.3 'Do's and don'ts' in <i>Dynamic Qigong</i> practices determined</li> <li>2.4 Possible <i>deviations</i> and <i>deviations</i> in practicing <i>Dynamic Qigong</i> exercise determined</li> <li>2.5 Training duration for <i>Dynamic Qigong</i> practices set up</li> </ol>

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
			<p>3. Carry out <i>Dynamic Qigong</i> activities</p> <p>4. Monitor the performance of <i>Dynamic Qigong</i> result</p>	<p>3.1 <i>Dynamic Qigong</i> therapy practiced adopted in accordance with specific <i>Dynamic Qigong</i> procedures</p> <p>3.2 <i>Dynamic Qigong</i> posture and movements demonstrated</p> <p>3.3 Possible reactions and deviations handled according to appropriate methods.</p> <p>4.1 Effectiveness of <i>Dynamic Qigong</i> therapy assessed in accordance with <i>Qigong</i> fundamentals, principles, philosophy and code of ethics</p> <p>4.2 Application of <i>Qigong</i> fundamental in <i>Dynamic Qigong</i> practice (exercise) justified</p> <p>4.3 <i>Dynamic Qigong</i> practiced according to time/duration allocated</p> <p>4.4 Record format determined</p> <p>4.5 <i>Dynamic Qigong</i> practice result updated and documented according to Standard Operating Procedure (SOP)</p> <p>4.6 <i>Dynamic Qigong</i> therapy result justified as per <i>Qigong</i> principles/philosophy</p>

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
3. <i>Static Qigong Therapy</i>	<b>MP-091-3:2011-C03</b>	<i>Static Qigong</i> therapy is to perform <i>Qigong</i> practices (exercises) that do not require movements to enhance practitioner's own energy. The personnel who is competent in performing <i>Static Qigong</i> activities shall be able to identify <i>Static Qigong</i> requirements, plan and carry out <i>Static Qigong</i> activities, evaluate <i>Static Qigong</i> result and record practitioner feedback in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics for <i>Qigong</i> practitioners.	<ol style="list-style-type: none"> <li>1. Identify <i>Static Qigong</i> requirements</li> <li>2. Plan <i>Static Qigong</i> activities</li> <li>3. Carry out <i>Static Qigong</i> activities</li> </ol>	<ol style="list-style-type: none"> <li>1.1 External <i>Qi</i> and internal <i>Qi</i> application determined</li> <li>1.2 Mind and <i>Qi</i> relationship determined</li> <li>1.3 <i>Static Qigong</i> methods/ techniques determined</li> <li>2.1 Types of <i>Static Qigong</i> (forms) and methods selected according to <i>Qigong</i> principles</li> <li>2.2 <i>Static Qigong</i> posture and movements material aids studied and finalised</li> <li>2.3 <i>Static Qigong</i> movements benefits determined</li> <li>2.4 'Do's and don'ts' in <i>Static Qigong</i> practices determined</li> <li>2.5 Possible reactions and deviations in practicing <i>Static Qigong</i> exercise determined</li> <li>2.6 Training duration for <i>Static Qigong</i> practices set up</li> <li>3.1 <i>Static Qigong</i> therapy practiced adopted in accordance with specific <i>Static Qigong</i> procedures</li> <li>3.2 <i>Static Qigong</i> posture demonstrated</li> </ol>

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
			<p>4. Monitor the performance of <i>Static Qigong</i> result</p>	<p>3.3 Possible reactions and deviations handled according to appropriate methods.</p> <p>4.1 Change in <i>Qi</i> energy level detected</p> <p>4.2 Effectiveness of <i>Static Qigong</i> therapy assessed in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics</p> <p>4.3 Application of <i>Qigong</i> fundamental in <i>Static Qigong</i> exercise justified</p> <p>4.4 <i>Static Qigong</i> practiced according to time/duration allocated</p> <p>4.5 Record format determined</p> <p>4.6 <i>Static Qigong</i> practice result updated and documented according to Standard Operating Procedure (SOP)</p> <p>4.7 <i>Static Qigong</i> therapy result justified as per <i>Qigong</i> principles/philosophy</p>

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
4. <i>Self-Healing Qigong Therapy</i>	<b>MP-091-3:2011-C04</b>	<i>Self-healing Qigong</i> is to perform <i>Qigong</i> exercises to enhance practitioner's own and client's energy that are beneficial to specific problems or areas of the body. The personnel who is competent in performing <i>Self-healing Qigong</i> activities shall be able to identify <i>Self-Healing Qigong</i> requirements, plan and carry out <i>Self-Healing Qigong</i> activities, evaluate <i>Self-Healing Qigong</i> result and record practitioner feedback in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics for <i>Qigong</i> practitioners.	<ol style="list-style-type: none"> <li>1. Identify <i>Self-Healing Qigong</i> requirements</li>   <li>2. Plan <i>Self-Healing Qigong</i> activities</li>   <li>3. Carry out <i>Self-Healing Qigong</i> activities</li> </ol>	<ol style="list-style-type: none"> <li>1.1 External <i>Qi</i> and internal <i>Qi</i> application listed out</li> <li>1.2 Form of <i>Self-healing Qigong</i> matched with type of illnesses</li>   <li>2.1 Client's detail gathered and client's medical history identified</li> <li>2.2 Client problem detected according to <i>Qigong</i> therapy scope of works</li> <li>2.3 <i>Self-healing Qigong</i> methods selected</li> <li>2.4 <i>Self-healing Qigong</i> posture and movements benefits determined and finalised</li> <li>2.5 'Do's and don'ts' in <i>Self-healing Qigong</i> practices determined</li> <li>2.6 Possible reactions and deviations in practicing <i>Self-healing Qigong</i> exercise determined</li> <li>2.7 Time frame for <i>Self-healing Qigong</i> practices set up</li>   <li>3.1 <i>Self-healing Qigong</i> posture and movements checked in accordance with specific self healing <i>Qigong</i> procedures</li> <li>3.2 Possible reactions and deviations handled according to appropriate methods</li> </ol>

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
			<p>4. Monitor the performance of <i>Self-Healing Qigong</i> result</p> <p>5. Record practitioner feedback</p>	<p>4.1 Self-healing <i>Qigong</i> movement justified</p> <p>4.2 Self-healing <i>Qigong</i> practices result confirmed</p> <p>4.3 Application of <i>Qigong</i> fundamental in Self-healing <i>Qigong</i> exercise justified</p> <p>4.4 Time frame for self healing practiced checked according to time/duration allocated</p> <p>5.1 Record format determined</p> <p>5.2 <i>Self-Healing Qigong</i> therapy result updated and documented according to Standard Operating Procedure (SOP)</p> <p>5.3 <i>Self-Healing Qigong</i> therapy result justified as per <i>Qigong</i> principles/philosophy</p> <p>5.4 Confidentiality of information adhered</p>

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
5. <i>Group Healing Qigong Therapy</i>	<b>MP-091-3:2011-C05</b>	<i>Group Healing Qigong</i> is to perform <i>Qigong</i> practices that involve two or more people practising the same exercise under the narration/instruction/directive of a person at the same time to enhance practitioner's own and group energy. The personnel who is competent in performing <i>Group Healing Qigong</i> activities shall be able to identify <i>Group Healing Qigong</i> requirements, plan and carry out <i>Group Healing Qigong</i> activities, evaluate practitioner performance and record practitioner feedback in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics for <i>Qigong</i> practitioners.	<ol style="list-style-type: none"> <li>1. Identify <i>Group Healing Qigong</i> requirements</li>   <li>2. Plan <i>Group Healing Qigong</i> activities</li> </ol>	<ol style="list-style-type: none"> <li>1.1 Types of illnesses identified</li> <li>1.2 <i>Group Healing Qigong</i> formation determined to enhance total <i>Qi</i> level</li> <li>1.3 <i>Group Healing Qigong</i> methods/techniques listed out</li> <li>1.4 <i>Group Healing Qigong</i> narration requirements (focus area and sequence of execution) determined</li>   <li>2.1 Client's detail gathered and client's medical history identified</li> <li>2.2 <i>Group Healing Qigong</i> methods selected</li> <li>2.3 'Do's and don'ts' in Group-healing <i>Qigong</i> practices determined</li> <li>2.4 Narration techniques prepared and organised in accordance with <i>Qigong</i> methods</li> <li>2.5 Possible <i>deviations</i> and <i>deviations</i> in practicing Group-healing <i>Qigong</i> exercise determined</li> <li>2.6 Time frame for Group-healing <i>Qigong</i> practices set up</li> </ol>



CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
			<p>3. Carry out <i>Group Healing Qigong</i> activities</p> <p>4. Monitor the performance of <i>Group Healing Qigong</i></p>	<p>3.1 Group formation arranged</p> <p>3.2 <i>Group-healing Qigong</i> posture and movements checked in accordance with specific <i>Group Healing Qigong</i> procedures</p> <p>3.3 Narration techniques applied in accordance with <i>Qigong</i> methods</p> <p>3.4 Possible deviations and deviations handled in accordance with specific <i>Group Healing Qigong</i> procedures</p> <p>4.1 Group-healing <i>Qigong</i> movement (smoothness, skilfulness, calmness, flexibility/suppleness and roundness) assessed according to <i>Qigong</i> methods</p> <p>4.2 Improvement of illnesses observed and checked in accordance with Group-healing methods</p> <p>4.3 Application of <i>Qigong</i> fundamental in <i>Group Healing</i> exercise justified</p> <p>4.4 Time frame for Group-healing practiced checked according to time/duration allocated</p>

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
			5. Record practitioner feedback	5.1 Record format determined 5.2 Group - <i>Healing Qigong</i> therapy result updated and documented according to Standard Operating Procedure (SOP) 5.3 <i>Group-Healing Qigong</i> therapy result justified as per <i>Qigong</i> principles/philosophy 5.4 Confidentiality of information adhered
6. <i>Healing Sound Qigong Therapy</i>	<b>MP-091-3:2011-E01</b>	<p><i>Healing Sound Qigong</i> is to perform <i>Qigong</i> exercises that apply the pronunciation of syllables to mobilise <i>Qi</i> movements inside the body to enhance sound healing <i>Qigong</i> skills. The personnel who are competent in performing sound healing <i>Qigong</i> activities shall be able to identify <i>Healing Sound Qigong</i> narration requirements, plan and carry out <i>Healing Sound Qigong</i> activities, evaluate <i>Healing Sound Qigong</i> result and record practitioner feedback in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics for <i>Qigong</i> practitioners.</p>	1. Identify <i>Healing Sound Qigong</i> narration requirements  2. Plan <i>Healing Sound Qigong</i> activities	1.1 Problem identified listed out 1.2 Sound vibration theory (syllables and purpose of syllables) identified and studied 1.3 <i>Healing Sound Qigong</i> methods/techniques listed out  2.1 Client's detail gathered and client's medical history identified 2.2 <i>Healing Sound Qigong</i> methods selected 2.3 'Do's and don'ts' in <i>Healing Sound Qigong</i> practices determined 2.4 Narration techniques prepared and organised in accordance with <i>Qigong</i> methods

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
			<p>3. Carry out <i>Healing Sound Qigong</i> activities</p> <p>4. Monitor the performance of <i>Healing Sound Qigong</i> result</p> <p>5. Record practitioner feedback</p>	<p>2.5 Possible <i>deviations</i> and <i>deviations</i> in practicing <i>Healing Sound Qigong</i> exercise determined</p> <p>2.6 Time frame for <i>Healing Sound Qigong</i> practices set up</p> <p>3.1 Accuracy of pronunciation checked according to <i>Healing Sound Qigong</i> methods</p> <p>3.2 Possible <i>deviations</i> and <i>deviations</i> handled according to appropriate methods</p> <p>4.1 <i>Healing Sound Qigong</i> pronunciation justified</p> <p>4.2 <i>Healing Sound Qigong</i> practices result confirmed</p> <p>4.3 Application of <i>Qigong</i> fundamental in <i>Healing Sound</i> exercise justified</p> <p>4.4 Time frame for <i>Healing Sound Qigong</i> practice checked according to <i>Qigong</i> practices</p> <p>5.1 Record format determined</p> <p>5.2 <i>Group Healing Qigong</i> therapy result updated and documented according to Standard Operating Procedure (SOP)</p>

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
				5.1 <i>Healing Sound Qigong</i> practices result justified as per <i>Qigong</i> principles/philosophy 5.2 Confidentiality of information adhered
7. <i>Energy Healing</i> services sales and marketing	<b>MP-091-3:2011-E02</b>	<p><i>Energy Healing</i> services sales and marketing describes requirements in sales and marketing that helps to increase knowledge, awareness, skills and attitude in <i>Energy Healing</i> market research, product development, promotion, consumer relationship and media related activities. This <i>Energy Healing</i> industry use personalised, systematic and feasible strategies to achieve sales and marketing goals. The person who is competent in <i>Energy Healing</i> service sales and marketing shall be able to identify <i>Energy Healing</i> services sales and marketing requirements, plan and carry out <i>Energy Healing</i> services sales and marketing activities; evaluate and record <i>Energy Healing</i> services sales and marketing result in accordance with sales and marketing procedures.</p>	1. Identify <i>Energy Healing</i> services sales and marketing requirements  2. Plan <i>Energy Healing</i> services sales and marketing activities	1.1 Types of client's recognised and <i>Energy Healing</i> scope of service identified 1.2 Potential client's requirement determined, listed out and assessed  2.1 Awareness of market trend on <i>Energy Healing</i> services gathered and listed in accordance with market survey results 2.2 <i>Energy Healing</i> service target group and packages surveyed and market feedback obtained from various target group documented 2.3 <i>Energy Healing</i> service packages are determined, selected and packages ready in accordance with premise specifications

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
			<p>3. Carry out <i>Energy Healing</i> services sales and marketing activities</p> <p>4. Evaluate <i>Energy Healing</i> services sales and marketing result</p>	<p>2.4 <i>Energy Healing</i> service market trend and strategies set</p> <p>2.5 Sales and marketing of advertising material and media determined, selected and finalised</p> <p>2.6 Human resource and related issues are determined and addressed</p> <p>3.1 <i>Energy Healing</i> service packages selected and made public to client.</p> <p>3.2 <i>Energy Healing</i> service packages promoted by using appropriate media</p> <p>3.3 After sales services executed and follow up made</p> <p>3.4 Client feedback confirmed and noted as per consumer relationship requirements</p> <p>4.1 <i>Energy Healing</i> services packages provided met client's requirement and package data updated</p> <p>4.2 Sales and marketing advertising material and media survey method and strategy data</p>

CU Title	CU Code	CU Descriptor	CU Work Activities	Performance Criteria
			5. Record <i>Energy Healing</i> services sales and marketing result	achieved 4.3 Client feedback obtained and noted  5.1 Record format determined 5.2 Potential client data report listed, updated and documented according to Standard Operating Procedure (SOP) 5.3 Confidentiality of information adhered

## CURRICULUM of COMPETENCY UNIT (CoCU)

<b>Sub Sector</b>	Health and Wellness Services						
<b>Job Area</b>	<i>Qigong</i> Therapy						
<b>Competency Unit Title</b>	<i>Qigong</i> Activation						
<b>Competency Unit Descriptor</b>	<p><i>Qigong</i> activation is the preparatory phase for one to get into actual practice which involves such basic fundamentals whereby practitioners have to regulate (adjust) the body (postures), breathing, mind and emotion. In <i>Qigong</i> energy activation, practitioner envisages to get into '<i>Qigong</i> state' (meditative state) to enhance internal and external Qi energy for healing purposes. The personnel who is competent in performing <i>Qigong</i> activation activities shall be able to identify <i>Qigong</i> activation requirements, plan <i>Qigong</i> activation activities, activate <i>Qigong</i> energy, evaluate and record <i>Qigong</i> activation result in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics for <i>Qigong</i> practitioners.</p>						
<b>Competency Unit ID</b>	<b>MP-091-3:2011-C01</b>	<b>Level</b>	3	<b>Training Duration</b>	80 Hours	<b>Credit Hours</b>	
<b>Work Activities</b>	<b>Related Knowledge</b>	<b>Applied Skills</b>	<b>Attitude / Safety / Environmental</b>	<b>Training Hours</b>	<b>Delivery Mode</b>	<b>Assessment Criteria</b>	
1. Identify <i>Qigong</i> activation requirements	<ul style="list-style-type: none"> <li>i. Definition of <i>Qi</i> and <i>Gong</i>,</li> <li>ii. Description of <i>Qigong</i></li> <li>iii. External <i>Qi</i> and internal <i>Qi</i></li> <li>iv. Principles of <i>Qigong</i></li> <li>v. Traditional and Complementary Medicine (T&amp;CM)</li> <li>vi. Basic energy therapy/medicine</li> <li>vii. Basic anatomy</li> <li>viii. Traditional Chinese Medicine (TCM) foundation</li> </ul>	<ul style="list-style-type: none"> <li>i. Differentiate <i>Qi</i> and <i>Gong</i></li> </ul>		16 Hours	Lecture	<ul style="list-style-type: none"> <li>i. External <i>Qi</i> and internal <i>Qi</i> definition listed out</li> <li>ii. Normal exercise and <i>Qigong</i> exercises differences explained</li> <li>iii. Importance of each practice elements constitute</li> </ul>	
				16 Hours	Demonstration	<ul style="list-style-type: none"> <li>iv. <i>Qigong</i> practices</li> </ul>	

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
		<ul style="list-style-type: none"> <li>ii. Differentiate external Qi and internal Qi</li> <li>iii. Differentiate normal exercises and <i>Qigong</i> exercises</li> <li>iv. Describe Traditional and Complementary Medicine (T&amp;CM) product and services</li> <li>v. Describe basic energy therapy/medicine information <ul style="list-style-type: none"> <li>• Reiki</li> <li>• Aura methaphysic</li> </ul> </li> <li>vi. Differentiate normal exercise and <i>Qi</i> exercise</li> <li>vii. Determine elements constitute <i>Qigong</i> practices <ul style="list-style-type: none"> <li>• Posture</li> <li>• Breath</li> <li>• Mind</li> <li>• Virtue</li> </ul> </li> <li>viii. Identify human basic anatomy</li> <li>ix. Describe Traditional Chinese Medicine (TCM) foundation <ul style="list-style-type: none"> <li>• Yinyang</li> <li>• Internal organ phenomena</li> </ul> </li> </ul>			and Observation	<ul style="list-style-type: none"> <li>v. listed out Traditional Chinese Medicine (TCM) foundation explained</li> </ul>



Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
		<ul style="list-style-type: none"> <li>• Meridian system</li> <li>• Body, Qi and mind</li> <li>• 5 elements</li> </ul>				
			<u>Attitude:</u> i. Respecting the instructor ii. Stay focus iii. Details in translating specific <i>Qigong</i> activation procedures iv. Adhere to <i>Qigong</i> codes of ethics			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
2. Plan <i>Qigong</i> activation activities	i. <i>Qigong</i> activation methods <ul style="list-style-type: none"> <li>• Breathing</li> <li>• Movement and posture</li> <li>• Visualisation</li> <li>• Sound</li> </ul> ii. Time frame for training ii. Activation methods selection			8 Hours	Lecture	i. <i>Qigong</i> activation methods defined ii. Comfortable and suitable materials identified iii. Training duration for <i>Qigong</i> practices confirmed
		i. Differentiate methods in <i>Qigong</i> activation <ul style="list-style-type: none"> <li>• Breathing</li> <li>• Movement and posture</li> <li>• Visualisation</li> <li>• Sound</li> </ul> ii. Set time frame for training for different forms ii. Select activation methods		8 Hours	Demonstration and Observation	iv. Breathing techniques (deep, fine, even and long), mind (staying focused and mindful) and emotion (which is directly connected to the virtue) assessed
			<u>Attitude:</u> i. Respecting the instructor ii. Stay focus iii. Details in translating specific <i>Qigong</i> activation procedures iv. Adhere to <i>Qigong</i> codes of ethics			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
3. Activate 'Qigong Activation'	i. Specific types of <i>Qigong</i> ii. <i>Qigong</i> activation specific techniques			8 Hours	Lecture	i. Breathing techniques applied according to <i>Qigong</i> specific activation procedures
		i. Determine specific types of <i>Qigong</i> ii. Apply <i>Qigong</i> activation <b>specific techniques</b>		8 Hours	Demonstration and Observation	ii. Emotion and calmness level confirmed
			<u>Attitude:</u> i. Respecting the instructor ii. Stay focus iii. Details in translating specific <i>Qigong</i> activation procedures iv. Adhere to <i>Qigong</i> codes of ethics			iii. Changes in physical appearance confirmed

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
4. Monitor the performance of <i>Qigong</i> Activation result	i. Self feeling evaluation methods <ul style="list-style-type: none"> <li>• Breathing frequency</li> <li>• Heart beat</li> <li>• Blood pressure</li> </ul> ii. Observation <ul style="list-style-type: none"> <li>• Physical appearance</li> <li>• Blood circulation</li> <li>• Calmness</li> </ul> iii. Checklist iv. Recording format v. Report writing skills			8 Hours	Lecture	i. <i>Qigong</i> activation according to time/duration allocated confirmed ii. Changes in Qi energy level detected iii. <i>Qigong</i> Activation result confirmed iv. <i>Qigong</i> Activation activities recorded v. <i>Qigong</i> Activation result compiled
		i. Apply self feeling evaluation methods <ul style="list-style-type: none"> <li>• Breathing frequency</li> <li>• Heart beat</li> <li>• Blood pressure</li> </ul> ii. Observe body changes <ul style="list-style-type: none"> <li>• Physical appearance</li> <li>• Blood circulation</li> <li>• Calmness</li> </ul> iii. Identify checklist used iv. Determine recording format v. Write <i>Qigong</i> Activation activities report		8 Hours	Demonstration and Observation	

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			<u>Attitude:</u> i. Respecting the instructor ii. Stay focus iii. Details in translating specific <i>Qigong</i> activation procedures iv. Adhere to <i>Qigong</i> codes of ethics			

### Employability Skills

Core Abilities	Social Skills
01.01 Identify and gather information. 02.01 Interpret and follow manuals, instructions and SOP's. 02.03 Communicate clearly. 02.04 Prepare brief reports and checklist using standard forms. 03.03 Accept responsibility for own work and work area. 06.03 Identify and highlight problems. 01.04 Analyse information. 02.08 Prepare pictorial and graphic information. 04.01 Organize own work activities. 02.10 Prepare reports and instructions. 02.11 Convey information and ideas to people. 03.10 Provide consultations and counselling. 03.12 Provide coaching/on-the-job training.	1. Communication skills 2. Conceptual skills 3. Interpersonal skills 4. Multitasking and prioritizing 5. Self-discipline 6. Teamwork (in group) 7. Learning skills

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1. Therapy area	1:25
2. <i>Qigong</i> training manual	1:1
3. Teaching aids (such as computer, whiteboard, projector, etc.)	1:25
4. Teaching tools and equipment (such as table, chair, mat, etc.)	1:1
5. Recording materials (such as forms, computer, etc)	1:25

## References

REFERENCES
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2. <i>The Way of Qigong</i> , Ken Cohen (1999), ISBN 9-345-42109-4.
3. <i>Zhineng Qigong - The Science, Theory &amp; Practice</i> , Ooi Kean Hin (2010), ISBN 978 9834 101213.
4. <i>Chinese Medical Qigong</i> , Liu Tianjun (2010), ISBN 978 1 84819 023 8.
5. <i>A Complete Guide to Chi-Gung</i> , Daniel Reid (2000), ISBN 978-1-57062-543-5.
6. <i>Zhen Qi Yun Xing Xue</i> , Li Shaobo (1996), ISBN 981-04-3855-9.
7. <i>Soaring Crane Qigong</i> , Zhao Jinxiang (1994), Available only at: <a href="http://www.cscq.com.my/">http://www.cscq.com.my/</a>

## CURRICULUM of COMPETENCY UNIT (CoCU)

<b>Sub Sector</b>	Health and Wellness Services						
<b>Job Area</b>	<i>Qigong</i> Therapy						
<b>Competency Unit Title</b>	<i>Dynamic Qigong</i> Therapy						
<b>Competency Unit Descriptor</b>	<i>Dynamic Qigong</i> therapy is to perform <i>Qigong</i> practices (exercises) that require movements to enhance practitioner's own energy. The personnel who is competent in performing <i>Dynamic Qigong</i> activities shall be able to identify <i>Dynamic Qigong</i> requirements, plan and carry out <i>Dynamic Qigong</i> activities, evaluate <i>Dynamic Qigong</i> result and record practitioner feedback in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics for <i>Qigong</i> practitioners.						
<b>Competency Unit ID</b>	<b>MP-091-3:2011-C02</b>	<b>Level</b>	3	<b>Training Duration</b>	456 Hours	<b>Credit Hours</b>	
<b>Work Activities</b>	<b>Related Knowledge</b>	<b>Applied Skills</b>	<b>Attitude / Safety / Environmental</b>	<b>Training Hours</b>	<b>Delivery Mode</b>	<b>Assessment Criteria</b>	
1. Identify <i>Dynamic Qigong</i> requirements	i. Application of external Qi and internal Qi <ul style="list-style-type: none"> <li>• Enhancing</li> <li>• Gathering</li> <li>• Circulating</li> <li>• Regulating</li> </ul> ii. Mind and Qi relationship ii. <i>Dynamic Qigong</i> methods/techniques <ul style="list-style-type: none"> <li>• Standing</li> <li>• Sitting</li> <li>• Walking</li> <li>• Lying down</li> </ul>			8 Hours	Lecture	1.1 External Qi and internal Qi application (enhancing, gathering, circulating and regulating) listed out 1.2 Mind and Qi relationship in increasing the capacity of Qi levels identified 1.3 Types of <i>Dynamic Qigong</i> (forms) identified and listed out	
		i. Determine external Qi		8 Hours	Demonstration		

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
		and internal Qi application <ul style="list-style-type: none"> <li>• Enhancing</li> <li>• Gathering</li> <li>• Circulating</li> <li>• Regulating</li> </ul> ii. Determine mind and Qi relationship in increasing the capacity of Qi levels ii. Determine <i>Dynamic Qigong</i> methods/ techniques <ul style="list-style-type: none"> <li>• Standing</li> <li>• Sitting</li> <li>• Walking</li> <li>• Lying down</li> </ul>			and Observation	
			<u>Attitude:</u> i. Respecting the instructor ii. Stay focus iii. Details in translating specific <i>Dynamic Qigong</i> procedures iv. Adhere to <i>Qigong</i> codes of ethics			



Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
2. Plan <i>Dynamic Qigong</i> activities	<ul style="list-style-type: none"> <li>i. <i>Dynamic Qigong</i> methods selection</li> <li>ii. <i>Dynamic Qigong</i> posture and movements</li> <li>iii. Benefit of <i>Dynamic Qigong</i> movement</li> <li>iv. <i>Dynamic Qigong</i> reactions and deviations</li> <li>v. <i>Dynamic Qigong</i> training duration</li> </ul>			8 Hours	Lecture	<ul style="list-style-type: none"> <li>i. <i>Dynamic Qigong</i> methods finalised</li> <li>ii. <i>Dynamic Qigong</i> types of practise identified</li> <li>ii. Method in handling possible reactions and deviations identified</li> <li>v. Training duration for <i>Dynamic Qigong</i> practices confirmed</li> </ul>
		<ul style="list-style-type: none"> <li>i. Select <i>Dynamic Qigong</i> methods</li> <li>ii. Finalise <i>Dynamic Qigong</i> posture and movements</li> <li>ii. Determine method in handling possible reactions and deviations</li> <li>v. Set training duration for <i>Dynamic Qigong</i> practices</li> </ul>		8 Hours	Demonstration and Observation	
			<p><u>Attitude:</u></p> <ul style="list-style-type: none"> <li>i. Respecting the instructor</li> <li>ii. Stay focus</li> <li>iii. Details in translating specific <i>Dynamic Qigong</i> procedures</li> <li>iv. Adhere to <i>Qigong</i> codes of ethics</li> </ul>			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
3. Carry out <i>Dynamic Qigong</i> activities	<ul style="list-style-type: none"> <li>i. <i>Dynamic Qigong</i> posture and movements specific procedures</li> <li>ii. <i>Dynamic Qigong</i> posture and movements demonstration</li> </ul>			64 Hours	Lecture	<ul style="list-style-type: none"> <li>i. Specific <i>Dynamic Qigong</i> posture and movements practiced</li> <li>ii. Possible reactions and deviations handled</li> </ul>
		<ul style="list-style-type: none"> <li>i. Study <i>Dynamic Qigong</i> posture and movements material aids</li> <li>ii. Demonstrate <i>Dynamic Qigong</i> posture and movements</li> <li>iii. Check <i>Dynamic Qigong</i> practiced according to specific <i>Dynamic Qigong</i> procedures</li> <li>iv. Handle possible reactions and deviations</li> </ul>		256 Hours	Demonstration and Observation	
			<u>Attitude:</u> <ul style="list-style-type: none"> <li>i. Respecting of the instructor</li> <li>ii. Stay focus</li> <li>iii. Details in translating specific <i>Dynamic Qigong</i> procedures</li> <li>iv. Adhere to <i>Qigong</i> codes of ethics</li> </ul>			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
4. Monitor the performance of <i>Dynamic Qigong</i> result	i. <i>Dynamic Qigong</i> movement observation ii. Checklist iii. Recording format iv. File and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>			48 Hours	Lecture	i. <i>Dynamic Qigong</i> practiced according to time/duration allocated confirmed ii. <i>Dynamic Qigong</i> movement justified
		i. Observe <i>Dynamic Qigong</i> movement <ul style="list-style-type: none"> <li>• Smoothness</li> <li>• Skilfulness</li> <li>• Calmness</li> <li>• Flexibility/ suppleness</li> <li>• Roundness</li> </ul> ii. Justify <i>Dynamic Qigong</i> practices result iii. Determine checklist iv. Determine recording format v. Adhere to file and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>		56 Hours	Demonstration and Observation	iii. Changes in Qi energy level detected iv. <i>Dynamic Qigong</i> practices result confirmed v. <i>Dynamic Qigong</i> activities recorded vi. <i>Dynamic Qigong</i> practices result compiled
			<u>Attitude:</u> i. Respecting of the instructor ii. Stay focus			vii. Record keeping procedures confirmed

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			iii. Details in translating specific <i>Dynamic Qigong</i> procedures iv. Adhere to <i>Qigong</i> codes of ethics			

### Employability Skills

Core Abilities	Social Skills
01.01 Identify and gather information. 02.01 Interpret and follow manuals, instructions and SOP's. 02.03 Communicate clearly. 02.04 Prepare brief reports and checklist using standard forms. 03.03 Accept responsibility for own work and work area. 06.03 Identify and highlight problems. 01.04 Analyse information. 02.08 Prepare pictorial and graphic information. 04.01 Organize own work activities. 02.10 Prepare reports and instructions. 02.11 Convey information and ideas to people. 03.10 Provide consultations and counseling. 03.12 Provide coaching/on-the-job training.	1. Communication skills 2. Conceptual skills 3. Interpersonal skills 4. Multitasking and prioritizing 5. Self-discipline 6. Teamwork (in group) 7. Learning skills

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1. Therapy area	1:25
2. <i>Qigong</i> training manual	1:1
3. Teaching aids (such as computer, whiteboard, projector, etc.)	1:25
4. Teaching tools and equipment (such as table, chair, mat, etc.)	1:1
5. Recording materials (such as forms, computer, etc)	1:25

## References

REFERENCES
1. Health Promotion <i>Qigong</i> Training Curriculum, National Sport Bureau Regulatory Centre (1998), ISBN 7-5009-1655-8/G.1554. 2. <i>The Way of Qigong</i> , Ken Cohen (1999), ISBN 9-345-42109-4. 3. <i>Zhineng Qigong - The Science, Theory &amp; Practice</i> , Ooi Kean Hin (2010), ISBN 978 9834 101213. 4. <i>Chinese Medical Qigong</i> , Liu Tianjun (2010), ISBN 978 1 84819 023 8. 5. <i>A Complete Guide to Chi-Gung</i> , Daniel Reid (2000), ISBN 978-1-57062-543-5. 6. <i>Zhen Qi Yun Xing Xue</i> , Li Shaobo (1996), ISBN 981-04-3855-9. 7. <i>Soaring Crane Qigong</i> , Zhao Jinxiang (1994), Available only at: <a href="http://www.cscq.com.my/">http://www.cscq.com.my/</a>

## CURRICULUM of COMPETENCY UNIT (CoCU)

<b>Sub Sector</b>		Health and Wellness Services					
<b>Job Area</b>		<i>Qigong</i> Therapy					
<b>Competency Unit Title</b>		<i>Static Qigong</i> Therapy					
<b>Competency Unit Descriptor</b>		<i>Static Qigong</i> therapy is to perform <i>Qigong</i> practices (exercises) that do not require movements to enhance practitioner's own energy. The personnel who is competent in performing <i>Static Qigong</i> activities shall be able to identify <i>Static Qigong</i> requirements, plan and carry out <i>Static Qigong</i> activities, evaluate <i>Static Qigong</i> result and record practitioner feedback in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics for <i>Qigong</i> practitioners.					
<b>Competency Unit ID</b>		<b>MP-091-3:2011-C03</b>	<b>Level</b>	3	<b>Training Duration</b>	448 Hours	<b>Credit Hours</b>
<b>Work Activities</b>	<b>Related Knowledge</b>	<b>Applied Skills</b>		<b>Attitude / Safety / Environmental</b>	<b>Training Hours</b>	<b>Delivery Mode</b>	<b>Assessment Criteria</b>
1. Identify <i>Static Qigong</i> requirements	i. Application of external Qi and internal Qi in <i>Static Qigong</i> <ul style="list-style-type: none"> <li>• Enhancing</li> <li>• Gathering</li> <li>• Circulating</li> <li>• Regulating</li> </ul> ii. <i>Static Qigong</i> Mind and Qi relationship iii. <i>Static Qigong</i> methods/techniques <ul style="list-style-type: none"> <li>• Standing</li> <li>• Sitting</li> <li>• Lying down</li> </ul>	i. Determine external Qi			8 Hours	Lecture	i. External Qi and internal Qi application (enhancing, gathering, circulating and regulating) listed out ii. Mind and Qi relationship in increasing the capacity of Qi levels identified iii. Types of <i>Static Qigong</i> (forms) identified and listed out

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
		and internal Qi application in <i>Static Qigong</i> <ul style="list-style-type: none"> <li>• Enhancing</li> <li>• Gathering</li> <li>• Circulating</li> <li>• Regulating</li> </ul> ii. Determine mind and Qi relationship in increasing the capacity of <i>Qi</i> levels iii. Determine <i>Static Qigong</i> methods/ techniques <ul style="list-style-type: none"> <li>• Standing</li> <li>• Sitting</li> <li>• Lying down</li> </ul>			and Observation	
			<u>Attitude:</u> i. Respecting of the instructor ii. Stay focus iii. Details in translating specific <i>Static Qigong</i> procedures iv. Adhere to <i>Qigong</i> codes of ethics			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
2. Plan <i>Static Qigong</i> activities	<ul style="list-style-type: none"> <li>i. <i>Static Qigong</i> methods selection</li> <li>ii. <i>Static Qigong</i> postures / forms</li> <li>iii. <i>Static Qigong</i> reactions and deviations</li> <li>iv. Time frame for training</li> </ul>			8 Hours	Lecture	<ul style="list-style-type: none"> <li>i. <i>Static Qigong</i> methods finalised</li> <li>ii. <b><i>Static Qigong</i> types of practise</b> identified</li> </ul>
		<ul style="list-style-type: none"> <li>i. Select <i>Static Qigong</i> methods</li> <li>ii. Finalise types of <i>Static Qigong</i> (form)/posture</li> <li>iii. Determine method in handling possible reactions and deviations</li> <li>iv. Set time frame for <i>Static Qigong</i> practices</li> </ul>		8 Hours	Demonstration and Observation	<ul style="list-style-type: none"> <li>ii. Method in handling possible reactions and deviations identified</li> <li>v. Training duration for <i>Static Qigong</i> practices confirmed</li> </ul>
			<p><u>Attitude:</u></p> <ul style="list-style-type: none"> <li>i. Respecting of the instructor</li> <li>ii. Stay focus</li> <li>iii. Details in translating specific <i>Static Qigong</i> procedures</li> <li>iv. Adhere to <i>Qigong</i> codes of ethics</li> </ul>			



Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
3. Carry out <i>Static Qigong</i> activities	<ul style="list-style-type: none"> <li>i. <i>Static Qigong</i> posture laid down standard</li> <li>ii. <i>Static Qigong</i> posture explanation and demonstration</li> </ul>			64 Hours	Lecture	<ul style="list-style-type: none"> <li>i. Specific <i>Static Qigong</i> posture practiced</li> <li>ii. Possible reactions and deviations handled</li> </ul>
		<ul style="list-style-type: none"> <li>i. Study <i>Static Qigong</i> posture material aids</li> <li>ii. Demonstrate <i>Static Qigong</i> posture</li> <li>iii. Check <i>Static Qigong</i> practiced against laid down standard</li> <li>iv. Handle possible reactions and deviations</li> </ul>		256 Hours	Demonstration and Observation	
			<u>Attitude:</u> <ul style="list-style-type: none"> <li>i. Respecting of the instructor</li> <li>ii. Stay focus</li> <li>iii. Details in translating specific <i>Static Qigong</i> procedures</li> <li>iv. Adhere to <i>Qigong</i> codes of ethics</li> </ul>			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
4. Monitor the performance of <i>Static Qigong</i> result	i. <i>Static Qigong</i> postures / forms observation ii. Checklist iii. Recording format iv. File and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>			40 Hours	Lecture	i. <i>Static Qigong</i> practiced according to time/duration allocated confirmed ii. <i>Static Qigong</i> posture justified
		i. Observe types of <i>Static Qigong</i> applied ii. Observe <i>Static Qigong</i> postures iii. Justify <i>Static Qigong</i> practices result iv. Identify checklist v. Determine recording format vi. Adhere to file and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>		56 Hours	Demonstration and Observation	iii. Changes in Qi energy level detected iv. <i>Static Qigong</i> practices result confirmed v. <i>Static Qigong</i> activities recorded vi. <i>Static Qigong</i> practices result compiled vii. Record keeping procedures confirmed
			<u>Attitude:</u> i. Respecting of the instructor ii. Stay focus iii. Details in translating specific <i>Static Qigong</i> procedures iv. Adhere to <i>Qigong</i> codes of ethics			

## Employability Skills

Core Abilities	Social Skills
01.01 Identify and gather information. 02.01 Interpret and follow manuals, instructions and SOP's. 02.03 Communicate clearly. 02.04 Prepare brief reports and checklist using standard forms. 03.03 Accept responsibility for own work and work area. 06.03 Identify and highlight problems. 01.04 Analyse information. 02.08 Prepare pictorial and graphic information. 04.01 Organize own work activities. 02.10 Prepare reports and instructions. 02.11 Convey information and ideas to people. 03.10 Provide consultations and counseling. 03.12 Provide coaching/on-the-job training.	1. Communication skills 2. Conceptual skills 3. Interpersonal skills 4. Multitasking and prioritizing 5. Self-discipline 6. Teamwork (in group) 7. Learning skills

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1. Therapy area 2. <i>Qigong</i> training manual 3. Teaching aids (such as computer, whiteboard, projector, etc.) 4. Teaching tools and equipment (such as table, chair, mat, etc.) 5. Recording materials (such as forms, computer, etc)	1:25 1:1 1:25 1:1 1:25

## References

### REFERENCES

1. Health Promotion *Qigong* Training Curriculum, National Sport Bureau Regulatory Centre (1998), ISBN 7-5009-1655-8/G.1554.
2. *The Way of Qigong*, Ken Cohen (1999), ISBN 9-345-42109-4.
3. *Zhineng Qigong - The Science, Theory & Practice*, Ooi Kean Hin (2010), ISBN 978 9834 101213.
4. *Chinese Medical Qigong*, Liu Tianjun (2010), ISBN 978 1 84819 023 8.
5. *A Complete Guide to Chi-Gung*, Daniel Reid (2000), ISBN 978-1-57062-543-5.
6. *Zhen Qi Yun Xing Xue*, Li Shaobo (1996), ISBN 981-04-3855-9.
7. *Soaring Crane Qigong*, Zhao Jinxiang (1994), Available only at: <http://www.cscq.com.my/>

## CURRICULUM of COMPETENCY UNIT (CoCU)

<b>Sub Sector</b>		Health and Wellness Services						
<b>Job Area</b>		<i>Qigong</i> Therapy						
<b>Competency Unit Title</b>		<i>Self-Healing Qigong</i> Therapy						
<b>Competency Unit Descriptor</b>		<i>Self-Healing Qigong</i> is to perform <i>Qigong</i> exercises to enhance practitioner's own and client's energy that are beneficial to specific problems or areas of the body. The personnel who is competent in performing <i>Self-Healing Qigong</i> activities shall be able to identify <i>Self-Healing Qigong</i> requirements, plan and carry out <i>Self-Healing Qigong</i> activities, evaluate <i>Self-Healing Qigong</i> result and record practitioner feedback in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics for <i>Qigong</i> practitioners.						
<b>Competency Unit ID</b>		<b>MP-091-3:2011-C04</b>	<b>Level</b>	3	<b>Training Duration</b>	104 Hours	<b>Credit Hours</b>	
<b>Work Activities</b>	<b>Related Knowledge</b>	<b>Applied Skills</b>	<b>Attitude / Safety / Environmental</b>	<b>Training Hours</b>	<b>Delivery Mode</b>	<b>Assessment Criteria</b>		
1. Identify <i>Self-Healing Qigong</i> requirements	<ul style="list-style-type: none"> <li>i. Application of Traditional Chinese Medicine (TCM) foundation</li> <li>ii. Application of external Qi and internal Qi</li> <li>iii. External factors <ul style="list-style-type: none"> <li>▪ Physical Injuries</li> <li>▪ Chemical Reactions</li> <li>▪ Biological Infection</li> </ul> </li> <li>iv. Internal factors <ul style="list-style-type: none"> <li>▪ Hereditary</li> <li>▪ Imbalance Qi Flow</li> <li>▪ Emotional Induced</li> </ul> </li> <li>v. <i>Self-Healing Qigong</i> methods/techniques <ul style="list-style-type: none"> <li>• <i>Static</i></li> <li>• <i>Dynamic</i></li> </ul> </li> </ul>	i. <i>Describe Qigong</i>		8 Hours	Lecture	<ul style="list-style-type: none"> <li>i. <i>Self-Healing Qigong</i> practices and scope (standing, sitting, walking and lying down) determined</li> <li>ii. Relevant external/internal Qi regulating skills (such as assimilation of external Qi into the body, Qi conduction and concentration of Qi) identified</li> <li>iii. <i>Self-Healing</i></li> </ul>		

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
		<p>relationship to Traditional Chinese Medicine (TCM) foundation</p> <ul style="list-style-type: none"> <li>• Yinyang</li> <li>• Internal organ phenomena</li> <li>• Meridian system</li> <li>• Body, Qi and mind</li> </ul> <p>ii. Determine relevant external/internal Qi regulating skills such as:</p> <ul style="list-style-type: none"> <li>• Assimilation of external Qi into the body</li> <li>• Qi conduction</li> <li>• Concentration of Qi</li> </ul> <p>iii. Differentiate cause of illnesses according to external and internal factors</p> <p>iv. Determine relevant <i>Self-Healing Qigong</i></p> <ul style="list-style-type: none"> <li>• Standing</li> <li>• Sitting</li> <li>• Walking</li> <li>• Lying down</li> </ul>	<p><i>Attitude:</i></p>		<p>and Observation</p>	<p><i>Qigong</i> methods/ techniques determined</p>

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			i. Details in translating specific <i>Self-Healing Qigong</i> procedures			
2. Plan <i>Self-Healing Qigong</i> activities	i. Client consultation ii. <i>Self-Healing Qigong</i> methods selection iii. <i>Self-Healing Qigong</i> posture and movements iv. Benefit for each movement v. <i>Self-Healing Qigong</i> reactions and deviations vi. Time frame for training			8 Hours	Lecture	i. <i>Qigong</i> consultation procedures adopted and therapy proposed to the client in accordance with clients needs ii. <i>Self-Healing Qigong</i> methods finalised
		i. Apply client consultation skills <ul style="list-style-type: none"> <li>• Client's information</li> <li>• Client's medical history</li> </ul> ii. Select <i>Self-Healing Qigong</i> methods iii. Finalise <i>Self-Healing Qigong</i> posture and movements iv. Determine method in handling possible reactions and deviations v. Set time frame for <i>Self-Healing Qigong</i> practices		8 Hours	Demonstration and Observation	iii. <i>Self-Healing Qigong</i> types of <b>practise</b> identified iv. Method in handling possible reactions and deviations identified v. Training duration for <i>Self-Healing Qigong</i> practices confirmed

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			<p><u>Attitude:</u></p> <ul style="list-style-type: none"> <li>i. Respecting the instructor</li> <li>ii. Stay focus</li> <li>iii. Details in translating specific <i>Self-Healing Qigong</i> procedures</li> <li>iv. Adhere to <i>Qigong</i> codes of ethics</li> </ul> <p><u>Safety:</u></p> <ul style="list-style-type: none"> <li>i. Adhere to environment cleanliness, hygiene and safety</li> </ul>			



Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
3. Carry out <i>Self-Healing Qigong</i> activities	i. <i>Self-Healing Qigong</i> posture and movements based on laid down standard			28 Hours	Lecture	i. Specific <i>Self-Healing Qigong</i> posture and movements practiced ii. Possible reactions and deviations handled
	ii. <i>Self-Healing Qigong</i> posture and movements demonstration					
		i. Study <i>Self-Healing Qigong</i> posture and movements material aids ii. Demonstrate <i>Self-Healing Qigong</i> posture and movements iii. Check <i>Self-Healing Qigong</i> practiced against specific procedures iv. Handle possible reactions and deviations		28 Hours	Demonstration and Observation	
			<u>Attitude:</u> i. Respecting the instructor ii. Stay focus iii. Details in translating specific <i>Self-Healing Qigong</i> procedures iv. Adhere to <i>Qigong</i> codes of ethics			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			<u>Safety:</u> i. Adhere to environment cleanliness, hygiene and safety			
4. Monitor the performance of <i>Self-Healing Qigong</i> result	i. <i>Self-Healing Qigong</i> movement observation ii. Improvement of illnesses			4 Hours	Lecture	i. <i>Self-Healing Qigong</i> movement (smoothness, skilfulness, calmness, flexibility/ suppleness and roundness) assessed according to specific <i>Qigong</i> methods ii. Improvement of illnesses observed and checked iii. <i>Self-Healing Qigong</i> practiced according to time/duration allocated confirmed
		i. Observe <i>Self-Healing Qigong</i> movement <ul style="list-style-type: none"> <li>• Smoothness</li> <li>• Skilfulness</li> <li>• Calmness</li> <li>• Flexibility/suppleness</li> <li>• Roundness</li> </ul> ii. Check improvement of illnesses		4 Hours	Demonstration and Observation	
			<u>Attitude:</u> i. Respecting of the instructor ii. Stay focus iii. Details in translating specific <i>Self-Healing Qigong</i> procedures iv. Adhere to <i>Qigong</i> codes of ethics			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
5. Record practitioner feedback	i. Checklist ii. Recording format iii. Report writing skills iv. Confidentiality of information v. File and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>			4 Hours	Lecture	i. <i>Self-Healing Qigong</i> activities recorded ii. <i>Self-Healing Qigong</i> practices result compiled iii. Confidentiality of information confirmed
		i. Identify checklist ii. Determine recording format iii. Write Self-healing <i>Qigong</i> activities report iv. Apply confidentiality of information according to code of ethics v. Adhere to file and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>		4 Hours	Demonstration and Observation	iv. Record keeping procedures confirmed
			<u>Attitude:</u> i. Details in translating specific <i>Self-Healing Qigong</i> procedures ii. Adhere to <i>Qigong</i> codes of ethics			

## Employability Skills

Core Abilities	Social Skills
<p>01.01 Identify and gather information.            02.01 Interpret and follow manuals, instructions and SOP's.            02.03 Communicate clearly.            02.04 Prepare brief reports and checklist using standard forms.            03.03 Accept responsibility for own work and work area.            06.03 Identify and highlight problems.            01.04 Analyse information.            02.08 Prepare pictorial and graphic information.            04.01 Organize own work activities.            02.10 Prepare reports and instructions.            02.11 Convey information and ideas to people.            03.10 Provide consultations and counseling.            03.12 Provide coaching/on-the-job training.</p>	<p>1. Communication skills            2. Conceptual skills            3. Interpersonal skills            4. Multitasking and prioritizing            5. Self-discipline            6. Teamwork (in group)            7. Learning skills</p>

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
<p>1. Therapy area            2. <i>Qigong</i> training manual            3. Teaching aids (such as computer, whiteboard, projector, etc.)            4. Teaching tools and equipment (such as table, chair, mat, etc.)            5. Recording materials (such as forms, computer, etc)</p>	<p>1:25            1:1            1:25            1:1            1:25</p>

## References

### REFERENCES

1. Health Promotion *Qigong* Training Curriculum, National Sport Bureau Regulatory Centre (1998), ISBN 7-5009-1655-8/G.1554.
2. *The Way of Qigong*, Ken Cohen (1999), ISBN 9-345-42109-4.
3. *Zhineng Qigong - The Science, Theory & Practice*, Ooi Kean Hin (2010), ISBN 978 9834 101213.
4. *Chinese Medical Qigong*, Liu Tianjun (2010), ISBN 978 1 84819 023 8.
5. *A Complete Guide to Chi-Gung*, Daniel Reid (2000), ISBN 978-1-57062-543-5.
6. *Zhen Qi Yun Xing Xue*, Li Shaobo (1996), ISBN 981-04-3855-9.
7. *Soaring Crane Qigong*, Zhao Jinxiang (1994), Available only at: <http://www.cscq.com.my/>

## CURRICULUM of COMPETENCY UNIT (CoCU)

<b>Sub Sector</b>		Health and Wellness Services					
<b>Job Area</b>		<i>Qigong Therapy</i>					
<b>Competency Unit Title</b>		<i>Group Healing Qigong Therapy</i>					
<b>Competency Unit Descriptor</b>		<i>Group Healing Qigong</i> is to perform <i>Qigong</i> practices that involve two or more people practising the same exercise under the narration/instruction/ directive of a person at the same time to enhance practitioner's own and group energy. The personnel who is competent in performing <i>Group Healing Qigong</i> activities shall be able to identify <i>Group Healing Qigong</i> requirements, plan and carry out <i>Group Healing Qigong</i> activities, evaluate practitioner performance and record practitioner feedback in accordance with <i>Qigong</i> fundamentals, principles, philosophy and professional code of ethics for <i>Qigong</i> practitioners.					
<b>Competency Unit ID</b>		<b>MP-091-3:2011-C05</b>	<b>Level</b>	3	<b>Training Duration</b>	104 Hours	<b>Credit Hours</b>
<b>Work Activities</b>	<b>Related Knowledge</b>	<b>Applied Skills</b>		<b>Attitude / Safety / Environmental</b>	<b>Training Hours</b>	<b>Delivery Mode</b>	<b>Assessment Criteria</b>
1. Identify <i>Group Healing Qigong</i> requirements	i. Application of Traditional Chinese Medicine (TCM) foundation ii. Application of external Qi and internal Qi iii. Group formation to enhance total Qi level iv. External factors <ul style="list-style-type: none"> <li>• Physical Injuries</li> <li>• Chemical Reactions</li> <li>• Biological Infection</li> </ul> v. Internal factors <ul style="list-style-type: none"> <li>• Hereditary</li> <li>• Imbalance Qi Flow</li> <li>• Emotional Induced</li> </ul> vi. <i>Group Healing Qigong</i> methods/techniques <ul style="list-style-type: none"> <li>• <i>Static</i></li> </ul>				8 Hours	Lecture	i. <i>Group Healing Qigong</i> methods/ techniques identified ii. <i>Group Healing Qigong</i> practices and scope (standing, sitting, walking and lying down) identified iii. <i>Group Healing Qigong</i> narration requirements identified iv. Relevant

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
	<ul style="list-style-type: none"> <li>• <i>Dynamic</i></li> </ul>	<ol style="list-style-type: none"> <li>i. <i>Describe Qigong</i> activation relationship to Traditional Chinese Medicine (TCM) foundation <ul style="list-style-type: none"> <li>• Yinyang</li> <li>• Internal organ phenomena</li> <li>• Meridian system</li> <li>• Body, Qi and mind</li> </ul> </li> <li>ii. Determine relevant external/internal Qi regulating skills such as: <ul style="list-style-type: none"> <li>• Assimilation of external Qi into the body</li> <li>• Qi conduction</li> <li>• Concentration of Qi</li> </ul> </li> <li>iii. Determine group formation to enhance total Qi level</li> <li>iv. Differentiate cause of illnesses according to external and internal factors</li> <li>v. Determine <i>Group Healing Qigong</i> narration requirements <ul style="list-style-type: none"> <li>• Focus area</li> </ul> </li> </ol>		8 Hours	Demonstration and Observation	external/internal Qi regulating skills (such as assimilation of external Qi into the body, Qi conduction and concentration of Qi) identified

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
		<ul style="list-style-type: none"> <li>• Sequence of execution</li> </ul> vi. Determine relevant <i>Group Healing Qigong</i> method <ul style="list-style-type: none"> <li>• Standing</li> <li>• Sitting</li> <li>• Walking</li> <li>• Lying down</li> </ul>				
			<u>Attitude:</u> <ol style="list-style-type: none"> <li>i. Respecting the instructor</li> <li>ii. Stay focus</li> <li>iii. Details in translating specific <i>Group Healing Qigong</i> procedures</li> <li>iv. Adhere to <i>Qigong</i> codes of ethics</li> </ol>			
2. Plan <i>Group</i>	i. Client consultation			8 Hours	Lecture	i. <i>Qigong</i>



Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
<i>Healing Qigong activities</i>	ii. <i>Group Healing Qigong</i> preparation area iii. Number of participants iv. Group formation plan v. <i>Group Healing Qigong</i> methods selection vi. <i>Group Healing Qigong</i> posture and movements vii. Benefit for each movement viii. Narration preparation techniques <ul style="list-style-type: none"> <li>• Tone</li> <li>• Pace</li> <li>• Content</li> </ul> ix. <i>Group Healing Qigong</i> reactions and deviations x. Time frame for training					consultation procedures adopted and therapy proposed to the client in accordance with clients needs ii. <i>Group Healing Qigong</i> posture and movements finalised iii. Narration sequence of execution organised iv. Method in handling possible reactions and deviations identified
		i. Apply client consultation skills <ul style="list-style-type: none"> <li>• Client's information</li> <li>• Client's medical history</li> <li>• Regroup client based on group synergy require</li> </ul> ii. Determine suitable location for <i>Group Healing Qigong</i> (conductive area) iii. Determine number of		8 Hours	Demonstration and Observation	v. Training duration for <i>Group Healing Qigong</i> practices confirmed

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
		participants iv. Prepare group formation v. Select <i>Group Healing Qigong</i> methods vi. Finalise <i>Group Healing Qigong</i> posture and movements vii. Prepare narration techniques viii. Determine method in handling possible reactions and deviations ix. Set time frame for <i>Group Healing Qigong</i> practices				
			<u>Attitude:</u> i. Respecting the instructor ii. Stay focus iii. Details in translating specific <i>Group Healing Qigong</i> procedures iv. Adhere to <i>Qigong</i> codes of ethics  <u>Safety:</u> i. Adhere to environment cleanliness, hygiene and safety			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
3. Carry out <i>Group Healing Qigong</i> activities	<ul style="list-style-type: none"> <li>i. <i>Group Healing Qigong</i> posture and movements based on laid down standard</li> <li>ii. Narration techniques applications</li> <li>iii. <i>Group Healing Qigong</i> posture and movements demonstration</li> </ul>			28 Hours	Lecture	<ul style="list-style-type: none"> <li>i. Group formation arrangement confirmed</li> <li>ii. Specific Group - healing <i>Qigong</i> posture and movements practiced</li> <li>iii. Narration assessed based on tone, pace and content</li> <li>iv. Possible reactions and deviations handled</li> </ul>
		<ul style="list-style-type: none"> <li>i. Study <i>Group Healing Qigong</i> posture and movements material aids</li> <li>ii. Arrange group formation</li> <li>iii. Apply narration techniques</li> <li>iv. Demonstrate <i>Group Healing Qigong</i> posture and movements</li> <li>v. Apply possible reactions and deviations handling methods</li> </ul>		28 Hours	Demonstration and Observation	
			<u>Attitude:</u> <ul style="list-style-type: none"> <li>i. Respecting the instructor</li> <li>ii. Stay focus</li> <li>iii. Details in translating specific <i>Group Healing Qigong</i> procedures</li> <li>iv. Adhere to <i>Qigong</i> codes of ethics</li> </ul>			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			<u>Safety:</u> i. Adhere to environment cleanliness, hygiene and safety			
4. Monitor the performance of <i>Group Healing Qigong</i> result	i. <i>Group Healing Qigong</i> movement observation ii. Improvement of illnesses	i. Observe <i>Group Healing Qigong</i> movement <ul style="list-style-type: none"> <li>• Smoothness</li> <li>• Skilfulness</li> <li>• Calmness</li> <li>• Flexibility/suppleness</li> <li>• Roundness</li> </ul> ii. Check improvement of illnesses		4 Hours	Lecture	i. <i>Group Healing Qigong</i> movement (smoothness, skilfulness, calmness, flexibility/suppleness and roundness) assessed according to <i>Qigong</i> methods ii. Improvement of illnesses observed and checked iii. <i>Group Healing Qigong</i> practiced according to time/duration allocated confirmed
			<u>Attitude:</u> i. Respecting the instructor ii. Stay focus iii. Details in translating specific <i>Group Healing Qigong</i> procedures iv. Adhere to <i>Qigong</i> codes of ethics	4 Hours	Demonstration and Observation	

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			<u>Safety:</u> i. Adhere to environment cleanliness, hygiene and safety			
5. Record practitioner feedback	i. Checklist ii. Recording format iii. Report writing skills iv. Confidentiality of information v. File and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>			4 Hours	Lecture	i. <i>Group Healing Qigong</i> activities recorded ii. <i>Group Healing Qigong</i> practices result compiled iii. Confidentiality of information confirmed iv. Record keeping procedures confirmed
		i. Identify checklist ii. Determine recording format iii. Write <i>Group Healing Qigong</i> activities report iv. Apply confidentiality of information according to code of ethics v. Adhere to file and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>		4 Hours	Demonstration and Observation	

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			<u>Attitude:</u> i. Details in translating specific <i>Group Healing Qigong</i> procedures ii. Adhere to <i>Qigong</i> codes of ethics			

### Employability Skills

Core Abilities	Social Skills
01.01 Identify and gather information. 02.01 Interpret and follow manuals, instructions and SOP's. 02.03 Communicate clearly. 02.04 Prepare brief reports and checklist using standard forms. 03.03 Accept responsibility for own work and work area. 06.03 Identify and highlight problems. 01.04 Analyse information. 02.08 Prepare pictorial and graphic information. 04.01 Organize own work activities. 02.10 Prepare reports and instructions. 02.11 Convey information and ideas to people. 03.10 Provide consultations and counseling. 03.12 Provide coaching/on-the-job training.	1. Communication skills 2. Conceptual skills 3. Interpersonal skills 4. Multitasking and prioritizing 5. Self-discipline 6. Teamwork (in group) 7. Learning skills

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1. Therapy area	1:25
2. <i>Qigong</i> training manual	1:1
3. Teaching aids (such as computer, whiteboard, projector, etc.)	1:25
4. Teaching tools and equipment (such as table, chair, mat, etc.)	1:1
5. Recording materials (such as forms, computer, etc)	1:25

## References

REFERENCES
1. Health Promotion <i>Qigong</i> Training Curriculum, National Sport Bureau Regulatory Centre (1998), ISBN 7-5009-1655-8/G.1554.
2. <i>The Way of Qigong</i> , Ken Cohen (1999), ISBN 9-345-42109-4.
3. <i>Zhineng Qigong - The Science, Theory &amp; Practice</i> , Ooi Kean Hin (2010), ISBN 978 9834 101213.
4. <i>Chinese Medical Qigong</i> , Liu Tianjun (2010), ISBN 978 1 84819 023 8.
5. <i>A Complete Guide to Chi-Gung</i> , Daniel Reid (2000), ISBN 978-1-57062-543-5.
6. <i>Zhen Qi Yun Xing Xue</i> , Li Shaobo (1996), ISBN 981-04-3855-9.
7. <i>Soaring Crane Qigong</i> , Zhao Jinxiang (1994), Available only at: <a href="http://www.cscq.com.my/">http://www.cscq.com.my/</a>

## CURRICULUM of COMPETENCY UNIT (CoCU)

<b>Sub Sector</b>	Health and Wellness Services						
<b>Job Area</b>	Qigong Therapy						
<b>Competency Unit Title</b>	Healing Sound Qigong Therapy						
<b>Competency Unit Descriptor</b>	Healing Sound Qigong therapy is to perform Qigong exercises that apply the pronunciation of syllables to mobilise Qi movements inside the body to enhance Healing Sound Qigong skills. The personnel who are competent in performing Healing Sound Qigong activities shall be able to identify Healing Sound Qigong narration requirements, plan and carry out Healing Sound Qigong activities, evaluate Healing Sound Qigong result and record practitioner feedback in accordance with Qigong fundamentals, principles, philosophy and professional code of ethics for Qigong practitioners.						
<b>Competency Unit ID</b>	MP-091-3:2011-E01	<b>Level</b>	3	<b>Training Duration</b>	104 Hours	<b>Credit Hours</b>	
<b>Work Activities</b>	<b>Related Knowledge</b>	<b>Applied Skills</b>	<b>Attitude / Safety / Environmental</b>	<b>Training Hours</b>	<b>Delivery Mode</b>	<b>Assessment Criteria</b>	
1. Determine Healing Sound Qigong narration requirements	i. Specific sounds pronunciation ii. Sound vibration theory			8 Hours	Lecture	i. Relevant Healing Sound Qigong practices and scope (standing, sitting, walking and lying down) determined	
		i. Identify specific sounds pronunciation ii. Identify sound vibration theory • Syllables • Purpose of syllables		8 Hours	Demonstration and Observation	ii. Sound vibration theory determined	
			<u>Attitude:</u> i. Respecting the instructor ii. Stay focus iii. Details in translating laid down standard iv. Adhere to Qigong			iii. Specific sounds pronunciation identified	



Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			codes of ethics			
2. Plan <i>Healing Sound Qigong</i> activities	i. Client consultation ii. Pronunciation sound techniques iii. <i>Healing Sound Qigong</i> reactions and deviations iv. <i>Healing Sound Qigong</i> training duration			8 Hours	Lecture	i. <i>Qigong</i> consultation procedures adopted and therapy proposed to the client in accordance with clients needs ii. Types of <i>Healing Sound Qigong</i> practise determined iii. <i>Healing Sound Qigong</i> pronunciation finalised iv. Narration sequence of execution organised v. Method in handling possible reactions and deviations identified
		i. Apply client consultation skills <ul style="list-style-type: none"> <li>• Client's information</li> <li>• Client's medical history</li> <li>• Regroup client based on group synergy require</li> </ul> ii. Select pronunciation sound techniques iii. Determine method in handling possible reactions and deviations iv. Set training duration for <i>Healing Sound Qigong</i> practices		8 Hours	Demonstration and Observation	
				<u>Attitude:</u> i. Respecting the instructor ii. Stay focus		

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			iii. Details in translating laid down standard iv. Adhere to <i>Qigong</i> codes of ethics  <u>Safety:</u> i. Adhere to environment cleanliness, hygiene and safety			vi. Training duration for <i>Healing Sound Qigong</i> practices confirmed
3. Carry out <i>Healing Sound Qigong</i> activities	i. Level of pronunciation <ul style="list-style-type: none"> <li>• High</li> <li>• Low</li> <li>• Silent</li> </ul> ii. Accurate pronunciation <ul style="list-style-type: none"> <li>• Breathing in</li> <li>• Breathing out</li> <li>• Short manner</li> <li>• Long manner</li> <li>• Strong manner</li> <li>• Gentle manner</li> </ul> iii. Posture of the oral cavity <ul style="list-style-type: none"> <li>• Position of tongue</li> <li>• Teeth</li> <li>• lips</li> </ul> iv. Possible reactions and deviations			8 Hours	Lecture	i. <i>Healing Sound Qigong</i> narration sequence of execution followed ii. Accurate pronunciation followed iii. Possible reactions and deviations handled

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
		<ul style="list-style-type: none"> <li>i. Differentiate level of pronunciation               <ul style="list-style-type: none"> <li>• High</li> <li>• Low</li> <li>• Silent</li> </ul> </li> <li>ii. Pronounce accurately               <ul style="list-style-type: none"> <li>• Breathing in</li> <li>• Breathing out</li> <li>• Short manner</li> <li>• Long manner</li> <li>• Strong manner</li> <li>• Gentle manner</li> </ul> </li> <li>iii. Control posture of the oral cavity               <ul style="list-style-type: none"> <li>• Position of tongue</li> <li>• Teeth</li> <li>• Lips</li> </ul> </li> <li>iv. Handle possible reactions and deviations</li> </ul>		48 Hours	Demonstration and Observation	
			<u>Attitude:</u> <ul style="list-style-type: none"> <li>i. Respecting the instructor</li> <li>ii. Stay focus</li> <li>iii. Details in translating laid down standard</li> <li>iv. Adhere to <i>Qigong</i> codes of ethics</li> </ul>			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			<u>Safety:</u> i. Adhere to environment cleanliness, hygiene and safety			
4. Monitor the performance of <i>Healing Sound Qigong</i> result	i. <i>Healing Sound Qigong</i> pronunciation observation ii. Monitoring techniques			4 Hours	Lecture	i. <i>Healing Sound Qigong</i> pronunciation (smoothness, accuracy of pronunciation and calmness) observed and assessed according to <i>Healing Sound Qigong</i> methods
		i. Listen and observe <i>Healing Sound Qigong</i> pronunciation <ul style="list-style-type: none"> <li>• Smoothness</li> <li>• Accuracy of pronunciation</li> <li>• Calmness</li> </ul> ii. Justify <i>Healing Sound Qigong</i> practices result iii. Monitor healing sound time duration		4 Hours	Demonstration and Observation	ii. Improvement of illnesses observed and checked in accordance with <i>Healing Sound</i> methods
			<u>Attitude:</u> i. Respecting the instructor ii. Stay focus iii. Details in translating laid down standard iv. Adhere to <i>Qigong</i> codes of ethics			iii. <i>Healing Sound Qigong</i> practiced according to time/duration allocated confirmed

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
5. Record practitioner feedback	i. Checklist ii. Recording format iii. Report writing skills iv. Confidentiality of information v. File and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>			4 Hours	Lecture	i. <i>Healing Sound Qigong</i> activities recorded ii. <i>Healing Sound Qigong</i> practices result compiled ii. Confidentiality of information confirmed v. Record keeping procedures confirmed
		i. Identify checklist ii. Determine recording format iii. Write <i>Healing Sound Qigong</i> activities report iv. Apply confidentiality of information according to code of ethics v. Adhere to file and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>		4 Hours	Demonstration and Observation	
			<u>Attitude:</u> i. Details in translating laid down standard ii. Adhere to <i>Qigong</i> codes of ethics			

## Employability Skills

Core Abilities	Social Skills
01.01 Identify and gather information. 02.01 Interpret and follow manuals, instructions and SOP's. 02.03 Communicate clearly. 02.04 Prepare brief reports and checklist using standard forms. 03.03 Accept responsibility for own work and work area. 06.03 Identify and highlight problems. 01.04 Analyse information. 02.08 Prepare pictorial and graphic information. 04.01 Organize own work activities. 02.10 Prepare reports and instructions. 02.11 Convey information and ideas to people. 03.10 Provide consultations and counseling. 03.12 Provide coaching/on-the-job training.	1. Communication skills 2. Conceptual skills 3. Interpersonal skills 4. Multitasking and prioritizing 5. Self-discipline 6. Teamwork (in group) 7. Learning skills

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1. Therapy area 2. <i>Qigong</i> training manual 3. Teaching aids (such as computer, whiteboard, projector, etc.) 4. Teaching tools and equipment (such as table, chair, mat, etc.) 5. Recording materials (such as forms, computer, etc)	1:25 1:1 1:25 1:1 1:25

## References

### REFERENCES

1. Health Promotion *Qigong* Training Curriculum, National Sport Bureau Regulatory Centre (1998), ISBN 7-5009-1655-8/G.1554.
2. *The Way of Qigong*, Ken Cohen (1999), ISBN 9-345-42109-4.
3. *Zhineng Qigong - The Science, Theory & Practice*, Ooi Kean Hin (2010), ISBN 978 9834 101213.
4. *Chinese Medical Qigong*, Liu Tianjun (2010), ISBN 978 1 84819 023 8.
5. *A Complete Guide to Chi-Gung*, Daniel Reid (2000), ISBN 978-1-57062-543-5.
6. *Zhen Qi Yun Xing Xue*, Li Shaobo (1996), ISBN 981-04-3855-9.
7. *Soaring Crane Qigong*, Zhao Jinxiang (1994), Available only at: <http://www.cscq.com.my/>

## CURRICULUM of COMPETENCY UNIT (CoCU)

<b>Sub Sector</b>	Health and Wellness Services						
<b>Job Area</b>	<i>Qigong</i> Therapy						
<b>Competency Unit Title</b>	Energy healing services sales and marketing						
<b>Competency Unit Descriptor</b>	Energy healing services sales and marketing describes requirements in sales and marketing that helps to increase knowledge, awareness, skills and attitude in energy healing market research, product development, promotion, consumer relationship and media related activities. This energy healing industry use personalised, systematic and feasible strategies to achieve sales and marketing goals. The person who is competent in energy healing service sales and marketing shall be able to identify energy healing services sales and marketing requirements, plan and carry out energy healing services sales and marketing activities; evaluate and record energy healing services sales and marketing result in accordance with sales and marketing procedures.						
<b>Competency Unit ID</b>	<b>MP-091-3:2011-E02</b>	<b>Level</b>	3	<b>Training Duration</b>	200 Hours	<b>Credit Hours</b>	
<b>Work Activities</b>	<b>Related Knowledge</b>	<b>Applied Skills</b>	<b>Attitude / Safety / Environmental</b>	<b>Training Hours</b>	<b>Delivery Mode</b>	<b>Assessment Criteria</b>	
1. Identify energy healing services sales and marketing requirements	i. Traditional and Complementary Medicine (T&CM) requirements ii. Types of energy healing therapy such as <ul style="list-style-type: none"> <li>• <i>Qigong</i></li> <li>• Reiki</li> <li>• Crystal healing</li> <li>• Colour vibration</li> <li>• Phytobiophysics</li> </ul> iii. Scope of energy healing product and services iv. Client segmentation	i. Describe Traditional and		8 Hours	Lecture	i. Traditional and Complementary Medicine (T&CM) product and services described ii. Types of energy healing therapy such as <i>Reiki</i> , <i>Qigong</i> , <i>Aura Metaphysic</i> and <i>Crystal Healing</i> differentiated and described iii. Scope of energy healing product and services	



Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
		Complementary Medicine (T&CM) products and services ii. Differentiate various modes of energy healing therapies iii. Define scope of energy healing products and services iv. Segmentise energy healing market potential	<u>Attitude:</u> i. Resourceful in gathering energy healing services sales and marketing information ii. Show respect for the client iii. Stay focus iv. Adhere to <i>Reiki</i> professional codes of ethics		and observation	defined and explained iv. Client segmentation and potential client identified and described

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
2. Plan energy healing services sales and marketing activities	i. Energy healing market survey ii. Sales and marketing elements <ul style="list-style-type: none"> <li>• Place</li> <li>• Promotion</li> <li>• Product and services</li> <li>• People</li> <li>• Price</li> </ul> iii. Energy healing therapy sales and marketing strategies iv. Energy healing packages preparation <ul style="list-style-type: none"> <li>• Costing</li> <li>• Benefits/advantages</li> </ul>			24 Hours	Lecture	i. Market demand on complementary therapy studied and checked ii. Energy healing sales and marketing elements such as location, promotion, product and services, people and price well organised iii. Energy healing therapy sales and marketing strategies planned and described
		i. Check market demand on complementary therapy ii. Organise energy healing sales and marketing elements iii. List out energy healing therapy sales and marketing strategies iv. Prepare energy healing packages		32 Hours	Demonstration and observation	iv. Energy healing costing packages prepared in accordance with premises customer needs v. Electronic and publication media determined,

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			<u>Attitude:</u> i. Accuracy and smart in planning energy healing services sales and marketing strategies ii. Show respect for the client iii. Adhere to <i>Reiki</i> professional codes of ethics			selected and finalised vi. Manpower, materials, tools, and equipment issues determined and addressed
3. Carry out energy healing services sales and marketing activities	i. Market research and analysis ii. Energy healing services advertising and promotion iii. Method of energy healing services sales and marketing campaign: <ul style="list-style-type: none"> <li>• Flyers</li> <li>• Banners</li> <li>• Advertisements</li> <li>• Mass communication media</li> <li>• Talks and seminars</li> </ul> iv. Interpersonal skills v. Customer services skills vi. Sales and marketing data compilation			40 Hours	Lecture	i. Energy healing services market demand surveyed ii. Market survey result obtained and studied iii. Surveyed data tabulated and result analysed iv. Electronic/publication media used in advertising and promotion activities v. Energy healing services sales and marketing

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
		<ul style="list-style-type: none"> <li>i. Survey energy healing services market demand</li> <li>ii. Tabulate surveyed data</li> <li>iii. Promote energy healing services packages to market</li> <li>iv. Execute energy healing services sales and marketing campaign</li> <li>v. Apply interpersonal skills</li> <li>vi. Apply customer services skills</li> <li>vii. Collate sales and marketing data</li> </ul>		56 Hours	Demonstration and observation	<ul style="list-style-type: none"> <li>vi. Interpersonal skills and customer services skills applied in sales and marketing activities and after sales services</li> <li>vii. Sales and marketing data collected</li> </ul>
			<u>Attitude:</u> <ul style="list-style-type: none"> <li>i. Responsible in following <i>Reiki</i> principles and code of ethics</li> <li>ii. Stay focus, alert and creative in performing energy healing services sales and marketing</li> <li>iii. Show respect for the client</li> <li>iv. Adhere to <i>Reiki</i> professional codes of ethics</li> </ul>			

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
4. Evaluate the performance of energy healing services sales and marketing result	i. Goal setting ii. Sales and marketing evaluation iii. Report writing skills iv. Confidentiality of information v. File and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>			8 Hours	Lecture	i. Market response against goals set analysed ii. Sales and marketing achievement evaluated iii. Client feedback obtained, customer satisfaction studied and result recorded
		i. Analyse market response against goals set ii. Justify sales and marketing achievement <ul style="list-style-type: none"> <li>• Post project evaluation</li> <li>• Recommendation</li> </ul> iii. Record energy healing services sales and marketing result iv. Prepare energy healing services sales and marketing report v. Apply confidentiality of information vi. Adhere to file and record keeping procedures <ul style="list-style-type: none"> <li>• Accessibility</li> <li>• Security</li> </ul>		16 Hours	Demonstration and observation	iv. Post project evaluation justified v. Improvement strategies for future sales and marketing recommended vi. The performance of energy healing sales and marketing result justified and updated vii. Energy healing sales and marketing activities record compiled

Work Activities	Related Knowledge	Applied Skills	Attitude / Safety / Environmental	Training Hours	Delivery Mode	Assessment Criteria
			<u>Attitude:</u> i. Meticulous in assessing energy healing services sales and marketing result ii. Factual and accuracy in preparing energy healing services sales and marketing result iii. Show respect for the client iv. Stay focus v. Adhere to <i>Reiki</i> professional codes of ethics			viii. Confidentiality of information confirmed ix. <i>Reiki</i> energy healing services sales and marketing document safely kept

## Employability Skills

Core Abilities	Social Skills
01.04 Analyse information 01.05 Utilize the Internet to locate and gather information 01.06 Utilize word processor to process information 02.06 Write memos and letters 03.08 Develop and maintain a cooperation within work group 04.01 Organize own work activities 04.02 Set and revise own objectives and goals 04.03 Organize and maintain own workplace 04.04 Apply problem solving strategies 04.05 Demonstrate initiative and flexibility 06.05 Analyse technical systems 06.06 Monitor and correct performance of systems	1. Communication skills 2. Conceptual skills 3. Interpersonal skills 4. Multitasking and prioritizing 5. Self-discipline 6. Teamwork

## Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : Trainees)
1. Promotional materials 2. Product samples 3. Flip chart 4. White board 5. Computer set and software 6. Stationery	1:5 50:1 1:1 1:1 1:2 As required

## References

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## GLOSSARY

1. Qi : Generally recognized as the life energy of a human. It is also known as the finest building block of all matters in the universe.
2. Gong : Effort of practice or the work of practice.
3. Qigong : A practice whereby the focus of the practitioner is on his own life activities that include the mental activity, conscious physical movements and breath. This differs with the common exercises whereby the focus is normally physical.
4. Types of Qigong : There are various forms of Qigong founded on different theories and principles. Resulting in the development of different practices that have their own unique ways of practice.
5. Qigong Activation : All types of Qigong share the same basic fundamentals whereby practitioners have to regulate (adjust) the body (postures), breathing (deep, fine, even and long), mind (staying focused and mindful) and emotion (which is directly connected to the virtue). Qigong activation simply means the preparatory phase for one to get into actual practice which involves such basic fundamentals. (similar to the warm up for a sprinter before a race.) In Qigong activation, practitioner envisages to get into 'Qigong state' (or meditative state).
6. Dynamic Qigong : Qigong exercises that require movements.
7. Static Qigong : Qigong exercises that do not require movements.
8. Self Healing Qigong : Qigong exercises that are beneficial to specific problems or areas of the body.

9. Group Healing Qigong : Qigong practices that involve two or more people practising the same exercise under the narration/ instruction/ directive of a person at the same time
- 10 Healing Sound Qigong : Qigong exercises that apply the pronunciation of syllables to mobilise Qi movements inside the body.
- 11 SOP : Standard operating procedures.  
A prescribed procedure to be followed routinely.
- 12 TCM : Traditional Chinese Medicine.
- 13 5 Elements : Chinese philosophy to divide the nature into 5 categories. For instance: the Five Elements of metal, wood water, fire and earth, 5 directions (north, south, east, west, centre), five organs (heart, liver, spleen, lung, kidney).
- 14 Yin and Yang : The chinese philosophy to define between two polarities. For instance: day – night, hot – cold, excess & deficiency etc
- 15 Meridians : Qi passage ways of a human body.
- 16 External Qi : The Qi that is outside the human physical body.
- 17 Internal Qi : The Qi that is inside the human physical body.

SUMMARY OF TRAINING DURATION FOR QIGONG THERAPY (LEVEL 3)

NO. ID	COMPETENCY UNIT TITLE	WORK ACTIVITIES	RELATED KNOWLEDGE (A)	RELATED SKILLS (B)	HOURS (A) + (B)	TOTAL (HRS)
1	Qigong Activation	Identify Qigong activation requirements	16	16	32	80
		Plan Qigong activation activities	8	8	16	
		Activate 'Qigong Activation'	8	8	16	
		Monitor the performance of Qigong Activation result	8	8	16	
2	Dynamic Qigong Therapy	Identify Dynamic Qigong requirements	8	8	16	456
		Plan Dynamic Qigong activities	8	8	16	
		Carry out Dynamic Qigong activities	64	256	320	
		Monitor the performance of Dynamic Qigong result	48	56	104	
3	Static Qigong Therapy	Identify Static Qigong requirements	8	8	16	448
		Plan Static Qigong activities	8	8	16	
		Carry out Static Qigong activities	64	256	320	
		Monitor the performance of Static Qigong result	40	56	96	
4	Self-Healing Qigong Therapy	Identify Self-Healing Qigong requirements	8	8	16	104
		Plan Self-Healing Qigong activities	8	8	16	
		Carry out Self-Healing Qigong activities	28	28	56	
		Monitor the performance of Self-Healing Qigong result	4	4	8	
		Record practitioner feedback	4	4	8	
5	Group Healing Qigong Therapy	Identify Group Healing Qigong requirements	8	8	16	104
		Plan Group Healing Qigong activities	8	8	16	
		Carry out Group Healing Qigong activities	28	28	56	
		Monitor the performance of Group Healing Qigong result	4	4	8	
		Record practitioner feedback	4	4	8	
6	Healing Sound Qigong Therapy	Determine Healing Sound Qigong narration requirements	8	8	16	104
		Plan Healing Sound Qigong activities	8	8	16	
		Carry out Healing Sound Qigong activities	8	48	56	
		Monitor the performance of Healing Sound Qigong result	4	4	8	
		Record practitioner feedback	4	4	8	
7	Energy healing services sales and marketing	Identify energy healing services sales and marketing requirements	8	16	24	200
		Plan energy healing services sales and marketing activities	24	32	56	
		Carry out energy healing services sales and marketing activities	40	56	96	
		Evaluate the performance of energy healing services sales and marketing result	8	16	24	
5 (Core Competencies)			615	1435	2050	1496