

“312 教学法”在针灸学中应用初探二^{*}

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摘要:目的 针灸学的教学分为经络腧穴、刺法灸法和治疗学三大板块, 经络腧穴学偏重于理论, 而刺法灸法学偏重于实践操作, 两部分内容的教学安排间隔时间较长, 原本可同时进行教学与学习的腧穴理论与针刺操作有所脱节, 为了改善针灸学教学安排中存在的问题。**方法** 将“312 教学法”运用于针灸学教学安排中, 将理论学习和实践操作的内容整合、归类到一块教学, 腧穴理论与针刺操作两部分内容同步开课教学, 紧密结合, 边学习腧穴理论, 边进行刺法灸法练习。**结果** “312 教学法”在针灸的教学中取得了较好的效果, 得到众多初学者的一致认可。**结论** 该教学法能充分激发学生学习针灸的主动性, 有助于教、学、用的密切结合, 使教-学-用更有效率。

关键词: 针灸学; 312 教学法; 理论探讨

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"312 teaching methods" -- A preliminary study applied in acupuncture and moxibustion two

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Abstract Objective: Acupuncture and moxibustion therapy has three plates: meridians and acupoints, acupuncture and moxibustion and therapeutics. The study of meridians and acupoints emphasizes the theory, the law of pricking moxibustion emphasizes the practice of practice. The two part of the teaching arrangement is a long time. The theory of acupoints which can be taught and studied at the same time is disconnected from the acupuncture operation. To improve the problems in the teaching arrangement of acupuncture and moxibustion **Methods:** In the teaching arrangement, the theory of "312 teaching methods" is used to integrate and classify the theory of meridians and acupoints, and closely combined with the acupuncture practice. While learning the theory of acupoints and edge of acupuncture and moxibustion practice. **Results:** The "312 teaching methods" has made a great achievement in the teaching of acupuncture and moxibustion. , Get the unanimous approval of many beginners **Conclusion:** The "312 teaching methods" can fully encourage students to learn acupuncture and moxibustion, which helps to combine teaching, learning and using, and is more efficient.

Keywords Acupuncture and moxibustion; 312 teaching methods; study

针灸学的教学分为经络腧穴学、刺法灸法学和治疗学三大板块,《经络腧穴学》偏重于理论,其内容特点是理论抽象、枯燥^[1],而《刺法灸法学》偏

重于实践操作,两部分内容的教学安排间隔时间长,甚至超过一学期,这样以来,本可同时进行教学的腧穴理论与针刺操作两部分内容有所脱节,

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