

SUBJECT OUTLINE

Subject Name:

Introduction to Chinese Medicine

Subject Code:

CMPF121

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Complementary Medicine

Total course credit points:

48

Level:

1st Year

Duration:

1 Semester

Subject Coordinator: Dr Beau Mannix (Gold Coast campus)

Subject is: Core

Subject Credit Points: 2

Student Workload:

No. timetabled hours per week: 3	No. personal study hours per week: 2	Total hours per week: 5
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Delivery Mode:

E-Learning

Details:

Narrated Powerpoint presentations

Assessed asynchronous tutor moderated discussion forum and self-managed activities

Student handouts, web resources

Full Time

Part Time

Pre-requisites:

Nil

Co-requisites:

Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject provides an introduction to Chinese Medicine and gives the student a comprehensive foundation for interdisciplinary understanding within the field of complementary medicine. Within the Eastern context of medicine, students examine the philosophical principles, and theoretical and operational models of Chinese medicine, along with the diverse therapeutic modalities included in its practice. Students completing this subject will be conversant with the basic concepts of Chinese medicine and have an appreciation of its unique cultural origins and context.

Learning Outcomes

1. Identify and discuss the components of Chinese medicine as a whole medical system.
2. Understand foundational concepts such as Qi, Blood, Yin/Yang and Five Elements and their relationship to Chinese medicine diagnosis and treatment.
3. Apply basic principles to understanding individuals and their strengths and disharmonies from a Chinese medicine point of view.
4. Describe the application of the range of Chinese medicine therapeutic methods and their uses.
5. Develop awareness of the considerations facing Chinese medicine in the Australian and international contexts regarding regulation and as a traditional medicine that has been exported to other cultures.

Assessment Tasks

Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Activities and Discussion	1-5	1-13	Forum only:	6 x 2% = 12%

Forums (weekly posts of minimum 150 words)			Sunday following Week 1,2,5,7,12,13 Activity plus forum: Sunday following Weeks 3,4,6,8,9,10,11	Plus 7 x 4% = 28% Total = 40%
Written Reflection (self-assessment according to 5 phases and additional application of principles - 1000 words)	3	1-9	Sunday following Week 10	20%
Written Exam (Short answer, multiple choice) (1.5 hours)	1-5	1-13	Final Exam Period	40%

Prescribed readings:

1. Beinfield, H., & Korngold, E. (1991). *Between heaven and earth: A guide to Chinese medicine*. New York: Ballantine Wellspring.

Recommended readings: Nil

Subject Content		
Week	Lecture	Tutorial
1.	Traditional medicine as a whole medical system <ul style="list-style-type: none"> Philosophy and principles Component modalities Culture clash <ul style="list-style-type: none"> Western Philosophy – Doctor as Mechanic Eastern Philosophy – Doctor as Gardener Balance and harmony Spread of Chinese medicine throughout Asia 	Forum Discussion <ul style="list-style-type: none"> Overview and expectations of the subject Questions and discussion about assessments Information management Activities are developed to explore and expand awareness of the concepts presented, promoting peer and tutor interaction.
2.	The two, the three and the ten thousand things <ul style="list-style-type: none"> Yin & Yang – the polar opposites Qi, moisture and blood Jing – essence Shen – heart mind (spirit) San jiao – the triple burner 	Forum Discussion
3.	Wu xing - the five elemental phases <ul style="list-style-type: none"> Wood Fire Earth Metal Water 	Activity: Five phases self assessment Forum Discussion
4.	Chinese medicine anatomy and physiology <ul style="list-style-type: none"> The 12 Organ Channels 	Activity: Chinese Clock activity Forum discussion

	<ul style="list-style-type: none"> ○ Spleen/Stomach ○ Kidney/Bladder ○ Heart/Small Intestine ○ Lung/Large Intestine ○ Liver/Gall Bladder ○ Conception/Governing ● Meridian Theory <ul style="list-style-type: none"> ○ Nature of acupuncture points ○ Circulation: The Chinese “Clock” 	
5.	<p>Six external pathogens</p> <ul style="list-style-type: none"> ● Wind ● Heat ● Damp ● Dry ● Cold ● Summer heat <p>Seven internal emotions</p> <ul style="list-style-type: none"> ● Anger ● Joy /Pleasure ● Worry ● Sorrow/Grief ● Fear 	Forum Discussion
6.	<p>The four examinations</p> <ul style="list-style-type: none"> ● Looking <ul style="list-style-type: none"> ○ Demeanour ○ Facial physiognomy ○ Tongue ● Listening and Smelling <ul style="list-style-type: none"> ○ Voice ○ Odours ● Asking <ul style="list-style-type: none"> ○ Symptoms ○ History ● Touching <ul style="list-style-type: none"> ○ Pulse diagnosis 	<p>Activity: Chinese facial physiognomy self assessment</p> <p>Forum Discussion</p>
7.	<p>Diagnosis</p> <p>The eight principle patterns</p> <ul style="list-style-type: none"> ● Yin/Yang ● Interior/Exterior ● Excess/deficiency ● Hot/cold <p>Patterns of Organ Disharmony</p> <ul style="list-style-type: none"> ● Selected cases <p>Patterns of Qi and Blood</p> <ul style="list-style-type: none"> ● Selected cases 	Forum Discussion
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Online students - The break week falls between Weeks 7 and 8.</p>		

8.	Chinese dietetics <ul style="list-style-type: none"> • The qualities of foods <ul style="list-style-type: none"> ○ The five tastes ○ The five colours • Preparation of foods • Chinese medicine dietary prescription 	Activity: Five element food groups activity Forum Discussion
9.	Chinese Herbal medicine <ul style="list-style-type: none"> • Properties of herbs in Chinese medicine • Research on Chinese herbs • Classical formulae • Individualised formulation- the herb shop • Patent medicines 	Activity: Field trip to a Chinese herb shop Forum Discussion
10.	Acupoint therapy <ul style="list-style-type: none"> • Choosing the points • Tonifying/reducing/maintaining • Removing blockages • Acupuncture <ul style="list-style-type: none"> ○ Needle types ○ Needling technique • Electrostimulation • Gua Sha-skin scraping • Moxibustion • Cupping 	Activity: Acupuncture treatment videos or experience Forum Discussion related to activity
11.	Chinese exercise therapy <ul style="list-style-type: none"> • Tai Chi <ul style="list-style-type: none"> ○ History of tai chi ○ Styles of tai chi ○ Forms • Qi Gong <ul style="list-style-type: none"> ○ Self healing ○ Developing the practitioner as a tool of healing ○ Therapeutic qi gong • Martial arts <ul style="list-style-type: none"> ○ Chinese, Japanese, Korean 	Activity: Tai chi and qi gong video classes Forum Discussion
12.	The Chinese art of living in balance and harmony <ul style="list-style-type: none"> • Self management • Home- Feng Shui • Time and cycles- Chinese Astrology Chinese medicine as a whole medicinal system <ul style="list-style-type: none"> • Review Influences in the evolution of Chinese medicine <ul style="list-style-type: none"> • Suppression of Chinese medicine in early 20th century • Resurgence of Chinese medicine and pride in cultural knowledge 	Forum Discussion

	<ul style="list-style-type: none"> • PRC political agendas over time • Exporting traditional medicine The impact of Chinese medicine worldwide	
13.	Chinese medicine in Australia <ul style="list-style-type: none"> • AHPRA • CMBA • Regulations and guidelines • Health Fund cover Chinese/Asian medicine education standards and regulation worldwide <ul style="list-style-type: none"> • Japan, Korea, Tibet, SE Asia • USA, Canada • UK, Commonwealth • Europe, Africa, South America Research in Chinese medicine <ul style="list-style-type: none"> • Magnitude and scope of research • WHO Research Centres 	Forum Discussion
14.	Non-Teaching Week/Practical Exam Week 1. Note that make-up classes may be scheduled in this week.	
15.	Non-Teaching Week/Practical Exam Week 2. Note that make-up classes may be scheduled in this week.	
16.	Final Exam Week 1 Online enrolled students: You are required to sit examinations on campus per the <i>Examination Policy - Higher Education</i> . The Exam Week for subjects offered online is identified in the Online Calendar.	
17.	Final Exam Week 2	