SECTION 1 - GENERAL INFORMATION

Award/s: Bachelor of Health Science (Naturopathy) 128 Elective 4th Year
Bachelor of Health Science (Nutritional and Dietetic Medicine) 96 Core 2nd Year

Duration: 1 Semester

Subject Coordinator: Moira Bradfield (Gold Coast campus)

Subject is: Core or Elective as noted Subject Credit Points: 2

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

Delivery Mode:
- Face to Face (On campus) 1 x 3 hour combined lecture/tutorial
- Intensive Delivery (Summer School) Contact hours are delivered over 5 weeks with 2 x 4 hour days delivered per week (with additional session scheduled in Week 4)

Content: Combination lecture and tutorial activities
Assessment: Essay - Week 3; Mid-semester Written Exam - additional session held in Week 4; Final Written Exam - Week 6

Full Time
Part Time

Pre-requisites: NMDS111, SOCH111, NMDF121, NMDM121
Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale
This subject introduces the framework of the elements of nature and the concept of the constitutional types as they are utilised in the practice of dietary prescription within Chinese medicine, Ayurveda and European traditional medicine. Students learn to analyse and diagnose typical imbalances in the body/mind/spirit system and to create an individualised prescription of specific foods and diets designed to bring the client back to a state of healthy balance. Through exploration of case studies, students practice viewing symptomatology and illness through an energetic and constitutional lens that can be used alongside conventional diagnostics to inform client examination and treatment. This subject provides an introduction to holistic case-taking as well as a valuable cross-disciplinary framework for individualised diets for health maintenance, and prevention, diagnosis and treatment of a variety of conditions.
Learning Outcomes

1. Examine and explain the conceptual frameworks of yin and yang, the five elements of Chinese medicine, the five elements/three doshas of Ayurveda, and the four elements of European traditional medicine.
2. Apply an understanding of the constitution as it relates to holistic diagnosis and dietary prescription.
3. Investigate and identify how different foods influence function and balance in the body as a whole and in specific organ systems, by way of their energetic properties.
4. Formulate recommendations to address symptoms or groups of symptoms and to provide support to the client experiencing various external challenges, such as stressful life events.

Assessment Tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essay (1000 words)</td>
<td>1-4</td>
<td>1-4</td>
<td>Week 7</td>
<td>25%</td>
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<tr>
<td>Mid-semester Written Exam</td>
<td>1-3</td>
<td>1-8</td>
<td>Week 8</td>
<td>35%</td>
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<tr>
<td>(multiple choice and short answer questions) (1 hour)</td>
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<tr>
<td>Final Written Exam</td>
<td>1-4</td>
<td>1-13</td>
<td>Final Examination Period</td>
<td>40%</td>
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<tr>
<td>short answer questions and (500 words) case analysis (90 minutes)</td>
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All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS

Prescribed Readings:


Recommended Readings:

## Subject Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Lectures</th>
<th>Tutorials / Practicals</th>
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</thead>
</table>
| 1.   | Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)  
Brief history of European Traditional Medicine, Chinese Medicine and Ayurveda  
- Introduction to the concept of the constitution and constitutional medicine  
- Introduction to the four humours of European traditional medicine  
- Introduction to the theory of yin and yang and the five elements of Chinese medicine  
- Introduction to the five elements and three doshas of Ayurveda  
- Introductory comparison / contrast of these three systems and how they are used in dietary prescription  
  - A simple case viewed through each of the three systems  
  - Examples of foods viewed through each of the three systems |
|      | Case presentation  
  - Mock client intake / constitutional interview and case analysis / discussion |
| 2.   | Constitutions  
- Introduction to constitutional case taking and diagnosis and their relationship to holistic treatment modalities and dietary prescription  
- Comparison of constitutional case taking with other holistic case taking  
- Concept of all elements / humours / doshas being present in all of us and in nature—goal is balance  
- Removing causes of imbalance as the basis of any food prescription strategy  
- Integrating interview and diagnostic information to arrive at a dietary prescription via a constitutional / energetic system  
- Changing health with dietary prescription: expectations and timeframes |
|      | Food tasting exercise  
  - Experiencing the energetic effects of flavours / tastes in foods  
  - Group discussion |
| 3.   | European Traditional Medicine: Four Humours / Temperaments - Part 1  
- Overview of European traditional medicine, the four humours and temperaments and their elemental relationships and correspondences  
- Qualities of the four temperaments in balance  
- Assessment of temperamental constitution and imbalance patterns  
- Sanguine temperament  
- Imbalance patterns, signs and symptoms of imbalance  
- Foods to address sanguine temperament imbalance  
- Phlegmatic temperament  
- Imbalance patterns, signs and symptoms of imbalance  
- Foods to address phlegmatic temperament imbalance |

*Note: The table is a simplified representation of the subject content. For detailed information, please refer to the full subject outline.*
4. **European Traditional Medicine: Four Humours / Temptaments - Part 2**
   - Melancholic temperament
     - Imbalance patterns, signs and symptoms of imbalance
     - Foods to address melancholic temperament imbalance
   - Choleric temperament
     - Imbalance patterns, signs and symptoms of imbalance
     - Foods to address choleric temperament imbalance
   - Synthesis of the four humors/ temperaments

5. **Chinese Medicine: Five Elements - Part 1**
   - Overview of the energetics of yin and yang and the five elements of traditional Chinese medicine, their organ and other correspondences
   - Relationships among the elements (creating, controlling, etc.)
   - Qualities of the elements in balance: the five virtues
   - Assessment of elemental imbalances

6. **Chinese Medicine: Five Elements - Part 2**
   - The Earth element and its organs, the spleen / pancreas and stomach
     - Earth element as the foundation for health
     - Imbalance patterns, signs and symptoms of imbalance
     - Foods to address Earth element imbalance
   - The Metal element and its organs, the lung and large intestine
     - Imbalance patterns, signs and symptoms of imbalance
     - Foods to address Metal element imbalance

7. **Chinese Medicine: Five Elements - Part 3**
   - The Water element and its organs, the kidney and bladder
     - Imbalance patterns, signs and symptoms of imbalance
     - Foods to address Water element imbalance
   - The Wood element and its organs, the liver and gallbladder
     - Imbalance patterns, signs and symptoms of imbalance
     - Foods to address Wood element imbalance

   - Food presentations
     - Sanguine and phlegmatic temperaments
     - Small group case analysis
     - Large group case synthesis and discussion
       - Case focused on identifying imbalances in the humours

   - Food presentations
     - Melancholic and choleric temperaments

   - Guided group discussion
     - Observations on the seasons, effects of weather / environment on balance of the elements
     - Ideas about how to offset such effects with food, based on learning thus far

   - Food presentations
     - Earth and Metal elements
   - Guided group discussion
     - Observations on expression / suppression of emotions, effects of emotions on balance of the elements
     - Ideas about how to offset such effects with food, based on learning thus far

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**NON-TEACHING WEEK** (note that make-up classes may be scheduled in this week)

Semester 1 - This aligns with the week after Easter so it may fall between Weeks 6 to 8
Semester 2 & Online students - The non-teaching week falls between Weeks 7 and 8
| 8. | Mid-semester Written Exam  
**Chinese Medicine: Five Elements - Part 4**  
- The Fire element and its organs, the heart and small intestine, triple heater and pericardium  
  - Imbalance patterns, signs and symptoms of imbalance  
  - Foods to address Fire element imbalance  
- Synthesis of the five elements of traditional Chinese medicine  
  | • Food presentations  
  o Water and Wood elements  |
| 9. | **Ayurveda: Three Doshas - Part 1**  
- Introduction to the five elements and three doshas of Ayurveda and their correspondences  
- Constitutional assessment and goals of dietary recommendations in Ayurveda  
- Vata dosha  
  - Vata dosha as the foundation for health  
  - Imbalance patterns, signs and symptoms of imbalance  
  - Foods to address Vata imbalance  
  | • Food presentations  
  o Fire element  
  • Practise taking a case through the lens of the five elements of traditional Chinese medicine  |
| 10. | **Ayurveda: Three Doshas - Part 2**  
- Pitta dosha  
  - Imbalance patterns, signs and symptoms of imbalance  
  - Foods to address Pitta imbalance  
- Kapha dosha  
  - Imbalance patterns, signs and symptoms of imbalance  
  - Foods to address Kapha imbalance  
  | • Food presentations  
  o Vata dosha  
  • Small group case analysis, large group case synthesis and discussion of case focused on identifying imbalances in the doshas and developing a dietary treatment plan  |
| 11. | **Ayurveda: Three Doshas - Part 3**  
- Synthesis of the three doshas of Ayurveda  
  | • Food presentations  
  o Pitta and Kapha doshas  
  • Practise taking a case through the lens of Ayurveda  |
| 12. | **Case Synthesis and Connection**  
- Making connections between European traditional medicine, Chinese medicine and Ayurveda  
  - Similarities and differences  
  | • Model client: Lecturer models taking a constitutional case  
  o Students choose which system to view the case through and ask additional questions of the client  
  o Students form into groups by system and develop dietary recommendations based on the case presentation  |
| 13. | **Review**  
  | • Small group discussion: Case study  |
| 14. | **Non-Teaching Week/Practical Examination Week 1**  
Note that make-up classes may be scheduled in this week  |
| 15. | **Non-Teaching Week/Practical Examination Week 2**  
Note that make-up classes may be scheduled in this week  |
| 16. | **Final Examination Week 1**  
Please refer to the Examination Timetable for your local campus for the exact day and time of exam  |
| 17. | **Final Examination Week 2**  
Please refer to the Examination Timetable for your local campus for the exact day and time of exam  |