

SUBJECT OUTLINE

Subject Name:

Foundations of Traditional Chinese Medicine

Subject Code:

CMPR113

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Acupuncture)

Total course credit points:

128

Level:

1st Year

Duration:

1 Semester

Subject Coordinator: Dr Shulan Yang (Melbourne campus)

Subject is: Core

Subject Credit Points: 4

Student Workload:

No. timetabled hours per week:

6

No. personal study hours per week:

4

Total hours per week:

10

Delivery Mode:

Face to face 2 x 3 hour lectures

Full Time

Part Time

Pre-requisites: Nil

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

Foundations of Traditional Chinese Medicine introduces the core philosophies and principles underpinning Traditional Chinese Medicine practice. Students will be exposed to Yin Yang and Five Element theories. The concepts of the essential substances, Eight Principles, Six Divisions and Four Diagnostic Methods will also be explored. By subject conclusion students will be capable of identifying key theories and basic TCM diagnostic methods.

Learning Outcomes

1. Describe and discuss the philosophical underpinnings of Traditional Chinese Medicine.
2. Outline and discuss Yin Yang theory and Five Elements theory, philosophy and principles and their application in Traditional Chinese Medicine practice.
3. Outline and discuss Zang Xiang theory, philosophy and principles and their application in Traditional Chinese Medicine practice.
4. Explain the concepts and principles underlying Traditional Chinese Medicine balance, structure and function as they relate to Yin/Yang, Zang Xiang, the Five Elements and fundamental substances.
5. Outline the basic TCM diagnostic methods.

Assessment Tasks

Type	Learning Outcomes Assessed	Sessions Content Delivered	Session Due	Weighting
Quiz 1 Multiple choice questions, short answer questions, extended response questions (30 mins)	1-4	1-10	11	25%

Quiz 2 Multiple choice questions, short answer questions, extended response questions (30 mins)	1-4	1-16	17	25%
Final Exam Multiple choice questions, short answer questions, extended response questions (2 hours)	1-5	1-26	Final Exam Period	50%

Prescribed readings:

1. Maciocia, G. (2015). *The foundations of Chinese medicine* (3rd ed.). Edinburgh, Scotland: Churchill Livingstone. [ebook available]
2. Qiao, Y., & Stone, A. (2008). *Traditional Chinese medicine diagnosis study guide*. Seattle, WA : Eastland Press.
3. Summers, J., & Smith, B. (2014). *Communication skills handbook* (4th ed.). Milton, QLD: Wiley & Sons.

Recommended readings:

1. Kaptchuk, T. (2000). *Chinese medicine: The web that has no weaver*. London, England: Rider.
2. Wang, B., & Wu, L. (1997). *Yellow Emperor's canon of internal medicine*. Beijing, China: Chinese Science & Technology Press.

Subject Content

Week	Lecture
1.	Session 1 Introduction to Traditional Chinese Medicine: <ul style="list-style-type: none"> • Philosophy and history of TCM as a practice • Contrasting TCM and Western medical approaches to illness, health and healing
	Session 2 Core theories of Traditional Chinese Medicine: <ul style="list-style-type: none"> • Daoist theory, philosophy and principles as they relate to Traditional Chinese Medicine practice • Yin & Yang theory, philosophy and principles as they relate to Chinese medicine practice
2.	Session 3 Core theories of Traditional Chinese Medicine: <ul style="list-style-type: none"> • Wu Xing theory, philosophy and principles as they relate to Traditional Chinese Medicine practice
	Session 4 Traditional Chinese Medicine – The vital substances: <ul style="list-style-type: none"> • Qi - definition, production, function, implications, and relevance to Traditional Chinese Medicine • Blood - definition, production, function, implications, and relevance to Traditional Chinese Medicine
3.	Session 5 Traditional Chinese Medicine – The vital substances: <ul style="list-style-type: none"> • Jin Ye - definition, production, function, implications, and relevance to Traditional Chinese Medicine • Essence/Jing - definition, production, function, implications, and relevance to Traditional Chinese Medicine
	Session 6

	Traditional Chinese Medicine - Zang Xiang theory, physiology and mechanics: <ul style="list-style-type: none"> Lung function, physiology, implications, and relevance to Traditional Chinese Medicine
4.	Session 7 Traditional Chinese Medicine - Zang Xiang theory, physiology and mechanics: <ul style="list-style-type: none"> Spleen function, physiology, implications, and relevance to Traditional Chinese Medicine
	Session 8 Traditional Chinese medicine - Zang Xiang theory, physiology and mechanics: <ul style="list-style-type: none"> Heart function, physiology, implications, and relevance to Traditional Chinese Medicine
5.	Session 9 Traditional Chinese Medicine - Zang Xiang theory, physiology and mechanics: <ul style="list-style-type: none"> Liver function, physiology, implications, and relevance to Chinese medicine
	Session 10 Chinese medicine - Zang Xiang theory, physiology and mechanics: <ul style="list-style-type: none"> Kidney function, physiology, implications, and relevance to Traditional Chinese Medicine
6.	Session 11 Quiz 1 Traditional Chinese Medicine - Zang Xiang theory, physiology and mechanics: <ul style="list-style-type: none"> Stomach function, physiology, implications, and relevance to Traditional Chinese Medicine
	Session 12 Traditional Chinese Medicine - Zang Xiang theory, physiology and mechanics: <ul style="list-style-type: none"> Gall Bladder function, physiology, implications, and relevance to Traditional Chinese Medicine San Jiao/Triple Burner function, physiology, implications, and relevance to Traditional Chinese Medicine
7.	Session 13 Traditional Chinese Medicine - Zang Xiang theory, physiology and mechanics: <ul style="list-style-type: none"> Large Intestine function, physiology, implications, and relevance to Traditional Chinese Medicine Small Intestine function, physiology, implications, and relevance to Traditional Chinese Medicine Bladder function, physiology, implications, and relevance to Traditional Chinese Medicine
	Session 14 Traditional Chinese Medicine - Zang Xiang theory, physiology and mechanics: <ul style="list-style-type: none"> Overall inter-relationship of Zang fu organs Inter-relationship between Zang fu physiology and the Vital Substances Zang fu dysfunction and implications to health and wellbeing
NON-TEACHING WEEK Semester 1 - This aligns with the week after Easter so it may fall between weeks 6 to 8. Semester 2 - The break week falls between Weeks 7 and 8.	
8.	Session 15 Traditional Chinese Medicine – Six Extraordinary Fu: <ul style="list-style-type: none"> Functions, physiology, implications and relevance to Traditional Chinese Medicine Inter-relationship between Six extraordinary Fu and Zang Fu
	Session 16 Traditional Chinese Medicine – Six Extraordinary Fu continued: <ul style="list-style-type: none"> Functions, physiology, implications and relevance to Traditional Chinese Medicine Inter-relationship between Six extraordinary Fu and Zang Fu
9.	Session 17

	<p>Quiz 2</p> <p>Traditional Chinese Medicine - TCM Health Enhancement:</p> <ul style="list-style-type: none"> • Philosophies and principles underpinning practice • Vital substance considerations • Zang fu considerations • Jing luo considerations • 6 pathogen considerations • Basic considerations for ensuring good health from a TCM perspective <hr/> <p>Session 18</p> <p>Traditional Chinese Medicine – The Eight Principles:</p> <ul style="list-style-type: none"> • Theory to diagnostic system • Principles of diagnostic system: <ul style="list-style-type: none"> ○ Internal ○ External ○ Yin ○ Yang ○ Hot ○ Cold ○ Excess ○ Deficiency
10.	<p>Session 19</p> <p>Traditional Chinese Medicine – Eight Principles:</p> <ul style="list-style-type: none"> • Internal • External • Yin • Yang • Hot • Cold • Excess • Deficiency <hr/> <p>Session 20</p> <p>Traditional Chinese Medicine – Eight Principles:</p> <ul style="list-style-type: none"> • Internal • External • Yin • Yang • Hot • Cold • Excess • Deficiency
11.	<p>Session 21</p> <p>Traditional Chinese Medicine – The Six Divisions:</p> <ul style="list-style-type: none"> • Theory and principles • TCM anatomy and physiology • Tai Yang • Yang Ming • Shao Yang

	<ul style="list-style-type: none"> • Tai Yin • Shao Yin • Jue Yin
	<p>Session 22</p> <p>Traditional Chinese Medicine – The Six Divisions:</p> <ul style="list-style-type: none"> • Theory and principles • TCM anatomy and physiology • Tai Yang • Yang Ming • Shao Yang • Tai Yin • Shao Yin • Jue Yin
12.	<p>Session 23</p> <p>Traditional Chinese Medicine – The Four Diagnostic Methods:</p> <ul style="list-style-type: none"> • Introduction to the Four Diagnostic Methods • Theory of practice • Principles of practice • Application to other Traditional Chinese Medicine theories and diagnostic systems
	<p>Session 24</p> <p>Traditional Chinese Medicine – The Four Diagnostic Methods:</p> <ul style="list-style-type: none"> • Inquiry • Hearing • Practical application of these techniques
13.	<p>Session 25</p> <p>Traditional Chinese Medicine – The Four Diagnostic Methods:</p> <ul style="list-style-type: none"> • Inspection • Smell • Practical application of these techniques
	<p>Session 26</p> <p>Traditional Chinese Medicine – The Four Diagnostic Methods:</p> <ul style="list-style-type: none"> • Palpation • Practical application of this technique
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.	<p>Final Exam Week 1</p> <p>Please refer to your Campus Timetable for the exact time and day of the final exam</p>
17.	<p>Final Exam Week 2</p> <p>Please refer to your Campus Timetable for the exact time and day of the final exam</p>