

# SUBJECT OUTLINE



Subject Name:

## Foundations of Traditional Chinese Medicine

Subject Code:

**CMPR113**

### SECTION 1 - GENERAL INFORMATION

<b>Award/s:</b>	Bachelor of Health Science (Acupuncture)	<b>Total Course Credit Points:</b>	128	<b>Level:</b>	2 <sup>nd</sup> Year
<b>Duration:</b>	1 Semester				
<b>Subject Coordinator:</b>	Dr Shulan Yang (Melbourne campus)				
<b>Subject is:</b>	Core	<b>Subject Credit Points:</b>	4		

#### Student Workload:

<b>No. timetabled hours per week:</b>	<b>No. personal study hours per week:</b>	<b>Total hours per week:</b>
<b>6</b>	<b>4</b>	<b>10</b>

#### Delivery Mode:

Face to Face      2 x 3 hour lectures  
(On campus)

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 (TCM) practice. Students will be exposed to Yin Yang and Five Element theories. The concepts of the essential substances, aetiologies and mechanisms of disease, 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 TCM.
2. Outline and discuss Yin Yang theory and Five Elements theory, philosophy and principles and their application in TCM practice.
3. Outline and discuss Zang Xiang theory, philosophy and principles and their application in TCM practice.
4. Explain the concepts and principles underlying TCM balance, structure and function as they relate to Yin/Yang, Zang Xiang, the Five Elements, fundamental substances, and the development of disease.
5. Outline the basic TCM diagnostic methods.

Assessment Tasks				
Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Quiz 1</b> Multiple choice questions, short answer questions, extended response questions (30 mins)	1-4	1-10	Session 11	25%
<b>Quiz 2</b> Multiple choice questions, short answer questions, extended response questions (30 mins)	1-4	1-16	Session 17	25%
<b>Final Written Exam</b> Multiple choice questions, short answer questions, extended response questions (2 hours)	1-5	1-26	Final Examination Period	50%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				

#### 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	Lectures
1.	Session 1 <b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources) <b>Introduction to Traditional Chinese Medicine</b> <ul style="list-style-type: none"> <li>• Philosophy and history of TCM as a practice</li> <li>• Contrasting TCM and Western medical approaches to illness, health and healing</li> </ul>
	Session 2 <b>Core Theories of Traditional Chinese Medicine</b> <ul style="list-style-type: none"> <li>• Daoist theory, philosophy and principles as they relate to TCM practice</li> <li>• Yin &amp; Yang theory, philosophy and principles as they relate to Chinese medicine practice</li> </ul>
2.	Session 3 <b>Core Theories of Traditional Chinese Medicine</b> <ul style="list-style-type: none"> <li>• Wu Xing theory, philosophy and principles as they relate to TCM practice</li> </ul>

	Session 4 <b>The Vital Substances</b> <ul style="list-style-type: none"> <li>• Qi - definition, production, function, implications, and relevance to Traditional Chinese Medicine</li> <li>• Blood - definition, production, function, implications, and relevance to TCM</li> </ul>
3.	Session 5 <b>The Vital Substances</b> <ul style="list-style-type: none"> <li>• Jin Ye - definition, production, function, implications, and relevance to Traditional Chinese Medicine</li> <li>• Essence/Jing - definition, production, function, implications, and relevance to TCM</li> </ul>
	Session 6 <b>Zang Xiang Theory, Physiology and Mechanics</b> <ul style="list-style-type: none"> <li>• Lung function, physiology, implications, and relevance to TCM</li> </ul>
4.	Session 7 <b>Zang Xiang Theory, Physiology and Mechanics</b> <ul style="list-style-type: none"> <li>• Spleen function, physiology, implications, and relevance to TCM</li> </ul>
	Session 8 <b>Zang Xiang Theory, Physiology and Mechanics</b> <ul style="list-style-type: none"> <li>• Heart function, physiology, implications, and relevance to TCM</li> </ul>
5.	Session 9 <b>Zang Xiang Theory, Physiology and Mechanics</b> <ul style="list-style-type: none"> <li>• Liver function, physiology, implications, and relevance to Chinese medicine</li> </ul>
	Session 10 <b>Chinese Medicine - Zang Xiang Theory, Physiology and Mechanics</b> <ul style="list-style-type: none"> <li>• Kidney function, physiology, implications, and relevance to TCM</li> </ul>
6.	Session 11 <b>Quiz 1</b> <b>Zang Xiang Theory, Physiology and Mechanics</b> <ul style="list-style-type: none"> <li>• Gallbladder function, physiology, implications, and relevance to Traditional Chinese Medicine</li> <li>• San Jiao/Triple Burner function, physiology, implications, and relevance to TCM</li> </ul>
	Session 12 <b>Zang Xiang Theory, Physiology and Mechanics</b> <ul style="list-style-type: none"> <li>• Stomach function, physiology, implications, and relevance to Traditional Chinese Medicine</li> <li>• Large Intestine function, physiology, implications, and relevance to TCM</li> <li>• Small Intestine function, physiology, implications, and relevance to TCM</li> <li>• Bladder function, physiology, implications, and relevance to TCM</li> </ul>
7.	Session 13 <b>Zang Xiang Theory, Physiology and Mechanics</b> <ul style="list-style-type: none"> <li>• Overall inter-relationship of Zang fu organs</li> <li>• Inter-relationship between Zang fu physiology and the Vital Substances</li> <li>• Zang fu dysfunction and implications to health and wellbeing</li> </ul>
	Session 14 <b>Six Extraordinary Fu</b> <ul style="list-style-type: none"> <li>• Functions, physiology, implications and relevance to Traditional Chinese Medicine</li> <li>• Inter-relationship between Six extraordinary Fu and Zang Fu</li> </ul>
<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week) <b>Semester 1</b> - This aligns with the week after Easter so it may fall between Weeks 6 to 8 <b>Semester 2</b> - The non-teaching week falls between Weeks 7 and 8	

<p><b>8.</b></p>	<p>Session 15</p> <p><b>Six Extraordinary Fu (continued)</b></p> <ul style="list-style-type: none"> <li>• Functions, physiology, implications and relevance to Traditional Chinese Medicine</li> <li>• Inter-relationship between Six Extraordinary Fu and Zang fu</li> </ul> <hr/> <p>Session 16</p> <p><b>Aetiology</b></p> <ul style="list-style-type: none"> <li>• Aetiology of disease</li> <li>• External aetiology</li> <li>• Internal aetiology</li> <li>• Non-external and non-internal aetiology</li> </ul> <p><b>Mechanisms of Disease</b></p> <ul style="list-style-type: none"> <li>• Basic mechanisms</li> <li>• Five endogenous pathogens</li> <li>• Transmission of disease</li> <li>• Prognosis of disease</li> </ul>
<p><b>9.</b></p>	<p>Session 17</p> <p><b>Quiz 2</b></p> <p><b>TCM Health Enhancement</b></p> <ul style="list-style-type: none"> <li>• Philosophies and principles underpinning practice</li> <li>• Vital substance considerations</li> <li>• Zang fu considerations</li> <li>• Jing luo considerations</li> <li>• 6 pathogen considerations</li> <li>• Basic considerations for ensuring good health from a TCM perspective</li> </ul> <hr/> <p>Session 18</p> <p><b>The Eight Principles</b></p> <ul style="list-style-type: none"> <li>• Theory to diagnostic system</li> <li>• Principles of diagnostic system           <ul style="list-style-type: none"> <li>○ Internal</li> <li>○ External</li> <li>○ Yin</li> <li>○ Yang</li> <li>○ Hot</li> <li>○ Cold</li> <li>○ Excess</li> <li>○ Deficiency</li> </ul> </li> </ul>
<p><b>10.</b></p>	<p>Session 19</p> <p><b>The Eight Principles (continued)</b></p> <ul style="list-style-type: none"> <li>• Internal</li> <li>• External</li> <li>• Yin</li> <li>• Yang</li> <li>• Hot</li> <li>• Cold</li> <li>• Excess</li> <li>• Deficiency</li> </ul>

	Session 20 <b>The Eight Principles (continued)</b> <ul style="list-style-type: none"> <li>• Internal</li> <li>• External</li> <li>• Yin</li> <li>• Yang</li> <li>• Hot</li> <li>• Cold</li> <li>• Excess</li> <li>• Deficiency</li> </ul>
11.	Session 21 <b>The Six Divisions</b> <ul style="list-style-type: none"> <li>• Theory and principles</li> <li>• TCM anatomy and physiology</li> <li>• Tai Yang</li> <li>• Yang Ming</li> <li>• Shao Yang</li> <li>• Tai Yin</li> <li>• Shao Yin</li> <li>• Jue Yin</li> </ul>
	Session 22 <b>The Six Divisions (continued)</b> <ul style="list-style-type: none"> <li>• Theory and principles</li> <li>• TCM anatomy and physiology</li> <li>• Tai Yang</li> <li>• Yang Ming</li> <li>• Shao Yang</li> <li>• Tai Yin</li> <li>• Shao Yin</li> <li>• Jue Yin</li> </ul>
12.	Session 23 <b>The Four Diagnostic Methods</b> <ul style="list-style-type: none"> <li>• Introduction to the Four Diagnostic Methods</li> <li>• Theory of practice</li> <li>• Principles of practice</li> <li>• Application to other Traditional Chinese Medicine theories and diagnostic systems</li> </ul>
	Session 24 <b>The Four Diagnostic Methods</b> <ul style="list-style-type: none"> <li>• Inquiry</li> <li>• Hearing</li> <li>• Practical application of these techniques</li> </ul>
13.	Session 25 <b>The Four Diagnostic Methods (continued)</b> <ul style="list-style-type: none"> <li>• Inspection</li> <li>• Smell</li> <li>• Practical application of these techniques</li> </ul>

	Session 26 <b>The Four Diagnostic Methods (continued)</b> <ul style="list-style-type: none"> <li>• Palpation</li> <li>• Practical application of this technique</li> </ul>
<b>14.</b>	<b>Non-Teaching Week/Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week
<b>15.</b>	<b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week
<b>16.</b>	<b>Final Examination Week 1</b> Please refer to the Examination Timetable for your local campus for the exact day and time of exam
<b>17.</b>	<b>Final Examination Week 2</b> Please refer to the Examination Timetable for your local campus for the exact day and time of exam