

A Culture Exploration Tour: Miraculous Traditional Chinese Medicine

Department: Fudan International Summer Session 2024

Course Code	MED170003.02		
Course Title	A Culture Exploration Tour: Miraculous Traditional Chinese Medicine		
Credit	2	Credit Hours	36+3 (one credit hour is 45 minutes)
Course Nature	<input type="checkbox"/> Specific General Education Courses <input type="checkbox"/> Core Courses <input checked="" type="checkbox"/> General Education Elective Courses <input type="checkbox"/> Basic Courses in General Discipline <input type="checkbox"/> Professional Compulsory Courses <input type="checkbox"/> Professional Elective Courses <input type="checkbox"/> Others		
Course Objectives	<p>This course includes the following goals for students:</p> <ul style="list-style-type: none"> • Understand the basic principles and concepts of preventative medicine and health maintenance in TCM. • Understand an outline of TCM therapeutic procedures. • Gain familiarity with the practice of TCM. • Based on gained knowledge, be able to discuss and debate TCM issues and practices, and contribute unique thoughts regarding TCM. • Demonstrate understanding of the cultural considerations surrounding study of TCM. 		
Course Description	<p>Traditional Chinese medicine (TCM) has formed a unique system for diagnosing and treating disease as well as cultivating life-long health. A combination of classroom sessions and hands-on TCM practice provides a lens through which students can better understand the Chinese cultural context. This course introduces basic TCM theories, useful diagnostics, and treatment methods including acupuncture and moxibustion, Chinese herbs, dietary adjustment, acupressure and cupping.</p>		
Course Requirements: (Pre-reqs)			
<ul style="list-style-type: none"> . Have interest in the TCM and Chinese culture. . Have good practice ability. . This course involves attending lectures and visiting on site. . Students are also encouraged to read materials before class and participate in group discussion in class. 			

Teaching Methods:

- . Lecture
- . Visiting
- . Practice

Instructor's Academic Background:

Zhou Yu received her doctorate degree in Chinese medicine (acupuncture) in 2007. She now works as an associate professor at the International Education College, Shanghai University of Traditional Chinese Medicine. She's been dedicated to Chinese medical education for international students for over 30 years. In addition, she's also involved in acupuncture research programs sponsored by the National Natural Science Foundation of China, Shanghai Science & Technology Commission and Shanghai Education Commission, coupled with a Third Prize of Shanghai Science and technology Progress. She has published more than 10 academic papers. As a licensed practicing physician, Dr. Zhou specializes in the treatment of insomnia, anxiety, depression and gynecological problems.

Fan Wu, MD, lecturer, is currently working at the international education college, Shanghai University of Traditional Chinese Medicine. He mainly teaches the courses in meridians and acupoints. And at the same time he engages in acupuncture analgesia and pain-related depression-like changes. He is currently the Deputy Secretary General of the Acupuncture Education Committee of the Chinese Acupuncture Association.

Course Schedule

Session 1 **Introduction to TCM and its basic principles:** the components of TCM, holism - theory of qi

Session 2 **Introduction to TCM and its basic principles:** holism - theory of yin and yang, theory of five elements
1st In-class quiz

Session 3 **Introduction to TCM and its basic principles:** holism - theory of *zang-fu* organs, TCM etiology and pathogenesis
2nd In-class quiz

Session 4 **Introduction to TCM and its basic principles:** pattern differentiation - TCM four diagnostic methods (signs and symptoms from observation, listening and smelling, inquiry and palpation)
3rd In-class quiz

Session 5 **Visit to Shanghai TCM Museum**

Session 6 **General introduction on meridians and collaterals and acupuncture points:** concepts of meridians and collaterals, meridian and collateral system, general distribution of meridians, concept of acupuncture points, methods of locating acupuncture points, specific acupuncture points
4th In-class quiz

Session 7 **Acupuncture and Moxibustion Techniques:** the therapeutic effects of acupuncture and moxibustion, demonstration of needling techniques and moxibustion, demonstration of cupping and scraping
5th In-class quiz

Session 8 **General introduction on Tui Na:** the therapeutic effects of Tai Na, demonstration of manipulations

Session 9 **Visit to Shanghai TCM Hospital** (Learn about modern TCM hospital and pay a visit to acupuncture department, Tui Na department and TCM pharmacy)

Session 10 **Overview of Chinese herbs and diet therapy:** Introduction to common Chinese herbal medicines, as well as Chinese herbal medicines that can be encountered in daily life with medicinal and edible properties.

Session 11 **Visit to Herbal Medicine Planting Base** (Learn about herbal plants and processed herbal products)

Session 12 **Final Exam**

The design of class discussion or exercise, practice, experience and so on:

Practice tongue diagnosis and pulse diagnosis based on understanding the TCM fundamentals.
Practice to locate the most commonly used acupuncture points on the body.
If students are willing, they can experience acupuncture treatment and Tui Na manipulations.

Grading & Evaluation :

The performance in this course will be assessed through the following, and the final grade will be determined by the percentages indicated:

Attendance 10%

Class Preparation, Discussion and Participation 20 %

In-Class Quizzes (total 5 times, each 10%) 50 %

Final exam 20%

The in-class quizzes consist of multiple-choice and fill-in-the-blanks.

The final exam is open-book and open-notes. You will be asked to complete 3-4 short answer questions. You are expected to write about 300 words for each question.

No make-up exam.

Teaching Materials & References (Including Author, Title, Publisher and Publishing time):

1. Compiled by Beijing College of Traditional Chinese Medicine, Shanghai College of Traditional Chinese Medicine, Nanjing College of Traditional Chinese Medicine, the Acupuncture Institute of the Academy of Traditional Chinese Medicine. (1986). Chinese Acupuncture and Moxibustion. Beijing, China: Foreign Languages Press.
2. Giovanni Maciocia (1989). The Foundations of Chinese Medicine: A Comprehensive Text for Acupuncturists and Herblists. New York: Churchill Livingstone.
3. Ted J. Kaptchuk. (2000). Chinese Medicine: The Web That Has No Weaver (revised edition). London: Rider Random Gouse.
4. Bensky D., Clavey S., Stoger E., Gamble A. (2004). Chinese Herbal Medicine: Materia Medica. Seattle, WA, USA: Eastland Press.