

Live in a TCM Way

Department: Fudan International Summer Session 2024

Course Code	MED170004		
Course Title	Live in a TCM Way		
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 style="text-align: center;">This course will provide you with an in-depth exploration of traditional Chinese medicine culture and learn how to use TCM knowledge in your daily life.</p> <p style="text-align: center;">You will learn about the correspondence between food and internal organs and how to apply this knowledge to improve your diet.</p> <p style="text-align: center;">Furthermore, you will delve into the concepts of Chinese medicine meridians and acupuncture points, master the art of brewing traditional Chinese herb teas and creating scented bags, and experience the renowned Chinese medicine fitness practice of the Baduanjin .</p>		
Course Description	<p>The course aims at introducing the culture system of traditional Chinese medicine (TCM), including the basic theory (yin-yang and five elements, viscera and their manifestations), basic skills (tongue and face diagnose), basic practice (diet therapy, moxibustion, scraping, cupping, TCM aromatherapy) and qigong(Baduanjin).</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:			
<ul style="list-style-type: none"> ● Lecture ● Visiting ● Practice 			
Instructor's Academic Background:			
<p>Wang Miao Associate professor, Shanghai University of TCM</p>			

TCM doctor, Nutritionist, Psychological consultant

Professor Wang was educated at Heilongjiang University of TCM(M.D.2009) and teaches at Shanghai University of TCM from 2009. She was a visiting scholar at the Center for Integrative Medicine at the University of Maryland. She studies on diet, mind and health. She is committed to spreading TCM culture in recent years.

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Course Schedule:

Class1 The introduction of TCM history (lecture and practice)

--To learn what is TCM, what is TCM talking about, What can TCM do, TCM diet therapy

Class2 Basic theory of TCM about viscera and their manifestations (lecture and practice)

- To learn the manifestations of liver system
- To learn how to do self-diagnose of liver system
- To learn diet therapy and make traditional Chinese herb tea for liver system
- To learn the first section of Baduanjin

Class3 Basic theory of TCM about viscera and their manifestations (lecture and practice)

- To learn the manifestations of lung system
- To learn how to do self-diagnose of lung system
- To learn diet therapy and make traditional Chinese herb tea for lung system
- To learn the second section of Baduanjin

Class4 Basic theory of TCM about viscera and their manifestations (lecture and practice)

- To learn the manifestations of spleen system
- To learn how to do self-diagnose of spleen system
- To learn diet therapy and make traditional Chinese herb tea for spleen system
- To learn the third section of Baduanjin

Class5 Basic theory of TCM about viscera and their manifestations (lecture and practice)

- To learn the manifestations of heart system
- To learn how to do self-diagnose of heart system
- To learn diet therapy and make traditional Chinese herb tea for heart system
- To learn the fourth section of Baduanjin

Class6 Basic theory of TCM about viscera and their manifestations (lecture and practice)

- To learn the manifestations of kidney system
- To learn how to do self-diagnose of kidney system
- To learn diet therapy and make traditional Chinese herb tea for kidney system
- To learn the fifth section of Baduanjin

Class7 Handmade Food Contest (practice/visiting)

- To apply the TCM knowledge in daily diet and share with classmates
- To taste Chinese herb tea

Class 8 Scented Sachet Making (practice/visiting)

- To learn TCM aromatherapy and make sachet bags
- To learn the sixth section of Baduanjin
- To taste Chinese herb milk tea

Class 9 Brush calligraphy (practice/visiting)

- To learn TCM theory according to writing Chinese characters
- To learn the seventh section of Baduanjin

Class 10 Marrow stimulation therapy (practice)

- To learn the basic theory of scraping, moxibustion, cupping and practice
- To learn the eighth section of Baduanjin

Class 11 Baduanjin practice Contest (practice/visiting)

Class 12 Answering questions. Final examination

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

Practice: Students can use the TCM knowledge in their daily life, learn about the correspondence between food and internal organs and how to apply this knowledge to improve diet. They can practice scraping, cupping and moxibustion therapies if they want. Students excise the manipulation on each other.

Exercise: Students can master Baduanjin qigong.

Grading & Evaluation:

Attendance	40%
Presentation	20%
Final examination	40%

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

- (1) Basic Theory of Traditional Chinese Medicine, by Wu Changguo & Zhu Zhongbao, 2002, Publishing House of Shanghai University of Traditional Chinese Medicine;
- (2) Internal medicine of Traditional Chinese Medicine, by Wang Yue & Huang Yuezong, 2002, Publishing House of Shanghai University of Traditional Chinese Medicine;
- (3) Acupuncture and Moxabustion, Wang Xuedong, Shanghai Science and Technology Publishing House,2002