

Live in a TCM Way

Department: Fudan International Summer Session 2025

Course Code	MED170004						
Course Title	Live in a TCM Way						
Credit	2	Experiment (including Computer) Credit		Practice Credit		Aesthetic Education Credit	
Credit Hours Per Week	9 credit hours per week, 36+3 (one credit hour is 45 minutes)	Education on The Hard- Working Spirit Credit Hours		Language of Instruction		Honors Course	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Type	<input type="checkbox"/> Core General Education Course <input type="checkbox"/> Specific General Education Course <input type="checkbox"/> Basic Course in General Discipline <input checked="" type="checkbox"/> Others			2+X Major :			
				<input type="checkbox"/> Professional Core Course <input type="checkbox"/> Professional Advanced Course Non 2+X Major : <input type="checkbox"/> Professional Compulsory Course <input type="checkbox"/> Professional Elective Course			
Course Objectives	<p>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>You will learn about the correspondence between food and internal organs and how to apply this knowledge to improve your diet.</p> <p>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:							
<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

Course Director's Academic Background:**Instructor's Academic Background:**

Wang Miao

Associate professor, Shanghai University of TCM

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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Members of Teaching Team

Name	Gender	Professional Title	Department	Responsibility
Wang Miao	Female	Associate professor	TCM	Instructor

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.

If you need a TA, please indicate the assignment of assistant:

Grading & Evaluation:

Attendance 40%

Presentation 20%

Final examination 40%

Usage of Textbook: Yes (complete textbook information form below) No

Textbook Information (No more than two textbooks) :

Title	Author	ISBN	Publishing Time	Publisher	Type I	Type II
					<input type="checkbox"/> Self-compiled Textbook (Published) <input type="checkbox"/> Non-mainland Textbook <input type="checkbox"/> Other Textbook (Published)	<input type="checkbox"/> National Planning Textbook <input type="checkbox"/> Provincial and Ministerial Planning Textbook <input type="checkbox"/> School Level Planning Textbook <input type="checkbox"/> Others
					<input type="checkbox"/> Self-compiled Textbook (Published) <input type="checkbox"/> Non-mainland Textbook <input type="checkbox"/> Other Textbook (Published)	<input type="checkbox"/> National Planning Textbook <input type="checkbox"/> Provincial and Ministerial Planning Textbook <input type="checkbox"/> School Level Planning Textbook <input type="checkbox"/> Others

Teaching References :

- (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 Yuezhong, 2002, Publishing House of Shanghai University of Traditional Chinese Medicine;
- (3) Acupuncture and Moxabustion, Wang Xuedong, Shanghai Science and Technology Publishing House, 2002