



# SUBJECT OUTLINE

Subject Name:

**Introduction to Chinese  
Medicine**

Subject Code:

**CMPF1**

## SECTION 1 – GENERAL INFORMATION

<b>Award/s:</b>	<b>Total Course Credit Points:</b>	<b>Level:</b>
Undergraduate Certificate in History and Philosophy of Complementary Medicine	14	1 <sup>st</sup> Year
<b>Duration:</b>	1 Semester	
<b>Subject Coordinator:</b>	Helen Jorgensen (Brisbane Campus)	
<b>Subject is:</b>	<b>Subject Credit Points:</b>	2
Core		

### Student Workload:

<b>No. timetabled hours per week:</b> 3	<b>No. personal study hours per week:</b> 2	<b>Total hours per week:</b> 5
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#### Delivery Mode:

e-Learning (Online)      Narrated PowerPoint presentations  
 Tutorials: Asynchronous tutor moderated discussion forum and activities  
 Student handouts, web-based resources  
 Full Time

**Pre-requisites:** Nil

**Co-requisites:** Nil

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

This subject provides an introduction to Chinese medicine and gives the student a comprehensive foundation for interdisciplinary understanding within the field of complementary medicine. Within the Eastern context of medicine, students examine the philosophical principles, and theoretical and operational models of Chinese medicine, along with the diverse therapeutic modalities included in its practice. Students completing this subject will be conversant with the basic concepts of Chinese medicine and have an appreciation of its unique cultural origins and context.



## Learning Outcomes

1. Identify and discuss the components of Chinese medicine as a whole medical system.
2. Understand foundational concepts such as Qi, Blood, Yin/Yang and Five Elements and their relationship to Chinese medicine diagnosis and treatment.
3. Apply basic principles to understanding individuals and their strengths and disharmonies from a Chinese medicine point of view.
4. Describe the application of the range of Chinese medicine therapeutic methods and their uses.
5. Develop awareness of the considerations facing Chinese medicine in the Australian and international contexts regarding regulation and as a traditional medicine that has been exported to other cultures.

## Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Activities and Discussion Forums</b> weekly posts (minimum 150 words each)	1-5	1-13	Forum only: Sunday following Week 1,2,5,7,12,13 Activity plus forum: Sunday following Weeks 3,4,6,8,9,10,11	6 x 2% = 12% Plus 7 x 4% = 28% Total = 40%
<b>Written Reflection</b> self-assessment according to 5 phases and additional application of principles (1000 words)	3	1-9	Week 10	20%
<b>Written Exam</b> short answer, multiple choice (90 minutes)	1-5	1-13	Final Examination Period	40%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS

### Prescribed Readings:

1. Beinfield, H., & Korngold, E. (1991). *Between heaven and earth: A guide to Chinese medicine*. New York: Ballantine Wellspring.



**Recommended Readings:**

Nil

<b>Subject Content</b>		
<b>Week</b>	<b>Lectures</b>	<b>Tutorials / Practicals</b>
1.	<p><b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p><b>Traditional medicine as a whole medical system</b></p> <ul style="list-style-type: none"> <li>➤ Philosophy and principles</li> <li>➤ Component modalities</li> </ul> <p><b>Culture clash</b></p> <ul style="list-style-type: none"> <li>➤ Western Philosophy – Doctor as Mechanic</li> <li>➤ Eastern Philosophy – Doctor as Gardener</li> <li>➤ Balance and harmony</li> <li>➤ Spread of Chinese medicine throughout Asia</li> </ul>	<p>Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback.</p> <p><b>Forum Discussion:</b></p> <ul style="list-style-type: none"> <li>➤ Overview and expectations of the subject</li> <li>➤ Questions and discussion about assessments</li> <li>➤ Information management</li> </ul>
2.	<p><b>The two, the three and the ten thousand things</b></p> <ul style="list-style-type: none"> <li>➤ Yin &amp; Yang – the polar opposites</li> <li>➤ Qi, moisture and blood</li> <li>➤ Jing – essence</li> <li>➤ Shen – heart mind (spirit)</li> <li>➤ San jiao – the triple burner</li> </ul>	<p><b>Forum Discussion</b></p>
3.	<p><b>Wu xing - the five elemental phases</b></p> <ul style="list-style-type: none"> <li>➤ Wood</li> <li>➤ Fire</li> <li>➤ Earth</li> <li>➤ Metal</li> <li>➤ Water</li> </ul>	<p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>➤ Five phases self-assessment</li> </ul> <p><b>Forum Discussion</b></p>
4.	<p><b>Chinese medicine anatomy and physiology</b></p> <ul style="list-style-type: none"> <li>➤ The 12 Organ Channels <ul style="list-style-type: none"> <li>○ Spleen/Stomach</li> <li>○ Kidney/Bladder</li> <li>○ Heart/Small Intestine</li> <li>○ Lung/Large Intestine</li> <li>○ Liver/Gall Bladder</li> <li>○ Conception/Governing</li> </ul> </li> <li>➤ Meridian Theory <ul style="list-style-type: none"> <li>○ Nature of acupuncture points</li> </ul> </li> </ul>	<p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>➤ Chinese Clock activity</li> </ul> <p><b>Forum Discussion</b></p>



	<ul style="list-style-type: none"> <li>○ Circulation: The Chinese “Clock”</li> </ul>	
5.	<p><b>Six external pathogens</b></p> <ul style="list-style-type: none"> <li>➤ Wind</li> <li>➤ Heat</li> <li>➤ Damp</li> <li>➤ Dry</li> <li>➤ Cold</li> <li>➤ Summer heat</li> </ul> <p><b>Seven internal emotions</b></p> <ul style="list-style-type: none"> <li>➤ Anger</li> <li>➤ Joy /Pleasure</li> <li>➤ Worry</li> <li>➤ Sorrow/Grief</li> <li>➤ Fear</li> </ul>	<b>Forum Discussion</b>
6.	<p><b>The four examinations</b></p> <ul style="list-style-type: none"> <li>➤ Looking <ul style="list-style-type: none"> <li>○ Demeanour</li> <li>○ Facial physiognomy</li> <li>○ Tongue</li> </ul> </li> <li>➤ Listening and Smelling <ul style="list-style-type: none"> <li>○ Voice</li> <li>○ Odours</li> </ul> </li> <li>➤ Asking <ul style="list-style-type: none"> <li>○ Symptoms</li> <li>○ History</li> </ul> </li> <li>➤ Touching <ul style="list-style-type: none"> <li>○ Pulse diagnosis</li> </ul> </li> </ul>	<p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>➤ Chinese facial physiognomy self-assessment</li> </ul> <p><b>Forum Discussion</b></p>
7.	<p><b>Diagnosis</b></p> <p><b>The eight principle patterns</b></p> <ul style="list-style-type: none"> <li>➤ Yin/Yang</li> <li>➤ Interior/Exterior</li> <li>➤ Excess/deficiency</li> <li>➤ Hot/cold</li> </ul> <p><b>Patterns of Organ Disharmony</b></p> <ul style="list-style-type: none"> <li>➤ Selected cases</li> </ul> <p><b>Patterns of Qi and Blood</b></p> <ul style="list-style-type: none"> <li>➤ Selected cases</li> </ul>	<b>Forum Discussion</b>
<p><b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week)</p> <p><b>Online students</b> – The non-teaching week falls between Weeks 7 and 8</p>		



<p><b>8.</b></p>	<p><b>Chinese dietetics</b></p> <ul style="list-style-type: none"> <li>➤ The qualities of foods <ul style="list-style-type: none"> <li>○ The five tastes</li> <li>○ The five colours</li> </ul> </li> <li>➤ Preparation of foods</li> <li>➤ Chinese medicine dietary prescription</li> </ul>	<p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>➤ Five element food groups activity</li> </ul> <p><b>Forum Discussion</b></p>
<p><b>9.</b></p>	<p><b>Chinese Herbal medicine</b></p> <ul style="list-style-type: none"> <li>➤ Properties of herbs in Chinese medicine</li> <li>➤ Research on Chinese herbs</li> <li>➤ Classical formulae</li> <li>➤ Individualised formulation- the herb shop</li> <li>➤ Patent medicines</li> </ul>	<p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>➤ Field trip to a Chinese herb shop</li> </ul> <p><b>Forum Discussion</b></p>
<p><b>10.</b></p>	<p><b>Acupoint therapy</b></p> <ul style="list-style-type: none"> <li>➤ Choosing the points</li> <li>➤ Tonifying/reducing/maintaining</li> <li>➤ Removing blockages</li> <li>➤ Acupuncture <ul style="list-style-type: none"> <li>○ Needle types</li> <li>○ Needling technique</li> </ul> </li> <li>➤ Electrostimulation</li> <li>➤ Gua Sha-skin scraping</li> <li>➤ Moxibustion</li> <li>➤ Cupping</li> </ul>	<p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>➤ Acupuncture treatment videos or experience</li> </ul> <p><b>Forum Discussion related to activity</b></p>
<p><b>11.</b></p>	<p><b>Chinese exercise therapy</b></p> <ul style="list-style-type: none"> <li>➤ Tai Chi <ul style="list-style-type: none"> <li>○ History of tai chi</li> <li>○ Styles of tai chi</li> <li>○ Forms</li> </ul> </li> <li>➤ QI Gong <ul style="list-style-type: none"> <li>○ Self-healing</li> <li>○ Developing the practitioner as a tool of healing</li> <li>○ Therapeutic qi gong</li> </ul> </li> <li>➤ Martial arts <ul style="list-style-type: none"> <li>○ Chinese, Japanese, Korean</li> </ul> </li> </ul>	<p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>➤ Tai chi and qi gong video classes</li> </ul> <p><b>Forum Discussion</b></p>
<p><b>12.</b></p>	<p><b>The Chinese art of living in balance and harmony</b></p> <ul style="list-style-type: none"> <li>➤ Self-management</li> <li>➤ Home - Feng Shui</li> </ul>	<p><b>Forum Discussion</b></p>



	<ul style="list-style-type: none"> <li>➤ Time and cycles - Chinese Astrology</li> </ul> <p><b>Chinese medicine as a whole medical system</b></p> <ul style="list-style-type: none"> <li>➤ Review</li> </ul> <p><b>Influences in the evolution of Chinese medicine</b></p> <ul style="list-style-type: none"> <li>➤ Suppression of Chinese medicine in early 20th century</li> <li>➤ Resurgence of Chinese medicine and pride in cultural knowledge</li> <li>➤ PRC political agendas over time</li> <li>➤ Exporting traditional medicine</li> </ul> <p><b>The impact of Chinese medicine worldwide</b></p>	
13.	<p><b>Chinese medicine in Australia</b></p> <ul style="list-style-type: none"> <li>➤ AHPRA</li> <li>➤ CMBA</li> <li>➤ Regulations and guidelines</li> <li>➤ Health Fund cover</li> </ul> <p><b>Chinese/Asian medicine education standards and regulation worldwide</b></p> <ul style="list-style-type: none"> <li>➤ Japan, Korea, Tibet, SE Asia</li> <li>➤ USA, Canada</li> <li>➤ UK, Commonwealth</li> <li>➤ Europe, Africa, South America</li> </ul> <p><b>Research in Chinese medicine</b></p> <ul style="list-style-type: none"> <li>➤ Magnitude and scope of research</li> <li>➤ WHO Research Centres</li> </ul>	<b>Forum Discussion</b>
14.	<p><b>Non-Teaching Week/Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week</p>	
15.	<p><b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week</p>	
16.	<p><b>Final Examination Week 1</b> Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy - Higher Education</a>. Refer to your local campus calendar for exam opening and closing times.</p>	
17.	<p><b>Final Examination Week 2</b> Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy - Higher Education</a>. Refer to your local campus calendar for exam opening and closing times.</p>	