



SUBJECT OUTLINE

Subject Name:

Energetics of Food

Subject Code:

NMDE211

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Naturopathy)	128	Elective 4 th Year
Bachelor of Health Science (Nutritional and Dietetic Medicine)	96	Core 2 nd Year
Duration: 1 Semester		
Subject Coordinator: Mary Zagotsis (Sydney Campus)		
Subject is: Core or Elective as noted	Subject Credit Points: 2	

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

Delivery Mode:

e-Learning (Online)	Narrated PowerPoint presentations Tutorials: Asynchronous tutor moderated discussion forum and activities Student handouts, web-based resources
Blended Learning (Online and Live streamed)	1 x 2 hour lecture live streamed 1 x 1 hour online tutorial activities
Intensive Delivery (Summer School)	Contact hours are delivered over 5 weeks with 2 x 4 hour days delivered per week (with an additional session scheduled in Week 4) Content: Combination lecture and tutorial activities Assessment: Essay - Week 3; Mid-semester Written Exam - additional session held in Week 4; Final Written Exam - Week 6 Full Time Part Time
Pre-requisites:	NMDS111, SOCH111, NMDF121, NMDM121
Co-requisites:	Nil



SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject introduces the framework of the elements of nature and the concept of the constitutional types as they are utilised in the practice of dietary prescription within Chinese medicine, Ayurveda and European traditional medicine. Students learn to analyse and diagnose typical imbalances in the body / mind / spirit system and to create an individualised prescription of specific foods and diets designed to bring the client back to a state of healthy balance. Through exploration of case studies, students practice viewing symptomatology and illness through an energetic and constitutional lens that can be used alongside conventional diagnostics to inform client examination and treatment. This subject provides an introduction to holistic case-taking as well as a valuable cross-disciplinary framework for individualised diets for health maintenance, and prevention, diagnosis and treatment of a variety of conditions.

Learning Outcomes

1. Examine and explain the conceptual frameworks of yin and yang, the five elements of Chinese medicine, the five elements / three doshas of Ayurveda, and the four elements of European traditional medicine.
2. Apply an understanding of the constitution as it relates to holistic diagnosis and dietary prescription.
3. Investigate and identify how different foods influence function and balance in the body as a whole and in specific organ systems, by way of their energetic properties.
4. Formulate recommendations to address symptoms or groups of symptoms and to provide support to the client experiencing various external challenges, such as stressful life events.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Essay (1000 words)	1-4	1-4	Week 7	25%
Mid-semester Written Exam (multiple choice and short answer questions) (60 minutes)	1-3	1-8	Week 8	35%
Final Written Exam (short answer questions and (500 words) case analysis) (90 minutes)	1-4	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. Lloyd, I. (2009). *The energetics of health, a naturopathic assessment*. Churchill Livingstone. [ebook available]
2. Pitchford, P. (2002). *Healing with whole foods: Asian traditions and modern nutrition* (3rd ed.). North Atlantic Books.
3. Tiwari, M. (1995). *Ayurveda, a life in balance: The complete guide to Ayurvedic nutrition and body types with recipes*. Healing Arts Press.

Recommended Readings:

1. Kastner, J. (2009). *Chinese nutrition therapy: Dietetics in traditional Chinese medicine (TCM)* (2nd ed.). Georg Thieme Verlag. [ebook available]

Subject Content		
Week	Lectures	Tutorials / Practicals
1.	<p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Brief history of European Traditional Medicine, Chinese Medicine and Ayurveda</p> <ul style="list-style-type: none"> ➤ Introduction to the concept of the constitution and constitutional medicine ➤ Introduction to the four humours of European traditional medicine ➤ Introduction to the theory of yin and yang and the five elements of Chinese medicine ➤ Introduction to the five elements and three doshas of Ayurveda ➤ Introductory comparison / contrast of these three systems and how they are used in dietary prescription ➤ A simple case viewed through each of the three systems ➤ Examples of foods viewed through each of the three systems 	
2.	<p>Constitutions</p> <ul style="list-style-type: none"> ➤ Introduction to constitutional case taking and diagnosis and their relationship to holistic treatment modalities and dietary prescription ➤ Comparison of constitutional case taking with other holistic case taking ➤ Concept of all elements / humours / doshas being present in all of us and in nature—goal is balance ➤ Removing causes of imbalance as the basis of any food prescription strategy ➤ Integrating interview and diagnostic information to arrive at a dietary prescription via a constitutional / energetic system ➤ Changing health with dietary prescription: expectations and timeframes 	<p>Pre Lecture:</p> <ul style="list-style-type: none"> ➤ Reading <p>Post Lecture:</p> <ul style="list-style-type: none"> ➤ Interactive Activity



<p>3.</p>	<p>European Traditional Medicine: Four Humours / Temperaments - Part 1</p> <ul style="list-style-type: none"> ➤ Overview of European traditional medicine, the four humours and temperaments and their elemental relationships and correspondences ➤ Qualities of the four temperaments in balance ➤ Assessment of temperamental constitution and imbalance patterns ➤ Sanguine temperament ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address sanguine temperament imbalance ➤ Phlegmatic temperament ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address phlegmatic temperament imbalance 	<p>Pre Lecture:</p> <ul style="list-style-type: none"> ➤ Reading ➤ Food tasting exercise (On Campus or at home) ➤ Experiencing the energetic effects of flavours / tastes in foods group analysis. <p>Post Lecture:</p> <ul style="list-style-type: none"> ➤ Interactive case study activity ➤ Online discussion
<p>4.</p>	<p>European Traditional Medicine: Four Humours / Temperaments - Part 2</p> <ul style="list-style-type: none"> ➤ Melancholic temperament ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address melancholic temperament imbalance ➤ Choleric temperament ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address choleric temperament imbalance ➤ Synthesis of the four humours/ temperaments 	<p>Pre Lecture:</p> <ul style="list-style-type: none"> ➤ Reading <p>Post Lecture:</p> <ul style="list-style-type: none"> ➤ Interactive case study activity ➤ Online Quiz
<p>5.</p>	<p>Chinese Medicine: Five Elements - Part 1</p> <ul style="list-style-type: none"> ➤ Overview of the energetics of yin and yang and the five elements of traditional Chinese medicine, their organ and other correspondences ➤ Relationships among the elements (creating, controlling, etc.) ➤ Qualities of the elements in balance: the five virtues ➤ Assessment of elemental imbalances 	<p>Pre Lecture:</p> <ul style="list-style-type: none"> ➤ Reading <p>Post Lecture:</p> <ul style="list-style-type: none"> ➤ Interactive Activity ➤ Online discussion
<p>6.</p>	<p>Chinese Medicine: Five Elements - Part 2</p>	<p>Pre Lecture:</p>



	<ul style="list-style-type: none"> ➤ The Earth element and its organs, the spleen / pancreas and stomach ➤ Earth element as the foundation for health ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address Earth element imbalance ➤ The Metal element and its organs, the lung and large intestine ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address Metal element imbalance 	<ul style="list-style-type: none"> ➤ Reading ➤ Interactive Review Quiz <p>Post Lecture:</p> <ul style="list-style-type: none"> ➤ Interactive Activity
7.	<p>Chinese Medicine: Five Elements - Part 3</p> <ul style="list-style-type: none"> ➤ The Water element and its organs, the kidney and bladder ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address Water element imbalance ➤ The Wood element and its organs, the liver and gallbladder ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address Wood element imbalance 	<p>Pre Lecture:</p> <ul style="list-style-type: none"> ➤ Reading ➤ Interactive Review Quiz <p>Post Lecture:</p> <ul style="list-style-type: none"> ➤ Interactive Activity
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p>Semester 2 & Online students – The non-teaching week falls between Weeks 7 and 8</p>		
8.	<p>Mid-semester Written Exam</p> <p>Chinese Medicine: Five Elements - Part 4</p> <ul style="list-style-type: none"> ➤ The Fire element and its organs, the heart and small intestine, triple heater and pericardium ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address Fire element imbalance ➤ Synthesis of the five elements of traditional Chinese medicine 	<p>Pre Lecture:</p> <ul style="list-style-type: none"> ➤ Reading ➤ Interactive Review Quiz <p>Post Lecture:</p> <ul style="list-style-type: none"> ➤ Research activity ➤ Online discussion
9.	<p>Ayurveda: Three Doshas - Part 1</p> <ul style="list-style-type: none"> ➤ Introduction to the five elements and three doshas of Ayurveda and their correspondences ➤ Constitutional assessment and goals of dietary recommendations in Ayurveda ➤ Vata dosha ➤ Vata dosha as the foundation for health 	<p>Pre Lecture:</p> <ul style="list-style-type: none"> ➤ Reading <p>Post Lecture:</p> <ul style="list-style-type: none"> ➤ Interactive case study activity



	<ul style="list-style-type: none"> ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address Vata imbalance 	
10.	<p>Ayurveda: Three Doshas - Part 2</p> <ul style="list-style-type: none"> ➤ Pitta dosha ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address Pitta imbalance ➤ Kapha dosha ➤ Imbalance patterns, signs and symptoms of imbalance ➤ Foods to address Kapha imbalance 	<p>Pre Lecture:</p> <ul style="list-style-type: none"> ➤ Reading <p>Post Lecture:</p> <ul style="list-style-type: none"> ➤ Interactive Activity
11.	<p>Ayurveda: Three Doshas - Part 3</p> <ul style="list-style-type: none"> ➤ Synthesis of the three doshas of Ayurveda 	<p>Pre Lecture:</p> <ul style="list-style-type: none"> ➤ Reading <p>Post Lecture:</p> <ul style="list-style-type: none"> ➤ Interactive Quiz ➤ Interactive activity
12.	<p>Case Synthesis and Connection</p> <ul style="list-style-type: none"> ➤ Making connections between European traditional medicine, Chinese medicine and Ayurveda ➤ Similarities and differences 	<p>Post Lecture:</p> <ul style="list-style-type: none"> ➤ Online Research ➤ Presentation Activity
13.	Review	Online discussion / Q&A Webinar
14.	<p>Non-Teaching Week/Practical Examination Week 1 Note that make-up classes may be scheduled in this week</p>	
15.	<p>Non-Teaching Week/Practical Examination Week 2 Note that make-up classes may be scheduled in this week</p>	
16.	<p>Final Examination Week 1 Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to your local campus calendar for exam opening and closing times.</p>	
17.	<p>Final Examination Week 2 Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to your local campus calendar for exam opening and closing times.</p>	