## Subject Outline

**Subject Name:** Energetics of Food  
**Subject Code:** NMDE211

### Section 1 – General Information

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

### Student Workload:

<table>
<thead>
<tr>
<th>No. timetabled hours per week:</th>
<th>No. personal study hours per week:</th>
<th>Total hours per week:</th>
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<tbody>
<tr>
<td>3</td>
<td>2</td>
<td>5</td>
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**Delivery Mode:**

- Face to Face (On Campus)  
  1 x 3 hour combined lecture/tutorial

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

- Blended Learning (Online and On Campus)  
  1 x 2 hour lecture on campus / live streaming  
  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

**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

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
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</thead>
<tbody>
<tr>
<td>Essay (1000 words)</td>
<td>1-4</td>
<td>1-4</td>
<td>Week 7</td>
<td>25%</td>
</tr>
<tr>
<td>Mid-semester Written Exam (60 minutes)</td>
<td>1-3</td>
<td>1-8</td>
<td>Week 8</td>
<td>35%</td>
</tr>
<tr>
<td>Final Written Exam (500 words case analysis)</td>
<td>1-4</td>
<td>1-13</td>
<td>Final Examination Period</td>
<td>40%</td>
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All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS.
Prescribed Readings:


Recommended Readings:


<table>
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<tr>
<th>Week</th>
<th>Lectures</th>
<th>Tutorials / Practicals</th>
</tr>
</thead>
</table>
| 1.   | **Introduction** (Subject Outline / Subject Aims / Assessment / Teaching Resources)  
      **Brief history of European Traditional Medicine, Chinese Medicine and Ayurveda**  
      1. Introduction to the concept of the constitution and constitutional medicine  
      2. Introduction to the four humours of European traditional medicine  
      3. Introduction to the theory of yin and yang and the five elements of Chinese medicine  
      4. Introduction to the five elements and three doshas of Ayurveda  
      5. Introductory comparison / contrast of these three systems and how they are used in dietary prescription  
      6. A simple case viewed through each of the three systems  
      7. Examples of foods viewed through each of the three systems | |
| 2.   | **Constitutions**  
      1. Introduction to constitutional case taking and diagnosis and their relationship to holistic treatment modalities and dietary prescription  
      2. Comparison of constitutional case taking with other holistic case taking  
      3. Concept of all elements / humours / doshas being present in all of us and in nature—goal is balance  
      4. Removing causes of imbalance as the basis of any food prescription strategy  
      5. Integrating interview and diagnostic information to arrive at a dietary prescription via a constitutional / energetic system | **Pre Lecture:**  
      1. Reading  
      **Post Lecture:**  
      1. Interactive Activity |
### Changing health with dietary prescription: expectations and timeframes

#### 3. European Traditional Medicine: Four Humours / Temperaments - Part 1
- 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

#### Pre Lecture:
- Reading
- Food tasting exercise (On Campus or at home)
- Experiencing the energetic effects of flavours / tastes in foods group analysis.

#### Post Lecture:
- Interactive case study activity
- Online discussion

#### 4. European Traditional Medicine: Four Humours / Temperaments - Part 2
- 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

#### Pre Lecture:
- Reading

#### Post Lecture:
- Interactive case study activity
- Online Quiz

#### 5. Chinese Medicine: Five Elements - Part 1
- 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

#### Pre Lecture:
- Reading

#### Post Lecture:
- Interactive Activity
- Online discussion
### 6. Chinese Medicine: Five Elements - Part 2
- 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

**Pre Lecture:**
- Reading
- Interactive Review Quiz

**Post Lecture:**
- Interactive Activity

### 7. Chinese Medicine: Five Elements - Part 3
- 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

**Pre Lecture:**
- Reading
- Interactive Review Quiz

**Post Lecture:**
- Interactive Activity

### 8. Mid-semester Written Exam
- Chinese Medicine: Five Elements - Part 4
- 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

**Pre Lecture:**
- Reading
- Interactive Review Quiz

**Post Lecture:**
- Research activity
- Online discussion

### 9. Ayurveda: Three Doshas - Part 1
- Introduction to the five elements and three doshas of Ayurveda and their correspondences
- Constitutional assessment and goals of dietary recommendations in Ayurveda
- Vata dosha

**Pre Lecture:**
- Reading

**Post Lecture:**
- Interactive case study activity
| 10. Ayurveda: Three Doshas - Part 2 | Pre Lecture:  
1. Reading  
Post Lecture:  
1. Interactive Activity |
|-----------------------------------|--------------------------------------------------|
| Foods to address Vata imbalance   | Imbalance patterns, signs and symptoms of imbalance  
1. Vata dosha as the foundation for health  
A. Imbalance patterns, signs and symptoms of imbalance  
B. Foods to address Vata imbalance |

| 11. Ayurveda: Three Doshas - Part 3 | Pre Lecture:  
1. Reading  
Post Lecture:  
1. Interactive Quiz  
2. Interactive activity |
|-----------------------------------|--------------------------------------------------|
| Kapha dosha  
1. Kapha dosha  
A. Imbalance patterns, signs and symptoms of imbalance  
B. Foods to address Kapha imbalance |

| 12. Case Synthesis and Connection | Post Lecture:  
1. Online Research  
2. Presentation Activity |
|-----------------------------------|--------------------------------------------------|
| Making connections between European traditional medicine, Chinese medicine and Ayurveda  
1. Synthesis of the three doshas of Ayurveda  
A. Similarities and differences |

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<tr>
<th>13. Review</th>
<th>Online discussion / Q&amp;A Webinar</th>
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<tr>
<th>14. Non-Teaching Week/Practical Examination Week 1</th>
<th>Note that make-up classes may be scheduled in this week</th>
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<table>
<thead>
<tr>
<th>15. Non-Teaching Week/Practical Examination Week 2</th>
<th>Note that make-up classes may be scheduled in this week</th>
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<tr>
<th>16. Final Examination Week 1</th>
<th>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.</th>
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<tr>
<th>17. Final Examination Week 2</th>
<th>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.</th>
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