

## Subject Description Form

<b>Subject Code</b>	FSN3103
<b>Subject Title</b>	Introduction to Traditional Chinese Medicine
<b>Credit Value</b>	3
<b>Level</b>	3
<b>Pre-requisite / Co-requisite/ Exclusion</b>	None
<b>Objectives</b>	<p>The objectives of this subject are as follows:</p> <p>(a) To provide an overview of the principles, methods, and development of Traditional Chinese Medicine (TCM), as well as its modern application as an alternative to Western medicine in healthcare and health protection.</p> <p>(b) To introduce the theoretical system of Traditional Chinese Medicine (TCM), which encompasses various philosophical perspectives including the theory of yin and yang, the theory of the five elements, the theory of zang-fu organs and meridians, the theory of qi, blood, and body fluids, and the theory of constitution.</p> <p>(c) To explore perspectives on diseases, including etiology and pathogenesis, as well as principles and methods of health preservation and treatment according to TCM.</p> <p>(d) To develop practical skills in maintaining and improving health and well-being.</p>
<b>Intended Learning Outcomes</b>	<p>The learning objectives can include the following outcomes:</p> <p>(a) <u>Understanding the TCM theory</u>: Students will know the fundamental theories of TCM, including the theories of Yin-Yang, Five Elements, Meridians, zang-fu organs, and the principles of syndrome differentiation and treatment. Through this, they will develop a comprehensive understanding of the framework and core concepts of TCM.</p> <p>(b) <u>Proficiency in TCM diagnostic techniques</u>: Students will acquire proficiency in TCM diagnostic techniques, including observation, listening and smelling, inquiry, and palpation. They will develop the skills to analyze the pathology and etiology of diseases by observing patients' facial appearance, tongue coating, pulse condition, and other relevant factors.</p> <p>(c) <u>Familiarity with TCM treatment techniques</u>: Students will demonstrate proficiency in the application of traditional TCM treatment methods, including acupuncture, tuina (therapeutic massage), herbal decoctions, and more.</p> <p>(d) <u>Familiarity with knowledge of Chinese herbs</u>: Students will acquire knowledge of the classification, properties, and efficacy of Chinese herbs, as well as common principles of herbal compatibility. They will understand the methods and dosages of using Chinese herbs.</p>

	<p>(e) <u>Understanding TCM preventive care</u>: Students will learn about the concepts of TCM health preservation and the methods of health regulation, including dietary adjustments, lifestyle regulation, and psychological well-being, among others. They will be able to enhance their own levels of health.</p>
<b>Subject Synopsis/ Indicative Syllabus</b>	<p><u>1. Introduction to TCM</u>: History, philosophies, and fundamental principles of TCM.</p> <ul style="list-style-type: none"> <li>• explore the ancient Chinese medical texts, such as Huangdi Neijing, and understand the fundamental principles of Yin and Yang, Qi, and the Five Elements theory.</li> <li>• provide a holistic perspective on health and well-being.</li> </ul> <p><u>2. TCM Diagnosis</u>: observation, auscultation, inquiry, and palpation.</p> <ul style="list-style-type: none"> <li>• observe physical appearances, listen to voice and breath sounds, ask insightful questions, and palpate the body to gather vital information.</li> <li>• identify patterns of disharmony and determine appropriate treatment strategies.</li> </ul> <p><u>3. Herbal Medicine</u>: Study of traditional herbs, their properties, functions, and preparation methods.</p> <ul style="list-style-type: none"> <li>• identify patterns of disharmony and determine appropriate treatment strategies.</li> <li>• a wide array of traditional herbs, their properties, functions, and modes of preparation.</li> <li>• the various formulas used in TCM and understand how to prescribe herbal remedies based on individual constitutions.</li> </ul> <p><u>4. Acupuncture and moxibustion</u>: Introduction to the principles, meridians, and basic acupuncture techniques.</p> <ul style="list-style-type: none"> <li>• the principles of these practices, including the concept of meridians and acupoints.</li> <li>• basic needling techniques, such as insertion, manipulation, and withdrawal, and explore the benefits and indications of each acupoint.</li> <li>• application of moxibustion to stimulate specific points and promote healing.</li> </ul> <p><u>5. Mind-Body Practices</u>: Introduction to practices like Qi Gong, Tai Chi, and mindfulness for overall well-being.</p> <ul style="list-style-type: none"> <li>• how these practices cultivate the flow of Qi, enhance balance, and promote overall well-being.</li> </ul>
<b>Teaching/Learning Methodology</b>	<p>Lectures supplemented with reading will be used to introduce the key concepts of the topics. Tutorial Problems would be given for students to enhance their learning. Tutorials will be arranged to help the students in answer the problems in a clear and logical manner.</p>

Assessment Methods in Alignment with Intended Learning Outcomes	Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)					
			a	b	c	d	e	
	1. Exam	50%	√	√	√	√	√	
	2. Test	50%	√	√	√	√	√	
	Total	100 %						
Tests and Examinations are designed to test the comprehension and understanding of the subject contents.								
Student Study Effort Required	Class contact:							
	▪ Lecture						26 Hrs.	
	▪ Tutorial						13 Hrs.	
	Other student study effort:							
	▪ Self-study						78 Hrs.	
	▪ Total student study effort						127 Hrs.	
	Reference books:  1. Cooper, R, Che, C.T., Mok D.K.W., Tsang, C.W.Y. Chinese and Botanical Medicines: Traditional Uses and Modern Scientific Approaches CRC Press, 2017.  2. Adams, J.D. and Lien, E.J. (Editors) Traditional Chinese Medicine: Scientific Basis for Its Use, Royal Society of Chemistry, 2013.  3. Liu, Zhanwen. Essentials of Chinese medicine (Volume 1): London: Springer Verlag London Limited; 2009.  4. Liu, Zhanwen. Essentials of Chinese medicine (Volume 2): London: Springer Verlag London Limited; 2009.  5. Liu, Zhanwen. Essentials of Chinese medicine (Volume 1): London: Springer Verlag London Limited; 2009.  6. Chen Jia-Xu, Jane Frances Wilson. Diagnostics in Chinese Medicine (Second Edition). People’s Medical Publishing House,2019  Wang Xinhua, Traditional Chinese Medicine. Beijing Science Press, 2016							
Reading List and References								
7.								