

#### COURSE DESCRIPTION

This introductory course provides the foundation for the study and understanding of Oriental Medicine. Students are given a detailed overview of the various Oriental medicine theories and practices, highlighting the concepts of yin and yang, the five phases, the five substances, the zang fu (organs), jing luo (channels and network vessels), the causation of disease, and fundamental diagnostic concepts.

#### LEARNING OBJECTIVES

In this course, students will be taught the classical East-Asian view of the universe and the human body and the interconnectedness of the two. They will learn the basic principles and theories of Yin-Yang, Five Elements, Eight Principles, Etiology, Qi, Blood, and the Organs, with reference to the Nei Jing (The Yellow Emperor's Inner Classic) and other classic texts.

#### COURSE PREREQUISITIES

None

#### REQUIRED TEXTS

*Chinese Acupuncture & Moxibustion Edited by C. Xinnong. Foreign language press, Beijing, China. 3rd Edition, 2010 – "CAM"*

*Foundations of Chinese Medicine by G. Maciocia. Churchill Livingstone, Philadelphia. PA. 3rd Edition – "GM"*

#### RECOMMENDED TEXTS

*Statement of Facts, Flaws*

*A Practical Dictionary of Chinese Medicine, Wiseman*

#### COURSE REQUIREMENTS

##### Out-of-Class Work

To successfully complete the program, students need to plan studying a minimum of 2 hours out-of-class for each academic in-class hour; and half an hour out-of-class for each hour of clinical training.

Quizzes will be given at the beginning of most classes. There will be NO make-up quizzes.

25% Quizzes

25% each for Test 1 and Test 2 (50% total for these two tests)

25% Final Examination

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

#### SPECIAL NOTES

**Professionalism and Full and Prompt Attendance:** To pass any course (separate from academic performance) all

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students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

**If you miss a class you are responsible for all materials from the class you missed.**

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CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

Reading Assignment: Each week, read the relevant section in Foundations of Chinese Medicine and Chinese Acupuncture & Moxibustion.

Week 1 (6/30): Yin and Yang Theory, Five Elements Part 1  
Read: GM: 3-23, 25-26; CAM: 13-27.

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CLASS TWO

Week 2 (7/07): quiz; Five Elements Part 2, The Five Substances (qi, blood, essence, spirit, fluids)  
Read: GM: 23-73; CAM: 51-59.

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CLASS THREE

Week 3 (7/14): quiz; The three types of organs (Zang, Fu, and Extraordinary). Liver, gall bladder, heart, and small intestine  
Read: GM: 93-127; 191-194, 199-203; CAM: 31-35, 40-41.

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CLASS FOUR

Week 4 (7/21): Test 1; Pericardium, san jiao, spleen, and stomach, extraordinary organs  
Read: GM: 143-152, 165-169, 185-189, 209-236; CAM: 35-36, 40-43.

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CLASS FIVE

Week 5 (7/28): quiz; Lungs, large intestine, kidneys, and urinary bladder  
Read: GM: 129-142, 153-164, 195-197, 205-207; CAM: 36-40, 41.

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CLASS SIX

Week 6 (8/04): quiz; Types of qi, manufacture of qi and blood, fluid metabolism  
Read: GM: 75-86.

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CLASS SEVEN

Week 7 (8/11): Test 2; Causes of disease: External Causes. Root and Branch; Pattern Identification  
Read: GM: 237-283; CAM: 263-271.

Course Code **OM315**  
4 Units  
40 Hours

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**Wilcox, Lorraine**  
Spring 2018

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CLASS EIGHT

**Week 8 (8/18): quiz; Causes of disease: Internal, Neither-External-nor-Internal; Pathogenesis; Principles of treatment**

**Read: GM: 381-423, 1113-1128; CAM: 271-274.**

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CLASS NINE

Week 9 (8/25): quiz; Eight Principles; methodology

Read: GM: 427-443; CAM: 295-303.

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CLASS TEN

Week 10 (9/01): quiz; Prevention and nourishing life; Channels and network vessels; eight extraordinary vessels

Read: CAM: 61-69, 83-4, 89, 95-6, 101-2, 112-113.

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CLASS ELEVEN

Week 11 (9/08): Final Exam

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REFERENCE MATERIAL

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FACULTY INFO

Wilcox, Lorraine

Please check with instructor during class to get updated contact info.

zhenjiu@gmail.com