

## WINTER 2022 OPENING SERIES CLASSES

Distance Education for non-matriculated students

*Opening Series* is a selection of 11-week courses that provide an introduction to basic concepts in Traditional Asian Medicine. These classes are an integral component of Emperor's College master's degree program and academic units are awarded for each class. All courses will be offered live, via video-conference except for the ones marked "in person".

Students must have a minimum of 60 semester units (90 quarter units) of undergraduate coursework to enroll. Cost: \$224 per unit plus \$45.00 non-refundable registration fee. Register early as classes fill up. Schedule is subject to revision. 11 Week Winter Quarter Begins

**Monday, January 3<sup>rd</sup>, 2022**

[www.emperors.edu/opening-series](http://www.emperors.edu/opening-series)

Contact [admissions@emperors.edu](mailto:admissions@emperors.edu) or (310) 469-1615 for more information

### **East/West Medical History**

WS290 (2 Units)

Mon 12 pm– 2 pm (PST)

This course provides an overview of the history of events and ideas that lead to the development of both Eastern and Western medical paradigms. It surveys the major impact of specific historical events as well as the individuals who contributed significantly to the medical advances and practices seen today. Upon completion of this course, the successful student will have a basic understanding of the historical practices of Eastern and Western medical sciences.

### **Fundamentals of OM**

OM315 (4 Units)

Tues 5:30 pm -9:30pm (PST)

This class provides the groundwork of basic principles and theories of TCM including Yin-Yang Theory, Five Elements, Eight Principles, Etiology, Qi, Blood, Body Fluids, Zang-Fu and other paradigms. It also establishes a solid foundation for all future studies in Acupuncture and Herbal Medicine. Core class and prerequisite for many other classes in the MTOM program.

### **Medical Qi Gong**

OM351 (2 units)

Wed 7 am-9 am (PST)

**IN PERSON\***

Students practice breathing, posture, relaxation, energy movement and mind-regulating techniques that empower a direct experience of Qi with the ability to direct it therapeutically.

*\*This class will be held in person, at Douglas Park in Santa Monica.*

### **Introduction to Herbal Medicine**

HB300 (2 Units)

Wed 12 pm -2 pm (PST)

Learn major herb groups, Chinese botanical nomenclature and an understanding of important herbs from the pharmacopoeia including individual properties such as flavor, entering meridians, functions and medicinal uses. Core class and prerequisite for many other classes in the MTOM program.

### **Sports Nutrition**

ELN301 (2 Units)

Wed 2 pm - 4 pm (PST)

(Elective class in MTOM)

Learn about many different diets and advantages and disadvantages as they relate to athletic performance, as well as the value of nutraceuticals in the field of performance and recovery. Learn about the power of lifestyle factors that can support the athlete in managing stress and handling overtraining.

### **Tai Chi I – Yang Style**

OM350 (2 units)

Thu 2 pm- 4 pm (PST)

**IN PERSON\***

Yang style tai chi is the most well-known and widely practiced style of tai chi in the world. This practical course provides a basic introduction to the theory and benefits of Yang style tai chi. Students will learn and practice the first one-third of the classic Yang style form set, with an emphasis on the proper breathing technique and body movements.

*\*This class will be held in person, at Douglas Park in Santa Monica.*

### **Mind Body Medicine**

EL866 (2 Units)

Thu 6 pm-8 pm (PST)

This class focuses on using all aspects of the human experience—physical, emotional, behavioral, cultural, sensorial, mental—in order to achieve long-lasting balance on all levels. It investigates the effects of different ways of thinking, the impact of stress factors and conditioning, and their relation to the immune system and the imbalance of the body and disease. Students will learn about and explore many age-old tools which have been used in various traditions to promote health on a holistic level: yoga, tai chi, meditation, chanting, relaxation, hypnosis, visual imagery, biofeedback, cognitive-behavioral therapies, and modern scientific research explaining the biochemical mechanisms behind these ancient modalities.

# Opening Series Policies

**Introduction:** Opening Series students are limited to Opening Series classes only. There is no minimum or maximum number of credit units Opening Series students may take. Academic credit is awarded for all classes which is fully transferable into the master's degree program.

**Procedure:**

1. Review the schedule and continue completing the online application via Populi (reach out to an Admissions Counselor). Payments can be processed online; \$45 non-fundable registration fee + full tuition due before start of classes (late payments are subject to a \$30 late fee).
2. For more information contact the Admissions Department at [admissions@emperors.edu](mailto:admissions@emperors.edu)

- **The Winter quarter starts on Monday, January 3rd, 2022.**
- **If you need to add or drop a class after the quarter has started, please contact the Registrar Marcia Hirsch at [marcia@emperors.edu](mailto:marcia@emperors.edu) at your earliest convenience. Non-attendance does not qualify as notification that you wish to drop a class. There is a \$25 fee for dropping a course in addition to a pro-rated tuition refund.**
- **The quarterly balance is to be paid in full by the 1st week of the quarter. Opening Series students are not eligible for financial aid.**

## **Attendance policy**

- **Successful completion of the education programs at Emperor's College requires a significant commitment of time for coursework and outside study. Attendance is required at all times, as only complete attendance in all coursework will enable a student to benefit fully from instruction of subject matter and discussion extending beyond the scope of course texts and practical clinical experiences. Any student who fails to attend at least 80% of the course (separate from any other course requirements) will receive an "F" for the course.**

**Leave for military duty is permitted as long as the student will miss no more than 25% of the total number of course meetings. Documentation must be supplied to the Academics office. Tardiness Policy Tardiness policies may vary by class. Please refer to the respective class syllabi for more information. A student enrolled in a course is responsible for all course assignments or requirements that are due regardless of whether the student is present or absent from the scheduled course. Students are responsible for being aware of their own attendance for each course in which they are enrolled in order not to exceed the maximum absences allowed.**