

## Academy of Classical Oriental Sciences

### COURSE OUTLINE – ONLINE DELIVERY

#### **Introduction to Chinese Medicinal Substances**

*Course Description:* In this introductory course, students will gain an understanding of the origin of Chinese herbology. We will study the habitat, collection, cultivation and processing, dosage, basic properties, and methods of consumption of herbs. Students will learn general botanical terminology, as well as techniques for identifying a selection of Chinese herbs and their related North American species. Students will also be introduced to the fundamentals of Traditional Chinese Medicine (TCM) theory including the basics of the Yin Yang theory.

*Learning Objectives:* Students will develop a general understanding of Chinese medicinal substances. This will serve as a foundation to more in-depth future study of individual medicinal substances.

<b>Course No: 104</b>	<b>Term: 1,2,3</b>	<b>Year: 2011-2012</b>	<b>Credits: 1</b>
<b>Day &amp; Time:</b> ONLINE DELIVERY – Set start and end dates; with flexible days & times.		<b>Equivalent Hours of instruction: 15</b>	<b>Instructor:</b> Joanne Sinclair, R.TCMP

#### **Instructor Profile:**

Joanne's over ten years experience in bio-dynamic farming, general and medicinal gardening and her formal training in environmental studies provides a valuable dimension to her instruction in the Academy's acupuncture, TCM and clinical departments. A registered TCM Practitioner with the College of Traditional Chinese Medicine Practitioners and Acupuncturists of BC (CTCMA) Joanne is a committed practitioner and instructor who recognizes the connection between one's environment and personal health. Other areas of interest for her include the classics of Chinese medicine and Chinese astrology. Joanne has a TCM practice in Nelson.

**Text required:** Chinese Natural Cures by Henry Lu and Herb Samples (included)

**Recommended:** Review of Audio lectures on the course website

#### **GRADING SCALE**

A: 83-100%	B+: 75-82.9%	B: 70-74.9%
C+: 65-69.9%	F: 0-64.9%	

***The minimum passing grade is C+/ 65%***

<b>EVALUATION</b>	<b>VALUE</b>
Chapter Assignments	68%
Quizzes (3)	30%
Forum Participation	2%
<b>Total</b>	<b>100%</b>

## **LEARNING OBJECTIVES:**

Complete grasp of the following:

- Origins of Chinese herbology
- General botany applied to herbs
- Habitat, collection, cultivation techniques
- Processing of herbs
- Herbal properties: four qi, five tastes, channel tropism, etc.
- Methods of consumption
- Dosage and toxicity
- Combining of herbs