

Academy of Classical Oriental Sciences

TCM HERBALIST PROGRAM *(3 years)*

Term 1 - Fall

101. Fundamentals of TCM (lecture) Introduction to fundamental theories including: YinYang; Qi; five phases; six essential substances; meridian theory; onset of disease, classical Chinese physiology (zang xiang), etiology and prognosis; seven emotions. Discussion of these topics will include their classical and modern interpretations.

7 credits

102. Meridians: Theory and Location (lecture) Covers the following topics: introduction to the origin and development of the meridian system; introduction to the twelve regular meridians and eight extraordinary; meridian gen-jie (root-branch), four sea, and six meridian diagnosis. Study revolves around investigation of the earliest classical citations of these topics in the Huangdi Neijing, Bo Shu and Shang Han Lun. Concurrent 101, 197

4 credits

103. Yang Sheng Fa (nourishing life principles) (lecture) Introduction to the naturalist (Daoist) world view, using the naturalist theories of yin-yang, qi and the 5 phases (wu xing). Discussion will focus on living and eating according to natural principles, and the use of Chinese medical dietetics (food-as-medicine) in the prevention and treatment of disease. In addition, discussions on body constitution, characteristics: genetic and environmental factors and a brief introduction to western clinical nutrition are included in the form of student presentations. Properties and functions of whole foods and some TCM herbs will be discussed and students will be introduced to relevant information from TCM classic texts including the Huangdi Neijing.

3 credits

104. Introduction to Chinese Medicinal Substances (lecture) An overview of the origins of Chinese medicinal substances as well as their habitat, collection, and processing. The fundamental properties of Chinese medicinal substances will also be introduced. Basic botanical knowledge will be included as it applies.

1 credit

106. Taiji Quan (practical) A participation course designed to introduce students to the benefits of the physical exercise of taiji quan.

2 credits

109. Chinese Language I (lecture) An introduction to the modern Chinese language (Mandarin) with a focus on grammar, character writing and recognition, and how to negotiate a dictionary to look up terms and characters. Course content centers on TCM terminology and TCM in an informal setting.

3 credits

157. Touch Ethics/Body Landmarks (lecture and practical) A practical course which identifies the physical boundaries in the doctor/patient relationship. Issues of permission, safety and multi-dimensional boundaries will be included. Course will include palpation of major anatomical landmarks of the body.

1 credit

197. Western Anatomy&Physiology (lecture & practical) An in-depth study of the body's skeletal, muscular, nervous, respiratory, digestive, urinary, reproductive and endocrine systems, as well as an introduction to basic biochemistry and cellular physiology as defined by allopathic/Western medicine. The above is combined with a directed, detailed study of human anatomy. The skeletal, muscular, vascular and nervous systems will be examined in depth. As well, surface landmarks and other details of surface anatomy will be investigated. *This course is delivered over two terms.*

4.5 credits

Term One Total Credits: 25.5

Term 2 - Winter

151. TCM Diagnostics (lecture) Topic areas include: the four methods (observation, osculation/olfaction, interrogation, palpation); an introduction to the main signs and their meaning in TCM; an introduction to tongue diagnosis and pulse taking in TCM; an introduction to the ba gang (eight unifying principles); basic clinical discussion and record keeping. Prerequisite 101

7 credits

159. Chinese Language II (lecture) A continuation of the skills taught in Chinese Language I. Course content centers on a more formal TCM setting and will include introduction to translation of modern Chinese TCM writings. Prerequisite 109

3 credits

167. Counseling Skills I (lecture & practical) The study of principles and ethics of therapeutic counseling. Focus is on methods of interaction.

2 credits

197. Western Anatomy&Physiology (lecture & practical) An in-depth study of the body's skeletal, muscular, nervous, respiratory, digestive, urinary, reproductive and endocrine systems, as well as an introduction to basic biochemistry and cellular physiology as defined by allopathic/Western medicine. The above is combined with a directed, detailed study of human anatomy. The skeletal, muscular, vascular and nervous systems will be examined in depth. As well, surface landmarks and other details of surface anatomy will be investigated.

4.5 credits

287. Immunology & Microbiology (lecture) Investigation of the fundamental concepts and principles of human immunology and microbiology as it relates to human pathology. Prerequisites 197 (or concurrent)

2 credits

Term Two Total Credits: 18.5

Year 1 Total Credits: 44

Year 1 Credit Hours: 660

Term 3 - Fall

203. Zhong Yao Xue: Chinese Medicinal Substances (lecture & practical) An introduction to the Chinese materia medica, including classification of medicine; properties, functions and toxicity of each medicine; preparation and processing of medicines; and, interactions of medicines. Clinical identification of medicines is also covered. Students will learn the classification, nature, quality, functions and therapeutic uses of over 200 Chinese medicines. Prerequisites: 151

8 credits

204. History of Chinese Medicine (lecture) Study will compare and contrast several philosophical perspectives of health and their relationship to Chinese medicine, both historically and today.

2 credits

205. Classmate Case Study (clinical) As the beginning of practical work, the students will create case studies of their classmates; offer a discussion of the combined information on each student; offer a discussion of a classic case study. Prerequisites 101, 151

3 credits

208. Qi Gong I (practical) A physical exercise class which offers an introduction to the regulation of qi through movement, breath control, sound, visualization of intent and creative awareness training; will involve the study of several qi gong systems, breathing methods and the therapeutic approach of qi gong/dao yin as a treatment method.

2 credits

225. Introductory Clinical Observation (clinical) An initial exposure to the day-to-day running of the TCM clinic; focus on observation of the diagnostic and treatment procedure. Students will become familiar with the procedures followed in running a TCM professional clinic. Through exposure to patient-practitioner interaction, students will develop skills of professional conduct. Prerequisites: all first year courses at the discretion of the Academic Dean.

1 credit

227. Public Health & Allied Health Practices (lecture) This course introduces students to the public health system in Canada, as well as to various complementary health professions such as naturopathy, chiropractic, homeopathy, osteopathy, massage therapy, and physiotherapy, among others.

0.5 credits

292. Qing Zhi Bing: Mental and Emotional Disharmony Patterns (lecture) Study of the development of human consciousness; the seven emotions and their relationship to human life; the development of culture, religion and custom and their effects on human behavior; as well as an introduction to TCM treatment strategies. Prerequisite 151

3 credits

297. Western Pathology I (lecture) Study will help to familiarize the student with the etiology and pathological mechanisms of common diseases from an allopathic perspective. *This course is delivered over two terms.* Prerequisites 197

2 credits

404. Business Management (lecture & practical) Presentation of the practical aspects of setting up a medical practice including clinic maintenance, office management, marketing and creation of a business plan. Included is the study of laws and current issues concerning the practice of acupuncture in this country, specifically in British Columbia. There will be several out-of-class

projects. *Generally taken in 3rd year of 3-year Programs & 4th year of TCM Programs.*
6 credits

417. Biomedical Ethics (lecture) The purpose of this course is to invite students to consider the moral and ethical responsibilities inherent in clinical medicine, as practitioners, members of a professional community, individuals, and as a complementary profession within the dominant medical delivery system.

2 credits

Term Three Total Credits: 29.5

Term 4 - Winter

253. Fangji Xue: Herbal Formulae (lecture) An introduction to many of the classic herbal formulae (yao fang); an investigation into the therapeutic approach with yao fang; treatment principles and the alteration of formulae to suit the clinical picture. Prerequisite 203

7 credits

255H. Clinical Observation I – TCM Herbalist (clinical) Students will become familiar with the day-to-day running of the TCM clinic and Herbal Dispensary. This will focus on observation of all aspects of the diagnostic and treatment procedure. Prerequisites: all first, second year courses at the discretion of the Academic Dean.

3 credits

256. Tui Na I (lecture & clinical) An introduction to the physical manipulations, treatment theory and treatment principles of Tui Na. Muscle layers of the surface anatomy will be included. The systematic treatment of basic illnesses with Tui na; a continuation into the study of acupuncture point function; the use of implements and mediums (oils, liniments) to aid in the manipulation of tissue or qi. All methods will be practised in the clinical setting, which includes a session in one of the local senior homes. Students will be able to diagnose and then use Tui Na techniques to treat common musculo-skeletal diseases in adults. Prerequisites: 101, 161, 164, 197, 208

3 credits

267. Counseling Skills II (lecture & practical) The study of principles and ethics of therapeutic counseling. Focus is on methods of interaction. Prerequisites 167; 292

2 credits

297. Western Pathology I (lecture) Study will help to familiarize the student with the etiology and pathological mechanisms of common diseases from an allopathic perspective. Prerequisites 197

2 credits

307. Research Skills & Paper Preparation Survey of methods of research necessary for the TCM student and practitioner in writing scientific journal articles and papers. An examination of the journal article and thesis format through lecture and practice. *Generally taken in year prior to final year of program.*

1 credit

Term Four Total Credits: 18

Year 2 Total Credits: 47.5

Year 2 Credit Hours: 712.5

Term 5 - Fall

302. Patent Formulas (lecture) Study of composition, indications and use of common Chinese patent medicines. Prerequisite 253
2 credits

303. Nei Ke: Chinese Internal Medicine (lecture) An examination of diseases commonly observed in Chinese Internal Medicine, their etiology and differential diagnosis and treatment with Chinese medicinal formulae. Prerequisite 253
7 credits

305H. Clinical Observation II – TCM Herbalist (clinical) A continuation of Clinical Observation I with increased focus on patient record keeping. Prerequisites: all first, second and concurrent third year courses at discretion of the Academic Dean.
6 credits

308. Qi Gong II (practical) Practical development of self-awareness in terms of breathing and body alignment. Trains the student in the advanced methods of Qi Gong that have been used by healers to develop the capacity to heal with qi (*Fa Qi*) and also increase the practitioner's sensitivity to the emotional and energetic state of other persons. Prerequisite 208
2 credits

323. Er Ke: Pediatrics (lecture) The examination of diseases commonly observed in pediatrics, their etiology, differential diagnosis and treatment with Chinese medicinal formulas. Prerequisites 253
2 credits

397A. Western Pathology II (lecture) Discussion of basic signs and symptoms of illness; diagnostic methods and laboratory tests used in clinical allopathy; emphasis on differentiation of urgent and serious conditions; introduction to basic emergency procedures, CPR and basic first aid. *This course is delivered over two terms.* Prerequisite 297
2 credits

427. Pharmacology (lecture) This course will introduce the fundamentals of the science of pharmacology and include commonly used drugs in the major pharmaceutical categories. Prerequisite 397A & 397B (or concurrent)
4 credits

Term Five Total Credits: 25

Term 6 - Winter

347. Western Medicine Lab Diagnostics & Physical Examination (lecture & practical) This course will introduce students to the basic Western medicine procedures for the physical diagnosis of the entire body; as well, students will be introduced to Western medicine laboratory tests and procedures with reference to their diagnostic significance and normal range values. Prerequisite 297; 397A & 397B (or concurrent)
2 credits

352. Wai Ke: Chinese External Medicine (lecture) The examination of diseases commonly observed in TCM external medicine and dermatology with a focus on etiology, differential diagnosis and treatment with Chinese medicinal formulas. Prerequisite 253
5 credits

353. Fu Ke: Gynecology (lecture) The examination of diseases commonly observed in gynecology, their etiology, differential diagnosis and treatment with Chinese medicinal formulas. Prerequisites 253
5 credits

354. TCM Case Studies (practical) This course will present for discussion, TCM clinical case studies covering a wide range of illnesses from Nei ke, Wai ke, Fu ke and Er ke. Prerequisites 303, 323; concurrent with 352, 353.
1 credit

355H. Clinical Observation III – TCM Herbalist (clinical) A continuation of Clinical Observation II. Students will prepare patient intake records for presentation to class. Preliminary student-patient interaction will be undertaken in preparation for Supervised Clinical practice. Prerequisites: all first, second, and concurrent third year courses at discretion of the Academic Dean.
6 credits

356. Tui Na II (lecture & clinical) This course is a continuation of Course 256 Tui Na I with the study of the treatment of disease with tui na. Study will focus on the diagnosis and treatment of internal medicine disorders as well as pediatric tui na. All methods will be practised in the clinical setting, including sessions in one of the local senior homes and a baby clinic. Students will be able to diagnose and then use Tui Na techniques to treat the pediatric illnesses and common internal conditions in adults. Prerequisite: 256
3 credits

397A. Western Pathology II (lecture) Discussion of basic signs and symptoms of illness; diagnostic methods and laboratory tests used in clinical allopathy; emphasis on differentiation of urgent and serious conditions; introduction to basic emergency procedures, CPR and basic first aid. Prerequisite 297
2 credits

397B. Western Pathology II Case Studies (practical) Adjunct to 397A, this course will present and analyze relevant clinical case studies in order to deepen student understanding. Concurrent with 397A.
1 credit

Term Six Total Credits: 25

Term 7 - Spring

375. Clinical Practicum Placement – TCM Herbalist (clinical) Students will be placed in a variety of clinical settings throughout western Canada with independent practitioners. There may be opportunity for clinical placement in China. Placements will range from five weeks to three months. Students will be performing practical application of previously learned theory. Students will conduct patient interviews, participate in diagnosis and treatment planning, and perform appropriate traditional Chinese medicine treatments and follow-up on patients' responses in treatment. Prerequisites: successful completion of all first, second, and third year TCM Herbalist Program courses. Concurrent with 451H

15 credits

451H. Research Paper – TCM Herbalist (project) Allows the student to examine a topic of their choice (with the approval of the Academic Dean). Students will be expected to do independent readings, provide case studies, including differential diagnosis and treatment outlines, prepare a research paper and present their findings. Prerequisites: successful completion of all first, second, and third year TCM Herbalist Program courses. Concurrent with 375

6 credits

Term Seven Total Credits: 21

Year 3 Total Credits: 71

Year 3 Credit Hours: 1065

TOTAL TCM HERBALIST PROGRAM CREDITS: 162.5

TOTAL TCM HERBALIST PROGRAM CREDIT HOURS: 2437.5