

Academy of Classical Oriental Sciences

TRADITIONAL CHINESE MEDICINE PROGRAMS (Practitioner & Doctor)

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 vitality 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 & 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

161. Acupoints: location and function (lecture & clinical) Offers a complete study of the location of all regular points, a study of the therapeutic use of points, the memorization of the location, special point groupings and function of the 140 most frequently used points, the understanding of the relationship of the functions of points and the treatment of illness. Students will learn the exact surface location of all acupoints on the 12 regular meridians according to the modern standard. Students will be able to express these locations both verbally as well as practically, on the human body. Students will also learn the various special point groupings as well as their functional significance and therapeutic uses. Students will gain knowledge of the therapeutic uses and functions of all acupoints studied. Prerequisites 102, 151 (or concurrent)

7 credits

164. Point Location Lab (practical) Adjunct and concurrent to course 161. Acupoints will be located on other students in class. Prerequisites 102, 151 (or concurrent)

2 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

Term Two Total Credits: 25.5

Year 1 Total Credits: 51

Year 1 Credit Hours: 765

Term 3 - Fall

201. Techniques of Acupuncture and Moxibustion (lecture & clinical) A detailed study of classical and modern acupuncture needling techniques and modern acumoxa techniques as well as cupping, acupressure and seven star needling methods. Specific point selection requirements for each method are included. Precautions in the use of all implements is covered, including clean needle technique. Prerequisites: 161, 164

3.5 credits

202. Extra Points (lecture) A complete study of the location and therapeutic uses of the Ren and Du vessel acupoints as well as the most commonly used extraordinary points.

Prerequisites 161, 164

2 credits

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) In this course, students will go through the practical procedure of the diagnostic process. Patient records created will be presented to the class for discussion and analysis. Students will apply learned knowledge of diagnostics to the patient interview process. Students will become familiar with the standard patient intake form and specific information fields. Students will also gain practical knowledge of interview skills, diagnostic skills, and formulation of a TCM diagnosis based on diagnostic data collected.

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

240. Needling Lab I (clinical) An introduction to insertion, retraction and needling techniques, as introduced in 201 Techniques. Students will develop the finger strength and dexterity required to adequately perform all filiform needling techniques covered. Students will develop clinical skills of Clean Needle Technique as an automatic aspect of the needling process.

Lab coat required. Concurrent with 201

1 credit

292. Qing Zhi Bing: Mental and Emotional Disharmony Patterns 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.* Prerequisite 197

2 credits

Term Three Total Credits: 28

Term 4 - Winter

241. Needling Lab II (practical) Continuation of 240. Study will include practical application of various acu-moxa techniques, including bloodletting, mang-zhen, huo-zhen, scalp acupuncture, cupping, ear acupuncture, needle warming moxibustion, direct moxibustion and partitioning moxibustion. In addition, needling techniques of the bei-shu points will be covered. The practical application of Clean Needle Technique is requisite to passing this course. Lab coat required.

Prerequisites 240, 251 (or concurrent)

1 credit

242. Elective Needling Lab I (clinical) This course supplements Needling Labs 240 and 241, revisiting needling of points already covered and providing additional opportunity for reinforcing the locating and needling of these points in the clinical setting.

Prerequisites: 240, 241 (or concurrent)

1 credit

251. Therapeutics of Acumoxa I (lecture & clinical) The first in a series of three courses which together examine all common illnesses in terms of etiology, pathomechanism, differential diagnosis of symptom-complexes, principles of treatment, selection of appropriate acupoints and acumoxa treatment methods, prognosis and advice to patients. Patient treatments observed in clinic will be further analysed in class. Students will be able to analyze and properly approach all diseases covered in terms of acumoxa therapy. Students will learn to integrate previously learned knowledge into the therapeutic thought process. Prerequisites: 201, 202, concurrent: 241, 255

6 credits

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

255P/D. Clinical Observation I – TCM Practitioner & Doctor of TCM (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

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

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. Prerequisite 197

2 credits

Term Four Total Credits: 26

Including Elective Course: 21

Year 2 Total Credits: 54

Year 2 Credit Hours: 810

Including Elective Course: 41credits/615hours

Term 5 - Fall

301. Therapeutics of Acumoxa II (lecture & clinical) The second in a series of three courses designed to introduce the student to the most common illnesses in terms of etiology, pathomechanism, differential diagnosis of symptom-complexes, principles of treatment, selection of appropriate acupoints and acumoxa treatment methods, prognosis and advice to patients. Patient treatments observed in clinic will be further analysed in class. Students will learn to analyze and approach diseases in terms of acumoxa therapy, integrating prior TCM knowledge into the therapeutic thought process. Concurrent with: 305, 340. Prerequisite: 251

6 credits

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

8 credits

305P/D. Clinical Observation II – TCM Practitioner & Doctor of TCM (clinical) This course is a continuation of Clinical Observation I with increased focus on patient record keeping. Prerequisites: all first, second and concurrent third year courses at the 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. Prerequisite 253
2 credits

340. Needling Lab III (clinical) Continuation of 241. Study will include practical application of various acu-moxa techniques, including bloodletting, mang-zhen, huo-zhen, scalp acupuncture, cupping, ear acupuncture, needle warming moxibustion, direct moxibustion and partitioning moxibustion. Study will include needling of acupoints related by anatomical location, by function, or by needling technique. The practical application of Clean Needle Technique is requisite to passing this course. Lab coat required. Prerequisites 241, 301(or concurrent)
1 credit

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

Term Five Total Credits: 28

Term 6 - Winter

304. Theory Comparison (lecture) Introduces historical schools of thought in acupuncture, their origin and development, associated classics and application in a modern clinical practice. Prerequisites 201, 204
2 credits

307. Research Skills & Paper Preparation (lecture and practical) 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.
1 credit

341. Needling Lab IV (clinical) Continuation of 340. Study will include practical application of various acu-moxa techniques, including bloodletting, mang-zhen, huo-zhen, scalp acupuncture, cupping, ear acupuncture, needle warming moxibustion, direct moxibustion and partitioning moxibustion. Study will include needling of acupoints related by anatomical location, by function, or by needling technique. The practical application of Clean Needle Technique is requisite to passing this course. Lab coat required. Prerequisite 340
1 credit

342. Elective Needling Lab II (clinical) This course supplements Needling Labs 340 and 341, revisiting needling of points already covered and providing additional opportunity for reinforcing the locating and needling of these points in the clinical setting.

Prerequisites: 240, 241, 340, 341 (or concurrent)

1 credit

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

4 credits

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

355P/D. Clinical Observation III – TCM Practitioner & Doctor of TCM (clinical) This course is 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. Concurrent with 301. Prerequisites: all first, second, and concurrent third year courses at the 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

359. Huangdi Neijing Selections (lecture) This class involves the in-class translation and discussion of selected sections of the Huangdi Neijing (Yellow Emperor's Canon of Internal Medicine) in their original Chinese text. Prerequisite 101, concurrent with TCM Program third year courses

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: 31

Including Elective Course: 32

Year 3 Total Credits: 60

Year 3 Credit Hours: 900

Including Elective Course: 61credits/915hours

Term 7 - Fall

401. Therapeutics of Acumoxa III (lecture) The last in a series of three courses continues to build on the topics and skills of the previous courses, including diseases of the eyes, ears, nose and throat as well as treatment of emergency conditions. Ziwuliuzhu acupuncture methods will be introduced. Prerequisite or concurrent: 301, 440.

2 credits

402. TCM Case Studies II (clinical) In this seminar course, students will present case studies from their supervised clinical practice in the student clinic for analysis and discussion with the student practitioners in the class. Students will further their skills of critical thinking and differential diagnosis, benefiting from discussion of current cases with the instructor and the rest of the class. Students will also gain experience in inter-professional communication skills regarding consultation on patient care. Concurrent: 405.

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.

6 credits

405P/D. Supervised Clinical Practice – TCM Practitioner & Doctor of TCM (clinical) Students will work independently in the clinical setting under the supervision of a licensed practitioner. Prerequisites: all first, second, third and concurrent fourth year TCM Program courses at the discretion of the Academic Dean.

9 credits

405A. Applied Counseling (clinical) Continuation of the development of counseling skills required in the clinical practice of TCM. This seminar course will focus on issues arising during students' practical work in the student clinic.

1 credit

406. TCM Orthopedics (lecture) This course involves the study of the TCM diagnosis and treatment of soft tissue injuries, joint dislocations, bone fractures and common diseases of the bones and joints. Normal joint range of motion, as well as joint and postural assessment will be included. Prerequisite 401 (or concurrent)

3 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

427. Pharmacology (lecture) This course will introduce the fundamentals of the science of pharmacology and include commonly used drugs in the major pharmaceutical categories.

Prerequisites 397A & 397B (or concurrent)

4 credits

440. Needling Lab V (clinical) Continuation of 341. Study will include practical application of various acu-moxa techniques, including bloodletting, mang-zhen, huo-zhen, scalp acupuncture, cupping, ear acupuncture, needle warming moxibustion, direct moxibustion and partitioning moxibustion. Study will include needling of acupoints related by anatomical location, by function, or by needling technique. The practical application of Clean Needle Technique is requisite to passing this course. Lab coat required. Prerequisites 341, 401 (or concurrent)

1 credit

Term Seven Total Credits: 30

Term 8 - Winter

451P/D. Research Paper – TCM Practitioner & Doctor of TCM (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, third and fourth year courses. Concurrent with 455P/D

6 credits

455P/D. Clinical Practicum Placement – TCM Practitioner & Doctor of TCM (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 seven weeks to four 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 acupuncture and/or traditional Chinese medicine treatments and follow-up on patients' responses in treatment. Prerequisites: successful completion of all first, second, third and fourth year TCM Program courses. Concurrent with 451P/D.

25 credits

Term Eight Total Credits: 31

Year 4 Total Credits: 61

Year 4 Credit Hours: 915

TOTAL 4-YEAR TCM PRACTITIONER PROGRAM CREDITS: 226

TOTAL 4-YEAR TCM PRACTITIONER PROGRAM CREDIT HOURS: 3390

Including Electives 242 and 342

228credits/3420hours

Term 9 - Summer

501. TCM Herbal Classics (lecture) This course will focus on the study of three TCM Classics: Shang Han Lun (Treatise on Injury by Cold); Jin Kui Yao Lue Fang Lun (Synopsis Prescriptions of the Golden Chamber); and Wen Bing Xue (Febrile Disease Theory). Prerequisites 303, 323, 352, 353

12 credits

502. Applied Meridians (lecture & clinical) Lecture will focus on the in depth investigation of the classical meridian writings and their correlation with modern scientific findings. The practical portion of this course will emphasize the assimilation of learned knowledge through various means of movement. The clinical portion includes postural imbalance assessment and corrective exercises for postural imbalance and faulty movement patterns. Attendance of this portion of the course is mandatory.

6 credits

504. Advanced Clinical Therapeutics (lecture) In this course, a wide range of illnesses will be covered in the fields of internal medicine, neurology, otorhinolaryngology, ophthalmology, urology, immunology and gerontology and emergency medicine. In many cases, TCM and Western medical knowledge will be presented and discussed conjointly in order to foster in students the *integrated medicine* approach. Treatment will focus on advanced herbal formulas and the use of modern TCM herbs. Prerequisites 303, 323, 352, 353

3 credits

Term Nine Total Credits: 21

Term 10 - Fall

553. Pharmacology and Toxicology of TCM Medicinals (lecture) This course will investigate modern scientific research findings in the field of TCM medicinal substances. A variety of TCM medicinals will be investigated both in terms of pharmacology and herb-drug interactions. Prerequisites 303, 323, 352, 353, 427

4 credits

554. Advanced Clinical Therapeutics (lecture) Continuation of topics from 504 in Term 9. In this course, TCM and Western medical knowledge will be presented and discussed conjointly in order to foster in students the *integrated medicine* approach. A wide range of illnesses will be covered in the fields of internal medicine, dermatology, neurology, otorhinolaryngology, ophthalmology, urology, immunology and gerontology. Treatment will focus on advanced herbal formulas and the use of modern TCM herbs. Prerequisites 303, 323, 352, 353

6 credits

555. Advanced Clinical Practicum Placement – Doctor of TCM (clinical) Students will be placed in a variety of clinical settings with independent practitioners for a total of 150 practicum hours. Students will perform practical application of previously learned theory. Students will conduct patient interviews, diagnosis and treatment planning, and perform appropriate TCM treatments and follow up on patients' responses in treatment. Prerequisites: Successful completion of all first, second, third, fourth and fifth year TCM Program courses.

10 credits

Term Ten Total Credits: 20

Year 5 Total Credits: 41

Year 5 Credit Hours: 615

TOTAL 5-YEAR DOCTOR OF TCM PROGRAM CREDITS: 267

TOTAL 5-YEAR DOCTOR OF TCM PROGRAM CREDIT HOURS: 4005

Including Electives 242 and 342

269credits/4035hours

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