

## 2014 Summer School TRADITIONAL CHINESE MEDICINE PROGRAM

### About the Course

#### Theme of the Program—

### A Miraculous Tour: Chinese Medicine Exploration

#### Program Modules

##### 1. Chinese Language and Culture (24 hours)

This module enables students to learn daily Chinese conversations, experience Chinese martial arts, Chinese calligraphy and Peking Opera. It also aims to help students know better about Shanghai through the tour to Yu Garden, Huangpu River, Shanghai Museum and Xin Tian Di.

##### 2. Chinese Medicine and Materia Medica (32 hours)

This module introduces the origin and development history of Chinese medicine; how Chinese medicine understands the nature, human body and diseases; how Chinese medicine diagnosis diseases; components of Chinese materia medica; and common formulae. This module aims to present with the history, essential theory, diagnosis, pharmacy and formulae of Chinese medicine. It also aims to help students understand how to collect and prepare Chinese materia medica through field trip to planting and processing base of Chinese herbs.

##### 3. Acupuncture and Tuina (12 hours)

This module introduces two common external therapies: acupuncture and tuina. Main contents include needling technique, moxibustion, cupping, common tuina manipulations. Students can experience the amazing power of acupuncture and tuina during the learning process.

##### 4. Clinical Application of Traditional Chinese Medicine (8 hours)

This module introduces application of Chinese medicine and integrated Chinese and Western medicine in modern society. The visit to university affiliated hospitals can enable students to understand the application and vitality of Chinese medicine in modernized hospitals.

##### 5. Life-nurturing and Healthcare (16 hours)

This module introduces qigong, herbal diet, cosmetology and foot reflexology massage. It enables students to understand that Chinese medicine is not limited to disease treatment but also a life nurturing method. The knowledge in this regard can benefit students' lifestyles and improve their wellness and quality of life.