Introduction to Chinese Medicine Series

Course Descriptions

Foundations of Chinese Medicine

Foundations of Chinese Medicine 1
3 didactic credits
No co/pre-requisites
This introductory level course provides in-depth study of the philosophy and theories fundamental to traditional Chinese medicine (TCM), including the essential principles of yin and yang, Dao, five elements, and zangfu organ systems. The course also covers Chinese medical history as it relates to the various traditions in acupuncture and Oriental medicine, as well as historical and professional trends in acupuncture and Oriental medicine.

Foundations of Chinese Medicine 2
3 didactic credits
Pre-requisite: Foundations of Chinese Medicine 1
This course builds upon FCM 1 with an emphasis on the production and function of body substances (energy, blood, body fluid, essence, spirit) and the related internal organ systems, as well as etiology and pathology, sources of pathogens, and mechanisms of illness, with an introduction to the channel system.

Clinical Theater

Clinical Theater 1
1.5 clinical credits
Co/pre-requisite: Foundations of Chinese Medicine 1
This course exposes students to the diagnostic methods of TCM and to the techniques and application of acupuncture and herbology through observation of professional treatments by a member of the AOMA faculty. Each class includes dialogue about patient intake and treatment administration, with an emphasis on patient communication and ethics.

Medical Qigong

The medical qigong series presents a comprehensive study of Chinese medical qigong and includes the philosophy of qigong as well as exercises and movements which focus on cultivating internal energy. A series of traditional and modern qigong exercises is taught throughout these courses, including meditation (static qigong) and daoyin (dynamic qigong), for the purpose of training and refining inner energy. Focus of this first course is on the mechanisms of qigong and the relationship between the three treasures of the human being, essence, energy, and spirit. The course also focuses on commonly used points and qigong safety theory and methods. Attention will be paid to the areas of combining Chinese medical qigong with zangfu, yin/yang, and meridian theories to improve students’ understanding of Oriental medicine and to integrate qigong methods with

Chinese Medical Qigong 1
3 didactic credits
Pre-requisite: Foundations of Chinese Medicine 1
Chinese medical qigong is one of the oldest branches of Chinese medicine, predating acupuncture by thousands of years. It is a therapeutic method for improving health and well-being, regaining and maintaining mind/body balance, preserving health, and enhancing longevity through the training of the mind, the breath, and the physiological processes of the body. “Qi” refers to the energy that animates life, while “gong” means skills acquired through practice.
Chinese Medical Qigong 2
3 didactic credits
Pre-requisites: Foundations of Chinese Medicine 1 & Chinese Medical Qigong 1
The second course in this series covers the sensation of qi, a foundation of internal qi, and guidance of qi throughout the body. Additionally, the origin and distribution of the twelve regular meridians and location of major acupressure points will be studied. The course focuses on the proper recommendation of exercises for improving well-being and relieving symptoms of chronic disorders, particularly tendon-muscular problems. Also, the selection of different qigong exercises according to body constitutions and various syndromes will be presented.

Chinese Medical Qigong 3
3 didactic credits
Pre-requisites: Foundations of Chinese Medicine 1 & Chinese Medical Qigong 2
The third course in this series focuses on the directing and renewing of qi. This is achieved by exploring the major principles that govern the universal and environmental energy structures, as well as their influence on the human body, mind, spirit, and emotions. A series of qigong exercises and techniques, tongue inspection and pulse evaluation, touching and non-touching techniques, color and temperature observation, and healing sounds are practiced for a better understanding of this specialized system.

Point Location & Meridian Theory

Point Location & Meridian Theory 1
3 didactic credits
Pre-requisites: Foundations of Chinese Medicine 1 and an approved course in Anatomy and Physiology
First of three courses on the distribution and functions of the network of channels and collaterals, categories of special points, body landmarks, point locating methods, and basic needling methods. Includes practice of physical point location. First course covers points on the lung, large intestine, stomach, spleen, and heart channels.

Point Location & Meridian Theory 2
3 didactic credits
Pre-requisites: Foundations of Chinese Medicine 1 and 2, Point Location & Meridian Theory 1, and an approved course in Anatomy and Physiology.
Second course in the series covering the points and channels of small intestine, urinary bladder, kidney, pericardium, sanjiao, and gall bladder.

Point Location & Meridian Theory 3
3 didactic credits
Pre-requisites: Foundations of Chinese Medicine 1 and 2, Point Location & Meridian Theory 1 and 2, and an approved course in Anatomy and Physiology.
Final course in series covering the points and channels of gall bladder (continued), liver, du/governing, ren/conception, and the other extraordinary channels, commonly used extra points, and point location comparisons.

Meridian and Point Energetics 1
3 didactic credits
Pre-requisites: Foundations of Chinese Medicine 1
Co/pre-requisite: Point Location & Meridian Theory 1
First of three courses introducing fundamental theories and usage of acupuncture therapy, including meridian theory, special energetics, and individual acupuncture point energetics. First course covers the lung, large intestine, and stomach meridians, and the theory and usage of acupuncture points, including the shu-points, five element points, luo-connecting points, yuan source points, and xi-cleft points.
Meridian and Point Energetics 2
3 didactic credits
Pre-requisites: Foundations of Chinese Medicine 1 and Meridian and Point Energetics 1
Co/pre-requisite: Point Location & Meridian Theory 2
Second course in series of three courses, the focus is on the spleen, heart, small intestine, kidney, and urinary bladder meridians, and how to select basic acupuncture points in order to therapeutically affect corresponding patterns of disease.

Meridian and Point Energetics 3
3 didactic credits
Pre-requisites: Foundations of Chinese Medicine 1 and Meridian and Point Energetics 1 and 2
Co/pre-requisite: Point Location & Meridian Theory 3
The final course in the series focusing on the urinary bladder (continued), pericardium, sanjiao, gall bladder, liver, ren, and du meridians and how to select basic acupuncture points in order to therapeutically affect corresponding patterns of disease.

Diagnostic Skills of Chinese Medicine

Diagnostic Skills of Chinese Medicine 1
3 didactic credits
Pre-requisite: Foundations of Chinese Medicine 1 and 2
This is the first of two courses providing in-depth study and practical application of the four diagnoses with an emphasis on tongue and pulse evaluation, diagnosis, and basic pattern differentiation.

Diagnostic Skills of Chinese Medicine 2
3 didactic credits
Pre-requisite: Foundations of Chinese Medicine 1 and 2 and Diagnostic Skills of Chinese Medicine 1
Second course emphasizing full differential diagnosis of syndromes, including zangfu, eight principles, six stages, four levels, san jiao, and microsystems, with focus on case studies.