
Unit 1

Understanding the Theory of Traditional Chinese Medicine

Unit Guide



AUSTRALIAN COLLEGE
OF EASTERN MEDICINE

BELLINGEN

COURSE OUTLINE AND OBJECTIVES

This unit gives you the knowledge and understanding of Chinese Medicine Theory, including:

- Yin/Yang Theory (explains the opposing yet complimentary forces of nature)
- Five Element Theory (outlines the interrelationships organs have to one another)
- The Eight Principles (the characteristics of illness according to its manifestation)
- 12 Meridians & Internal Organs (location, function and characteristics)
- Etiology (the causes of Disease)
- The Three Treasures (three reservoirs of healing energy in the body)
- Transformation of Qi (the movement of energy throughout the body)

LEARNING OUTCOMES

At the satisfactory completion of the subject it is expected that students will be able to:

- Explain the Traditional Chinese Medicine concept of Yin & Yang
- Express how the different internal organs work together in harmony/disharmony
- Name in detail the eight patterns of disharmony
- Describe the qualities, location and functions of the 12 major meridians and their related internal organs, plus two extraordinary meridians
- List several possible causes of disease
- Describe the function of the body's three reservoirs of healing energy
- Explain the transformation of Qi in the body

METHOD OF DELIVERY

- 1) Unit Study Guide explaining the concepts of TCM
- 2) Unit Workbook with questions to complete
- 3) Tutorial
- 4) Final Written Exam

TEXT BOOKS

- 1) *The Web That Has No Weaver*, by Ted Kaptchuk
- 2) Recommended Reading: *The Foundations of Chinese Medicine*, by Giovanni Maciocia

ASSESSMENT

- 1) Written Question & Answers in a workbook format - 50%

The questions are to be answered in your own words & may include your own drawings & diagrams. Source the answers from the notes given, the text books, plus your own research. Thorough & accurate detail in your own words will be given the best marks. Answers may be in point form.

- 2) Final Written Exam - 50%

TUTOR

Your tutor, Matt Sincock, is available for help in understanding any of the concepts.

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