



Athens College of East Asian Medicine

2020-2021 Study Program
Foundations of Chinese Medicine (FCM)

Course Description:

The first-year course in the *Foundations of Chinese Medicine* is to provide the basic framework, knowledge, and understanding of the principles of Chinese Medicine. Students are given a detailed overview of the various Oriental medicine theories and practices, highlighting the concepts of Yin and Yang, the Five Phases, Five Substances (qi, blood, essence, spirit, fluids), Zang Fu (organs), Jing Luo (channels and networks), Causation of Disease, and The Fundamental Diagnostic Concepts that provides the foundation and roadmap for further study in Acupuncture, Herbal Medicine, and/or Tuina.

Learning Objectives:

In this year long course, students will be taught the classical East-Asian view of the universe and the human body and the interconnection between the two. Students will learn the basic principles and theories of Yin-Yang, Five Elements, Eight Principles, Etiology, Qi, Blood, and the Organs, with reference to the Nei Jing (The Yellow Emperor's Inner Classic) and other Chinese medicine classics.

Course Prerequisites:

None

Required Texts:

- **Chinese Acupuncture and Moxibustion (CAM)**, 3rd Edition 2010, Foreign Languages Press Beijing, China Auteur: Chen Xinnong
- **The Foundations of Chinese Medicine** - Giovanni Maciocia, 3rd edition, ISBN 9780702052163
- **The Yellow Emperor's Classic of Medicine** (Neijing Suwen) - Maosheng Ni, 1995, ISBN 9781570620805
- **Atlas of Chinese Tongue Diagnosis** - Barbara Kirschbaum, 2nd edition, 2010, ISBN 9780939616718
- **Practical Diagnosis in Traditional Chinese Medicine** – Tietao Deng, 1999, ISBN 9780443045820
- **Diagnosis in Chinese Medicine: A Comprehensive Guide** - Giovanni Maciocia, 3rd edition 2019, ISBN 9780443064487



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Study methods:

- (1) Teacher/Student Direct Contact Study
- (2) Independent Self-study (10-15 hours per week)
- (3) E-learning Platform (Google Classroom & Zoom)
- (4) Clinical Observation
- (5) Interactive Practice
- (6) Portfolio
 - (a) Personal Development Plan and Evaluation
 - (b) Homework Assignments
 - (c) Study Group Projects and Reports
- (7) Examination

Requirements leading to successfully finishing the course year:

- (1) Teacher Contact study – 20 lecture days, minimal 80% presence, otherwise no admission to the final exam
- (2) E-Learning Platform: Videos, Articles, and Feedback Forum (2 hours per week)
- (3) Self-study Literature

(3) E-learning (Moodle, Blackboard, or Google Classroom)

*60 Hours Online Lectures: Culture and Language of China.

How to proceed:

On the student-site in one of the 'posts' you will find an Orientation Guide for our E-learning Platform. Our Learning Management System (LMS) is where videos to be viewed, articles to be read, and written feedback forums between students and teachers will be posted.

After you have read the required material (articles), looked at (videos), or completed exams (tests/quizzes), you will be asked to write up a summary (or answer some questions), submit it to either the teacher (via email or on the platform), and then register it in your STUDENT LOG. This is a very important document that should be guarded carefully and not lost as it contains a history of your out-of-the-classroom work and counts towards your attendance, direct contact hours, and independent study time. This LOG will be given to you at the first class) as follows:

1. Name of the 'subject' you studied with a detailed description.
2. The amount of time in hours you spent on the subject.



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3. Required signatures from any (or all) clinician/practitioners who you may have observed with, assisted, or who has acted as a supervisor for your clinical practice (internship).

At the end of each academic year - only after you have finished all hours - please send in the list/logs to the Student Coordination Team. This should be done at the latest on the 15th of July. Please NOTE: Always make a 'back-up' copy for safe keeping.

Clinical Observation

- 64 hours of clinical observation/apprenticeship is required in your first year, plus 20 typed up case reports.

You can do (part of) your clinical observation/apprenticeships in our clinic. Please use the apprenticeship-agenda in the student-site to plan your apprenticeships. We advise students of the basic year not to start their observation/apprenticeships before January, in order to gain a basic level of knowledge prior to the apprenticeships.

Students can do (part of) their observation/apprenticeships with recognized CM practitioners. ACEAM has a list of approved external apprenticeship supervisors, but a student can also propose a new apprenticeship supervisor. A completed filled in form should be sent to the coordinators that also include the supervisor (of your choice) and a copy of their CV. After ACEAM approval the student can do his apprenticeship hours with the new supervisor. (Also see online Student Guide)

(5) Interactive Practice

16 Student Contact hours practical group study, 2 reports (send in before 30 June). In Chinese Medicine (as well as in Western Medicine courses) interactive practice hours are mandatory. This means that you form study groups (min 2-max 8 people) and practice together.

This can be:

- Case discussion
- Giving presentations to each other on a certain topic of TCM
- Practical exercises: Tongue and Pulse diagnosis/interview skills/examination.

Each participant of the interactive practice needs to hand in the required numbers of reports separately and send it to the study coordinators digitally (both in a Word Document & PDF file). Requirements: see Student Guide!



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(6) Portfolio

(a) Personal Development Plan.

Each year you start with a personal plan and vision on your study (PDP, Part-1), a reflection on your expectations, aims and goals, on how you want to plan and organize your studies. Send it to your student coordinator before the 15th of November.

At the end of the course year you write your evaluation (PDP, Part-2), with reference to your plan of the start of the study year. Did you achieve your goals? Were your expectations met? Which obstacles did you encounter? How do you want to improve?

Send PDP to the student coordinator before the 15th of July. For further requirements see Student Guide.

(b) Homework.

In the class weekends there will be given homework to be worked out until the next lessons. Please send the completed homework directly to the teacher (or post it on Moodle if directed) who gave the homework and CC to the coordinators. You can find the e-mail addresses of all teachers in the section 'Contact' of 'General Information' of the Student Guide.

(c) Study Group Literature and Theory.

60 Student Contact hours, 10 reports x 1 A4 (send in before 30 June)

Similar to the interactive practice you will do group study to discuss the required literature. This means that you form study groups (min 2-max 8 people) and work on the theoretical topics of the class year. You can do this by:

- reading together and discuss;
- prepare a presentation for your fellow students;
- analyze the material with reference to what you have learned and how you can use it.

Each participant of the study group needs to hand in the required numbers of reports separately and send it to the study coordinators before the 30th of June.

Further requirements: see Student Guide.

(7) Examination:

There will be a series of quizzes at the beginning of most classes, tests grouping certain modules that encompass a body of knowledge. There will be no make-up quizzes. There will also be a midterm examination, and a final examination.



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The first midterm exam will be scheduled in 2021 and is a theoretical exam about the contents of the first 5 lecture weekends. Lecture on that day starts from 10:30. The maximum score is 100 %, with a minimum score of 70% needed to pass the exam.

The Final Exam (scheduled in July) is a year-end comprehensive that consists of 2 parts: Practical Exam (PE) and Theoretical Exam (TE)

Content of PE: Tongue Diagnosis and Pulse Diagnosis

Date of PE: TBA (To be announced).

Contents of TE: ALL topics of FCM, though the central focus will be the second part of FCM.

The scores of the quizzes, mid-term exam, and final exam together will have to average (70%) to pass the course in total. A lower score in the first exam can be compensated with a higher score in the final exam. But an insufficient score in the final exam cannot be compensated with a higher score in the first exam.

Types of Questions: Multiple Choice, Simple Questions, True/False, Comparison, Case Analysis

Date of TE: TBA (To be announced)

Attendance Policy:

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism included full and prompt attendance. Students who miss more than 2 class weekends in a 10-module course will not pass the class and will earn an “F” for the course. Additionally, students who arrive more than 15 minutes late or leave class before it ends will be marked ‘late’. Two ‘late arrivals’ equal one absence. **NOTE:** Students who leave and return to class late from break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism and may be put on probation.

Instructors:

Course Lecturers: Dr. Ioannis Dimitriou, M.D., Ph.D. TCM, Dr. Georgette Young, DAOM, Christina Manavriou, M.Sc. TCM, Benjamin Saez, B.Ac. (UK), plus some visiting teachers from abroad.

Location: Ipsilantou 29, Kolonaki (Attiki), Greece

Class dates 2020:

October 3 & 4; November 7 & 8; and December 5 & 6



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Class dates 2021:

January 16 & 17; February 13 & 14; March 13 & 14; April 10 & 11; May 15 & 16; June 5 & 6; July 3 & 4. (Final Exam: 17 July)

Class Times: 9.00 to 17.00 hrs. Lunch break is from 13.00 to 14.00 hrs.