

COURSE DETAIL

LIVE IN A TRADITIONAL CHINESE MEDICINE WAY

Country

China

Host Institution

Fudan University

Program(s)

Shanghai Summer

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Health Sciences

UCEAP Course Number

11

UCEAP Course Suffix

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UCEAP Official Title

LIVE IN A TRADITIONAL CHINESE MEDICINE WAY

UCEAP Transcript Title

TRAD CHINESE MED

UCEAP Quarter Units

4.00

UCEAP Semester Units

2.70

Course Description

The course aims at introducing the culture system of traditional Chinese medicine (TCM), including the basic theory (yin-yang and five elements, viscera and their manifestations), basic skills (tongue and face diagnose), basic practice (diet therapy, moxibustion, scraping, cupping, TCM aromatherapy) and qigong(Baduanjin). This course will provide you with an in-depth exploration of traditional Chinese medicine culture and learn how to use TCM knowledge in your daily life. You will learn about the correspondence between food and internal organs and how to apply this knowledge to improve your diet. Furthermore, you will delve into the concepts of Chinese medicine meridians and acupuncture points, master the art of brewing traditional Chinese herb teas and creating scented bags, and experience the renowned Chinese medicine fitness practice of the Baduanjin .

Language(s) of Instruction

English

Host Institution Course Number

MED170004

Host Institution Course Title

LIVE IN A TCM WAY

Host Institution Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2024-2025

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