# COURSE DETAIL

| LIVE IN A TRADITIONAL CHINESE MEDICINE WAY |
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| **Country**<br>China |
| **Host Institution**<br>Fudan University |
| **Program(s)**<br>Shanghai Summer |
| **UCEAP Course Level**<br>Lower Division |
| **UCEAP Subject Area(s)**<br>Health Sciences |
| **UCEAP Course Number**<br>11 |
| **UCEAP Course Suffix**<br>S |
| **UCEAP Official Title**<br>LIVE IN A TRADITIONAL CHINESE MEDICINE WAY |
| **UCEAP Transcript Title**<br>TRAD CHINESE MED |
| **UCEAP Quarter Units**<br>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,GEIS10032

**Host Institution Course Title**
LIVE IN A TCM WAY

**Host Institution Course Details**
https://iss.fudan.edu.cn/GEIS10032LiveinaTCMWay.pdf

**Host Institution Campus**

**Host Institution Faculty**

**Host Institution Degree**

**Host Institution Department**

**Course Last Reviewed**
2026-2027

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