



ZENITH COLLEGE OF **APPLIED SCIENCE**

CTAA Membership Number 10663086

Associate Degree In

Fundamental Philosophy in Traditional Chinese Medicine

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LEGAL DISCLAIMER

The "Fundamental Philosophy in Traditional Chinese Medicine" program is strictly an academic course designed to provide students with a theoretical understanding of Traditional Chinese Medicine (TCM), including its core principles and practices.

This program does not confer any qualifications, certifications, or licenses required to practice as a clinician. Participants are expressly prohibited from using the knowledge gained through this program for diagnostic purposes, clinical treatments, or the prescription of herbal TCM remedies.

Additionally, completion of this program does not fulfill any regulatory, professional, or legal requirements for practicing TCM or any related field.

The program content is presented solely for educational purposes and should not be interpreted as medical or clinical training. Any application of the information is the sole responsibility of the individual, and the program providers disclaim all liability for any misuse of the materials or information presented.

This module is 1 Credit Hour

One credit hour is equal to one hour of classroom or direct faculty instruction and at least two hours of out-of-class student work per week.

That means you can expect to spend three hours of work and classroom instruction per week on a one-credit course.

THE TOPICS/MODULES/COURSE CONTENT THAT IS TAUGHT.

Course: Fundamental Philosophy in Traditional Chinese Medicine

Award: Associate degree

Course Description:

Program Overview: The Associate Degree.

The Fundamental Philosophy in Traditional Chinese Medicine (TCM) will provide students with an understanding of TCM's core principles and theories.

Traditional Chinese Medicine (TCM) is deeply rooted in ancient Chinese philosophy and is built upon several fundamental principles that guide its holistic approach to health and wellness. Here are some key concepts:

Qi (Vital Energy):

Qi (pronounced "chi") is the fundamental life force that flows through the body and the universe. It is often translated as "energy" or "vital essence," but it encompasses much more. Qi is the driving force behind all physiological and spiritual functions, and its balance is essential for health.

Yin and Yang:

This concept represents the dualistic nature of the universe. Yin and Yang are opposing forces that exist in all aspects of life, including the human body.

Yin is associated with qualities such as cold, darkness, and passivity, while Yang is associated with heat, light, and activity. Health is achieved by maintaining a balance between these two forces.

Five Elements (Wu Xing):

The Five Elements—Wood, Fire, Earth, Metal, and Water—are used to describe the dynamic interactions and relationships within the body and the natural world.

Each element is associated with specific organs, emotions, and physiological functions. The balance and harmony among these elements are crucial for health.

Meridians and Acupuncture Points:

TCM believes that Qi flows through the body along specific pathways called meridians.

There are twelve primary meridians, each associated with a major organ system. Acupuncture points are specific locations along these meridians where Qi can be accessed and manipulated to restore balance and health.

Holistic Approach:

TCM views the body as an interconnected whole, where physical, emotional, and spiritual aspects are inseparable.

It emphasizes the importance of harmony between the individual and their environment, as well as the balance within the body itself.

These principles form the foundation of TCM and guide its various practices, including acupuncture, herbal medicine, dietary therapy, and Qi Gong. The goal is to promote balance and harmony within the body and between the body and its surroundings.

Year 1: Foundations of TCM Philosophy

Total Credit Hours: 60

Semester 1

- ✓ **Module 1**
Introduction to Traditional Chinese Medicine (3 credit hours) Overview of TCM history, development, and fundamental principles.
- ✓ **Module 2**
Basic Theory of Yin-Yang and Five Elements (3 credit hours) Detailed study of Yin-Yang theory and Five Element theory.
- ✓ **Module 3**
Human Anatomy and Physiology in TCM (4 credit hours) Understanding the human body from a TCM perspective.
- ✓ **Module 4**
The Yin-Yang theory and Five Element theory are deeply rooted in ancient Chinese philosophy and cosmology, forming the foundation of Traditional Chinese Medicine (TCM).

Semester 2

- ✓ **Module 5**
Qi and the Vital Substances (3 credit hours)
Exploration of Qi, Blood, Essence, and Body Fluids.
- ✓ **Module 6**
Meridian Theory and Acupoints (3 credit hours)
Study of the meridian system and key acupuncture points.
- ✓ **Module 7**
TCM Diagnostic Techniques (4 credit hours)
Introduction to diagnostic methods such as pulse and tongue diagnosis.
- ✓ **Module 8**
Chinese Culture and Health Philosophy (3 credit hours) Examination of Chinese cultural influences on health and wellness.

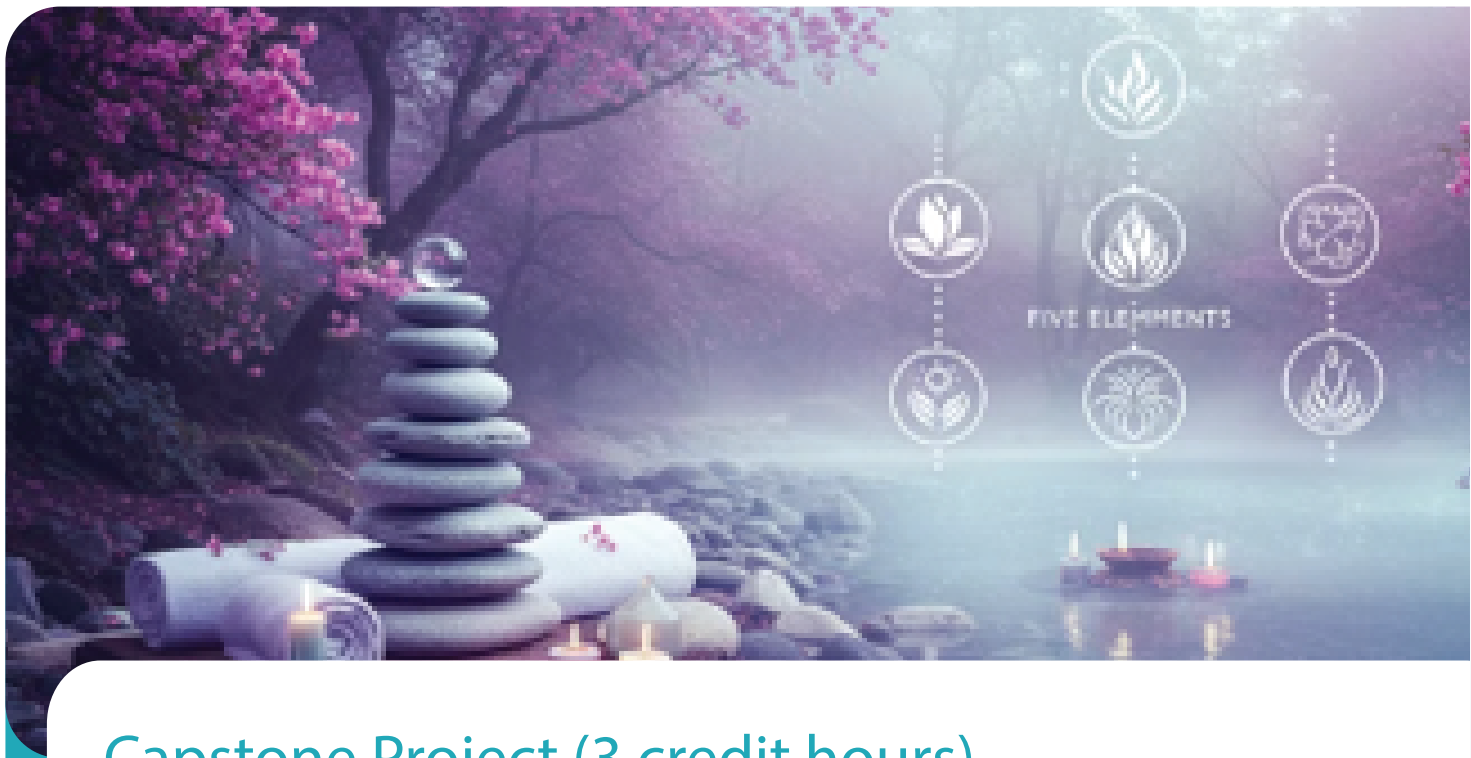
Year 2: Advanced TCM Concepts and Applications

Semester 1

- ✓ **Module 9**
Pathophysiology in TCM (3 credit hours)
Understanding disease mechanisms and patterns in TCM.
- ✓ **Module 10**
Herbal Medicine Principles (3 credit hours)
Basic principles of Chinese herbal medicine.
- ✓ **Module 11**
TCM Treatment Strategies (3 credit hours)
Tui Na and Other Therapies in Traditional Chinese Medicine.
- ✓ **Module 12**
Research Methods in TCM (3 credit hours)
Introduction to research principles and methods in TCM.

Semester 2

- ✓ **Module 13**
Psychology and Mental Health in TCM (3 credit hours)
Theoretical application in TCM
- ✓ **Module 14**
Case Studies in TCM (3 credit hours) Analysis and discussion of real-life cases in TCM practice
- ✓ **Module 15**
Ethics and Professional Practice in TCM (3 credit hours) Ethical considerations and professional conduct in TCM practice.



Capstone Project (3 credit hours)

- ✓ Comprehensive project integrating knowledge and skills acquired.

Electives (Choose 2):

- ✓ Tai Chi and Qigong (3 credit hours)
- ✓ Practice and principles of these traditional Chinese exercises.
- ✓ Nutrition and Dietetics in TCM (3 credit hours)
- ✓ Dietary recommendations and nutrition principles based on TCM.
- ✓ TCM approaches to mental health and emotional well-being

Total Study Hours per Week

Year 1

Approximately 12-15 hours/week

Year 2

Approximately 15-16 hours/week.

This curriculum provides a comprehensive education in the fundamental philosophy of Traditional Chinese Medicine.

Graduates will be well-equipped to understand and apply the theoretical aspect of TCM principles in various health and wellness settings.

The requirements each student must complete to be certified in the training.

- ✓ Student to complete online training + course workbook
- ✓ Individual quizzes per module.
- ✓ End of Semester project.
- ✓ End of Semester exam.
- ✓ End of Course final Exam
- ✓ End of Course thesis

