

Course Information Sheet

Asian Studies 305—Traditional Chinese Medicine

Science Building, Room 102

This course counts towards partial fulfillment of the "Perspectives on Human Values and Existence" graduation requirement and total completion of the Global ("G" suffix) graduation requirement.

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Required Texts:

Hoff, B. *The Tao of Pooh*. New York: Penguin Books, 1982.

Kaptchuk, T.J. *The Web That Has No Weaver. Understanding Chinese Medicine*. New York: Congdon & Weed, 1983.

Le Guin, Ursula K. *Lao Tzu; Tao Te Ching, A Book about the Way and the Power of the Way*. Boston: Shambhala Publications; 1998.

Tallitsch, R.B. *Lecture Outline: Asian Studies 305: Traditional Chinese Medicine*.

Our Joint Commitments:

By deciding to take this class you are making an overt decision—namely that you will attend this class *each and every day lecture and lab are scheduled, and that you will do your best to succeed in this class*.

By deciding to teach this class, I too am making an overt decision—namely that *I will offer class sessions (both lecture and lab) that are worth attending, and that I will do my best to help you succeed*. If I am not keeping this commitment let me know, just as I will let you know that you are not keeping your commitment, if that is the case.

Reading: The texts utilized for this course have been chosen both for their content and their readability. ***Simply put, you are expected to do the text reading that is outlined in the Lecture Outline prior to coming to class.***

The reading will help supplement lecture, and will definitely be needed in order to understand what is discussed in class and to do well on exams.

1. **Course Objectives:** At the completion of this course you should have:

- Had fun and enjoyed the term
- An understanding of the historical and cultural aspects of Traditional Chinese Medicine (TCM) as well as an understanding of how TCM is practiced in China today
- An understanding of the how Taoism and Yin and Yang serve as the “cornerstones” and underlying philosophies and precepts of Traditional Chinese Medicine (TCM)
- An understanding of the Three Treasures (Jing, Qi and Shen Qi) and how they pertain to and are integral to TCM

- An understanding of the organization of the Zang Fu (internal body organs) and the view of their individual and collective functions in TCM
- An understanding of the basic precepts underlying TCM symptomology and diagnostic methodologies.
- An understanding of how acupuncture, moxibustion, herbal medicine and Qi Gong are integral parts of TCM
- An understanding of the how the various aspects of TCM are utilized in curative and preventive medicine.
- Intellectually compared and contrasted the beliefs and practices of “Western” medicine and TCM

2. What you can expect of *me* this term: I am a firm believer that a college education is a two-way street. As a professor, I hope you learn things from me. However, I also hope that I will learn things from you. In addition, I don't think it is appropriate to list what I expect of you without telling you what you can (and should) expect of me. So, during this term you can expect that I will:

- Do my best to make this term fun!
- Keep the class interesting, organized, and functioning in an open environment of mutual respect.
- Believe, foster and convey the attitude that everyone enrolled in this class has the ability to succeed if they try.
- Care about your progress in this class.
- Do my best to write examinations that aren't tricky, but are fair and tests *what you know* rather than what you don't. *However*, if I do not achieve this goal, I will do my best to be a good listener as you discuss with me why you interpreted any and all questions in a particular way. I will also do my best to rectify the problem as much as possible.
- Return all graded tests and quizzes to you within one week of their administration.
- Understand that my class is not the only class you are taking this term, and that you have an academic and personal life outside of my classroom.
- Be fair and treat all students with respect.
- Set a standard of high expectations, and then help you live up to them.
- Point out patterns and relationships between the concepts covered in this class, as well as link these ideas and facts to previous knowledge.

3. Class preparation and participation: You will note that the required readings from all texts are listed in your lecture outline. Additional readings will be assigned in class. You will be expected to have all readings completed before class. Lack of preparation for class will hamper your ability to participate in discussions, and therefore will have a negative impact on your overall grade for the course.

4. Exams: Two examinations will be given. The first exam (8 April) *is required* and will be worth 100 points, while the final comprehensive exam (Wednesday, 17 May, 12–2 pm in the regularly scheduled lecture room) will be worth 150 points. All exams will be essay in nature. (Possible examination questions will be distributed approximately 1 week before the scheduled exam.) *If you are happy with your class grade (midterm exam plus term-paper grade) you may opt out of the final exam. Term paper grades will be returned to you electronically no later than the day of the last class session.*

5. Required paper: You are required to do a paper for this class that deals with some form of Traditional Chinese Medicine. (See some suggested topics below.) You must submit your topic, thesis statement and preliminary bibliography to me for approval at the appropriate times (as outlined below).

If you would like me to look over your rough draft before submission of the final copy, I will be glad to do so.

Paper Deadlines: There are set deadlines that you must keep in mind for this paper. *Please note that the dates listed are the LATEST dates for completion of the listed tasks. These tasks MAY be completed earlier if you wish! All documents are to be submitted electronically with the subject line being “TCM”.* The deadlines are:

- ☯ 24 March: Last day to submit paper topic and preliminary bibliography for approval. *(required)*
- ☯ 29 March: Submission of revised preliminary bibliography for approval. *(recommended)*
- ☯ 5 April: Submission of tentative thesis statement. *(required)*
- ☯ 12 April: Last day to submit rough draft for comments. *(optional)*
- ☯ 21 April: Paper is due electronically as a MS Word e-mail attachment

Failure to meet deadlines: Failure to meet any of the required deadlines will result in a deduction of 10 points per day from the overall grade for your paper.

Possible topics: The following topics are some *suggestions* that might be of interest. These are not the only topics available—rather these are just some possibilities to get you thinking. Please be advised that you will need to determine what your thesis statement is within the context of the possible subjects outlined below.

- ☯ More and more U.S. medical schools are incorporating courses on “alternative medicine” into the curriculum. Is this good or bad? Should a course in alternative medicine be a required part of the curriculum in US medical schools?
- ☯ What is the historical significance of *They Yellow Emperor’s Classic of Medicine*? Was this indeed the first TCM medical text? Does it matter?
- ☯ Is TCM a science?
- ☯ Partial, but detailed analysis of the *I Ching* and does it or doesn’t it play a role in TCM?
- ☯ Is *The Tao of Pooh* truly an accurate representation/interpretation of Taoism and its precepts? Why or why not?
- ☯ Is Taoism indeed the root of TCM? Why or why not? (If not, what would be viewed as the root of TCM by scholars in the field?)
- ☯ What impact did the formation of the PRC have upon the proliferation and/or continued practice of TCM? Has this impact been constant and consistent? How are the actions of Mao (with regards to TCM) viewed by Chinese historians?

6. You will submit two copies of your term paper.

The first copy of your term paper will be submitted electronically as a MS Word attachment via e-mail. *The subject line of the e-mail must read **Traditional Chinese Medicine** to ensure it ends up in the proper e-mail folder on my computer.*

The second copy of your term paper will be turned in electronically to www.turnitin.com Therefore, if any images are included in your paper, you will have to scan them and insert them at the appropriate place within the paper.

7. Cheating Policy: Any individual suspected of, or caught cheating will receive a “0” grade for that examination or problem set and a “F” grade overall for the course. A drop slip will not be signed for the course. In addition the Dean of Students Office and the Office of Academic Affairs will be notified, in writing, of the name of the student and the circumstances of the cheating incident. For review of this policy please read through the appropriate section in *Inside Augustana*.

8. Class Attendance and Decorum:

- a. Class Attendance:** Excessive absences, sleeping in class etc. will be taken into account in determining a student’s final grade.
- b. Late arrivals:** I understand that there will be times when you just can’t get to class on time. That’s normal, and no big deal, as long as it doesn’t become a habit. If and when you do arrive late, please enter the classroom via the back door, located on the 2nd floor immediately above the lecture room.
- c. Class Decorum:**
 - i.** Eating and drinking in class is allowed, provided you do not disturb your neighbors. Please be careful of spills etc., and please remove all trash, cups and wrappers from the classroom.
 - ii.** OK—so I’m old fashioned—I admit it. Because of this, old habits die hard. I was taught that gentlemen do not wear hats indoors—so hats are not allowed in lecture under any circumstances.
 - iii.** Please do not put your feet on the back of the chair in front of you.
- d. Cell Phones:** Neither the ringing nor the answering of cell phones during class will be tolerated—so turn it off! Do not even leave it on vibrate—turn it off. If you have a pending emergency please let me know and we will make arrangements.

10. Citation Format: All material utilized in the writing of your paper must be cited utilizing the Council of Science Editors (CSE) Style. I prefer to utilize this citation format simply because it is what I am most comfortable using. In addition, it is important for nonscience majors to understand alternate citation formats.

For citation examples go to the following electronic resource provided by the library:

<http://www.augustana.edu/library/Research/Guides/CSE-AnBibStyle.html>

Need more help? Contact Connie Ghinazzi at 7494 or any librarian at the reference desk at 7206.

- 11. Grades:** Grades will be determined on a straight percentage scale based upon the maximum number of points possible in the class.

Option 1: Both exams and term paper; 350 possible points: 100 points from the first exam, 100 points from your paper, and 150 points from the final exam.

A = 350 – 319 points (100 – 90%)
B = 318 – 280 points (89 – 80%)
C = 279 – 245 points (79 – 70%)
D = 244 – 210 points (69 – 60%)
F < 210 points (<60%)

Option 2: Midterm exam and term paper; 200 possible points

A = 200 – 180 points (100 – 90%)
B = 179 – 160 points (89 – 80%)
C = 159 – 140 points (79 – 70%)
D = 139 – 120 points (69 – 60%)
F < 120 points (<60%)

Tentative Lecture Topics

Date	Lecture Topic
8 March	Taoism—An Introduction
10 March	Discussion of Taoism
15 March	Discussion of Taoism and Taoist Religion—A Historical Perspective Taoists, Confucianists, and Buddhists Traditional Chinese Medicine—An Introduction
17 March	Traditional Chinese Medicine—An Introduction Traditional Chinese Medicine—Theory Yin & Yang Wu Xing—The Five Phases or Elements The Three Treasures—Jing, Qi and Shen
22 March	Paper topic and preliminary bibliography due! Blood and Body Fluids Zang-Fu (The Organs)
24 March	Zang-Fu (The Organs) Ba Gang—The Eight Principal Patterns Chinese Diagnosis and Symptomology
29 March	Chinese Diagnosis and Symptomology Four elements of Chinese diagnosis A Brief History of Acupuncture
31 March	Exam #1 (100 points)
5 April	Formation and Development of the Channel Theory Acupuncture—An Introduction to the Channel Theory Jing Luo—The Meridian System Classification of the meridians Circulation of Qi Forms of Qi Functions of the channels Alterations in the flow of Qi External causes of diseases An overview of the points and channels Development and classification of points Locating points Points of sedation and tonification
7 April	Acupuncture—An Introduction of the Channel Theory (continued)

Tentative Lecture Topics (continued)

Date	Lecture Topic
12 April	Because of required evening session (acupuncture demonstration) no class today
12 April	6:30 pm: Acupuncture Demonstration by Dr. Qiang Zhang <i>This is a required class session</i>
14 April	No Class today – I will be available during normal class time for consultation on your term paper
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19 April	No Class today – I will be available during normal class time for consultation on your term paper
21 April	Term Paper due Paper must be turned in electronically as a MS Word attachment <i>and</i> must be turned in electronically to Turnitin.com <i>before the start of class. <u>Late papers will not be accepted</u></i> Laws of Acupuncture Other techniques related to acupuncture Qi Gong—An alternative methodology of treatment
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26 April	No class—this Tuesday is really a Monday
28 April	Final exam questions distributed Qi Gong Qi Gong meditation session
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3 May	Chinese Herbal Medicine—an introduction
5 May	Chinese Herbal Medicine
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10 May	Integration of TCM into Western medicine
12 May	Wrap-up