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# Unit 1

## Understanding the Theory of Traditional Chinese Medicine

Unit Guide

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AUSTRALIAN COLLEGE  
OF EASTERN MEDICINE

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BELLINGEN

## **COURSE OUTLINE AND OBJECTIVES**

This unit gives you the knowledge and understanding of Chinese Medicine Theory, including:

- Yin/Yang Theory (explains the opposing yet complimentary forces of nature)
- Five Element Theory (outlines the interrelationships organs have to one another)
- The Eight Principles (the characteristics of illness according to its manifestation)
- 12 Meridians & Internal Organs (location, function and characteristics)
- Etiology (the causes of Disease)
- The Three Treasures (three reservoirs of healing energy in the body)
- Transformation of Qi (the movement of energy throughout the body)

## **LEARNING OUTCOMES**

At the satisfactory completion of the subject it is expected that students will be able to:

- Explain the Traditional Chinese Medicine concept of Yin & Yang
- Express how the different internal organs work together in harmony/disharmony
- Name in detail the eight patterns of disharmony
- Describe the qualities, location and functions of the 12 major meridians and their related internal organs, plus two extraordinary meridians
- List several possible causes of disease
- Describe the function of the body's three reservoirs of healing energy
- Explain the transformation of Qi in the body

## **METHOD OF DELIVERY**

- 1) Unit Study Guide explaining the concepts of TCM
- 2) Unit Workbook with questions to complete
- 3) Tutorial
- 4) Final Written Exam

## **TEXT BOOKS**

- 1) *The Web That Has No Weaver*, by Ted Kaptchuk
- 2) Recommended Reading: *The Foundations of Chinese Medicine*, by Giovanni Maciocia

## **ASSESSMENT**

- 1) Written Question & Answers in a workbook format - 50%

The questions are to be answered in your own words & may include your own drawings & diagrams. Source the answers from the notes given, the text books, plus your own research. Thorough & accurate detail in your own words will be given the best marks. Answers may be in point form.

- 2) Final Written Exam - 50%

## **TUTOR**

Your tutor, Matt Sincock, is available for help in understanding any of the concepts.

Email: [mrsincock@icloud.com](mailto:mrsincock@icloud.com) Phone: 0427539382

## **AUSTRALIAN COLLEGE OF EASTERN MEDICINE**

Registered Training Organisation 30835

Bellingen Campus: *Postal address:* 3 Briner Street, Bellingen NSW 2454

Lismore Campus: 1 Gumtree Mall Gumtree Drive, Goonellabah NSW

Website: [www.orientalmedicine.com.au](http://www.orientalmedicine.com.au)