

Tentative (Revisions Can and Will Occur)
Course Information Sheet
Asian Studies 305—Traditional Chinese Medicine
Hanson Hall of Science, Room 102
2013–2014 Academic Year
A “Blended Course”

**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.

Unschuld, P.U. (translated by K. Reimers) *What is Medicine? Western and Eastern Approaches to Healing*. Berkley: University of California Press, 2009

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. TCM will be taught this year as a “blended” course. Because TCM has so much material worth discussing, I have always been concerned about having to spend so much time in class passing information from me to the students and not having enough time (in class) to make sure that you, the student, have an adequate time *to discuss and process the information covered in class*. So...TCM will be taught in a manner unlike almost any class you have had thus far here at Augustana, and definitely unlike any course you have had in Asian Studies. In this class you will

- **Download the latest version of QuickTime Player**
 - If you are a Macintosh user
 - Go to <http://www.apple.com/quicktime/download/>

- Follow the instructions to download the version of QuickTime Player that matches your system software
 - If you are a Windows user
 - Go to <http://quicktime-download.info/>
 - Follow the instructions to download the version of QuickTime Player that matches your system software
 - **Access the lectures on line.**
 - Go to www.augustana.edu/users/bitallitsch
 - Click on “Traditional Chinese Medicine” and then click on the “Video Download Page” link in the bottom right-hand corner of the subpage
 - Click on the appropriate video title and download the QuickTime video
 - You will listen to the video lecture anytime you want, anywhere you want, as long as you do so before class starts
 - **You will come to class prepared to**
 - Ask any questions you might have concerning the lecture material
 - Verbally answer questions and participate in classroom “think sessions” that will help you *understand* the material covered in the QuickTime video lectures
 - **What will we do in class?**
 - I will ask if there are any questions concerning the lecture video you listened to on your computer
 - *We will discuss the material covered in the videos so you understand the information, and so you can learn how to “think Eastern” with regards to TCM and how it relates to you, and the Chinese culture past and present*
4. **Exams:** Two examinations will be given. The first exam (3 April) *is required* and will be worth 100 points, while the final comprehensive exam (Monday, 19 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:

- ☯ 25 March: Last day to submit paper topic and preliminary bibliography for approval. *(required)*
- ☯ 1 April: Submission of revised preliminary bibliography for approval. *(recommended)*
- ☯ 8 April: Submission of tentative thesis statement. *(required)*

- ☯ 15 April: Last day to submit rough draft for comments. (*optional*)
- ☯ 24 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? Defend your statement and back it up with thorough research.
- ☯ What is the historical significance of *The Yellow Emperor’s Classic of Medicine*? Was this indeed the first TCM medical text? Does it matter? Defend your statement and back it up with thorough research.
- ☯ Is TCM a science? Defend your statement and back it up with thorough research.
- ☯ What is the *I Ching*? Provide a detailed analysis of the *I Ching* and defend your answer to the following question: Does it or doesn’t it play a role in TCM? Defend your statement and back it up with thorough research.
- ☯ Is *The Tao of Pooh* truly an accurate representation/interpretation of Taoism and its precepts? Why or why not? Defend your statement and back it up with thorough research.
- ☯ 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?) Defend your statement and back it up with thorough research.
- ☯ 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? Defend your statement and back it up with thorough research.

6. You will submit your term paper to me electronically; paper copies *will not be accepted*.

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.*

7. Cheating and Plagiarism Policy: First and foremost, cheating in a class or on a class assignment is the highest form of academic betrayal of social norms, expectations, and performance-based assessment. As a

faculty member I cannot think of a higher form of disrespect for your fellow students, the faculty member teaching the course, and any future clients or patients that you may encounter in your vocation than to cheat in the courses that are supposed to prepare you for succeeding in a major course of study and, hopefully, your chosen vocation. That said, any individual suspected of, or caught cheating on an examination or quiz, or plagiarizing on a paper receive a “0” grade for that examination or paper 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 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 4th 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 indoor—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.
 - iii. Because of the location of my office I am amazed as I observe the continuous stream of students that leave room 102 during lecture to go to the bathroom, get a drink of water, or to socialize with their friends. I apologize if this seems harsh but, unless you have a medical reason for using the bathroom during class (please let me know if this is the case and I will make the necessary accommodations) or encounter an extreme circumstance, if you get up to leave the room before class is over take everything with you because you won’t be coming back. You are in college now — go to the bathroom — get that drink of water *before class starts*. To leave in the middle of class is impolite and, as stated above, (except for the circumstances noted) if you get up to leave the room before class is over take everything with you because you won’t be coming back.
- d. **Cell Phones:** Neither the ringing nor the answering of cell phones during class will be tolerated—so turn it off!

9. **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.

10. 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%)

Video Number	Course Topic and Lecture Video Title	Required Reading (to be read in order presented)
	Course organization In-class video	None
1	Two Ways of Thinking: East vs West (approx. 11 min)	Chapter 1 in “The Web That Has No Weaver”
2	Introduction to Taoism (approx. 38 min)	Pages 9-21, 67-113, 37-65, 2-7 and 23-35 in “The Tao of Pooh”
3	TCM: An Introduction (approx. 31 min)	Pages xvii-xxvi, 1-7, 16-26, 295-305 in “The Web That Has No Weaver”
4	Yin and Yang (approx. 215 min)	Pages 7-15 and 35-45 in “The Web That Has No Weaver”

5	The Concept of Wu Xing: The Five Phases (approx. 20 min)	Pages 343-354 in “The Web That Has No Weaver”
6	The Three Treasures (approx. 17 min)	Pages 34-48 in “The Web That Has No Weaver”
7	The Zang Fu (part 1) (approx. 35 min)	Pages 50-76 in “The Web That Has No Weaver”
8	The Zang Fu (part 2) (approx. 10 min)	Pages 50-76 in “The Web That Has No Weaver”
9	The Eight Principle Patterns: (Ba Gang) (approx. 10 min)	Pages 178-200 in “The Web That Has No Weaver”
10	Diagnosis and Symptomology in TCM (approx. 32 min)	Pages 171-214, 143-170, 215-238, 307-314 in “The Web That Has No Weaver”
11	Acupuncture: An Introduction	Pages 105-171 in “The Web That Has No Weaver”
12	Acupuncture: Overview of Acupuncture Points	Pages 112-131 in “The Web That Has No Weaver”
13	Laws of Acupuncture	None
14	TCM and Preventive Medicine	None
15	Moxibustion	None
16	QiGong	Pages 148-149 and 150-152 in “The Tao of Pooh”
17	Herbal Medicine: An Introduction	None
18	Herbal Medicine: The “Four Responsible Positions” of Compounding	None