

Course Syllabus

開 課 學 期	107-2	部 別	<input checked="" type="checkbox"/> 日間部 <input type="checkbox"/> 進修部
系 科	通識教育中心	學 制	大學部
課 程 名 稱		授 課 教 師	
課 程 類 別	選修	開 課 班 級	<input checked="" type="checkbox"/> 博學涵養 <input type="checkbox"/> 人文 <input type="checkbox"/> 自然
學 分 數	2	授 課 時 間	
科 目 代 碼		辦 公 地 點	
開 課 代 號		請 益 時 間	

課程描述

Course Description

中華文化博大精深，而中醫學為其精華。中醫學的內容，絕大部份包含在四大經典(黃帝內經、難經、傷寒論以及神農本草經)裏。內經詮釋人與大自然相應的生理學與病理學；後世有人將之歸納出陰陽五行、脈象、臟象、經絡、病因、病機、病症、診法、論治以及養生等諸種學說。難經的內容至少涵蓋脈學、經絡、臟腑、疾病、腧穴以及針法部份，為針灸等外治療法的根據。傷寒論以內經的內涵為基礎，為「傷寒雜病論」的簡稱，包括傷寒論與金匱要略二書。前者主述外感病，後者則以雜病為主，為自古以來記載理、法、方、藥最為齊全的祖本。神農本草經記載藥物之藥性與四氣五味、君臣佐使、七情和合等中藥學的理论。四大經典早已構成中醫學的完美體系，但因唐代以後諸家崛起，各有所偏，中醫學因而失其完整性，而百年來西醫當道，短程療效明顯，令國人對中醫喪失信心。自古有一針二灸三服藥的說法，因此中醫外治包括針、灸、推拿、按摩、貼敷等都是值得採用的治病方法。這些外治法皆建立在經絡學說上，因此經絡學說的講授為本課程的重點。本課程的另一目的在於協助修課的同學認識正統中醫，為有心進一步研習中醫的同學指出一個正確的方向。

課程目標

Course Objectives

認知：認識正統中醫。

情意：欣賞中華文化之美。

技能：提供研習中醫學(例如投考學士後中醫學系)的基礎以及保健養生的正確知識。

一般能力/專業能力

General/Core Learning Outcomes

一般能力

一、人文與思維

- 1、能瞭解人文、社會科學的基本概念與理論。
- 2、能基於人文、社會學的基礎認識，將此知識解釋人文社會的現象，並舉例說明。
- 3、能在生活中運用人文、社會學的知識，思辨、分析、批判探討人類與社會現象。
- 4、能覺知人文涵養教育所引發的心靈感動，欣賞、體悟多元文化與人文內涵之美。

二、內省與關懷

- 1、能進行內觀反省，了解自己的優、缺點，並據此作出適當的行為。
- 2、能藉由內觀反省，了解周遭人的感受，對群己、環境主動表現出關懷。
- 3、能對群己、環境的關懷產生價值感，成為態度。
- 4、能具有持久且一致主動關懷環境、群己，推己及人的品格。

三、創意與表達

- 1、能有效運用口頭語言、書面文書清楚表達自己的想法和他人的意見。
- 2、能運用適當工具與方式表述資料，且表述的內容論述與結構皆完整。
- 3、能有創意性的表述，並清楚傳達自己的想法。
- 4、表述的內容具有獨創見解，並與接收者可以進行有效的溝通與論辯。

四、科學與邏輯

- 1、能認識科學方法與科學精神的基本論述及主要內涵。
- 2、能運用多種思考方法，思索事務變化的因果和形式，探討事物間邏輯性關聯。
- 3、能依據邏輯推理原則，進行批判性思考。
- 4、能運用邏輯推理、批判性思辨能力，運用於生活與工作之中。

評量標準

Assessment standards

- 期中考試 25 % 期中報告 _____ % 兩次平時考 50 %
 期末未試 _____ % 期末報告 25 % 上課參與度 _____ %
 出席 _____ % 口頭報告 _____ % 其它 _____ %

教科書 (書名、作者、出版社、備註)

Textbook (Title, Author, Publisher, Remarks)

書名 Title	作者 Author	出版社 Publisher	備註 Remarks
自編講義	曾義雄		

參考書目 (書名、作者、出版社、期刊、備註)

Reference Materials (Title, Author, Publisher/Journal, Remarks)

書名 Title	作者 Author	出版社/期刊 Publisher/Journal	備註 Remarks
張步桃解讀傷寒論	張步桃	遠流	
經穴大全	坂遠大海與原島廣至原著、林倩仔譯	楓書坊	

授課進度

Course Schedule

週次 Week	科目主題 Course Subject	教學方式 Teaching Method	授課進度 Course Schedule
1	何謂中醫 (About TCM)	講解、討論 Lecture/discussion	
2	中醫經典 (TCM doctrines)	講解、討論 Lecture/discussion	
3	陰陽、五行 (Ying Yang, Five movements)	講解、討論 Lecture/discussion	
4	氣血、津液 (Qi, blood, fluids)	講解、討論 Lecture/discussion	
5	臟腑、經絡 (viscera, meridians)	講解、討論 Lecture/discussion	考試(quiz)
6	辨證論治(八綱、四診、八法)/ 治法(Syndrom differentiation vs. Treatment)	講解、討論 Lecture/discussion	
7	辨證論治(八綱、四診、八法)/ 治法 (Syndrom differentiation vs. Treatment)	講解、討論 Lecture/discussion	
8	中藥 (Medicinals)	講解、討論 Lecture/discussion	

9	十四經絡循行、外治法 (Fourteen meridian circulation/external treatments)	講解、討論 Lecture/discussion	考試
10	十四經絡循行、外治法 (Fourteen meridian circulation/external treatments)	講解、討論 Lecture/discussion	
11	十四經絡循行、外治法 (Fourteen meridian circulation/external treatments)	講解、討論 Lecture/discussion	
12	十四經絡循行、外治法 (Fourteen meridian circulation/external treatments)	講解、討論 Lecture/discussion	
13	十四經絡循行、外治法 (Fourteen meridian circulation/external treatments)	講解、討論 Lecture/discussion	
14	十四經絡循行、外治法 (Fourteen meridian circulation/external treatments)	講解、討論 Lecture/discussion	
15	十四經絡循行、外治法 (Fourteen meridian circulation/external treatments)	講解、討論 Lecture/discussion	考試 (quiz)
16	十四經絡循行、外治法 (Fourteen meridian circulation/external treatments)	講解、討論 Lecture/discussion	
17	十四經絡循行、外治法 (Fourteen meridian circulation/external treatments)	講解、討論 Lecture/discussion	繳期末報告 (Turning in term paper)
18	十四經絡循行、外治法 (Fourteen meridian circulation/external treatments)	講解、討論 Lecture/discussion	發還期末報告 (Returning the term paper)

科目主題對應一般能力/專業能力之涵蓋率 (填寫說明)

Coverage Rate of the Course Subject Correspond to the Ordinary Ability and Professional Ability

科目主題	能力指標涵蓋率%									
	專業能力%					一般能力%				
	1	2	3	4	5	1	2	3	4	
中醫學基礎理論	/	/	/	/	/	25%	25%	50%	0%	
中醫對疾病的治療	/	/	/	/	/	25%	25%	50%	0%	
中華文化素養	/	/	/	/	/	25%	25%	0%	50%	
養生保健						25%	25%	0%	50%	
	/	/	/	/	/					

專業能力說明

通識課程以訓練一般能力為主軸

一般能力說明

1.人文與思維

2.內省與關懷

3.創意與表達

4.科學與邏輯

Central Taiwan University of Science and Technology

Course Syllabus

Academic Year/Semester	107/2	Day/Night School	
Department	General education	Program	Day
Course Title	Understanding Traditional Chinese Medicine	Instructor	Yi-Hsiung Tseng
Course type		Class	
Credit Hour	2	Hour (s)	
Course Code		Office	
Subject Code		Advisory Time	

Course Description

Traditional Chinese medicine (TCM) is the essence of the profound Chinese culture. The doctrines of TCM are mainly rooted in the Yellow Emperor's Inner Canon (Neijing), the Canon of Problems (Nanjing), the Canon of Chinese Herbal Medicine (Shen-Nong-Ben-Cao-Jing), as well as the Treatise on Cold Damage (Shang-Han-Lun) and the Essential Prescriptions from the Golden Cabinet (Jin-Gui-Yao-Lue). Based on the relationship between man and nature, Neijing interprets human physiology and pathology, which can be summarized into theories including at least yin-yang and five movements, pulse-taking, viscera, meridians, etiology, pathogenicity, syndromes, treatments as well as practice in personal healthcares. Nanjing deals at least with principles of pulse-taking, meridians, viscera, diseases, acupoints, as well as acupuncture. Shen-Nong-Ben-Cao-Jing records for the herbals their properties, four flavors, five tastes, the roles and combinations of lord/ministers/assistants/runners. With an authentic and comprehensive set of medical principles, ways of holistic treatment, and formulations with their medicinal components, Shang-Han-Lun mainly deals with diseases caused by exogenous factors, while Jin-Gui-Yao-Lue with diseases caused by the other factors. Contents of these four classics together form the complete system of the orthodox TCM. However, it diversified since Tang dynasty and various modifications since then have deeply affected its orthodoxy and comprehensiveness. Since the last century, moreover, western medicine exhibiting prompt effectiveness during disease treatment has been overwhelming that causes us Chinese people to lose faith in TCM.

From the ancient time, it has been well known that during disease treatment, acupuncture and moxibustion were considered as the first priorities and therefore, acupuncture, moxibustion, tuina, massage, medicinal pasting, etc. are worthy applying to disease treatments. These external treatments are totally based on meridians; therefore, lectures on meridian theory is emphasized in this course. One of the other purposes of this course is to help the course-taking students to appreciate the orthodoxal TCM, thus to help them futher study TCM if they plan to do so.

Course Objectives

The purpose of this course is therefore to help students recognize orthodox TCM and point out the right direction towards further studying TCM.

General/Core Learning Outcomes

Genera Learning Outcomes

I. Humanism and thinking

1. Can comprehend the basic concepts and theories of humanistic and social sciences.
2. Can use the knowledge acquired from humanistic and social sciences to explain and illustrate

humanistic and social phenomena.

3. Can use the knowledge of humanistic and social sciences to discern, analyze, and criticize human and social phenomena in daily life.
4. Can perceive the emotional blast triggered from humanistic nurture and appreciate the beauty of multiple cultures and humanistic spirit.

II. Reflection and care

1. Can reflect upon oneself, know one's good and bad qualities and thereby act accordingly.
2. Can empathize with people around them through one's reflection, and show their care towards others and the environment.
3. Can create a sense of value and thereby form a positive attitude from their care towards others and the environment.
4. Can become empathetic towards others and develop a virtuous character that cares for others and their environment in an active manner.

III. Creativity and expression

1. Can express oneself or others' opinions in a clear and effective manner, through oral or written presentation.
2. Can use proper tools and methods to verbalize data and produce a logical and organized content.
3. Can convey one's ideas in an original and lucid manner.
4. Can produce insightful thoughts and make effective communication or arguments with the audience.

IV. Science and logic

1. Can comprehend the basic discourse and major contents of scientific spirit and method.
2. Can exercise multiple thinking methods to ponder on the cause and format of issues and explore their correlations.
3. Can make critical thinking based on logical principles.
4. Can apply one's logical rationalization and critical thinking to their everyday life and work.

Assessment standards

Textbook (Title, Author, Publisher, Remarks)

Title	Author	Publisher	Remarks
自編講義	曾義雄		

Reference Materials (Title, Author, Publisher/Journal, Remarks)

Title	Author	Publisher/ Journal	Remarks
經穴大全	坂遠大海與原島廣 至原著、林倩仔譯	楓書坊	

Course Schedule

Week	Course Subject	Teaching Method	Course Schedule
1	About TCM	Lecture/discussion	
2	TCM doctrines	Lecture/discussion	
3	Ying Yang, Five movements	Lecture/discussion	
4	Qi, blood, fluids	Lecture/discussion	
5	viscera, meridians	Lecture/discussion	quiz
6	Syndrom differentiation vs.	Lecture/discussion	

	Treatment		
7	Syndrom differentiation vs. Treatment	Lecture/discussion	
8	Medicinals	Lecture/discussion	
9	Fourteen meridian circulation/external treatments	Lecture/discussion	quiz
10	Fourteen meridian circulation/external treatments	Lecture/discussion	
11	Fourteen meridian circulation/external treatments	Lecture/discussion	
12	Fourteen meridian circulation/external treatments	Lecture/discussion	
13	Fourteen meridian circulation/external treatments	Lecture/discussion	
14	Fourteen meridian circulation/external treatments	Lecture/discussion	
15	Fourteen meridian circulation/external treatments	Lecture/discussion	quiz
16	Fourteen meridian circulation/external treatments	Lecture/discussion	
17	Fourteen meridian circulation/external treatments	Lecture/discussion	Turning in term paper
18	Fourteen meridian circulation/external treatments	Lecture/discussion	Returning the term paper

Coverage Rate of the Course Subject Correspond to the Ordinary Ability and Professional Ability

Course Subject	Learning Outcomes %									
	Core %					General %				
	1	2	3	4	5	1	2	3	4	
Fundamental principles of TCM	/	/	/	/	/		25%	25%	50%	0%
TCM treatments on diseases	/	/	/	/	/		25%	25%	50%	0%
Apprasals of Chinese culture	/	/	/	/	/		25%	25%	0%	50%
Practice in personal healthcare	/	/	/	/	/		25%	25%	0%	50%
	/	/	/	/	/					
	/	/	/	/	/					

Core Learning Outcomes

General Learning Outcomes

1. Humanities and Cogitation
2. Introspection and Solicitude
3. Creativity and Utterance
4. Science and Logic