

## Course Syllabus

開課學期	107-2	部別	<input 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	中醫養生保健	授課教師	林慶鐘
課程類別	選修	開課班級	博學涵養 <input type="checkbox"/> 人文 <input checked="" type="checkbox"/> 自然
學分數	2	授課時間	W5,第 9~10 節
科目代碼	XA2003	辦公地點	衛福部豐原醫院中醫科 56 診 25271180- 轉 2656
開課代號	XA2007	請益時間	W1~5 早上, 第 1~4 節

## 課程描述

## Course Description

本課程主要教學目標，是引領學生了解及喜歡中醫，以中醫學理論為基礎加上近 30 年中醫臨床經驗，期使學生能掌握常見疾病的認識及防護方法，並透過傳統中醫技術如刮痧、拔罐、推拿、氣功、中藥調理之操作，加強學生平常中醫養生保健訓練，除了促使學生體認中醫藥養生自我保健之重要，並可應用於未來照護病患服務及自我保健生涯規模。

## 課程目標

## Course Objectives

認知：培育學生快速了解中醫陰陽五行、五術、五臟六腑、病因預防、四診八綱的養生基本概念。  
 情意：培育學生對中醫養生保健之興趣。  
 技能：培育學生能操作中醫師技術如刮痧、拔罐、推拿、氣功、中藥調理之中醫養生施護方法。

## 一般能力/專業能力

## General/Core Learning Outcomes

## 一、一般能力

## 人文與思維

1. 認識中醫陰陽五行、五術、五臟六腑、養生保健基礎理論之基本概念。
2. 認識中醫養生與病因預防、四診八綱保健辨證施護方法。
3. 能操作中醫師技術如刮痧、拔罐、推拿、氣功、養生與健康技術。
4. 培育對中醫養生與保健之興趣。

## 二、內省與關懷

1. 能進行內觀反省，了解中醫養生與保健的優、缺點，並據此作出適當的行為。
2. 能藉由內觀反省，了解周遭人中醫養生與保健的感受，對群己、環境主動表現出關懷。
3. 能對群己、環境的中醫養生與保健關懷產生價值感，成為態度。
4. 能具有持久且一致主動中醫養生與保健，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對中醫養生保健的想法和他人的意見。
2. 能運用適當工具與方式表述中醫養生保健及能有創意性的表述自己對中醫養生保健的想法。
3. 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. 能認識中醫養生保健及其在醫學雜誌發表的科學方法與科學精神。
2. 能運用多種思考方法，探討中醫養生保健邏輯性關聯。
3. 能依據邏輯推理原則，進行中醫養生保健批判性思考。

4、能運用邏輯推理、批判性思辨能力，運用中醫養生保健於生活與工作之中。

5、能依據邏輯推理原則，進行批判性中醫養生思考。

評量標準

Assessment standards

☒ 期中考試 30%      ☒ 期末考試 30%      ☒ 期中報告 10%  
 ☒ 上課參與度 10%      ☒ 出席 10%      ☒ 操作練習 10%

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
1.自編講義	林慶鐘 醫學博士/副教授/ 衛生福利部豐原醫院/中醫科主任		

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
中醫養生學概論	郭子光、劉揚。	華騰出版社	
實用養生中藥指南	胡龍才	台北五南	

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	世界衛生組織(WHO)傳統及另類醫療 (CAM)。	PPT 講述法	上課筆記
2	如何舒壓、氣功保健-(氣功練習課)	PPT 講述法、技術示教、 回饋示教、注意穩私	示教/實作
3	中醫宇宙觀及陰陽五行、五術保健。(算命)	PPT 講述法、電腦教學	上課筆記(算命實作)
4	刮痧保健- (刮痧練習課)。	PPT 講述法、技術示教、 回饋示教、注意穩私	示教/刮痧實作
5	中西醫對病因的觀點與預防—SARS、H1N1、 H5N6、依波拉病毒 Ebola、中東病毒 MERS。	PPT 講述法、影片輔助教 學	上課筆記
6	中醫四個診斷方法(四診)—望診、聞診-(1)	PPT 講述法、技術示教	望診實作
7	中醫四個診斷方法(四診)—問診、切診-(2)	PPT 講述法、技術示教	把脈實作
8	拔罐保健。	PPT 講述法、技術示教、 回饋示教、注意穩私	拔罐示教/練習課/ 實作
9	期中考	選擇 40 題	總成績 30%
10	中醫人體五臟(肝、心、脾、肺、腎)保健。	PPT 講述法、電腦教學	上課筆記
11	年青人運動傷害、中醫預防保健應用。	PPT 講述法、電腦教學實 作	上課筆記
12	老人疾病: 失智、中風、巴金森、中醫保健	PPT 講述法、影片教學	上課筆記
13	按摩推拿法保健- (按摩練習課)。	PPT、示教回饋、注意穩 私	示教/推拿實作
14	中藥保健、(調氣血、經血、降火、補腦)。	PPT、常見中藥實物教 學、	上課筆記

15	中藥保健食物及抗癌、中醫藥美容肥胖、青春痘、便秘。	PPT、案例分析、	上課筆記、中藥材實物教學
16	人體經絡認識—針灸。	PPT、影片示教、案例分析、注意隱私	實作(埋線體針、耳針)示教/實作
17	人體經絡認識—針灸-埋線、耳針。	PPT、影片示教、案例分析、注意隱私	實作(埋線體針、耳針)示教/實作
18	期末考	選擇 40 題	總成績 30%

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	
1. 中醫養生保健基本概念	25	25	25	25		25	25	25	25	
2. 中醫養生與保健辨證施護方法	25	25	25	25		25	25	25	25	
3. 操作中醫養生與健康技術	25	25	25	25		25	25	25	25	
4. 培育對中醫養生與保健之興趣	25	25	25	25		25	25	25	25	
<b>專業能力說明 (依開課該系培育目標訂定)</b>										
1. 認識中醫養生保健基礎理論之基本概念。(II, IV)										
2. 認識中醫養生與保健辨證施護方法。(I, VI)										
3. 能操作中醫養生與健康技術。(I, II, III, IV, V, VII)										
4. 培育對中醫養生與保健之興趣。(I, III, IV, V, VI, VII, VIII)										
<b>一般能力說明</b>										
I 一般臨床養生技能; II 基礎生物醫學科學; III 溝通合作; IV 批判性思考; V 關愛; VI 倫理素養; VII 克盡職責; VIII 終身學習										

# Central Taiwan University of Science and Technology

## Course Syllabus

Academic Year/Semester	107/2	Day/Night School	Night School
Department	Center of general education	Program	College of further education
Course Title	The Health of Traditional Chinese Medicine (TCM).	Instructor	Dr. Chin-Chung Lin Associate professor
Course type	Nature and Science	Class	The second year of college of further education
Credit Hour	2	Hour (s)	2
Course Code	XA2003	Office	Fong-Feng-Hospital, Department of TCM
Subject Code	XA2007	Advisory Time	W1~5 FYH-OPD TCM 56 (8-12)
<b>Course Description</b>			
<p>This course is taught on the basic concepts and theories of Traditional Chinese Medicine (TCM). Students are taught and instructed to learn more about how to take care themselves or patients with Traditional Chinese Medicine through this course. The practice and technology of TCM, for example; Chinese medicine message and scrapping, are also taught on this course. Students can understand the importance of self-care of health by Traditional Chinese Medicine (TCM) through this course, and we hope they can use it for health care in future career.</p>			
<b>Course Objectives</b>			
<p>Knowledge : The cultivation of general concept of TCM for students.            Emotion : The knowledge cultivation and long-term interesting of TCM for students.            Skill : The different diagnosis of TCM for students.</p>			
<b>General/Core Learning Outcomes</b>			
<b>Genera Learning Outcomes</b>			
<b>I. Humanism and thinking</b>			
<ol style="list-style-type: none"> <li>1. Can comprehend the basic concepts and theories of Traditional Chinese Medicine (TCM).</li> <li>2. Can use the knowledge acquired from Traditional Chinese Medicine (TCM) to explain and illustrate humanistic and social phenomena.</li> <li>3. Can use the knowledge of Traditional Chinese Medicine (TCM) sciences to discern, analyze, and criticize human and social phenomena in daily life.</li> <li>4. Can perceive the emotional blast triggered from Traditional Chinese Medicine (TCM) of multiple cultures and humanistic spirit.</li> </ol>			
<b>II. Reflection and care</b>			
<ol style="list-style-type: none"> <li>1. Can reflect upon oneself, know one's good and bad qualities and thereby act TCM.</li> <li>2. Can empathize with people around them through one's reflection, and show their care towards Traditional Chinese Medicine (TCM).</li> <li>3. Can create a sense of value and thereby form a positive attitude from their care towards Traditional Chinese Medicine (TCM).</li> <li>4. Can become empathetic towards others and develop a virtuous character that cares for others and their environment in an active manner Traditional Chinese Medicine (TCM).</li> </ol>			
<b>III.Creativity and expression</b>			
<ol style="list-style-type: none"> <li>1. Can express oneself or others' opinions in a clear and effective manner, through oral or written to</li> </ol>			

Traditional Chinese Medicine (TCM).

2. Can use proper tools and methods to verbalize data and produce a logical TCM.
3. Can convey one's ideas in an original TCMr.
4. Can produce insightful thoughts and make effective communication on TCM

#### IV. Science and logic

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

#### Assessment standards

1. Mid-term test: 30%.
2. Final test: 30%.
3. Mid-term report : 10%
4. Student attendance: 10%
4. Student attention : 10%
6. practice : 10%

#### Textbook ( Title, Author, Publisher, Remarks )

Title	Author	Publisher	Remarks
The self-health of traditional Chinese Medicine (TCM).	Dr. Chin-Chung-Lin Associate professor, PhD. M.D		

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

Title	Author	Publisher/ Journal	Remarks
中醫養生學概論	郭子光、劉揚、馬素華	華騰	中醫養生學概論
實用中醫保健學。	張奇文	台北：知音出版社	實用中醫保健學。

#### Course Schedule

Week	Course Subject	Teaching Method	Course Schedule
1	The complementary and alternative medicine (CAM) of WHO.	PPT teaching	Reading/listen
2	The human breathing exercise by TCM.	PPT teaching, skill practice	practice
3	The health and apply of five elements of TCM.	PPT teaching	Reading/listen
4	The scrapping practice by TCM.	PPT teaching, skill practice	practice
5	The courses of human diseases by TCM and MWM and its prevation.	PPT teaching	Reading/listen
6	The four methods of diagnosis by TCM. and looking diagnosis。	PPT teaching, skill practice	Reading/listen practice
7	The four methods of diagnosis by TCM. and practice of pulse diagnosis。	PPT teaching, skill practice	Reading/listen practice
8	The scrapping practice by TCM.	PPT teaching, skill practice	practice
9	Mid-term test.	Examination	30% (40single choice)
10	The human five organs and their function enhanced of TCM	PPT teaching,	Reading/listen/ practice
11	The sport injuries and obesity concept by TCM for the youth.	PPT teaching, skill practice	Reading/listen
12	The Dementia; Stroke; Parkison's disease by TCM for the elder.	PPT teaching,	Reading/listen

13	The Chinese medicine message concept by TCM (practice).	PPT teaching,skill practice	practice
14	The concept and self-care of herb medicine by TCM.	PPT teaching, · TCM herb material regonize	Reading/listen
15	The beauty concept of TCM. The five categories of foods and their anticancer concept by TCM.	PPT teaching, · TCM herb material regonize	Reading/listen/ practice
16	The human meridians by TCM —Acupuncture	PPT teaching,skill practice	Reading/listen practice
17	The human meridians by TCM suken cord for obesity	PPT teaching,skill practice	Reading/listen
18	Final test.	examination	30% (40single choice)

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

Course Subject	Learning Outcomes %									
	Core %					General %				
	1	2	3	4			1	2	3	4
1. The general concept of TCM.	25	25	25	25	0	0	25	25	25	25
2. The different diagnosis of TCM.	25	25	25	25	0	0	25	25	25	25
3. The different pracite of TCM.	25	25	25	25	0	0	25	25	25	25
4.The knowledge cultivation and long-term interesting of TCM by student.	25	25	25	25	0	0	25	25	25	25

**Core Learning Outcomes**

1. The general concept of TCM.
2. The different diagnosis of TCM.
3. The different pracitce of TCM
4. The knowledge cultivation and long-term

**General Learning Outcomes**

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