UNIT 5

TCM Education

PART I

Theme Introduction

Task **TCM education has a really long history in China. Listen to three short reports, write down the summary of each one according to what you have heard. Then talk about the TCM study situation in China nowadays.**

※ This part is used to let students have a rough knowledge about Chinese TCM education.

※ Before class, students are required to collect as more information about the TCM education materials and situation in ancient China and modern China as possible in any way: books, internet, newspaper, magazine, etc.

※ In class, students are free to talk about what they got about the TCM education situation in pairs.

※ Some volunteers are asked to report their discoveries.

※ Then listen to the recordings, and write down the summary of each one.

※ If time permitted, the teacher can organize more talks about TCM education.

Report 1 With development of economic society and continuous improving of medical care, education, research level in medical filed, more and more international students come to China to learn Medicine. As reported, in 2011, there were in total of nearly 300 thousand international students from 194 countries studying medicine in 660 universities in 31 provinces(cities, districts) of China.

Summary 1: *More and more international students come to China to learn Medicine.*

Report 2 The "International Standard for Undergraduate (Pre-Doctor) Education of Traditional Chinese Medicine (TCM)" has been officially published, vice Chairman of the World Federation of Chinese Medicine Societies (WFCMS) Li Zhenji said that the Standard mainly includes two contents: basic management requirements for institutions offering undergraduate TCM education and basic requirements for TCM graduates. The Standard also clearly prescribes basic specialized TCM knowledge and skills requirements.

Summary 2: *The "International Standard for Undergraduate (Pre-Doctor) Education of TCM" has been officially published, it includes two contents: basic management requirements for institutions offering undergraduate TCM education and basic requirements for TCM graduates.*

Report 3 Shanghai is a main base of the education of Chinese medicine (TCM) in modern time. A good many of famous TCM doctors, as well as TCM colleges or schools may be found in Shanghai. Recently, many specialists and scholars of TCM gathered in Shanghai. The conditions of running TCM schools on Shanghai during 1840-1948 were introduced briefly, especially for the course and characteristic of the foundation of Shanghai Specialized School of TCM, the Chinese Medical College, the Shanghai Medicine College, the New China College of TCM and four private schools of TCM.

Summary 3: *Shanghai is a main base of the education of Chinese medicine, recently, many specialists and scholars of TCM gathered in Shanghai and get to know the The conditions of running TCM schools on Shanghai during 1840-1948.*

Word Bank

canon /ˈkænən/ *n.*	（某作家的）真作，真经
millennia /mɪˈlenɪə/ *n.*	一千年（millennium的复数）
pharmacopoeia /ˌfɑːməkəˈpiːə/ *n.*	药典
treatise /ˈtriːtɪz/ *n.*	专著
synopsis /sɪˈnɒpsɪs/ *n.*	大纲
miscellaneous /mɪsɪˈleɪnjəs/ *adj.*	各种各样的
compendium /kəmˈpendɪəm/ *n.*	纲要
tutorial /tjuːˈtɔːrɪəl/ *adj.*	导师的
trial/ˈtraɪəl/ *n.*	试验
concretize /kɒnˈkrɪtaɪz/ *v.*	使具体化
anatomical /ˌænəˈtɒmɪkəl/ *adj.*	解剖学的
pathological /ˌpæθəˈlɒdʒɪkəl/ *adj.*	病理学的
materia medica	药物学
education of transmission from master	师承教育

PART II

Listening Task

Task ❶ **Recognize the following TCM classics, listen to the recordings, and complete the brief introduction of each one.**

The “Huangdi Neijing,” also known as “The Inner *Canon* of Huangdi” or “Yellow Emperor’s Inner Canon,” is the earliest existing works on the theories of TCM that has been regarded as the source *doctrinal* for Chinese medicine for more than two millennial.

The “Shennong Ben Cao Jing,” also known as “Shennong’s *Herbal*,” is considered to be the earliest *pharmacopoeia* in Chinese history.

Being the first systematic summary of Chinese medical herbs, it was completed during the Eastern Han Dynasty (25-220) by a number of medical specialists in the Qin and Han dynasties based on their experiences and achievements on pharmaceutics.

The "Shang Han Lun," also known as the "Treatise on Cold Damage *Disorders*" or the "Treatise on Cold Injury," is a Chinese medical treatise describing the treatment of the common cold, its *variants* and related complications. It was written by Zhang Zhongjing at the end of the Eastern Han Dynasty between 200 and 205.

The "Jin Kui Yao Lue," also known as "Prescriptions from the Golden Cabinet" or "*Synopsis* of Prescriptions of the Golden Chamber," is the earliest monograph on the diagnosis and treatment of *miscellaneous* diseases in Chinese history, as well as one of the classics of TCM. The text was written by Zhang Zhongjing in the early 3rd century at the end of the Eastern Han Dynasty.

The "Bencao Gangmu," also known as "*Compendium* of Materia Medica," is a Chinese medicine work written by Li Shizhen in the Ming Dynasty (1368-1644). It is regarded as the most complete and comprehensive medical book ever written

in the history of TCM, as well as the one contributing the most to the *pharmacy* in the Ming Dynasty.

Task ❷ **Listen to a report about TCM education in Capital Medical University. Four questions will be asked following this report. Listen carefully and choose the best answer from the four possible choices.**

School of TCM of CMU (capital medical university) held the 2012 undergraduates tutorial system（本科生导师制）apprenticeship accepting ceremony. Students there would make a double-way choice of teachers and students to decide master-apprentice relation when entering the university. In the next 4 or 5 years, the students will get more concerns in their lives, more targeted guidance and help in their study, and have someone to tell and share the same feelings about TCM study. “In TCM education, education of transmission from master is the main step, while college education is a general form. They focused on different education targets in education practice, so both of them are very important.”

Shool of TCM of CMU principal Ju Nianchong (车念聪) compared characteristics between the two, and discussed their present situation and teaching reform trial. He said,“in the undergraduate stage we carry out undergraduate tutorial system, make student be able to improve humanities literacy, experience strong human feelings and cultural charm in traditional education system. In graduate stage we carry out transmission from master system. Tutor shall share research experience and growth in their research with students in practical guidance so as to make students directly feel funny and tough in doing research, and slowly learn to expertly master scientific research process and make the right decisions.”

In the aspect of combination of college education and education of transmission from master, CMU makes use of traditional Chinese medicine workshop construction, relies on college, teaching research

office, subject construction team, teacher's resource team, multi-level students, and takes education, study, construction, heritage as one, set up "TCM education new mode.

Questions:

1. What will a new undergraduate do when he enters into the school of TCM of CUM?
   A. He will attend an accepting ceremony.
   B. He will find a life guide.
   C. He will choose a teacher to be his master during his college study.
   D. He will make a decision on one kind of education style for his college study.
2. In TCM education, which is the main step?
   A. Education of transmission from master.
   B. College education.
   C. Self study.
   D. Teachers' guidance.
3. What is the undergraduate tutorial system according to Ju Nianchong?
   A. Teachers help students improve humanities literacy, experience strong human feelings and cultural charm in traditional education.
   B. Tutors share research experience and growth in their research with students in practical guidance.
   C. Teachers make students directly feel funny and tough in doing research.
   D. Tutors teach students through the zero distance communication.
4. Which following statement is not related to CMU in combining the college education and education of transmission from master?
   A. Makes use of traditional Chinese medicine workshop construction
   B. Relies on college, teaching research office, subject construction team, teacher's resource team, multi-level students

C. Takes education, study, construction, heritage as one

D. Make use of platform of famous doctors training institute

PART III

Speaking Task

TCM Culture in Middle school

Teaching Steps

1. Ask all the students to look at the picture, and ask them what are the persons doing?
2. Bring the students' attention to the Language Focus and tell them that they can use the sentences and structures that are useful in speaking.
3. Explain the title and picture to the students and play the dialogue to them one time, and ask several students to repeat the model dialogue. It is helpful for training the students' ability to understand the important details of the listening text by this way.
4. Arrange the students in pairs and ask them to discuss the topic and do role-play activity in the part of Oral Activity.
5. Go around the classroom to supervise the students' discussion. If necessary, give help to the students, especially the weaker ones.
6. Select several pairs to present their conversations in class.

Task ❶ **Look at the picture, and talk about what the person are doing. Then listen to the model dialogue mainly about the popularizing TCM culture in middle school.**

In the Beijing No. 5 Middle School Junior Branch, a teacher is giving instructions on Tai Chi.

Model Dialogues

A: Have you heard that middle schools in Beijing will open TCM classes in the following semester?

B: Really? Will it be a burden for these little kids?

A: No, I don't think so. An official has stated that the TCM classes will not feature on the students' official curriculum and will solely focus on the popularization of the topic. So it will also not be listed as a test subject.

B: That's so good. I think through the program, students will not only get a certain knowledge about TCM, but a cultural inspiration. It can improve students' physical and mental health.

A: Yes, I couldn't agree more.

Task ❷ Oral Activity

Ask all the students to discuss the topic "Popularizing TCM Culture" in Chinese middle schools, and do the role-play work according to the following situations. They can refer to the language focus.

Both of you are the middle school teachers

Both of you are the middle school students

One of you are is a middle school teacher, and the other of you is a middle school student.

After listening to the model dialogue, what's your opinions on popularizing TCM culture in Chinese middle schools. Now, discuss with your partners, and then let the whole class know about them. Use the structures and expressions above in your conversations where appropriate.

※ Ask all the students to find out their own partners, work in pairs.

※ Ask them to discuss the topic popularizing TCM culture in Chinese middle schools, and do the role-paly work according to the following situations.

Both of you are the middle school teachers

Both of you are the middle school students

One of you are is a middle school teacher, and the other of you is a middle school student.

※ Assign them to organize their conversations, and Select at least three pairs to present their conversations in class.

Language Focus

1. TCM classes are welcomed by lots of middle schools in Beijing.
2. Students can practice some TCM healthcare physical activities during their spare time, such as Tai Ji, Wu Qin Xi.
3. Many teachers are learning TCM healthcare knowledge not only for students but their own health.
4. Some students are not interested in the TCM classes and culture, but many others are keen on both.
5. The education department will supervise the effect of popularizing TCM culture in middle schools.

PART IV

Leisure Time

Enjoy the following video-clip "Improved teaching aids TCM understanding".

Make students get to know many professors are trying to improve teaching methods to help students especially the foreign TCM learners to understand TCM better.

Improved teaching aids TCM understanding

By Lv Dong (Xinhua)

09:58, May 20, 2013

BEIJING, May 17 (Xinhua) — Maximin Gaillard, a French student obsessed with traditional Chinese medicine, used to feel completely lost in class. But improvements in teaching methods by professors of traditional Chinese medicine (TCM) aiming to make concrete abstract theories and empirical practices have helped Galliard understand things better.

"Without concrete and solid standards, it is very hard for foreigners to learn Chinese medical theory and practice." He Ganxiang, a doctor from Hubei Provincial Hospital of TCM.

This definitive and concretized teaching method is a part of China's effort to modernize centuries-old TCM so it can be better understood and practiced around the world.

"Doctors and educators have all agreed that standardization is the key to modernizing and promoting TCM globally," He added.

While TCM fascinates many outside China, understanding its abstract concepts and complicated theories proves a challenge.

Unlike western medicine that is evidence-based and guided by anatomical and pathological notions, TCM theory explains the human body as an integrated whole and sees illness as a manifestation of

underlying disharmony.

"Chinese medical theories are very abstract and intertwined with traditional Chinese culture," said Fu Ping, Dean of School of International Education, Hubei University of Chinese Medicine.

Fu added that without good Chinese language and knowledge of traditional Chinese culture, foreign students of TCM will find it quite challenging to understand doctrines rooted in classics such as the Yellow Emperor's Inner Canon and The Treatise on Cold Damage.

The solution, according to Fu, is to use stories to drive home some abstract ideas and cosmological notions.

"It's difficult to explain yin and yang to French people," said Gaillard. "Instead, I tell them like the change of season, changes of the human body also has its own pattern."

To make TCM better understood among foreign students, the International Medical School of Tianjin Medical University offers TCM courses in English.

Over the years, TCM has emerged as an alternative to western medicine in various parts of the world, with many clinics using acupuncture and herbal preparations to alleviate and cure symptoms and diseases.

There are more than 50,000 TCM clinics outside China, with 20,000 registered TCM doctors and 100,000 acupuncturist.

PART V

Additional Task

Task ❶ Oral Practice

Listen to a report about "Medical Tourism", and try to talk about the importance of TCM education.

(Photo/People's Daily Oversea Edition)

Medical tourism is a new way of integrating leisure travel and medical services. Statistics show that worldwide number of medical tourists increased from 20 million in 2006 to 40million in 2012. They may spend 10 times what the ordinary tourist will while traveling, or even more.

In South Korea medical tourism, and especially cosmetic surgery, has won an international reputation. Statistics produced by the Justice Department in Korea show that the number of foreign travelers who have received medical services in Korea increased from 2,545 in 2011 to 15,688 in 2012 and to 25,176 in 2013. Thailand, India, Singapore, Malaysia and the Philippines are the top five destinations for medical tourism in the world. The medical tourism industry in China is still at the beginning.

The situation may improve very soon. In August Hainan government invested $27 million to build an International nursing home in Sanya. It also plans to establish a Chinese healthcare center and promote a number of Chinese Traditional Medicine brands to make Hainan a new international destination for medical tourism.

Like South Korea, known for the plastic surgery, Thailand, known

for dental services,Switzerland, known for anti-aging services, and U.S., known for cancer treatment, China also boasts a wealth of medical tourist resources. Jia Xiaofang, spokesperson for the China International Medical Tourism Association said that China has a lot of advantages in terms of developing medical tourism, including a high level of technology, lower prices, and Chinese Traditional Medicine.

Hainan has now launched the TCM travel tour in China and has welcomed tourists from Russia, Sweden, UK, USA, Italy and Kazakhstan. Tourists generally come to Hainan in winter or spring, and spend two weeks receiving acupuncture and Ai smoke therapy, and also enjoying the beach in the sunshine. Some travel agencies prepare medical travel packages structured according to the health needs of individual clients and provide air tickets, visa, hotel and translation services. By March, more than 30,000 foreign tourist shad received TCM services in Hainan, each spending an average of about $20,000 on their medical services.

The article is edited and translated from 医疗旅游，中国开始“探路”，*source: People'sDaily Overseas Edition, Author: Yin Jian*

Task ❷ **listening practice**

Listen to a passage and fill in the blanks while listening.

China needs over half a million professionals *trained* in Traditional Chinese Medicine (TCM) over the next five years, according to a government report published Wednesday. The report, *released* by the State Administration of Traditional Chinese Medicine, said that about 517,600 more TCM *personnel* are needed for the country's hospitals, community healthcare centers and rural *clinics*. The report also *highlighted* major problems, such as TCM resource *imbalances* among the country's different regions and lack of TCM service *institutions* and workers in rural areas. The report was based on a national investigation, which was *launched* by the administration of TCM development.

According to the report, China now has about over 500,000 TCM workers and about 21 percent of the country's qualified medical staff have TCM service *qualifications*. Moreover, about 59.6 percent of the 739,600 medical institutions in the investigation could provide TCM *treatment* services, the report said.