



ABMMA
- ACADEMY OF BIOELECTRIC -
MERIDIAN MASSAGE AUSTRALIA

Course Outline: Fundamentals of TCM

There are a total of 7 topics included in this class.

Each topic spans 14 days in duration, with 10 days of self-study and Q&A submission on Day 11. Day 14 includes a 3-hour online zoom class for discussion and questions.

There is a suggested assessment plan for each topic, featuring quizzes that include short answer questions. This will help reinforce the learning objectives and gauge students' understanding of the material.

Topic 1: Introduction to TCM and Development

Days 1-10: Self-Study

1. Main components of chinese medicine (中医学的重要组成部分)
2. Characteristics of chinese medicine (中医学的基本特点)
3. Evolution and innovation of the TCM theoretical system (中医学理论体系的演进和创新)
4. Key classical contributions to TCM (中医学发展的主要标志)

Day 11: Q&A submission

Day 14: Online zoom class (3 hours)

Discussion and clarification of questions

Topic 2: Qi Monism & Yin and Yang Theory

Days 1-10: Self-Study

1. Qi Monism and its role in understanding the material world
2. Yin and Yang theory: fundamental concept, characteristics and four phases of yin-yang Interaction.
3. Application of Yin-Yang theory in disease diagnosis and treatment

Day 11: Q&A submission

Day 14: Online zoom class (3 hours)

Discussion and clarification of questions





Topic 3: The Five Elements

Days 1-10: Self-Study

1. Basic concept, characteristics and classifications of the five elements (wood, fire, earth, metal, water)
2. Relationships and interactions
3. Practical applications in disease diagnosis and treatment

Day 11: Q&A submission

Day 14: Online zoom class (3 hours)

Discussion and clarification of questions

Topic 4: Five Zang Organs and Six Fu Organs

Days 1-10: Self-Study

1. The concepts of the Five Zang organs and Six Fu organs
2. Physiological and energetic functions of these organs, their interconnectedness, and their roles in maintaining balance and harmony within the body

Day 11: Q&A submission

Day 14: Online zoom class (3 hours)

Discussion and clarification of questions

Topic 5: Essence Qi, Blood and Body Fluid

Days 1-10: Self-Study

1. Essence (Jing), Qi, blood, and body fluids as the foundation of life. Concepts and functions of essence, Qi, blood and body fluids.
2. **The role of these substances in maintaining health:** A brief introduction to their interrelated functions.
3. **The relationship between the body's substances and the organs:** How the viscera and meridians interact with these substances.

Day 11: Q&A submission



Day 14: Online zoom class (3 hours)

Discussion and clarification of questions

Topic 6: Etiologies

Days 1-11: Self-Study

1. Introduction to etiology in traditional chinese medicine
2. The role of internal and external factors
3. Categories of etiological factors (six external pathogenic evil; seven emotional factors)

Day 11: Q&A submission

Day 14: Online zoom class (3 hours)

Discussion and clarification of questions

Topic 7: Pathogenesis

Days 1-11: Self-Study

1. Principles of disease onset
2. Fundamental pathogenesis

Day 11: Q&A submission

Day 14: Online zoom class (3 hours)

Discussion and clarification of questions