

# COURSE OUTLINE - Traditional Chinese Medicine Basic Theories

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |   |   |                     |   |                   |                               |     |
|---|---|---|---|---------------------|---|-------------------|-------------------------------|-----|
| 2.1 Name of course                        |   | Traditional Chinese Medicine Basic Theories |   |                     |   |                   |                               |     |
| 2.2 Course convenor                       |   | Professor Liangxiao Ma                      |   |                     |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   | Professor Liangxiao Ma                      |   |                     |   |                   |                               |     |
| 2.4 Study year                            | 1 | 2.5 Semester                                | 1 | 2.6 Evaluation type | E | 2.7 Course status | Content <sup>3)</sup>         | AC  |
|   |   |   |   |                     |   |                   | Attendance type <sup>4)</sup> | CPC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |                        |                                  |       |
|---|----|---------------------------|------------------------|----------------------------------|-------|
| 3.1 Number of hours per week  | 4  | out of which: 3.2 lecture | 2                      | 3.3 seminar/ laboratory/ project | 2     |
| 3.4 Total number of hours in the curriculum   | 56 | out of which: 3.5 lecture | 28                     | 3.6 seminar/ laboratory/ project | 28    |
| Time allocation   |    |                           |                        |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |                        |                                  | 35    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |                        |                                  | 35    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |                        |                                  | 30    |
| Tutorial  |    |                           |                        |                                  | 15    |
| Examinations  |    |                           |                        |                                  | 4     |
| Other activities.....   |    |                           |                        |                                  |       |
| 3.7 Total number of hours of student activity   |    |                           | 115*without exam hours |                                  |       |
| 3.8 Total number per semester   |    |                           | 175                    |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    |                           | 7                      |                                  |       |

## 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  |  |
| 4.2 competences-related |  |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector</li> </ul>                 |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>Multimedia support, specific equipment, simulators</li> </ul> |

## 6. Specific competences

|                          |  |
|--------------------------|--|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM ;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM ;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM ;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM ;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in TCM ;</li> <li>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;</li> <li>R.Î.3.3. develops and applies specific procedures to optimize the use of TCM methods in the context of integrative medicine;</li> <li>R.Î. 3.4. creates and implements models and procedures to solve specific problems in the field of TCM</li> </ul> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. knows and understands the fundamental concepts of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> <li>R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of TCM ;</li> <li>R.Î. 4.4. provides constructive feedback and adequate documentation regarding interventions in the field of TCM ;</li> </ul> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</li> <li>R.Î. 5.2. uses the principles of TCM and those of evidence-based medicine in the context of integrative medicine;</li> <li>R.Î. 5.5. designs and carries out research within a coherent and feasible project.</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6 applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</li> </ul> |
| Transversal competences  | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <ul style="list-style-type: none"> <li>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</li> <li>R.Î. 1.2. ethically manages communication situations in specialized health issues;</li> <li>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</li> <li>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</li> <li>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</li> <li>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</li> </ul> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</li> <li>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</li> </ul>   |

## 7. Course objectives (resulting from the specific competences to be acquired)

|                              |   |
|------------------------------|---|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>students should be able to systematically understand and master the basic theories and basic knowledge of Chinese medicine. This course lays a solid foundation for the study of Chinese medicine related courses and creates the necessary conditions for cultivating basic knowledge of Chinese medicine.</li> </ul>   |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>Knowledge the basic characteristics of Chinese medicine. Familiar with the establishment and development of the theoretical system of Chinese medicine. Understand the foundation of Chinese medicine, the main content and learning methods of basic theory of Chinese medicine.</li> <li>Knowledge the basic concepts and characteristics of essence, yin-yang, and the five elements; the basic content of yin-yang and the five elements. Familiar with the specific application of yin-yang and five elements of theory in traditional Chinese medicine. Understand the formation of the yin-yang and the five elements.</li> <li>Knowledge the concept and function of Qi-Blood-Body fluid, the production, movement and classification of Qi, blood production and operation, production, delivery and excretion of fluid. Become familiar with the relationship between Qi and blood.</li> </ul> |

## 8. Content

| 8.1 Course  | Teaching methods          | Number of hours | Remarks |
|---|---------------------------|-----------------|---------|
| 1. Introduction – Basic principles of TCM   | Oral presentation         | 2 hours         |         |
| 2. Introduction – Learning methods of TCM   | Oral presentation         | 2 hours         |         |
| 3. Philosophical Basis of TCM – basic concepts  | Oral presentation         | 2 hours         |         |
| 4. Philosophical Basis of TCM - yin-yang and the five elements  | Oral presentation         | 2 hours         |         |
| 5. Disease classification in TCM  | Oral presentation         | 2 hours         |         |
| 6. Physiology in TCM  | Oral presentation         | 2 hours         |         |
| 7. Theory of Qi-Blood-Body fluid  | Oral presentation         | 2 hours         |         |
| 8. Channels and Collaterals   | Oral presentation         | 2 hours         |         |
| 9. Causes and Onset of Diseases – environmental factors   | Oral presentation         | 2 hours         |         |
| 10. Causes and Onset of Diseases – endogen factors  | Oral presentation         | 2 hours         |         |
| 11. Pathological Mechanism - prosperity and decline of the Evil-Qi and Healthy-Qi   | Oral presentation         | 2 hours         |         |
| 12. Pathological Mechanism - imbalance between yin and yang   | Oral presentation         | 2 hours         |         |
| 13. Prevention principles in TCM  | Oral presentation         | 2 hours         |         |
| 14. Treatment principles in TCM   | Oral presentation         | 2 hours         |         |
| Bibliography<br>1. Ma Shuran, Liu Xingren. Chinese-English contrast basic theory of traditional Chinese medicine [M]. Beijing: China Traditional Chinese Medicine Press, 2015 |                           |                 |         |
| 8.2 Seminar/ laboratory/ project  | Teaching-learning methods | Number of hours | Remarks |
| 1. Introduction – Basic principles of TCM   | Interactive case study    | 2 hours         |         |
| 2. Introduction – Learning methods of TCM   | Interactive case study    | 2 hours         |         |

|   |                        |         |  |
|---|------------------------|---------|--|
| 3. Philosophical Basis of TCM – basic concepts  | Interactive case study | 2 hours |  |
| 4. Philosophical Basis of TCM - yin-yang and the five elements  | Interactive case study | 2 hours |  |
| 5. Diseases classification in TCM   | Interactive case study | 2 hours |  |
| 6. Physiology in TCM  | Interactive case study | 2 hours |  |
| 7. Theory of Qi-Blood-Body fluid  | Interactive case study | 2 hours |  |
| 8. Channels and Collaterals   | Interactive case study | 2 hours |  |
| 9. Causes and Onset of Diseases – environmental factors   | Interactive case study | 2 hours |  |
| 10. Causes and Onset of Diseases – endogen factors  | Interactive case study | 2 hours |  |
| 11. Pathological Mechanism - prosperity and decline of the Evil-Qi and Healthy-Qi   | Interactive case study | 2 hours |  |
| 12. Pathological Mechanism - imbalance between yin and yang   | Interactive case study | 2 hours |  |
| 13. Prevention principles in TCM  | Interactive case study | 2 hours |  |
| 14. Treatment principles in TCM   | Interactive case study | 2 hours |  |
| Bibliography  |                        |         |  |
| 1. Ma Shuran, Liu Xingren. Chinese-English contrast basic theory of traditional Chinese medicine [M]. Beijing: China Traditional Chinese Medicine Press, 2015 |                        |         |  |

**9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)**

The content of the discipline is consistent with the current trend of understanding and addressing Traditional Chinese Medicine as a way of assessing health status that is less well known, and whose related scientific bases require advanced research.

**10. Evaluation**

| Activity type  | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|--|--------------------------|-------------------------|------------------------------------|
| 10.4 Course  | Theoretical knowledge    | Exam                    | 70%                                |
| 10.5 Seminar/ laboratory/ project  | Final evaluation         | Oral examination        | 20%                                |
| 10.6 Ongoing assessment  |                          | Oral examination        | 10%                                |
| 10.7 Minimal performance standard  |                          |                         |                                    |
| <ul style="list-style-type: none"> <li>Knowledge of the basic theoretical principles of the TCM</li> </ul> |                          |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|   |   |
|---|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean | <b>Professor Lorena DIMA,</b><br>Head of Department                     |
| <b>Professor Liangxiao Ma</b><br>Course holder  | <b>Professor Liangxiao Ma</b><br>Holder of seminar/ laboratory/ project |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE –Materia Medica in TCM

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |                       |   |                     |   |                   |                               |     |
|---|---|-----------------------|---|---------------------|---|-------------------|-------------------------------|-----|
| 2.1 Name of course                        |   | Materia Medica in TCM |   |                     |   |                   |                               |     |
| 2.2 Course convenor                       |   | Professor Sumin Hu    |   |                     |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   | Professor Sumin Hu    |   |                     |   |                   |                               |     |
| 2.4 Study year                            | 1 | 2.5 Semester          | 1 | 2.6 Evaluation type | E | 2.7 Course status | Content <sup>3)</sup>         | PC  |
|   |   |                       |   |                     |   |                   | Attendance type <sup>4)</sup> | CPC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |    |                                  |       |
|---|----|---------------------------|----|----------------------------------|-------|
| 3.1 Number of hours per week  | 3  | out of which: 3.2 lecture | 1  | 3.3 seminar/ laboratory/ project | 2     |
| 3.4 Total number of hours in the curriculum   | 42 | out of which: 3.5 lecture | 14 | 3.6 seminar/ laboratory/ project | 28    |
| Time allocation   |    |                           |    |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |    |                                  | 35    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |    |                                  | 30    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |    |                                  | 30    |
| Tutorial  |    |                           |    |                                  | 9     |
| Examinations  |    |                           |    |                                  | 4     |
| Other activities.....   |    |                           |    |                                  |       |
| 3.7 Total number of hours of student activity   |    | 104*without exam hours    |    |                                  |       |
| 3.8 Total number per semester   |    | 150                       |    |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    | 6                         |    |                                  |       |

## 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | Basic knowledge of pharmacology and physiology         |
| 4.2 competences-related | Knowing the therapeutic properties of medicinal plants |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector</li> </ul>                 |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>Multimedia support, specific equipment, simulators</li> </ul> |

## 6. Specific competences

|                          |  |
|--------------------------|--|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM ;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM ;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of TCM ;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of TCM .</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM ;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM ;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM ;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of TCM ;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in TCM ;</li> <li>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;</li> <li>R.Î. 3.3. analyzes medical organizations, identifies problems and implements decisions to apply measures to eliminate dysfunctions in order to develop and apply specific standards;</li> <li>R.Î.3.4. develops and applies specific procedures to optimize the use of TCM methods in the context of integrative medicine;</li> <li>R.Î. 3.5. creates and implements models and procedures to solve specific problems in the field of TCM</li> </ul> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. knows and understands the fundamental concepts of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> <li>R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of TCM ;</li> <li>R.Î. 4.4. provides constructive feedback and adequate documentation regarding interventions in the field of TCM ;</li> </ul> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</li> <li>R.Î. 5.2. uses the principles of TCM and those of evidence-based medicine in the context of integrative medicine;</li> <li>R.Î. 5.5. designs and carries out research within a coherent and feasible project.</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6 applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</li> </ul> |
|--------------------------|--|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|--|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |  |
|------------------------------|--|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>Knowledge of Chinese material medica, which includes 185 species (including 112 essential herbs)</li> </ul>   |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>to acquire information about plant habitat, ways of harvesting plants, time and methods of collection</li> <li>to know the main processing methods commonly used</li> <li>to know the incompatibilities between plants</li> </ul> |

### 8. Content

| 8.1 Course                             | Teaching methods  | Number of hours | Remarks |
|--|-------------------|-----------------|---------|
| 1. General Introduction                | Oral presentation | 1 hour          |         |
| 2. Herbs that Release the Exterior     | Oral presentation | 1 hour          |         |
| 3. Herbs that Clear Heat               | Oral presentation | 1 hour          |         |
| 4. Purgatives                          | Oral presentation | 1 hour          |         |
| 5. Herbs that Expel Wind and Dampness  | Oral presentation | 1 hour          |         |
| 6. Herbs that Transport Dampness       | Oral presentation | 1 hour          |         |
| 7. Herbs that Drain Dampness           | Oral presentation | 1 hour          |         |
| 8. Herbs that Warm the Interior        | Oral presentation | 1 hour          |         |
| 9. Herbs that Regulate Qi              | Oral presentation | 1 hour          |         |
| 10. Herbs that Improve the Digestion   | Oral presentation | 1 hour          |         |
| 11. Herbs that Stop Bleeding           | Oral presentation | 1 hour          |         |
| 12. Tonics                             | Oral presentation | 1 hour          |         |
| 13. Herbs that Calm the Mind           | Oral presentation | 1 hour          |         |
| 14. Herbs that Kill Parasites          | Oral presentation | 1 hour          |         |
| Bibliography                           |                   |                 |         |
| 1.TCM Case Studies: Internal Medicine  |                   |                 |         |
| 2.TCM Case Studies: Gynecology         |                   |                 |         |
| 3.TCM Case Studies: Autoimmune Disease |                   |                 |         |
| 4.TCM Case Studies: Dermatology        |                   |                 |         |
| 5. Chinese Materia Medica (Den Benski) |                   |                 |         |

| 8.2 Seminar/ laboratory/ project   | Teaching-learning methods | Number of hours | Remarks |
|--|---------------------------|-----------------|---------|
| 1. Disperse Wind Cold - practice   | Interactive case study    | 2 hours         |         |
| 2. Clear Heat – practice   | Interactive case study    | 2 hours         |         |
| 3. Purge Heat and Dry Dampness - practice  | Interactive case study    | 2 hours         |         |
| 4. Purgatives – practice   | Interactive case study    | 2 hours         |         |
| 5. Promote Urination - practice  | Interactive case study    | 2 hours         |         |
| 6. Regulate Qi – practice  | Interactive case study    | 2 hours         |         |
| 7. Stopping Bleeding   | Interactive case study    | 2 hours         |         |
| 8. Transform Phlegm  | Interactive case study    | 2 hours         |         |
| 9. Calm down the Cough and Wheezing  | Interactive case study    | 2 hours         |         |
| 10. Calm down the Mind - practice  | Interactive case study    | 2 hours         |         |
| 11. Tonify Qi – practice   | Interactive case study    | 2 hours         |         |
| 12. Tonify Blood – practice  | Interactive case study    | 2 hours         |         |
| 13. Astringents – practice   | Interactive case study    | 2 hours         |         |
| 14. Herbs that Kill Parasites - practice   | Interactive case study    | 2 hours         |         |
| Bibliography<br>1.TCM Case Studies: Internal Medicine<br>2.TCM Case Studies: Gynecology<br>3.TCM Case Studies: Autoimmune Disease<br>4.TCM Case Studies: Dermatology |                           |                 |         |

**9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)**

The content of the discipline is consistent with the current trend of understanding and addressing Traditional Chinese Medicine as a way of assessing health status that is less well known, and whose related scientific bases require advanced research.

## 10. Evaluation

| Activity type                                      | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|--|--------------------------|-------------------------|------------------------------------|
| 10.4 Course  | Theoretical knowledge    | Exam                    | 70%                                |
| 10.5 Seminar/ laboratory/ project                  | Final evaluation         | Oral examination        | 20%                                |
| 10.6 Ongoing assessment                            |                          | Oral examination        | 10%                                |
| 10.6 Minimal performance standard                  |                          |                         |                                    |
| Properties and interactions of medicinal plants    |                          |                         |                                    |
| Preparing medicinal herbs for therapeutic purposes |                          |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

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|---|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean | <b>Professor Lorena DIMA,</b><br>Head of Department                 |
| <b>Professor Sumin Hu</b><br>Course holder      | <b>Professor Sumin Hu</b><br>Holder of seminar/ laboratory/ project |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE- Advanced Biostatistics

## 1. Data about the study programme

|                                    |   |
|------------------------------------|---|
| 1.1 Higher education institution   | <b>Transilvania University of Braşov</b>                                |
| 1.2 Faculty                        | <b>Medicine</b>   |
| 1.3 Department                     | <b>Department of Fundamental, Prophylactic and Clinical Disciplines</b> |
| 1.4 Field of study <sup>1)</sup>   | <b>Medicine</b>   |
| 1.5 Study level <sup>2)</sup>      | <b>Master</b>   |
| 1.6 Study programme/ Qualification | <b>Traditional Chinese Medicine (in English)</b>                        |

## 2. Data about the course

|   |          |                                       |          |                     |          |                   |                               |            |
|---|----------|---------------------------------------|----------|---------------------|----------|-------------------|-------------------------------|------------|
| 2.1 Name of course                        |          | <b>Advanced Biostatistics</b>         |          |                     |          |                   |                               |            |
| 2.2 Course convenor                       |          | <b>Lecturer dr. mat. Monescu Vlad</b> |          |                     |          |                   |                               |            |
| 2.3 Seminar/ laboratory/ project convenor |          | <b>Lecturer dr. mat. Monescu Vlad</b> |          |                     |          |                   |                               |            |
| 2.4 Study year                            | <b>1</b> | 2.5 Semester                          | <b>1</b> | 2.6 Evaluation type | <b>E</b> | 2.7 Course status | Content <sup>3)</sup>         | <b>PC</b>  |
|   |          |                                       |          |                     |          |                   | Attendance type <sup>4)</sup> | <b>CPC</b> |

## 3. Total estimated time (hours of teaching activities per semester)

|   |           |                                |           |                                  |           |
|---|-----------|--------------------------------|-----------|----------------------------------|-----------|
| 3.1 Number of hours per week  | <b>3</b>  | out of which: 3.2 lecture      | <b>2</b>  | 3.3 seminar/ laboratory/ project | <b>1</b>  |
| 3.4 Total number of hours in the curriculum   | <b>42</b> | out of which: 3.5 lecture      | <b>28</b> | 3.6 seminar/ laboratory/ project | <b>14</b> |
| Time allocation   |           |                                |           |                                  | hours     |
| Study of textbooks, course support, bibliography and notes                                  |           |                                |           |                                  | <b>30</b> |
| Additional documentation in libraries, specialized electronic platforms, and field research |           |                                |           |                                  | <b>30</b> |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |           |                                |           |                                  | <b>30</b> |
| Tutorial  |           |                                |           |                                  | <b>14</b> |
| Examinations  |           |                                |           |                                  | <b>4</b>  |
| Other activities:   |           |                                |           |                                  |           |
| 3.7 Total number of hours of student activity   |           | <b>104*</b> without exam hours |           |                                  |           |
| 3.8 Total number per semester   |           | <b>150</b>                     |           |                                  |           |
| 3.9 Number of credits <sup>5)</sup>   |           | <b>6</b>                       |           |                                  |           |

## 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>• Basic concepts of statistical</li> <li>• Basic concepts about data collection</li> <li>• English</li> </ul>   |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>• Ability to work with word, excel, power-point programs, minimal knowledge of statistics</li> <li>• Formulation of scientific and statistical assumptions</li> <li>• A critical evaluation of assumptions, means and methods used to support the formulation of criteria and compilation of the results pursued in various types of studies.</li> <li>• Description of concepts, theories and fundamental notions regarding statistical data processing</li> </ul> |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>• Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>• Multimedia support, specific equipment, simulators</li> </ul>     |

## 6. Specific competences

|                          |   |
|--------------------------|---|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <p>R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM ;</p> <p>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM ;</p> <p>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</p> <p>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of TCM ;</p> <p>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</p> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <p>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM ;</p> <p>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM ;</p> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <p>R.Î. 3.1. develop the ability to plan, conduct, analyze, interpret and report a research</p> <p>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;</p> <p>R.Î. 3.3. analyzes medical organizations, identifies problems and implements decisions to apply measures to eliminate dysfunctions in order to develop and apply specific standards;</p> <p>R.Î.3.4. develops and applies specific procedures to optimize the use of TCM methods in the context of integrative medicine;</p> <p>R.Î. 3.5. creates and implements models and procedures to solve specific problems in the field of TCM</p> <p>R.Î.3.6. develops the ability to understand and critically interpret scientific articles in terms of statistical analysis;</p> <p>R.Î.3.7. understands the usefulness of biostatistics in research</p> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <p>R.Î. 4.1. knows and understands the fundamental concepts of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;</p> <p>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</p> <p>R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of TCM ;</p> <p>R.Î. 4.4. provides constructive feedback and adequate documentation regarding interventions in the field of TCM ;</p> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <p>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</p> <p>R.Î. 5.2. uses the principles of TCM and those of evidence-based medicine in the context of integrative medicine;</p> <p>R.Î. 5.3. designs and carries out research within a coherent and feasible project.</p> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <p>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</p> <p>R.Î. 6 .2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</p> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <p>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</p> <p>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</p> |
|--------------------------|---|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|--|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |   |
|------------------------------|---|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>Familiarize students with the glossary of specialty terms in the field of mathematical statistics in order to acquire the notions regarding the correct application of a statistical protocol, depending on the type of clinical study / scientific experiment.</li> </ul>   |
| 7.2 Specific objectives      | <p>Upon completing the course the student should be able:</p> <ul style="list-style-type: none"> <li>Understanding the specialized terms used in biostatistics.</li> <li>Understanding the need to provide appropriate statistical tools for any biomedical study or experiment</li> <li>Knowledge of the main types of statistical tests, the steps necessary for their application and the algorithms for the selection of a certain statistical test, depending on the type of study / experiment</li> <li>Understanding and correctly applying a statistical protocol specific to a particular type of experimental, clinical or epidemiological study</li> </ul> |

### 8. Content

| 8.1 Course  | Teaching methods                | Number of hours | Remarks |
|---|---------------------------------|-----------------|---------|
| 1. Statistical populations. Samples. Sampling techniques. Randomized and non-randomized samples and their importance in research. Data types. Factors of error in biomedical research. Frequency distributions. The Central Limit Theorem. Normal distribution (Gaussian) and its importance in statistical analysis. Non-Gaussian distributions (Poisson, Bernoulli, etc.) in biomedical research. | lecture, heuristic conversation | 2 hours         |         |
| 2. Descriptive statistics. Confidence intervals and their importance in biomedical research and practice. Inferential statistics. The main purposes of inferential statistics. Testing statistical assumptions. Primary criteria for choosing a particular protocol / statistical test  | lecture, heuristic conversation | 2 hours         |         |
| 3. Tests for comparison of central teeth (mean,   | lecture, heuristic conversation | 2 hours         |         |

|  |                                  |                        |                |
|--|----------------------------------|------------------------|----------------|
| median). T Student, ANOVA, parametric / nonparametric tests for comparison of averages / median. Criteria for choosing the most appropriate statistical test for comparing central trends.   |                                  |                        |                |
| 4. Correlation and regression analysis. Linear and nonlinear regressions. Multiple regressions. Their importance in biomedical research. Criteria for choosing the appropriate statistical test for correlation and regression analysis    | lecture, heuristic conversation  | 2 hours                |                |
| 5. Statistical techniques for comparing methods in research. Bland-Altman analysis (Bland-Altman Analysis). Passing-Bablok type regressions. Criteria for choosing the appropriate statistical protocol when comparing methods.            | lecture, heuristic conversation  | 2 hours                |                |
| 6. Survival Analysis and its importance in biomedical research. Curve Kaplan-Mayer.  | lecture, heuristic conversation  | 2 hours                |                |
| 7. Common statistical analysis errors. Criteria for choosing a protocol / statistical test appropriate to the research / study / experiment.   | lecture, heuristic conversation  | 2 hours                |                |
| <b>Bibliography</b>  |                                  |                        |                |
| <ol style="list-style-type: none"> <li>1. Statistics: The Art and Science of Learning from Data, Alan Agresti, 2006</li> <li>2. Biostatistics, P.N. Arora, 2010</li> <li>3. Fundamentals of Biostatistics, Bernard Rosner, 2016</li> </ol> |                                  |                        |                |
| 8.2 Seminar/ laboratory/ project   | <b>Teaching-learning methods</b> | <b>Number of hours</b> | <b>Remarks</b> |
| 1. Statistical populations. Samples. Sampling techniques. Randomized and non-randomized samples and their importance in research. Data types. Factors of error in biomedical research.   | heuristic conversation           | 2 hours                |                |
| 2. Frequency distributions. The Central Limit Theorem. Normal distribution (Gaussian) and its importance in statistical analysis. Non-Gaussian distributions (Poisson, Bernoulli, etc.) in biomedical research.                            | heuristic conversation           | 2 hours                |                |
| 3. Descriptive statistics. Confidence intervals and their importance in biomedical research and practice (1)   | heuristic conversation           | 2 hours                |                |
| 4. Descriptive statistics. Confidence intervals and their importance in biomedical research and practice (2)   | heuristic conversation           | 2 hours                |                |
| 5. Inferential statistics. The main purposes of inferential statistics. Testing statistical assumptions.   | heuristic conversation           | 2 hours                |                |
| 6. Inferential statistics. Primary criteria for choosing a particular protocol / statistical test  | heuristic conversation           | 2 hours                |                |
| 7. Criteria for choosing the most appropriate statistical test for comparing central trends.   | heuristic conversation           | 2 hours                |                |
| 8. T Student, ANOVA, parametric / nonparametric tests for comparison of averages / median.   | heuristic conversation           | 2 hours                |                |
| 9. Criteria for choosing the most appropriate statistical test for comparing central trends  | heuristic conversation           | 2 hours                |                |
| 10. Correlation and regression analysis. Linear and  | heuristic conversation           | 2 hours                |                |

|  |                        |         |  |
|--|------------------------|---------|--|
| nonlinear regressions. Multiple regressions. Their importance in biomedical research.  |                        |         |  |
| 11. Correlation and regression analysis. Criteria for choosing the appropriate statistical test for correlation and regression analysis  | heuristic conversation | 2 hours |  |
| 12. Statistical techniques for comparing methods in research. Bland-Altman analysis (Bland-Altman Analysis). Passing-Bablok type regressions. Criteria for choosing the appropriate statistical protocol when comparing methods.                               | heuristic conversation | 2 hours |  |
| 13. Survival Analysis and its importance in biomedical research. Curve Kaplan-Mayer.   | heuristic conversation | 2 hours |  |
| 14. Common statistical analysis errors. Criteria for choosing a protocol / statistical test appropriate to the research / study / experiment   | heuristic conversation | 2 hours |  |
| <b>Bibliography</b> <ol style="list-style-type: none"> <li>1. Statistics: The Art and Science of Learning from Data, Alan Agresti, 2006</li> <li>2. Biostatistics, P.N. Arora, 2010</li> <li>3. Fundamentals of Biostatistics, Bernard Rosner, 2016</li> </ol> |                        |         |  |

9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)

The content of the discipline is consistent with the current trend of understanding and addressing Traditional Chinese Medicine as a way of assessing health status that is less well known, and whose related scientific bases require advanced research.

## 10. Evaluation

| Activity type   | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---|--------------------------|-------------------------|------------------------------------|
| 10.4 Course   | Theoretical knowledge    | Written exam            | 70%                                |
|   |                          |                         |                                    |
| 10.5 Seminar/ laboratory/ project   | Practical knowledge      | Practical exam          | 20%                                |
| 10.6 Ongoing assessment   |                          | Oral examination        | 10%                                |
|   |                          |                         |                                    |
| 10.7 Minimal performance standard   |                          |                         |                                    |
| <ul style="list-style-type: none"> <li>Knowledge and application of at least 3 types of statistical tests on a set of data</li> </ul> |                          |                         |                                    |

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| <b>Professor Marius Alexandru MOGA,<br/>Dean</b>        | <b>Professor Lorena DIMA,<br/>Head of Department</b>                             |
| <b>Lecturer dr. mat. Monescu Vlad<br/>Course holder</b> | <b>Lecturer dr. mat. Monescu Vlad<br/>Holder of seminar/ laboratory/ project</b> |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: FC (fundamental course) / DC (course in the study domain)/ SC (speciality course)/ CC (complementary course); for the MA level, select one of the following options: PC (proficiency course)/ SC (synthesis course)/ AC (advanced course);
- 4) Course status (attendance type) – select one of the following options: CPC (compulsory course)/ EC (elective course)/ NCPC (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE - Medical English

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |                          |   |                     |   |                   |                               |     |
|---|---|--------------------------|---|---------------------|---|-------------------|-------------------------------|-----|
| 2.1 Name of course                        |   | Medical English          |   |                     |   |                   |                               |     |
| 2.2 Course convenor                       |   | Lect.dr. Ecaterina Varga |   |                     |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   |                          |   |                     |   |                   |                               |     |
| 2.4 Study year                            | 1 | 2.5 Semester             | 1 | 2.6 Evaluation type | C | 2.7 Course status | Content <sup>3)</sup>         | AC  |
|   |   |                          |   |                     |   |                   | Attendance type <sup>4)</sup> | CPC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |                       |                                  |       |
|---|----|---------------------------|-----------------------|----------------------------------|-------|
| 3.1 Number of hours per week  | 1  | out of which: 3.2 lecture | 1                     | 3.3 seminar/ laboratory/ project |       |
| 3.4 Total number of hours in the curriculum   | 14 | out of which: 3.5 lecture | 14                    | 3.6 seminar/ laboratory/ project |       |
| Time allocation   |    |                           |                       |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |                       |                                  | 15    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |                       |                                  | 15    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |                       |                                  |       |
| Tutorial  |    |                           |                       |                                  | 2     |
| Examinations  |    |                           |                       |                                  | 4     |
| Other activities.....   |    |                           |                       |                                  |       |
| 3.7 Total number of hours of student activity   |    |                           | 32*without exam hours |                                  |       |
| 3.8 Total number per semester   |    |                           | 50                    |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    |                           | 2                     |                                  |       |

## 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>English - knowledge acquired during the Bachelor's degree</li> </ul>  |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>teamwork skills, oral and written communication in English, problem solving and decision making</li> <li>assimilation of basic knowledge of English (vocabulary and grammar)</li> </ul> |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li></li> </ul>   |

## 6. Specific competences

|                          |  |
|--------------------------|--|
| Professional competences | <p>C1. Cognitive skills:<br/>R.Î. 1.1. Assimilation and consolidation of the knowledge of English (vocabulary and grammar) from the medical field;</p> <p>C2. Practical applicative skills:<br/>R.Î. 2.1. Applying this knowledge to professional situations; developing skills to make complex and accurate statements, writing a paper in English, reading and critically synthesizing specialized articles in English.</p> <p>C3. Communication and relational skills<br/>R.Î. 3.1. Cultivating and enhancing communication and argumentation skills, trust in your own judgment and opinion.<br/>R.Î. 3.2. Stimulation of study and teamwork, cultivation of critical spirit, tolerance in dialogue with the perspective of pre-opens.</p> <p>C4. Personal and professional development skills<br/>R.Î. 4.1. Acquiring the ability to formulate hypotheses, pursue the objectives of a research, match the methods of the subject matter, formulate a project and critically evaluate it.<br/>R.Î. 4.2. Developing self-assessment skills, managing lifelong learning.</p>   |
| Transversal competences  | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :<br/>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;<br/>R.Î. 1.2. ethically manages communication situations in specialized health issues;<br/>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;<br/>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;<br/>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;<br/>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.<br/>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;<br/>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |

## 7. Course objectives (resulting from the specific competences to be acquired)

|                              |   |
|------------------------------|---|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>Explaining the medical terminology and language structures specific to the medical field and applying the knowledge acquired in various professional situations</li> </ul>   |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>The aim is to develop communication skills in English in a medical context, to familiarize students with the terminology specific to this field, to develop the skills of using grammatical structures in specific contexts, both in written and oral form, to create an individual portrait in English, as well as a team project in the area of interest and study program.</li> </ul> |

## 8. Content

| 8.1 Course                     | Teaching methods                | Number of hours | Remarks |
|--------------------------------|---------------------------------|-----------------|---------|
| 1. Medical terminology for TCM | Lecture, heuristic conversation | 2 hours         |         |

|   |                                 |         |  |
|---|---------------------------------|---------|--|
| 2. The Study of the Human Body in TCM   | Lecture, heuristic conversation | 2 hours |  |
| 3. Basic Phenomena of Living Organisms in TCM   | Lecture, heuristic conversation | 2 hours |  |
| 4. The Organization of the Body in TCM  | Lecture, heuristic conversation | 2 hours |  |
| 5. Structure and Movement in TCM  | Lecture, heuristic conversation | 2 hours |  |
| 6. The Nervous System in TCM  | Lecture, heuristic conversation | 2 hours |  |
| 7. The Circulatory System in TCM  | Lecture, heuristic conversation | 2 hours |  |
| Bibliography  |                                 |         |  |
| <ul style="list-style-type: none"> <li>• Dănila V., Engleza pentru medici, Ed. Medicală-București, 1971</li> <li>• Glendinning E., Holmstrom B., English in Medicine, Cambridge University Press, 1994</li> <li>• Thomson, A.J., Martinet A.V. - A Practical English Grammar, Oxford University Press, 1997.</li> </ul> |                                 |         |  |

### 9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)

The content of the discipline is consistent with the current trend of understanding and addressing Traditional Chinese Medicine as a way of assessing health status that is less well known, and whose related scientific bases require advanced research.

### 10. Evaluation

| Activity type  | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|--|--------------------------|-------------------------|------------------------------------|
| 10.4 Course  | Theoretical knowledge    | Oral exam               | 90%                                |
| 10.5 Seminar/ laboratory/ project  |                          |                         |                                    |
| 10.6 Ongoing assessment  |                          | Oral examination        | 10%                                |
| 10.7 Minimal performance standard  |                          |                         |                                    |
| <ul style="list-style-type: none"> <li>• Linguistic competence at independent user level (A2):</li> <li>• Communicate in simple and common situations involving simple and direct information exchange on topics and familiar activities. May participate in short talks even if they usually do not understand enough to hold a conversation. Uses a series of simple phrases and phrases to describe himself or his family, acquaintances, living conditions, studies, current or recent professional activity</li> <li>• can read and understand very short texts and direct information. For example, advertisements, product packaging information, menus, schedules, personal personal letters</li> <li>• can write short and precise messages, such as very simple personal letters.</li> </ul> |                          |                         |                                    |

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|  |   |
|--|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean  | <b>Professor Lorena DIMA,</b><br>Head of Department |
| <b>Lect.dr. Ecaterina Varga</b><br>Course holder |   |

|  |  |
|--|--|
|  |  |
|--|--|

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE - Formulas of Chinese Medicine

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Health   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |   |   |                     |   |                   |                               |     |
|---|---|---|---|---------------------|---|-------------------|-------------------------------|-----|
| 2.1 Name of course                        |   | Pharmaceutical forms (formulae) of Traditional Chinese Medicine |   |                     |   |                   |                               |     |
| 2.2 Course convenor                       |   | Professor Sumin Hu  |   |                     |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   | Professor Sumin Hu  |   |                     |   |                   |                               |     |
| 2.4 Study year                            | 1 | 2.5 Semester  | 2 | 2.6 Evaluation type | E | 2.7 Course status | Content <sup>3)</sup>         | PC  |
|   |   |   |   |                     |   |                   | Attendance type <sup>4)</sup> | CPC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |                        |                                  |       |
|---|----|---------------------------|------------------------|----------------------------------|-------|
| 3.1 Number of hours per week  | 2  | out of which: 3.2 lecture | 1                      | 3.3 seminar/ laboratory/ project | 1     |
| 3.4 Total number of hours in the curriculum   | 28 | out of which: 3.5 lecture | 14                     | 3.6 seminar/ laboratory/ project | 14    |
| Time allocation   |    |                           |                        |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |                        |                                  | 20    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |                        |                                  | 20    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |                        |                                  | 20    |
| Tutorial  |    |                           |                        |                                  | 8     |
| Examinations  |    |                           |                        |                                  | 4     |
| Other activities.....   |    |                           |                        |                                  |       |
| 3.7 Total number of hours of student activity   |    |                           | 68 *without exam hours |                                  |       |
| 3.8 Total number per semester   |    |                           | 100                    |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    |                           | 4                      |                                  |       |

## 4. Prerequisites (if applicable)

|                         |   |
|-------------------------|---|
| 4.1 curriculum-related  | Basic knowledge of materia media                                    |
| 4.2 competences-related | acquiring basic general information on Traditional Chinese Medicine |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | Support materials, video projector, multimedia support |
| 5.2 for seminar/ laboratory/ project development | Multimedia support, specific equipment, simulators     |

## 6. Specific competences

|                          |   |
|--------------------------|---|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knowledge and understanding of the cultural bases, theories and the use of pharmaceutical forms in TCM</li> <li>R.Î. 1.2. critical appreciation of relevant specialty literature relating to pharmaceutical forms in TCM;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of TCM ;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of TCM .</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM ;</li> <li>R.Î. 2.2. systematic, advanced knowledge of concepts, research methods, controversies and new hypotheses specific to the field of pharmaceutical forms in TCM;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM ;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of TCM ;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. acquire the cultural and philosophical foundations of the use of pharmaceutical forms in TCM;</li> <li>R.Î. 3.2. demonstrate skills to design and conduct experiments and innovations; practical laboratory work habits and the use of advanced analysis techniques,</li> <li>R.Î. 3.3. demonstrate the ability to evaluate, interpret and apply the results of scientific studies related to MTC specific pharmaceutical forms</li> <li>R.Î.3.4. acquire the cultural and philosophical foundations of the use of pharmaceutical forms in TCM;</li> <li>R.Î. 3.5. creates and implements models and procedures to solve specific problems in the field of TCM</li> <li>R.Î. 3.6. be able to use the scientific research methods of Traditional Chinese Medicine specific pharmaceutical forms;</li> </ul> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. knows and understands the fundamental concepts of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> <li>R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of TCM ;</li> <li>R.Î. 4.4. provides constructive feedback and adequate documentation regarding interventions in the field of TCM ;</li> </ul> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</li> <li>R.Î. 5.2. demonstrate the ability to evaluate Traditional Chinese Medicine specific pharmaceutical forms;</li> <li>R.Î. 5.3. demonstrate the ability to conceive and prepare a research report or a scientific study by correlating the results of the professional work with the specialized information</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6 .2. be actively involved in the initiation and conduct of a scientific and formative research activity in Traditional Chinese Medicine.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</li> </ul> |
|--------------------------|---|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|--|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |  |
|------------------------------|--|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>■ Understanding and acquiring the characteristics of traditional Chinese medicine pharmaceutical forms</li> </ul>   |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>■ Knowledge the concept of formulas and formulas of Chinese Medicine</li> <li>■ Knowledge the ingredients' principle of the formulas and the meaning of the ingredients of the formula.</li> <li>■ Knowledge the book about formula basis classifications, methods and evaluations</li> </ul> |

### 8. Content

| 8.1 Course   | Teaching methods          | Number of hours | Remarks |
|--|---------------------------|-----------------|---------|
| 1. Origin and Development of Formulas  | Oral presentation         | 2 hours         |         |
| 2. Ingredients and Structure of the Formula  | Oral presentation         | 2 hours         |         |
| 3. Classification of Formulas  | Oral presentation         | 2 hours         |         |
| 4. Application of Formulas   | Oral presentation         | 2 hours         |         |
| 5. Formulas to Release the Exterior Syndromes  | Oral presentation         | 2 hours         |         |
| 6. Formulas for Purgation  | Oral presentation         | 2 hours         |         |
| 7. Formulas for Harmonizing  | Oral presentation         | 2 hours         |         |
| Bibliography   |                           |                 |         |
| <ol style="list-style-type: none"> <li>1) Xie Ming. Formulas of Chinese Medicine (3<sup>rd</sup> Edition). Beijing: People's Medical Publishing House. 2016</li> <li>2) Dan Bensky &amp; Randall Barolet. Formulas &amp; Strategies. Eastland Press. 1990</li> <li>3) Chen Dexing, Zhu Zhongbao. Formulas of Traditional Chinese Medicine. Beijing National People's Health Publishing House. 2007</li> <li>4) Du Guangli et al. Formulas of Traditional Chinese Medicine. Beijing: China Traditional Chinese Medicine Press. 2004</li> <li>5) Liu Gongwang. Fundamentals of Formulas of Chinese Medicine. Beijing: Huaxia Publishing House. 2002</li> </ol> |                           |                 |         |
| 8.2 Seminar/ laboratory/ project   | Teaching-learning methods | Number of hours | Remarks |
| 1. Practical methods for assessing the curative proprieties of plants  | Interactive case study    | 2 hours         |         |

|   |                        |         |  |
|---|------------------------|---------|--|
| 2. Chemical structure   | Interactive case study | 2 hours |  |
| 3. Methods of preparation   | Interactive case study | 2 hours |  |
| 4. Practical preparation of decocts   | Interactive case study | 2 hours |  |
| 5. Decoct proprieties   | Interactive case study | 2 hours |  |
| 6. Purgatives – practical application   | Interactive case study | 2 hours |  |
| 7. Formulas for Harmonizing   | Interactive case study | 2 hours |  |
| Bibliography:   |                        |         |  |
| 1) Xie Ming. Formulas of Chinese Medicine (3 <sup>rd</sup> Edition). Beijing: People's Medical Publishing House. 2016           |                        |         |  |
| 2) Dan Bensky & Randall Barolet. Formulas & Strategies. Eastland Press. 1990  |                        |         |  |
| 3) Chen Dexing, Zhu Zhongbao. Formulas of Traditional Chinese Medicine. Beijing National People's Health Publishing House. 2007 |                        |         |  |
| 4) Du Guangli et al. Formulas of Traditional Chinese Medicine. Beijing: China Traditional Chinese Medicine Press. 2004          |                        |         |  |
| 5) Liu Gongwang. Fundamentals of Formulas of Chinese Medicine. Beijing: Huaxia Publishing House. 2002                           |                        |         |  |

**9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)**

The content of the discipline is consistent with the current trend of understanding and addressing Traditional Chinese Medicine as a way of assessing health status that is less well known and whose scientific bases require in-depth research.

**10. Evaluation**

| Activity type  | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|--|--------------------------|-------------------------|------------------------------------|
| 10.4 Course  | Theoretical knowledge    | Exam                    | 70%                                |
| 10.5 Seminar/ laboratory/ project  | Final evaluation         | Oral examination        | 20%                                |
| 10.6 Ongoing assessment  |                          | Oral examination        | 10%                                |
| 10.7 Minimal performance standard  |                          |                         |                                    |
| <ul style="list-style-type: none"> <li>Knowing the theoretical bases of TCM</li> </ul> |                          |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|   |  |
|---|--|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean | <b>Professor Lorena DIMA,</b><br>Head of Department          |
| Professor Sumin Hu<br>Course holder             | Professor Sumin Hu<br>Holder of seminar/ laboratory/ project |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

## COURSE OUTLINE- Fundamentals of acupuncture

### 1. Data about the study programme

|                                    |   |
|------------------------------------|---|
| 1.1 Higher education institution   | <b>Transilvania University of Braşov</b>                                |
| 1.2 Faculty                        | <b>Medicine</b>   |
| 1.3 Department                     | <b>Department of Fundamental, Prophylactic and Clinical Disciplines</b> |
| 1.4 Field of study <sup>1)</sup>   | <b>Medicine</b>   |
| 1.5 Study level <sup>2)</sup>      | <b>Master</b>   |
| 1.6 Study programme/ Qualification | <b>Traditional Chinese Medicine (in English)</b>                        |

### 2. Data about the course

|   |          |                                    |          |                     |          |                   |                               |            |
|---|----------|------------------------------------|----------|---------------------|----------|-------------------|-------------------------------|------------|
| 2.1 Name of course                        |          | <b>Fundamentals of acupuncture</b> |          |                     |          |                   |                               |            |
| 2.2 Course convenor                       |          | <b>Prof. Liangxiao Ma</b>          |          |                     |          |                   |                               |            |
| 2.3 Seminar/ laboratory/ project convenor |          | <b>Prof Wang Yanping</b>           |          |                     |          |                   |                               |            |
| 2.4 Study year                            | <b>1</b> | 2.5 Semester                       | <b>2</b> | 2.6 Evaluation type | <b>E</b> | 2.7 Course status | Content <sup>3)</sup>         | <b>AC</b>  |
|   |          |                                    |          |                     |          |                   | Attendance type <sup>4)</sup> | <b>CPC</b> |

### 3. Total estimated time (hours of teaching activities per semester)

|   |           |                                |           |                                  |           |
|---|-----------|--------------------------------|-----------|----------------------------------|-----------|
| 3.1 Number of hours per week  | <b>4</b>  | out of which: 3.2 lecture      | <b>1</b>  | 3.3 seminar/ laboratory/ project | <b>3</b>  |
| 3.4 Total number of hours in the curriculum   | <b>36</b> | out of which: 3.5 lecture      | <b>14</b> | 3.6 seminar/ laboratory/ project | <b>42</b> |
| Time allocation   |           |                                |           |                                  | hours     |
| Study of textbooks, course support, bibliography and notes                                  |           |                                |           |                                  | <b>35</b> |
| Additional documentation in libraries, specialized electronic platforms, and field research |           |                                |           |                                  | <b>35</b> |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |           |                                |           |                                  | <b>35</b> |
| Tutorial  |           |                                |           |                                  | <b>10</b> |
| Examinations  |           |                                |           |                                  | <b>4</b>  |
| Other activities:   |           |                                |           |                                  |           |
| 3.7 Total number of hours of student activity   |           | <b>115*</b> without exam hours |           |                                  |           |
| 3.8 Total number per semester   |           | <b>175</b>                     |           |                                  |           |
| 3.9 Number of credits <sup>5)</sup>   |           | <b>7</b>                       |           |                                  |           |

### 4. Prerequisites (if applicable)

|                         |   |
|-------------------------|---|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>Basic theory of traditional Chinese medicine</li> </ul>        |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>General information on Traditional Chinese Medicine</li> </ul> |

### 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>Multimedia support, specific equipment, simulators</li> </ul>     |

## 6. Specific competences

|                          |  |
|--------------------------|--|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to acupuncture;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in acupuncture;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of acupuncture;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of acupuncture.</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of acupuncture ;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of acupuncture;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of acupuncture;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of acupuncture;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of acupuncture:</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in acupuncture;</li> <li>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to acupuncture using the fundamental knowledge in the field;</li> <li>R.Î. 3.3. analyzes medical organizations, identifies problems and implements decisions to apply measures to eliminate dysfunctions in order to develop and apply specific standards;</li> <li>R.Î.3.4. develops and applies specific procedures to optimize the use of acupuncture methods in the context of integrative medicine;</li> <li>R.Î. 3.5. creates and implements models and procedures to solve specific problems in the field of acupuncture</li> </ul> <p>C4. Substantiation of advanced strategies for integrating acupuncture in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. knows and understands the fundamental concepts of acupuncture for their analysis in order to integrate its specific methods in the context of integrative medicine;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> </ul> <p>C5. Providing assistance in the integration of acupuncture in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of acupuncture in the context of integrative medicine;</li> <li>R.Î. 5.2. uses the principles of acupuncture and those of evidence-based medicine in the context of integrative medicine;</li> <li>R.Î. 5.3. designs and carries out research within a coherent and feasible project.</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of acupuncture by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6 .2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</li> </ul> |
|--------------------------|--|

|                         |   |
|-------------------------|---|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of acupuncture:</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|---|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |  |
|------------------------------|--|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>learn how to find and label meridians and know acupoint location with practice.</li> </ul>  |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>to acquire the location of each meridian and their symptoms, and pattern differentiation and treatment for further understanding of the theory of traditional Chinese medicine, and guidance for acupoint selection skills.</li> <li>find the correct acupoint locations, and to understand the interconnectedness of the specific acupoints and their main clinical uses.</li> </ul> |

### 8. Content

| 8.1 Course  | Teaching methods                | Number of hours | Remarks |
|---|---------------------------------|-----------------|---------|
| 1. Introduction in acupuncture  | lecture, heuristic conversation | 2 hours         |         |
| 2. Generalities about channel system  | lecture, heuristic conversation | 2 hours         |         |
| 3. Travelling course and distribution of the meridian system and its uses                                       | lecture, heuristic conversation | 2 hours         |         |
| 4. Channel function and clinical applications. Channel 's vertical and horizontal relationships and application | lecture, heuristic conversation | 2 hours         |         |
| 5. Concept and origin of acupoints. Classification of and nomenclature of acupoints                             | lecture, heuristic conversation | 2 hours         |         |
| 6. Acupoint location methods. Specific acupoints  | lecture, heuristic conversation | 2 hours         |         |
| 7. The Twelve Regular Meridians : Lung Meridian, Large Intestine Meridian, Stomach Meridian                     | lecture, heuristic conversation | 2 hours         |         |
| 8. The Twelve Regular Meridians : Spleen Meridian, Heart Meridian, Small Intestine Meridian                     | lecture, heuristic conversation | 2 hours         |         |
| 9. The Twelve Regular Meridians : Bladder Meridian, Kidney Meridian, Pericardium Meridian                       | lecture, heuristic conversation | 2 hours         |         |
| 10. The Twelve Regular Meridians : Triple Energizer, Gallbladder, Liver Meridian                                | lecture, heuristic conversation | 2 hours         |         |
| 11. The Eight Extra Meridians: Ren Meridian, Du Meridian  | lecture, heuristic conversation | 2 hours         |         |

|  |  |                        |                |
|--|--|------------------------|----------------|
| 12. The Eight Extra Meridians: Chong Meridian, Dai Meridian  | lecture, heuristic conversation  | 2 hours                |                |
| 13. The Eight Extra Meridians: Yangqiao and Yinqiao Meridians, Yangwei and Yinwei Meridians  | lecture, heuristic conversation  | 2 hours                |                |
| 14. Extra-Meridian Acupoints   | lecture, heuristic conversation  | 2 hours                |                |
| Bibliography<br>1. <i>Acupuncture and Moxibustion</i> Zhao Bai-xiao, Du Huanbin, Lixing Lao. English Textbook Series of Beijing University of Chinese Medicine. People's Medical Publishing House 2017 |  |                        |                |
| 8.2 Seminar/ laboratory/ project   | <b>Teaching-learning methods</b>   | <b>Number of hours</b> | <b>Remarks</b> |
| 1. Channel function and clinical applications  | practical applications, heuristic conversation, practical practical cases simulation | 2 hours                |                |
| 2. Origin, classification and acupoint location methods  | practical applications, heuristic conversation, practical practical cases simulation | 2 hours                |                |
| 3. Clinical applications of the twelve regular meridians   | practical applications, heuristic conversation, practical practical cases simulation | 2 hours                |                |
| 4. Clinical applications of the eight extra meridians  | practical applications, heuristic conversation, practical practical cases simulation | 2 hours                |                |
| 5. Clinical applications of the of extra meridian acupoints  | practical applications, heuristic conversation, practical practical cases simulation | 2 hours                |                |
| 6. Practice of different techniques of acupuncture   | practical applications, heuristic conversation, practical practical cases simulation | 2 hours                |                |
| 7. The meridian travelling course and their symptoms   | practical applications, heuristic conversation, practical practical cases simulation | 2 hours                |                |
| Bibliography<br>1. <i>Acupuncture and Moxibustion</i> Zhao Bai-xiao, Du Huanbin, Lixing Lao. English Textbook Series of Beijing University of Chinese Medicine. People's Medical Publishing House 2017 |  |                        |                |

9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)

The content of the discipline is correlated with actual tendencies in the understanding and approach of TCM as a health method evaluation with the premises that the benefits need to be proven with in depth scientific research.

#### 10. Evaluation

| Activity type             | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---------------------------|--------------------------|-------------------------|------------------------------------|
| 10.4 Course               | Theoretical knowledge    | Written exam            | 70%                                |
|                           |                          |                         |                                    |
| 10.5 Seminar/ laboratory/ | Practical knowledge      | Practical exam          | 20%                                |

|  |  |                  |     |
|--|--|------------------|-----|
| project  |  |                  |     |
| 10.6 Ongoing assessment  |  | Oral examination | 10% |
| 10.7 Minimal performance standard  |  |                  |     |
| <ul style="list-style-type: none"> <li>• apply the proportional measurement method used in acupuncture point location</li> <li>• explain the theories of the acupuncture points including the general features and functions of acupuncture points, the categories of acupuncture points and their significance, and the naming and numbering of acupuncture points</li> <li>• identify and locate the major points meridians and major extra-ordinary channel points</li> </ul> |  |                  |     |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|   |   |
|---|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean | <b>Professor Lorena DIMA,</b><br>Head of Department                 |
| <b>Prof. Liangxiao Ma</b><br>Course holder      | <b>Prof. Wang Yanping</b><br>Holder of seminar/ laboratory/ project |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: FC (fundamental course) / DC (course in the study domain)/ SC (speciality course)/ CC (complementary course); for the MA level, select one of the following options: PC (proficiency course)/ SC (synthesis course)/ AC (advanced course);
- 4) Course status (attendance type) – select one of the following options: CPC (compulsory course)/ EC (elective course)/ NCPC (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

COURSE OUTLINE – Traditional Chinese Medicine Practices in Internal Pathology 1

1. Data about the study programme

|                                    |   |
|------------------------------------|---|
| 1.1 Higher education institution   | <b>Transilvania University of Braşov</b>                                |
| 1.2 Faculty                        | <b>Medicine</b>   |
| 1.3 Department                     | <b>Department of Fundamental, Prophylactic and Clinical Disciplines</b> |
| 1.4 Field of study <sup>1)</sup>   | <b>Medicine</b>   |
| 1.5 Study level <sup>2)</sup>      | <b>Master</b>   |
| 1.6 Study programme/ Qualification | <b>Traditional Chinese Medicine (in English)</b>                        |

2. Data about the course

|   |   |              |          |                     |          |                   |                               |            |
|---|---|--------------|----------|---------------------|----------|-------------------|-------------------------------|------------|
| 2.1 Name of course                        | <b>Traditional Chinese Medicine Practices in Internal Pathology 1</b> |              |          |                     |          |                   |                               |            |
| 2.2 Course convenor                       | <b>Prof. XIAO YONGHUA</b>   |              |          |                     |          |                   |                               |            |
| 2.3 Seminar/ laboratory/ project convenor | <b>Prof. XIAO YONGHUA</b>   |              |          |                     |          |                   |                               |            |
| 2.4 Study year                            | <b>1</b>  | 2.5 Semester | <b>2</b> | 2.6 Evaluation type | <b>E</b> | 2.7 Course status | Content <sup>3)</sup>         | <b>AC</b>  |
|   |   |              |          |                     |          |                   | Attendance type <sup>4)</sup> | <b>CPC</b> |

3. Total estimated time (hours of teaching activities per semester)

|   |                                |                           |           |                                  |           |
|---|--------------------------------|---------------------------|-----------|----------------------------------|-----------|
| 3.1 Number of hours per week  | <b>4</b>                       | out of which: 3.2 lecture | <b>2</b>  | 3.3 seminar/ laboratory/ project | <b>2</b>  |
| 3.4 Total number of hours in the curriculum   | <b>56</b>                      | out of which: 3.5 lecture | <b>28</b> | 3.6 seminar/ laboratory/ project | <b>28</b> |
| Time allocation   |                                |                           |           |                                  | hours     |
| Study of textbooks, course support, bibliography and notes                                  |                                |                           |           |                                  | <b>40</b> |
| Additional documentation in libraries, specialized electronic platforms, and field research |                                |                           |           |                                  | <b>30</b> |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |                                |                           |           |                                  | <b>35</b> |
| Tutorial  |                                |                           |           |                                  | <b>10</b> |
| Examinations  |                                |                           |           |                                  | <b>4</b>  |
| Other activities:   |                                |                           |           |                                  |           |
| 3.7 Total number of hours of student activity   | <b>115*</b> without exam hours |                           |           |                                  |           |
| 3.8 Total number per semester   | <b>175</b>                     |                           |           |                                  |           |
| 3.9 Number of credits <sup>5)</sup>   | <b>7</b>                       |                           |           |                                  |           |

4. Prerequisites (if applicable)

|                         |   |
|-------------------------|---|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>Basic theory of traditional Chinese medicine,</li> </ul> |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>General information on TCM</li> </ul>                    |

5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>Multimedia support, specific equipment, simulators</li> </ul>     |

6. Specific competences

|                          |   |
|--------------------------|---|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to internal pathology from the point of view of TCM;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in internal pathology from the point of view of TCM;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of internal pathology from the point of view of TCM</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of internal pathology from the point of view of TCM;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of internal pathology from the point of view of TCM and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of internal pathology from the point of view of TCM;</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of internal pathology from the point of view of TCM;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of internal pathology from the point of view of TCM;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of internal pathology from the point of view of TCM;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of internal pathology from the point of view of TCM;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in internal pathology from the point of view of TCM;</li> <li>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to internal pathology from the point of view of TCM using the fundamental knowledge in the field;</li> <li>R.Î. 3.3. analyzes medical organizations, identifies problems and implements decisions to apply measures to eliminate dysfunctions in order to develop and apply specific standards;</li> </ul> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. knows and understands the fundamental concepts of internal pathology from the point of view of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> </ul> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</li> <li>R.Î. 5.2. uses the principles of TCM and those of evidence-based medicine in the context of integrative medicine;</li> <li>R.Î. 5.3. designs and carries out research within a coherent and feasible project.</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6.2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team</li> </ul> |
|--------------------------|---|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|--|

#### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |   |
|------------------------------|---|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>The goal of this course is to enable students to systematically elaborate on the aetiology, pathogenesis and therapeutic principle of internal diseases using basic theories of TCM, and in this way, carry forward TCM culture.</li> </ul>  |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>Students are expected to master the basic characteristics of health alteration in TCM, and become familiar with the key points of syndrome differentiation</li> <li>To understand the principles and methods of the basics of prescribing in TCM</li> <li>To understand the principles and methods that are the basis of differentiation of symptoms and application of treatment in health modifications with expression on the respiratory system (in correlation with TCM)</li> <li>To understand the principles and methods and develop research on the methods to recognize, evaluate and treat specifically according to TCM for cold, cough, asthma, wheezing, breathlessness and pulmonary distention</li> <li>To understand the principles and methods and develop research on the methods to recognize, evaluate and treat specifically according to TCM for Palpitation, Chest Pain, Insomnia, Perspiration Syndrome, Headache, Stroke, etc.</li> <li>To understand the principles and methods that are the basis of differentiation of symptoms and application of treatment in health modifications with expression on the spleen and stomach (in correlation with TCM)</li> <li>To understand the principles and methods and develop research on the methods to recognise, evaluate and treat specifically according to TCM for Gastralgia, Vomiting, Constipation, Diarrhoea, Dysentery, Abdominal Pain, etc.</li> <li>To understand the principles and methods and develop research on the methods to recognise, evaluate and treat specifically according to TCM for the Hypochondriac Pain, Jaundice, Tympanites, Abdominal Mass, etc.</li> <li>To understand the principles and methods and develop research on the methods to recognise, evaluate and treat specifically according to TCM of edema, Stranguria, Xiao Ke (Diabetes), Obstruction and Rejection etc.</li> <li>To understand the principles and methods and develop research on the methods to recognise, evaluate and treat specifically according to TCM of Bleeding Diseases, Fever due to Internal Injury, etc.</li> <li>To understand the principles and methods and develop research on the methods to recognise, evaluate and treat specifically according to TCM of Arthralgia</li> </ul> |

#### 8. Content

| 8.1 Course   | Teaching methods | Number of hours | Remarks |
|--|------------------|-----------------|---------|
| 1. Introduction in internal medicine in TCM  | lecture          | 2               |         |
| 2. Principles utilized in TCM for syndrome differentiation and treatment variation of Cold, Cough  | lecture          | 2               |         |
| 3. Principles utilized in TCM for Syndrome differentiation and treatment of Asthma and Wheezing    | lecture          | 2               |         |
| 4. Principles utilized in TCM for Syndrome differentiation and treatment variation of Palpitation, | lecture          | 2               |         |

|  |                                  |                        |                |
|--|----------------------------------|------------------------|----------------|
| 5. Principles utilized in TCM for Syndrome differentiation and treatment variation of chest pain   | lecture                          | 2                      |                |
| 6. Principles utilized in TCM for Syndrome differentiation and treatment variation of Stroke   | lecture                          | 2                      |                |
| 7. Principles utilized in TCM for Syndrome differentiation and treatment variation of Headache   | lecture                          | 2                      |                |
| 8. Principles utilized in TCM for Syndrome differentiation and treatment principles of Gastralgia, Vomiting,                               | lecture                          | 2                      |                |
| 9. Principles utilized in TCM for Syndrome differentiation and treatment variation of Constipation and Diarrhoea                           | lecture                          | 2                      |                |
| 10. Principles utilized in TCM for Syndrome differentiation and treatment variation of Hypochondriac Pain,                                 | lecture                          | 2                      |                |
| 11. Principles utilized in TCM for Syndrome differentiation and treatment variation of Jaundice  | lecture                          | 2                      |                |
| 12. Principles utilized in TCM for syndrome differentiation and treatment of Oedema,   | lecture                          | 2                      |                |
| 13. Principles utilized in TCM for syndrome differentiation of Stranguria, Xiao Ke (Diabetes)  | lecture                          | 2                      |                |
| 14. Principles utilized in TCM for syndrome differentiation and treatment of Obstruction and Rejection                                     | lecture                          | 2                      |                |
| Bibliography:<br>1. B. Peng, J. Xie. Traditional Chinese Internal Medicine[M]. Beijing: People's Medical Publishing House, 2007.           |                                  |                        |                |
| <b>8.2 Seminar/ laboratory/ project</b>  | <b>Teaching-learning methods</b> | <b>Number of hours</b> | <b>Remarks</b> |
| 1. Case study on combined disease differentiation with syndrome differentiation in general   | Interactive case studies         | 1                      |                |
| 2. Case study on the basic contents of etiological factors, pathogenesis, and treatment based on syndrome differentiation in lung diseases | Interactive case studies         | 1                      |                |
| 3. Case study on Identification of Jingji (fright palpitations) and Zhengchong (fearful throbbing);.                                       | Interactive case studies         | 1                      |                |
| 4. Case study on the identification of the Angina Pectoris and Chest Stuffiness (Xiongbi),   | Interactive case studies         | 1                      |                |
| 5. Case study on Identification of the precordial Pain with cold Limbs   | Interactive case studies         | 1                      |                |
| 6. Case study on Identification and treatment of asthenia-in-origin and asthenia-in-superficiality syndrome of Xiao Ke (Diabetes);         | Interactive case studies         | 1                      |                |
| 7. Case study on Identification and treatment of excessive and deficient syndrome in Stranguria.   | Interactive case studies         | 1                      |                |
| 8. Case study on the pathogenesis of Fever Caused by Qi Deficiency.  | Interactive case studies         | 1                      |                |
| 9. Case study on the etiological factors and pathogenesis of Bleeding Diseases and Fever due to Internal Injury                            | Interactive case studies         | 1                      |                |
| 10. Case study on differentiation between Wind-Heat-Dampness Arthralgia  | Interactive case studies         | 1                      |                |
| 11. Case study on differentiation between Wind-Cold-Dampness arthralgia  | Interactive case studies         | 1                      |                |
| 12. Case study on differentiation between Arthralgia and Obstinate Arthralgia (Wangbi).  | Interactive case studies         | 1                      |                |
| 13. Complex cases solving  | Interactive case studies         | 1                      |                |
| 14. Complex cases solving  | Interactive case studies         | 1                      |                |
| Bibliography<br>1. B. Peng, J. Xie. Traditional Chinese Internal Medicine[M]. Beijing: People's Medical Publishing House, 2007.            |                                  |                        |                |

9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)

The content of the discipline is correlated with actual tendencies in the understanding and approach of TCM as a health method evaluation with the premises that the benefits need to be proven with in depth scientific research.

#### 10. Evaluation

| Activity type   | 10.1 Evaluation criteria                   | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---|--|-------------------------|------------------------------------|
| 10.4 Course   | Knowledge acquired                         | Homework                | 20%                                |
|   |  | Final exam              | 60%                                |
| 10.5 Seminar/ laboratory/ project   | Ability to solve clinical problems via TCM | Oral evaluation         | 10%                                |
|   |  |                         |                                    |
| 10.6 Ongoing assessment   |  | Oral examination        | 10%                                |
| 10.7 Minimal performance standard   |  |                         |                                    |
| <ul style="list-style-type: none"> <li>Acquisition of minimal information on the principles used in traditional Chinese medicine in diseases of the respiratory and digestive system</li> </ul> |  |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|   |   |
|---|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean | <b>Professor Lorena DIMA,</b><br>Head of Department                     |
| <b>Professor XIAO YONGHUA</b><br>Course holder  | <b>Professor XIAO YONGHUA</b><br>Holder of seminar/ laboratory/ project |

#### Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: FC (fundamental course) / DC (course in the study domain)/ SC (speciality course)/ CC (complementary course); for the MA level, select one of the following options: PC (proficiency course)/ SC (synthesis course)/ AC (advanced course);
- 4) Course status (attendance type) – select one of the following options: CPC (compulsory course)/ EC (elective course)/ NCPC (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

## COURSE OUTLINE – Translation of scientific research into TCM

### 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

### 2. Data about the discipline

|   |   |              |   |   |   |                   |                               |     |
|---|---|--------------|---|---|---|-------------------|-------------------------------|-----|
| 2.1 Name of the discipline                |   |              |   | Translation of scientific research into TCM       |   |                   |                               |     |
| 2.2 Course convenor                       |   |              |   | Prof. dr. Lorena Dima<br>Prof. dr. Petru Ifteni   |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   |              |   | Prof. dr. Mihaela Badea<br>Prof. dr. Petru Ifteni |   |                   |                               |     |
| 2.4 Study year                            | 1 | 2.5 Semester | 2 | 2.6 Evaluation type                               | C | 2.7 Course status | Content <sup>3)</sup>         | PC  |
|   |   |              |   |   |   |                   | Attendance type <sup>4)</sup> | CPC |

### 3. Total estimated time (hours of teaching activities per semester)

|   |                        |                           |    |                                  |       |
|---|------------------------|---------------------------|----|----------------------------------|-------|
| 3.1 Number of hours per week  | 3                      | out of which: 3.2 lecture | 2  | 3.3 seminar/ laboratory/ project | 1     |
| 3.4 Total number of hours in the curriculum   | 42                     | out of which: 3.5 lecture | 28 | 3.6 seminar/ laboratory/ project | 14    |
| Time allocation   |                        |                           |    |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |                        |                           |    |                                  | 20    |
| Additional documentation in libraries, specialized electronic platforms, and field research |                        |                           |    |                                  | 15    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |                        |                           |    |                                  | 15    |
| Tutorial  |                        |                           |    |                                  | 4     |
| Examinations  |                        |                           |    |                                  | 4     |
| Other activities.....   |                        |                           |    |                                  |       |
| 3.7 Total number of hours of student activity   | 54 *without exam hours |                           |    |                                  |       |
| 3.8 Total number per semester   | 100                    |                           |    |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   | 4                      |                           |    |                                  |       |

### 4. Prerequisites (if applicable)

|                         |   |
|-------------------------|---|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>Medical Informatics. Biostatistics</li> </ul>  |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>Ability to work with Word, Excel, PowerPoint, minimal knowledge of statistics</li> <li>Formulation of scientific and statistical hypotheses</li> <li>Critical evaluation of the hypotheses, the means and the methods used as a support to formulate criteria and elaborate the results pursued in the different types of</li> </ul> |

|  |   |
|--|---|
|  | studies <ul style="list-style-type: none"> <li>• Description of concepts, theories and basic notions regarding statistical data processing</li> </ul> |
|--|---|

5. Conditions (if applicable)

|  |   |
|--|---|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>• Support materials, video projector, multimedia support, internet</li> </ul>  |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>• Support materials, video projector , multimedia support, internet</li> </ul> |

6. Specific competencies (according to the skill grid in the curriculum)

C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:

R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM ;

R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM ;

R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;

R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of TCM ;

R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;

R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of TCM .

C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:

R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM ;

R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM ;

R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM ;

R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of TCM ;

C3. Application, based on the results of specific research, of the principles of TCM :

R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in TCM ;

R.Î. 3.2. analyzes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;

R.Î. 3.3. analyzes medical organizations, identifies problems and implements decisions to apply measures to eliminate dysfunctions in order to develop and apply specific standards;

R.Î.3.4. Applying correctly the methodology of scientific research, ethics and deontology in scientific research in TCM;

R.Î. 3.5. Designing and implementing a scientific research plan, identifying and recommending the type of study and the type of the optimal statistical analysis;

R.Î. 3.6. Use of general statistical notions for the correct and evolving interpretation of the collected data and the results of the research, on short and long term;

R.Î. 3.7. Critical monitoring of the results obtained from the statistical analysis applied to the databases elaborated by data centralization;

R.Î. 3.8. Development and implementation of new research methods in accordance to the continuous progress of knowledge and technology.

C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine

R.Î. 4.1. knows and understands the fundamental concepts of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;

R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;

R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of TCM ;

R.Î. 4.4. provides constructive feedback and adequate documentation regarding interventions in the field of TCM ;

C5. Providing assistance in the integration of TCM in the context of integrative medicine.

R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;

R.Î. 5.2. uses the principles of TCM and those of evidence-based medicine in the context of integrative medicine;

R.Î. 5.3. designs and carries out research within a coherent and feasible project.

3

C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks

R.Î. 6.1. designs models to evaluate the level of scientific evidence and research needs;

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|--|

#### 7. Course objectives (resulting from the specific competencies to be acquired)

|                              |   |
|------------------------------|---|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>Developing scientific research skills through interdisciplinary connection with theoretical and applied disciplines</li> </ul>   |
| 7.2 Specific objectives      | <p><b>At the end of the discipline the student must be able to:</b></p> <ul style="list-style-type: none"> <li>evaluate the information contained in an article and evaluate its relevance in a model of integrative medical care</li> <li>make efficient use of information sources and communication and training resources</li> <li>access written or electronic scientific information using classical methods or computer from national and international networks for scientific documentation</li> <li>carry out scientific work in the field of integrative medicine</li> <li>prepare the dissertation paper</li> </ul> |

#### 8. Content

| 8.1 Course   | Teaching methods   | Number of hours | Remarks |
|--|--------------------|-----------------|---------|
| 1. Basic concepts of scientific research methodology 1 | Lecture, Heuristic | 2 hours         |         |

|   |                                    |                        |                |
|---|------------------------------------|------------------------|----------------|
|   | Conversation                       |                        |                |
| 2. Basic concepts of scientific research methodology 2  | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 3. Steps in the scientific research   | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 4. Designing a research project   | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 5. Bibliographic documentation, review of the literature in TCM   | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 6. Using biostatistics in research methodology  | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 7. Collecting data  | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 8. Selection of statistical processing tools  | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 9. Data processing  | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 10. Data analysis and interpretation  | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 11. Errors in medical studies   | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 12. Exploitation of research results.   | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 13. Scientific writing in medical texts.  | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| 14. Presentation of the results   | Lecture, Heuristic<br>Conversation | 2 hours                |                |
| Bibliography  |                                    |                        |                |
| 1. Denscombe, Martyn. The good research guide: for small-scale social research projects . 4th ed. :McGraw Hill Education : Open University Press 2010                                     |                                    |                        |                |
| 2. Robert Chatburn. Handbook for Health Care Research. Jones & Bartlett Learning, 2010  |                                    |                        |                |
| 3. Kathryn H. Jacobsen. Introduction to Health Research Methods. Jones & Bartlett Publishers, 2016  |                                    |                        |                |
| 4. William M.K. Trochim. Social Research Methods. <a href="http://www.socialresearchmethods.net/kb/">http://www.socialresearchmethods.net/kb/</a> . Copyright ©2006, William M.K. Trochim |                                    |                        |                |
| <b>8.2 Seminar/ laboratory/ project</b>   | <b>Teaching methods</b>            | <b>Number of hours</b> | <b>Remarks</b> |
| 1. Searching for specialized databases. Principles and search examples  | Heuristic<br>Conversation          | 2 hours                |                |
| 2. Differentiating and exemplifying types of articles in scientific journals. Structure of a scientific paper   | Heuristic<br>Conversation          | 2 hours                |                |
| 3. Critical analysis of a research article  | Heuristic<br>Conversation          | 2 hours                |                |
| 4. The protocol of a research project   | Heuristic                          | 2 hours                |                |

|   |                           |         |  |
|---|---------------------------|---------|--|
|   | Conversation              |         |  |
| 5. Biostatistics elements - practical applications 1  | Heuristic<br>Conversation | 2 hours |  |
| 6. Structure of scientific writings. Analysis of research articles  | Heuristic<br>Conversation | 2 hours |  |
| 7. Dissertation paper: organization, stages of elaboration, support. Power-point presentation guide   | Heuristic<br>Conversation | 2 hours |  |
| Bibliography  |                           |         |  |
| 1. Denscombe, Martyn. The good research guide: for small-scale social research projects.4th ed.:McGraw Hill Education: Open University Press 2010   |                           |         |  |
| 2. Robert Chatburn. Handbook for Health Care Research. Jones & Bartlett Learning, 2010  |                           |         |  |
| 3. Kathryn H. Jacobsen. Introduction to Health Research Methods. Jones & Bartlett Publishers, 2016  |                           |         |  |
| 4. William M.K. Trochim. Social Research Methods. <a href="http://www.socialresearchmethods.net/kb/">http://www.socialresearchmethods.net/kb/</a> . Copyright ©2006, William M.K. Trochim |                           |         |  |

9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)

The content of the discipline is consistent with the current trend of understanding and approaching Traditional Chinese Medicine as a way of health status assessment that is less well known, and whose related scientific bases require in-depth research.

#### 10. Evaluation

| Activity type   | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---|--------------------------|-------------------------|------------------------------------|
| 10.4 Course   | Theoretical knowledge    | Written exam            | 60%                                |
| 10.5 Seminar/ laboratory/ project   | Final evaluation         | Oral examination        | 30%                                |
| 10.6 Ongoing assessment   |                          | Oral examination        | 10%                                |
| 10.7 Minimal performance standard   |                          |                         |                                    |
| <ul style="list-style-type: none"> <li>• Knowledge of the theoretical bases of the scientific research methodology</li> <li>• Knowing the structure of a research work</li> </ul> |                          |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|   |  |  |  |
|---|--|--|--|
| Prof. dr. med. Marius Alexandru MOGA,<br>Dean |  | Prof. dr. med. Lorena DIMA,<br>Department Director |  |
| Prof. dr. Lorena Dima                         |  | Prof.dr. Petru Ifteni                              |  |
| Prof.dr. Petru Ifteni                         |  | Prof. dr. Mihaela Badea                            |  |
| Course holder                                 |  | Holder of seminar/<br>laboratory/ project          |  |

Note:

<sup>1</sup>Field of study – select one of the following options: BA/MA/Ph.D. (to be filled in according to the forceful classification list for study programmes);

<sup>2</sup>Study level – choose from among BA/MA/Ph.D.;

<sup>3</sup>Course status (content) – for the BA level, select one of the following options: FC (fundamental course) / DC (course in the study domain)/ SC (speciality course)/ CC (complementary course); for the MA level, select one of the following options: PC (proficiency course)/ SC (synthesis course)/ AC (advanced course);

<sup>4</sup>Course status (attendance type) – select one of the following options: CPC (compulsory course)/ EC (elective course)/ NCPC (non-compulsory course);

<sup>5</sup>One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE - Tuina and reflexology

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |                       |   |                     |   |                   |                               |     |
|---|---|-----------------------|---|---------------------|---|-------------------|-------------------------------|-----|
| 2.1 Name of course                        |   | Tuina and reflexology |   |                     |   |                   |                               |     |
| 2.2 Course convenor                       |   | Prof YOUNAN CHEN      |   |                     |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   | Prof YOUNAN CHEN      |   |                     |   |                   |                               |     |
| 2.4 Study year                            | 1 | 2.5 Semester          | 2 | 2.6 Evaluation type | E | 2.7 Course status | Content <sup>3)</sup>         | AC  |
|   |   |                       |   |                     |   |                   | Attendance type <sup>4)</sup> | CPC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |                       |                                  |       |
|---|----|---------------------------|-----------------------|----------------------------------|-------|
| 3.1 Number of hours per week  | 2  | out of which: 3.2 lecture | 1                     | 3.3 seminar/ laboratory/ project | 1     |
| 3.4 Total number of hours in the curriculum   | 28 | out of which: 3.5 lecture | 14                    | 3.6 seminar/ laboratory/ project | 14    |
| Time allocation   |    |                           |                       |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |                       |                                  | 24    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |                       |                                  | 20    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |                       |                                  | 20    |
| Tutorial  |    |                           |                       |                                  | 4     |
| Examinations  |    |                           |                       |                                  | 4     |
| Other activities.....   |    |                           |                       |                                  |       |
| 3.7 Total number of hours of student activity   |    |                           | 68*without exam hours |                                  |       |
| 3.8 Total number per semester   |    |                           | 100                   |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    |                           | 4                     |                                  |       |

## 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>Theoretical basis of Traditional Chinese Medicine, Human anatomy</li> </ul> |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>General knowledge on traditional Chinese Medicine</li> </ul>                |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector</li> </ul>                 |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>Multimedia support, specific equipment, simulators</li> </ul> |

## 6. Specific competences

|                          |   |
|--------------------------|---|
| Professional competences | <p>reflexology and tuina;</p> <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <p>R.Î. 1.1. knows and uses the diagnostic procedures specific to reflexology and tuina;</p> <p>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in reflexology and tuina;</p> <p>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</p> <p>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of reflexology and tuina;</p> <p>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</p> <p>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of reflexology and tuina.</p> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <p>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of reflexology and tuina;</p> <p>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of reflexology and tuina;</p> <p>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of reflexology and tuina;</p> <p>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of reflexology and tuina;</p> <p>C3. Application, based on the results of specific research, of the principles of reflexology and tuina:</p> <p>R.Î. 3.1. acquire the fundamentals of culture and philosophy of the use of reflexology and tuina</p> <p>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to reflexology and tuina using the fundamental knowledge in the field;</p> <p>R.Î. 3.3. capacity to evaluate the methods of reflexology and Tuina</p> <p>R.Î.3.4. develops and applies specific procedures to optimize the use of reflexology and tuina methods in the context of integrative medicine;</p> <p>R.Î. 3.5. creates and implements models and procedures to solve specific problems in the field of TCM</p> <p>R.Î. 3.6. utilize the methods of research for the understanding of concepts related to the points of reflexology and Tuina: localizing and energetic value</p> <p>R.Î. 3.7. To demonstrate the capacity to evaluate, interpret and apply the results of clinical trial in relation with the effect of reflexology and Tuina</p> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <p>R.Î. 4.1. knows and understands the fundamental concepts of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;</p> <p>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</p> <p>R.Î. 4.3. demonstrate the ability to design and write a research report or a scientific study through the correlation of the results of the professional work with the specific information</p> <p>R.Î. 4.4. utilize the knowledge in the field of reflexology and Tuina for the interpretation and explanation of new situations in the wider context of the integrative care model.</p> <p>C5. Providing assistance in the integration of reflexology and tuina in the context of <b>integrative medicine</b>.</p> <p>R.Î. 5.1. To be actively involved in the initiation and progress of scientific research in in the field of reflexology and tuina</p> <p>R.Î. 5.2. uses the principles of reflexology and tuina and those of evidence-based medicine in the context of integrative medicine;</p> <p>R.Î. 5.3. designs and carries out research within a coherent and feasible project.</p> <p>C6. Designing, researching and deepening advanced notions in the field of reflexology and tuina by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <p>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</p> <p>R.Î. 6.2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</p> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <p>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</p> <p>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</p> |
|--------------------------|---|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|--|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |  |
|------------------------------|--|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>Students will be able to understand and master the basic theories, basic knowledge, commonly used techniques in tuina therapy and reflexology</li> </ul>  |
| 7.2 Specific objectives      | <p>Upon completion of the study students:</p> <ul style="list-style-type: none"> <li>To know the definition for tuina manual techniques</li> <li>To know the classification of manual techniques and different requirements to stimulating technique and rectifying manipulation.</li> <li>Become familiar with tuina manual techniques commonly used, including their operation, essential, function, application, and attention.</li> <li>Become familiar with clinic anatomy, with cause and pathology, with method of evaluation, manual techniques and evaluation of different trauma.</li> <li>Become familiar with principles of commonly used manual techniques which may be applied alteration of the health state related with internal and gynaecologic diseases.</li> <li>Become familiar with the principle of foot massage and the anatomy of the feet.</li> <li>Become familiar with the auxiliary equipment of foot massage, post-massage effect, handling of abnormal conditions.</li> <li>To understand the origin and development of foot massage and other external treatments of the foot.</li> </ul> |

### 8. Content

| 8.1 Course   | Teaching methods | Number of hours | Remarks |
|--|------------------|-----------------|---------|
| 1. Mechanism and principles of Tuina                       | lecture          | 2               |         |
| 2. General introduction in Tuina manipulations for adults  | lecture          | 2               |         |
| 3. Commonly used manual techniques for adults              | lecture          |                 |         |
| 4. Tuina treatment for neck and upper limbs                | lecture          | 2               |         |
| 5. Tuina treatment for hip and knees and lower limbs       | lecture          | 2               |         |
| 6. Tuina treatment of headache, dyspepsia and dysmenorrhea | lecture          | 2               |         |
| 7. Distribution of foot reflex zones                       | lecture          | 2               |         |

| Bibliography  |  |                 |         |
|---|--|-----------------|---------|
| 1. Jin Hongzhu. Tui Na (International Standard library of Chinese Medicine). People's Medical Publishing House, 2011  |  |                 |         |
| 2. Xue Weiguo. An Mo Tui Na. Textbook of Beijing University of Chinese Medicine, 2014   |  |                 |         |
| 8.2 Seminar/ laboratory/ project  | Teaching-learning methods                      | Number of hours | Remarks |
| 1. Commonly used techniques: yizhichan-thumb swing, gun-rolling, bairou-swing kneading, na-grasping, an-pressing, dian-digital pressing, bo-fibrocrossing, mo-circular rubbing, ca-chafing, tui-pushing, saosan-swiping, nie-pinching, pai-patting, | Demonstration and practice<br>Case discussions | 2               |         |
| 2. Commonly used techniques: ji-beating, cuo-fouage, dou-shaking, nian-finger twisting, zhen-vibrating, yao-rotating, bashen-traction, qianla- stretching, ban-spinal mobilization.   | Demonstration and practice<br>Case discussions | 2               |         |
| 3. Manual technique of Jin injury of cervical spine   | Demonstration and practice<br>Case discussions | 2               |         |
| 4. Manual technique of frozen shoulder.   | Demonstration and practice<br>Case discussions | 2               |         |
| 5. Manual technique and foot massage for the lumbar intervertebral disc herniation  | Demonstration and practice<br>Case discussions | 2               |         |
| 6. Manual technique of the knee osteoarthritis  | Demonstration and practice<br>Case discussions | 2               |         |
| 7. Manual technique and foot massage for Headache, Dyspepsia and Dysmenorrhea   | Demonstration and practice<br>Case discussions | 2               |         |
| Bibliography  |  |                 |         |
| 1. Jin Hongzhu. Tui Na (International Standard library of Chinese Medicine). People's Medical Publishing House, 2011.   |  |                 |         |
| 2. Xue Weiguo. An Mo Tui Na. Textbook of Beijing University of Chinese Medicine, 2014.  |  |                 |         |

**9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)**

The content of the discipline is correlated with actual tendencies in the understanding and approach of TCM as a health method evaluation with the premises that the benefits need to be proven with in depth scientific research

**10. Evaluation**

| Activity type   | 10.1 Evaluation criteria                | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---|---|-------------------------|------------------------------------|
| 10.4 Course   | Outcome assessment of learning          | Course papers           | 40%                                |
| 10.5 Seminar/ laboratory/ project   | Practical assessments against standards | Colloquiums             | 30%                                |
|   |   | Practical examination   | 20%                                |
| 10.6 Ongoing assesement   |   | Oral examination        | 10%                                |
| 10.7 Minimal performance standard   |   |                         |                                    |
| <ul style="list-style-type: none"> <li>Acquisition of minimal reflexology and tuina techniques</li> </ul> |   |                         |                                    |

This course outline was certified in the Department Board meeting on 26/09/2025 and approved in the Faculty Board meeting on 26/09/2025.

|   |   |
|---|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean | <b>Professor Lorena DIMA,</b><br>Head of Department               |
| <b>Prof YOUNAN CHEN</b><br>Course holder        | <b>Prof YOUNAN CHEN</b><br>Holder of seminar/ laboratory/ project |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE – Advanced Study of Applied English

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |                                   |   |                     |   |                   |                               |     |
|---|---|-----------------------------------|---|---------------------|---|-------------------|-------------------------------|-----|
| 2.1 Name of course                        |   | Advanced Study of Applied English |   |                     |   |                   |                               |     |
| 2.2 Course convenor                       |   | Lect. dr. Ecaterina Varga         |   |                     |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   |                                   |   |                     |   |                   |                               |     |
| 2.4 Study year                            | 1 | 2.5 Semester                      | 2 | 2.6 Evaluation type | C | 2.7 Course status | Content <sup>3)</sup>         | AC  |
|   |   |                                   |   |                     |   |                   | Attendance type <sup>4)</sup> | CPC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |                       |                                  |       |
|---|----|---------------------------|-----------------------|----------------------------------|-------|
| 3.1 Number of hours per week  | 1  | out of which: 3.2 lecture | 1                     | 3.3 seminar/ laboratory/ project |       |
| 3.4 Total number of hours in the curriculum   | 14 | out of which: 3.5 lecture | 14                    | 3.6 seminar/ laboratory/ project |       |
| Time allocation   |    |                           |                       |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |                       |                                  | 15    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |                       |                                  | 15    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |                       |                                  |       |
| Tutorial  |    |                           |                       |                                  | 2     |
| Examinations  |    |                           |                       |                                  | 4     |
| Other activities.....   |    |                           |                       |                                  |       |
| 3.7 Total number of hours of student activity   |    |                           | 32*without exam hours |                                  |       |
| 3.8 Total number per semester   |    |                           | 50                    |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    |                           | 2                     |                                  |       |

## 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>English - knowledge acquired during the Bachelor's degree</li> <li>Medical English</li> </ul>   |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>teamwork skills, oral and written communication in English, problem solving and decision making</li> <li>assimilation of basic knowledge of English (vocabulary and grammar)</li> </ul> |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li></li> </ul>   |

## 6. Specific competences

|                          |  |
|--------------------------|--|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM ;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM ;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of TCM ;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of TCM .</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM ;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM ;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM ;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of TCM ;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in TCM ;</li> <li>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;</li> </ul> <p>C4. Cognitive skills:</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. Assimilation and consolidation of the knowledge of English (vocabulary and grammar) from the medical field;</li> </ul> <p>C5. Practical applicative skills:</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. Applying this knowledge to professional situations; developing skills to make complex and accurate statements, writing a paper in English, reading and critically synthesizing specialized articles in English.</li> </ul> <p>C6. Communication and relational skills</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 Cultivating and enhancing communication and argumentation skills, trust in your own judgment and opinion.</li> <li>R.Î. 6.2. Stimulation of study and teamwork, cultivation of critical spirit, tolerance in dialogue with the perspective of pre-opens.</li> </ul> <p>C7. Personal and professional development skills</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 Acquiring the ability to formulate hypotheses, pursue the objectives of a research, match the methods of the subject matter, formulate a project and critically evaluate it.</li> <li>R.Î. 7.2. Developing self-assessment skills, managing lifelong learning.</li> </ul> |
|--------------------------|--|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|--|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |  |
|------------------------------|--|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>Explaining the TCM terminology and specific language structures in TCM and applying the acquired knowledge in various professional research situations</li> </ul>   |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>The aim is to develop communication skills in English in a medical context specific for TCM, to familiarize students with the terminology specific to this field, to develop the skills of using grammatical structures in specific contexts, both in written and oral form, to create an individual portrait in English, as well as a team project in the area of interest and study program.</li> </ul> |

### 8. Content

| 8.1 Course   | Teaching methods                            | Number of hours | Remarks |
|--|---|-----------------|---------|
| 1. Particularities of medical staff – patient communication in Traditional Chinese Medicine  | Lecture, heuristic conversation             | 2 hours         |         |
| 2. Specific terminology of procedures and patient examination in TCM   | Lecture, heuristic conversation             | 2 hours         |         |
| 3. Terminology of the anamnestic interview in TCM  | Lecture, heuristic conversation             | 2 hours         |         |
| 4. Terminology of anatomy, physiology, and pathophysiology specific to TCM, for health status assessment, investigations and procedures in TCM | Lecture, heuristic conversation             | 2 hours         |         |
| 5. Investigations. Explaining and discussing investigations. Terminology of investigations and treatment methods specific to TCM               | Lecture, heuristic conversation             | 2 hours         |         |
| 6. Diagnosis making. Discussing and explaining a diagnosis. Terminology of tuina, reflex-therapy, and acupuncture procedures                   | Lecture, heuristic conversation, case study | 2 hours         |         |
| 7. Medical and surgical treatment – Practical applications on the use of English terminology in TCM in the preparation of a scientific paper   | Lecture, heuristic conversation, case study | 2 hours         |         |
|  |   |                 |         |

## Bibliography

1. Dănila V., Engleza pentru medici, Ed. Medicală-București, 1971
2. Glendinning E., Holmstrom B., English in Medicine, Cambridge University Press, 1994
3. Thomson, A.J., Martinet A.V. - A Practical English Grammar, Oxford University Press, 1997.

## 9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)

The content of the discipline is in line with the current tendency to understand and approach Traditional Chinese Medicine as a way of health status assessment that is less well known, and whose related scientific bases require in-depth research.

## 10. Evaluation

| Activity type   | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---|--------------------------|-------------------------|------------------------------------|
| 10.4 Course   | Theoretical knowledge    | Oral exam               | 90%                                |
| 10.5 Seminar/ laboratory/ project   |                          |                         |                                    |
| 10.6 Ongoing assessment   |                          | Oral examination        | 10%                                |
| 10.6 Minimal performance standard   |                          |                         |                                    |
| <ul style="list-style-type: none"><li>• Linguistic competence at independent user level (A2):</li><li>• Communicate in simple and common situations involving simple and direct information exchange on topics and familiar activities. May participate in short talks even if they usually do not understand enough to hold a conversation. Uses a series of simple phrases and phrases to describe himself or his family, acquaintances, living conditions, studies, current or recent professional activity</li><li>• can read and understand very short texts and direct information. For example, advertisements, product packaging information, menus, schedules, personal personal letters</li><li>• can write short and precise messages, such as very simple personal letters.</li></ul> |                          |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|   |   |
|---|---|
| <b>Professor Marius Moga,</b><br>Dean             | <b>Professor Lorena Dima,</b><br>Head of Department |
| <b>Lect. dr. Ecaterina Varga</b><br>Course holder |   |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: FC (fundamental course) / DC (course in the study domain)/ SC (speciality course)/ CC (complementary course); for the MA level, select one of the following options: PC (proficiency course)/ SC (synthesis course)/ AC (advanced course);

- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE - History of Traditional Chinese Medicine

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |   |   |                     |   |                   |                               |    |
|---|---|---|---|---------------------|---|-------------------|-------------------------------|----|
| 2.1 Name of course                        |   | History of Traditional Chinese Medicine |   |                     |   |                   |                               |    |
| 2.2 Course convenor                       |   | Professor CHEN YULIANG                  |   |                     |   |                   |                               |    |
| 2.3 Seminar/ laboratory/ project convenor |   |   |   |                     |   |                   |                               |    |
| 2.4 Study year                            | 1 | 2.5 Semester                            | 1 | 2.6 Evaluation type | C | 2.7 Course status | Content <sup>3)</sup>         | AC |
|   |   |   |   |                     |   |                   | Attendance type <sup>4)</sup> | EC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |                         |                                  |       |
|---|----|---------------------------|-------------------------|----------------------------------|-------|
| 3.1 Number of hours per week  | 1  | out of which: 3.2 lecture | 1                       | 3.3 seminar/ laboratory/ project | 0     |
| 3.4 Total number of hours in the curriculum   | 14 | out of which: 3.5 lecture | 14                      | 3.6 seminar/ laboratory/ project | 0     |
| Time allocation   |    |                           |                         |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |                         |                                  | 15    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |                         |                                  | 15    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |                         |                                  |       |
| Tutorial  |    |                           |                         |                                  | 2     |
| Examinations  |    |                           |                         |                                  | 4     |
| Other activities.....   |    |                           |                         |                                  |       |
| 3.7 Total number of hours of student activity   |    |                           | 32 * Without exam hours |                                  |       |
| 3.8 Total number per semester   |    |                           | 50                      |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    |                           | 2                       |                                  |       |

## 4. Prerequisites (if applicable)

|                         |   |
|-------------------------|---|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>History</li> <li>Socio-behavioral sciences</li> </ul>  |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>Description of the concepts, theories, and fundamental notions that influence and / or determine the health of a defined community</li> <li>Interpretation and critical and constructive evaluation of research results</li> </ul> |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development |  |

## 6. Specific competences

|                          |   |
|--------------------------|---|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM ;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM ;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of TCM ;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of TCM .</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM ;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM ;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM ;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of TCM ;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. Integrate knowledge from other general disciplines to increase reflection.</li> <li>R.Î. 3.2. Creating the skills needed to communicate with others and developing the ability to apply, solve, construct, and develop concepts in the TCM.</li> <li>R.Î. 3.3. Increasing the level of specialized training, as well as the degree of general culture;</li> <li>R.Î. 3.4. Developing personality and acquiring a value system;</li> <li>R.Î. 3.5. Understanding the historical evolution of the TCM concept</li> </ul> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. knows and understands the fundamental concepts of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> </ul> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</li> </ul> |
|--------------------------|---|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|--|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |   |
|------------------------------|---|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>Following the course, the student must be able to learn the examples given by the historical development of mankind, shaping individual behavior and creating a real scale of values.</li> </ul>   |
| 7.2 Specific objectives      | <p>At the end of the course the student will be able to:</p> <ul style="list-style-type: none"> <li>Describe the historical evolution of fundamental concepts, theories and notions of the TCM.</li> <li>Observe and critically evaluate the results of the TCM application throughout history.</li> <li>Critically and constructively interpretation and evaluation the results of historical research.</li> </ul> |

### 8. Content

| 8.1 Course  | Teaching methods  | Number of hours | Remarks |
|---|-------------------|-----------------|---------|
| 1. Origin of TCM  | Oral presentation | 2 hours         |         |
| 2. Early medical practice in China  | Oral presentation | 2 hours         |         |
| 3. The initial formation of medical theory system of TCM  | Oral presentation | 2 hours         |         |
| 4. Comprehensive development of TCM   | Oral presentation | 2 hours         |         |
| 5. Outstanding achievements in medicine and innovation of doctors in Jin Yuan   | Oral presentation | 2 hours         |         |
| 6. The new development of TCM in practice and theory  | Oral presentation | 2 hours         |         |
| 7. Contemporary development period of the TCM   | Oral presentation | 2 hours         |         |
| Bibliography  |                   |                 |         |
| <ol style="list-style-type: none"> <li>WangJimin,WuLiande:HistoryofChineseMedicine, Shanghai Lexicographical Publishing House, 2007</li> <li>Li Jingwei: General history of Chinese Medicine,Hainan Publishing House</li> </ol> |                   |                 |         |

### 9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)

The content of the discipline is consistent with the current trend of understanding and addressing Traditional Chinese Medicine as a way of assessing health status that is less well known and whose scientific bases require in-depth research.

## 10. Evaluation

| Activity type   | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---|--------------------------|-------------------------|------------------------------------|
| 10.4 Course   | Theoretical knowledge    | Exam                    | 90%                                |
| 10.5 Seminar/ laboratory/ project   |                          |                         |                                    |
| 10.6 Ongoing assesement   |                          | Oral examination        | 10%                                |
| 10.7 Minimal performance standard   |                          |                         |                                    |
| <ul style="list-style-type: none"> <li>• Knowledge of basic elements about the history and development of traditional Chinese medicine</li> </ul> |                          |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|   |   |
|---|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean | <b>Professor Lorena DIMA,</b><br>Head of Department |
| <b>Professor Sumin Hu</b><br>Course holder      |   |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE - Traditional Chinese Culture

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Health   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |                             |   |                     |   |                   |                               |    |
|---|---|-----------------------------|---|---------------------|---|-------------------|-------------------------------|----|
| 2.1 Name of course                        |   | Traditional Chinese Culture |   |                     |   |                   |                               |    |
| 2.2 Course convenor                       |   | Professor Chen Yuliang      |   |                     |   |                   |                               |    |
| 2.3 Seminar/ laboratory/ project convenor |   |                             |   |                     |   |                   |                               |    |
| 2.4 Study year                            | 1 | 2.5 Semester                | 1 | 2.6 Evaluation type | C | 2.7 Course status | Content <sup>3)</sup>         | AC |
|   |   |                             |   |                     |   |                   | Attendance type <sup>4)</sup> | EC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |                         |                                  |       |
|---|----|---------------------------|-------------------------|----------------------------------|-------|
| 3.1 Number of hours per week  | 1  | out of which: 3.2 lecture | 1                       | 3.3 seminar/ laboratory/ project | 0     |
| 3.4 Total number of hours in the curriculum   | 14 | out of which: 3.5 lecture | 14                      | 3.6 seminar/ laboratory/ project | 0     |
| Time allocation   |    |                           |                         |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |                         |                                  | 15    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |                         |                                  | 15    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |                         |                                  |       |
| Tutorial  |    |                           |                         |                                  | 2     |
| Examinations  |    |                           |                         |                                  | 4     |
| Other activities.....   |    |                           |                         |                                  |       |
| 3.7 Total number of hours of student activity   |    |                           | 32 * without exam hours |                                  |       |
| 3.8 Total number per semester   |    |                           | 50                      |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    |                           | 2                       |                                  |       |

## 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>Philosophy, History.</li> </ul>   |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>Understanding the role of culture in reflecting historical and social realities.</li> </ul> |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>Multimedia support, specific equipment, simulators</li> </ul>     |

## 6. Specific competences

|                          |  |
|--------------------------|--|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM ;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM ;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of TCM ;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of TCM .</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM ;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM ;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM ;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of TCM ;</li> </ul> <p>C3. The theoretical and practical knowledge that the student will accumulate after studying and learning the given subject will enable him/her to achieve:</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. developing the personality of the student; Acquiring a true value system;</li> <li>R.Î. 3.2 increasing the level of specialized training, but also the degree of general culture;</li> <li>R.Î. 3.3. understand how the Chinese culture evolved;</li> <li>R.Î. 3.4. critical and constructive interpretation and evaluation of the results of historical and sociological research, based on evidences reflected in literature, painting, sculpture and music;</li> <li>R.Î. 3.5. developing the capacity to understand the socio-cultural situation and the mentalities of the age;</li> <li>R.Î. 3.6. integrating knowledge from other general disciplines.</li> </ul> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. knows and understands the fundamental concepts of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;</li> </ul> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6 .2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</li> </ul> |
|--------------------------|--|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> |
|-------------------------|--|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |  |
|------------------------------|--|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>Understanding the basic theories of traditional Chinese culture, based on the examples provided by China's socio-historical development.</li> </ul>   |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>To know the basic characteristics of traditional Chinese culture.</li> <li>To be familiar with the traditional Chinese culture system.</li> <li>To understand the foundation, the main ideas of traditional Chinese culture.</li> <li>To understand the socio-cultural and political actions in order to be able to issue personal messages in the future.</li> </ul> |

### 8. Content

| 8.1 Course   | Teaching methods  | Number of hours | Remarks |
|--|-------------------|-----------------|---------|
| 1. Spiritual/Ideological Culture of TCM  | Oral presentation | 2 hours         |         |
| 2. Behavioral culture of TCM   | Oral presentation | 2 hours         |         |
| 3. Material Culture of TCM   | Oral presentation | 2 hours         |         |
| 4. Yi Culture and TCM  | Oral presentation | 2 hours         |         |
| 5. Taoism Culture and TCM  | Oral presentation | 2 hours         |         |
| 6. Confucianism and TCM  | Oral presentation | 2 hours         |         |
| 7. Buddhism and TCM  | Oral presentation | 2 hours         |         |
| Bibliography<br>1] Zhang Qicheng. Medicina tradițională chineză, 2017: Editura Medicală a Poporului<br>[2] Yan Shouhu, Jia Chengxiang. Medicina tradițională chineză, 2017: China Press Traditional Chinese Medicine<br>[3] Cultura chineză și seria de medicină chineză, 2017: China Press Traditional Chinese Medicine |                   |                 |         |

**9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)**

The content of the discipline is consistent with the current trend of understanding and addressing Traditional Chinese Medicine as a way of assessing health status that is less well known, and whose related scientific bases require in-depth research.

**10. Evaluation**

| Activity type  | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|--|--------------------------|-------------------------|------------------------------------|
| 10.4 Course  | Theoretical knowledge    | Exam                    | 90%                                |
| 10.5 Seminar/ laboratory/ project  |                          |                         |                                    |
| 10.6 Ongoing assesement  |                          | Oral examination        | 10%                                |
| 10.7 Minimal performance standard  |                          |                         |                                    |
| <ul style="list-style-type: none"> <li>Knowing the culture of TCM</li> </ul> |                          |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|   |   |
|---|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean | <b>Professor Lorena DIMA,</b><br>Head of Department |
| <b>Professor Chen Yuliang</b><br>Course holder  |   |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE - Traditional Chinese Medicine Practices in Internal Pathology 2

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |  |   |                     |   |                   |                               |     |
|---|---|--|---|---------------------|---|-------------------|-------------------------------|-----|
| 2.1 Name of course                        |   | Traditional Chinese Medicine Practices in Internal Pathology 2 |   |                     |   |                   |                               |     |
| 2.2 Course convenor                       |   | Prof. XIAO YONGHUA   |   |                     |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   | Prof. XIAO YONGHUA   |   |                     |   |                   |                               |     |
| 2.4 Study year                            | 2 | 2.5 Semester   | 3 | 2.6 Evaluation type | E | 2.7 Course status | Content <sup>3)</sup>         | PC  |
|   |   |  |   |                     |   |                   | Attendance type <sup>4)</sup> | CPC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |    |                                  |       |
|---|----|---------------------------|----|----------------------------------|-------|
| 3.1 Number of hours per week  | 2  | out of which: 3.2 lecture | 1  | 3.3 seminar/ laboratory/ project | 1     |
| 3.4 Total number of hours in the curriculum   | 28 | out of which: 3.5 lecture | 14 | 3.6 seminar/ laboratory/ project | 14    |
| Time allocation   |    |                           |    |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |    |                                  | 20    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |    |                                  | 20    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |    |                                  | 20    |
| Tutorial  |    |                           |    |                                  | 8     |
| Examinations  |    |                           |    |                                  | 4     |
| Other activities: Practical training  |    |                           |    |                                  |       |
| 3.7 Total number of hours of student activity   |    | 68*without exam hours     |    |                                  |       |
| 3.8 Total number per semester   |    | 100                       |    |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    | 4                         |    |                                  |       |

## 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>Basic theory of traditional Chinese medicine,</li> <li>The practice of TCM in internal medicine 1</li> <li>Methods of evaluation in TCM.</li> </ul> |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>General knowledge in TCM</li> </ul>   |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector</li> </ul>                 |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>Multimedia support, specific equipment, simulators</li> </ul> |

## 6. Specific competences

|                          |   |
|--------------------------|---|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM ;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM ;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of TCM ;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of TCM .</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM ;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM ;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM ;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of TCM ;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in TCM ;</li> <li>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;</li> <li>R.Î. 3.3. to use the knowledge of internal pathology from the point of view of the TCM for the interpretation and explanation of new situations in the wide context of the model of integrative medicine</li> <li>R.Î.3.4. develops and applies specific procedures to optimize the use of TCM methods in the context of integrative medicine;</li> <li>R.Î. 3.5. to use the capacity to utilize research methods for the evaluation of the health status from the perspective of internal pathology from the point of view TCM;</li> <li>R.Î. 3.6. to demonstrate the ability to conceive and write a research report or a scientific trial through the correlation of the results of professional work and specific scientific information.</li> </ul> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. to demonstrate the ability to evaluate, interpret and apply the results of scientific studies and to communicate and disseminate results to the population in an educational and strategic prevention intervention;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> <li>R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of TCM ;</li> <li>R.Î. 4.4. To demonstrate practical abilities to work in a laboratory and the utilization of advanced techniques of analysis</li> <li>R.Î. 4.5. To utilize the practical applications of TCM as a learning and research tool</li> </ul> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</li> <li>R.Î. 5.2. uses the principles of TCM and those of evidence-based medicine in the context of integrative medicine;</li> <li>R.Î. 5.3. designs and carries out research within a coherent and feasible project.</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6.2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</li> </ul> |
|--------------------------|---|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|--|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |  |
|------------------------------|--|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>The goal of this course is to enable students to systematically elaborate on the aetiology, pathogenesis and therapeutic principle of internal diseases using basic theories of TCM.</li> </ul>   |
| 7.2 Specific objectives      | <p>Upon completing the course the student should be able to:</p> <ul style="list-style-type: none"> <li>Understand the basic characteristics of changes in health status in internal pathology from point of view of TCM, to be familiar with key points in syndromes differentiation,</li> <li>Understand the principles and methods that stay at the baseline of prescribing in internal pathology of TCM</li> <li>Master the principles and methods that are the base for the differentiation and prescription of health alteration related to Bleeding Diseases, Fever due to Internal Injury, etc.</li> <li>Master the principles and methods that are the base for the differentiation and prescription of health alteration related to Arthralgia</li> <li>To develop research regarding the methods of recognition, evaluation and treatment in the light of TCM for health-related problems linked with the cardiovascular, pulmonary, renal, gastric and spleen system.</li> </ul> |

### 8. Content

| 8.1 Course  | Teaching methods | Number of hours | Remarks |
|---|------------------|-----------------|---------|
| 1. Principles utilized in TCM for the differentiation of Bleeding Diseases            | lecture          | 2               |         |
| 2. Principles utilized in TCM for the differentiation of Fever due to Internal Injury | lecture          | 2               |         |
| 3. Principles utilized in TCM for syndrome differentiation of Arthralgia              | lecture          | 2               |         |
| 4. Principles utilized in TCM in differentiating lung diseases                        | lecture          | 2               |         |
| 5. Principles utilized in TCM in differentiating heart diseases                       | lecture          | 2               |         |
| 6. Principles utilized in TCM in differentiating kidney diseases                      | lecture          | 2               |         |
| 7. Principles utilized in TCM in differentiating spleen and stomach                   | lecture          | 2               |         |

|  |                                  |                        |                |
|--|----------------------------------|------------------------|----------------|
| diseases   |                                  |                        |                |
| Bibliography:<br>1. B. Peng, J. Xie. Traditional Chinese Internal Medicine[M]. Beijing: People's Medical Publishing House, 2007.           |                                  |                        |                |
| <b>8.2. Seminar/ laboratory/ project</b>   | <b>Teaching-learning methods</b> | <b>Number of hours</b> | <b>Remarks</b> |
| 1. Case study on combined disease differentiation with syndrome differentiation in general   | Interactive case studies         | 1                      |                |
| 2. Case study on the basic contents of etiological factors, pathogenesis, and treatment based on syndrome differentiation in lung diseases | Interactive case studies         | 1                      |                |
| 3. Case study on Identification of Jingji (fright palpitations) and Zhengchong (fearful throbbing);  | Interactive case studies         | 1                      |                |
| 4. Case study on the identification of the Angina Pectoris and Chest Stuffiness (Xiongbi),   | Interactive case studies         | 1                      |                |
| 5. Case study on Identification of the precordial Pain with cold Limbs   | Interactive case studies         | 1                      |                |
| 6. Case study on Identification and treatment of asthenia-in-origin and asthenia-in-superficiality syndrome of Xiao Ke (Diabetes);         | Interactive case studies         | 1                      |                |
| 7. Case study on Identification and treatment of excessive and deficient syndrome in Stranguria.   | Interactive case studies         | 1                      |                |
| 8. Case study on the pathogenesis of Fever Caused by Qi Deficiency.  | Interactive case studies         | 1                      |                |
| 9. Case study on the etiological factors and pathogenesis of Bleeding Diseases and Fever due to Internal Injury                            | Interactive case studies         | 1                      |                |
| 10. Case study on differentiation between Wind-Heat-Dampness Arthralgia  | Interactive case studies         | 1                      |                |
| 11. Case study on differentiation between Wind-Cold-Dampness   | Interactive case studies         | 1                      |                |
| 12. Case study on differentiation between Arthralgia and Obstinate Arthralgia (Wangbi).  | Interactive case studies         | 1                      |                |
| 13. Complex cases solving  | Interactive case studies         | 1                      |                |
| 14. Case study on combined disease differentiation with syndrome differentiation in general  | Interactive case studies         | 1                      |                |
| Bibliography<br>1. B. Peng, J. Xie. Traditional Chinese Internal Medicine[M]. Beijing: People's Medical Publishing House, 2007.            |                                  |                        |                |

**9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)**

The content of the discipline is correlated with actual tendencies in the understanding and approach of TCM as a health method evaluation with the premises that the benefits need to be proven with in depth scientific research.

**10. Evaluation**

|               |                          |                         |                                    |
|---------------|--------------------------|-------------------------|------------------------------------|
| Activity type | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---------------|--------------------------|-------------------------|------------------------------------|

|   |  |                  |     |
|---|--|------------------|-----|
| 10.4 Course   | Knowledge acquired                         | Homework         | 20% |
|   |  | Final exam       | 60% |
| 10.5 Seminar/ laboratory/ project   | Ability to solve clinical problems via TCM | Oral evaluation  | 20% |
| 10.6 Ongoing assesement   |  | Oral examination | 10% |
| 10.7 Minimal performance standard   |  |                  |     |
| <ul style="list-style-type: none"> <li>Learning minimal information on the principles used in traditional Chinese medicine in musculoskeletal disorders and in case of fever</li> </ul> |  |                  |     |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|   |   |
|---|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean | <b>Professor Lorena DIMA,</b><br>Head of Department                     |
| <b>Professor XIAO YONGHUA</b><br>Course holder  | <b>Professor XIAO YONGHUA</b><br>Holder of seminar/ laboratory/ project |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

## COURSE OUTLINE – TCM practices in Obstetrics and Gynecology

### 1. Data about the study programme

|                                    |   |
|------------------------------------|---|
| 1.1 Higher education institution   | <b>Transilvania University of Braşov</b>                                |
| 1.2 Faculty                        | <b>Medicine</b>   |
| 1.3 Department                     | <b>Department of Fundamental, Prophylactic and Clinical Disciplines</b> |
| 1.4 Field of study <sup>1)</sup>   | <b>Medicine</b>   |
| 1.5 Study level <sup>2)</sup>      | <b>Master</b>   |
| 1.6 Study programme/ Qualification | <b>Traditional Chinese Medicine (in English)</b>                        |

### 2. Data about the course

|   |   |   |   |                     |   |                   |                               |     |
|---|---|---|---|---------------------|---|-------------------|-------------------------------|-----|
| 2.1 Name of course                        |   | <b>TCM practices in Obstetrics and Gynecology</b> |   |                     |   |                   |                               |     |
| 2.2 Course convenor                       |   | Shi Yun   |   |                     |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   | Shi Yun   |   |                     |   |                   |                               |     |
| 2.4 Study year                            | 2 | 2.5 Semester                                      | 3 | 2.6 Evaluation type | E | 2.7 Course status | Content <sup>3)</sup>         | AC  |
|   |   |   |   |                     |   |                   | Attendance type <sup>4)</sup> | CPC |

### 3. Total estimated time (hours of teaching activities per semester)

|   |           |                           |                                |                                  |              |
|---|-----------|---------------------------|--------------------------------|----------------------------------|--------------|
| 3.1 Number of hours per week  | <b>2</b>  | out of which: 3.2 lecture | <b>1</b>                       | 3.3 seminar/ laboratory/ project | <b>1</b>     |
| 3.4 Total number of hours in the curriculum   | <b>28</b> | out of which: 3.5 lecture | <b>14</b>                      | 3.6 seminar/ laboratory/ project | <b>14</b>    |
| Time allocation   |           |                           |                                |                                  | <b>hours</b> |
| Study of textbooks, course support, bibliography and notes                                  |           |                           |                                |                                  | <b>20</b>    |
| Additional documentation in libraries, specialized electronic platforms, and field research |           |                           |                                |                                  | <b>20</b>    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |           |                           |                                |                                  | <b>20</b>    |
| Tutorial  |           |                           |                                |                                  | <b>8</b>     |
| Examinations  |           |                           |                                |                                  | <b>4</b>     |
| Other activities.....   |           |                           |                                |                                  |              |
| 3.7 Total number of hours of student activity   |           |                           | <b>68 * without exam hours</b> |                                  |              |
| 3.8 Total number per semester   |           |                           | <b>100</b>                     |                                  |              |
| 3.9 Number of credits <sup>5)</sup>   |           |                           | <b>4</b>                       |                                  |              |

### 4. Prerequisites (if applicable)

|                         |   |
|-------------------------|---|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>• Basic theory of traditional Chinese medicine</li> <li>• Traditional Chinese medicine practices in internal pathology</li> <li>• Evaluation and examination in TCM</li> </ul> |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>• Acquiring general and basic information regarding TCM and the main evaluation and examination methods</li> </ul>   |

### 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>• Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>• Multimedia support, specific equipment, simulators</li> </ul>     |

## 6. Specific competences

C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:

R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM in obstetrics and gynecology;

R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM in obstetrics and gynecology;

R.Î. 1.3. identifies the needs for research and education in the field of TCM in obstetrics and gynecology and develops and implements strategies, as appropriate;

R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of TCM in obstetrics and gynecology;

R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM in obstetrics and gynecology and the ways of implementing them;

R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of TCM in obstetrics and gynecology

C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:

R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM in obstetrics and gynecology ;

R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM in obstetrics and gynecology;

R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM in obstetrics and gynecology ;

R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of TCM in obstetrics and gynecology ;

C3. Application, based on the results of specific research, of the principles of TCM :

R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in TCM in obstetrics and gynecology ;

R.Î. 3.2. analyzes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;

R.Î. 3.3. analyzes medical organizations, identifies problems and implements decisions to apply measures to eliminate dysfunctions in order to develop and apply specific standards;

R.Î.3.4. develops and applies specific procedures to optimize the use of TCM methods in obstetrics and gynecology in the context of integrative medicine;

R.Î. 3.5. creates and implements models and procedures to solve specific problems in the field of TCM in obstetrics and gynecology

C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine

R.Î. 4.1. knows and understands the fundamental concepts of TCM in obstetrics and gynecology for their analysis in order to integrate its specific methods in the context of integrative medicine;

R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;

R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of TCM in obstetrics and gynecology;

R.Î. 4.4. provides constructive feedback and adequate documentation regarding interventions in the field of TCM in obstetrics and gynecology;

C5. Providing assistance in the integration of TCM in obstetrics and gynecology in the context of integrative medicine.

R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;

R.Î. 5.2. uses the principles of TCM in obstetrics and gynecology and those of evidence-based

F03.2-PS7.2-01/ed. medicine in the context of integrative medicine;

R.Î. 5.3. designs and carries out research within a coherent and feasible project.

C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> |
|-------------------------|--|

## 7. Course objectives (resulting from the specific competences to be acquired)

|                              |  |
|------------------------------|--|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>The main objective of this course is to let the students approach the etiology, pathogenesis and treatment of gynecological pathology by using the TCM theory</li> </ul>  |
| 7.2 Specific objectives      | <p>At the end of the course, the student must be capable of:</p> <ul style="list-style-type: none"> <li>understanding the basic characteristics of health changes in TCM in obstetrics and gynecology, to be familiar with the key points of syndrome differentiation in gynecological and obstetrical pathology;</li> <li>understanding the principles and methods that stand behind the prescription in the practice of TCM;</li> <li>understanding the principles and methods that stand behind the differentiation of manifestations and application of treatment in health changes in the pregnancy or postpartum period, according to TCM;</li> <li>understanding the principles and methods of developing studies regarding the specific TCM recognition, evaluation and treatment of the basic gynecological pathology.</li> </ul> |

## 8. Content

| 8.1 Course   | Teaching methods  | Number of hours | Remarks |
|--|---|-----------------|---------|
| 1. Introduction in Obstetrics and Gynecology from the TCM point of view  | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hours         |         |
| 2. The importance of traditional Chinese Medicine in menstrual disorders | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hours         |         |
| 3. Principles used by TCM in menopausal syndrome                         | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hours         |         |
| 4. Principles used by TCM in Leukorrhoea                                 | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hours         |         |
| 5. Principles used by TCM in pregnancy related syndromes                 | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hours         |         |
| 6. Principles used by TCM in postpartum                                  | lecture, heuristic conversation, case   | 2 hours         |         |

|  |   |                 |         |
|--|---|-----------------|---------|
| disorders  | studies, demonstration, debate, problem-solving                                       |                 |         |
| 7. Principles used by TCM in miscellaneous Gynecopathy   | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hours         |         |
| Bibliography<br>1. Zhang Yu-zhen, Gynecology of Chinese medicine (the second edition) [M]. Beijing: China Press of Traditional Chinese Medicine , 2007 |   |                 |         |
| 8.2 Seminar/ laboratory/ project   | Teaching-learning methods   | Number of hours | Remarks |
| 1. Traditional Chinese gynecology- Introduction  | practical applications, heuristic conversation, practical practical cases simulation  | 2 hours         |         |
| 2. The principle of TCM in menstrual disease   | practical applications, heuristic conversation, practical practical cases simulation  | 2 hours         |         |
| 3. TCM principles in leukorrhea diseases   | practical applications, heuristic conversation, practical practical cases simulation  | 2 hours         |         |
| 4. Principles used by TCM in pregnancy related syndromes   | practical applications, heuristic conversation, practical practical cases simulation  | 2 hours         |         |
| 5. Principles used by TCM in puerperal diseases  | practical applications, heuristic conversation, practical practical cases simulation  | 2 hours         |         |
| 6. Principles used by TCM in pelvic inflammation disease and abdominal tumours   | practical applications, heuristic conversation, practical practical cases simulation  | 2 hours         |         |
| 7. Principles used by TCM infertility  | practical applications, heuristic conversation, practical practical cases simulation  | 2 hours         |         |
| Bibliography<br>1. Zhang Yu-zhen, Gynecology of Chinese medicine (the second edition) [M]. Beijing: China Press of Traditional Chinese Medicine , 2007 |   |                 |         |

9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)

The content of the discipline is in line with the current trends of understanding and approaching the traditional Chinese medicine as an evaluating method of the health condition, which is less known and whose scientific bases require a in-depth research.

#### 10. Evaluation

|               |                          |                         |                                    |
|---------------|--------------------------|-------------------------|------------------------------------|
| Activity type | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---------------|--------------------------|-------------------------|------------------------------------|

|  |   |                  |     |
|--|---|------------------|-----|
| 10.4 Course  | Theoretical knowledge                       | Written exam     | 70% |
|  | Practical knowledge                         |                  |     |
| 10.5 Seminar/ laboratory/ project  | The final colloquium of practical knowledge |                  | 20% |
| 10.6 Ongoing assesement  |   | Oral examination | 10% |
| 10.6 Minimal performance standard  |   |                  |     |
| <ul style="list-style-type: none"> <li>• Knowledge related to pathology and physiology of female body and the treatment and prevention of disorders specific to females.</li> <li>• Knowledge about the theoretical and practical treatment according to the gynecological or obstetrical diseases identified</li> </ul> |   |                  |     |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|  |   |
|--|---|
| <b>Professor Marius Alexandru MOGA,<br/>Dean</b> | <b>Professor Lorena DIMA,<br/>Head of Department</b>          |
| <b>Shi Yun,PhD<br/>Course holder</b>             | <b>Shi Yun,PhD<br/>Holder of seminar/ laboratory/ project</b> |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: FC (fundamental course) / DC (course in the study domain)/ SC (speciality course)/ CC (complementary course); for the MA level, select one of the following options: PC (proficiency course)/ SC (synthesis course)/ AC (advanced course);
- 4) Course status (attendance type) – select one of the following options: CPC (compulsory course)/ EC (elective course)/ NCPC (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE - Acupuncture

## 1. Data about the study programme

|                                    |   |
|------------------------------------|---|
| 1.1 Higher education institution   | <b>Transilvania University of Braşov</b>                                |
| 1.2 Faculty                        | <b>Medicine</b>   |
| 1.3 Department                     | <b>Department of Fundamental, Prophylactic and Clinical Disciplines</b> |
| 1.4 Field of study <sup>1)</sup>   | <b>Medicine</b>   |
| 1.5 Study level <sup>2)</sup>      | <b>Master</b>   |
| 1.6 Study programme/ Qualification | <b>Traditional Chinese Medicine (in English)</b>                        |

## 2. Data about the course

|   |          |                           |          |                     |          |                   |                               |            |
|---|----------|---------------------------|----------|---------------------|----------|-------------------|-------------------------------|------------|
| 2.1 Name of course                        |          | <b>Acupuncture</b>        |          |                     |          |                   |                               |            |
| 2.2 Course convenor                       |          | <b>Prof. Liangxiao Ma</b> |          |                     |          |                   |                               |            |
| 2.3 Seminar/ laboratory/ project convenor |          | <b>Prof. Wang Yanping</b> |          |                     |          |                   |                               |            |
| 2.4 Study year                            | <b>2</b> | 2.5 Semester              | <b>3</b> | 2.6 Evaluation type | <b>E</b> | 2.7 Course status | Content <sup>3)</sup>         | <b>AC</b>  |
|   |          |                           |          |                     |          |                   | Attendance type <sup>4)</sup> | <b>CPC</b> |

## 3. Total estimated time (hours of teaching activities per semester)

|   |           |                                |           |                                  |           |
|---|-----------|--------------------------------|-----------|----------------------------------|-----------|
| 3.1 Number of hours per week  | <b>4</b>  | out of which: 3.2 lecture      | <b>2</b>  | 3.3 seminar/ laboratory/ project | <b>2</b>  |
| 3.4 Total number of hours in the curriculum   | <b>56</b> | out of which: 3.5 lecture      | <b>28</b> | 3.6 seminar/ laboratory/ project | <b>28</b> |
| Time allocation   |           |                                |           |                                  | hours     |
| Study of textbooks, course support, bibliography and notes                                  |           |                                |           |                                  | <b>35</b> |
| Additional documentation in libraries, specialized electronic platforms, and field research |           |                                |           |                                  | <b>35</b> |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |           |                                |           |                                  | <b>40</b> |
| Tutorial  |           |                                |           |                                  | <b>5</b>  |
| Examinations  |           |                                |           |                                  | <b>4</b>  |
| Other activities: Practical training  |           |                                |           |                                  |           |
| 3.7 Total number of hours of student activity   |           | <b>115*</b> without exam hours |           |                                  |           |
| 3.8 Total number per semester   |           | <b>175</b>                     |           |                                  |           |
| 3.9 Number of credits <sup>5)</sup>   |           | <b>7</b>                       |           |                                  |           |

## 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>• Basic theory of traditional Chinese medicine</li> <li>• Fundamentals of acupuncture</li> </ul>                                  |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>• Provision of General information, basic, Traditional Chinese medicine and basic information about acupuncture method</li> </ul> |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>• Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>• Multimedia support, specific equipment, simulators</li> </ul>     |

## 6. Specific competences

|                          |  |
|--------------------------|--|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to principles of acupuncture and moxibustion;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in acupuncture and moxibustion;;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of acupuncture and moxibustion;and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of acupuncture and moxibustion;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of acupuncture and moxibustion and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of acupuncture and moxibustion.</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of acupuncture and moxibustion;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of acupuncture and moxibustion;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of acupuncture and moxibustion;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of acupuncture and moxibustion;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. to acquire cultural and philosophical foundations of acupuncture and moxibustion</li> <li>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;</li> <li>R.Î. 3.3. analyzes medical organizations, identifies problems and implements decisions to apply measures to eliminate dysfunctions in order to develop and apply specific standards;</li> <li>R.Î.3.4. to be able to use the methods of scientific research for the understanding of concepts related to the techniques of acupuncture and moxibustion;</li> <li>R.Î. 3.5. to demonstrate the ability to use scientific research to assess the acupuncture and moxibustion</li> </ul> <p>C4. Substantiation of advanced strategies for integrating acupuncture and moxibustion in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. knows and understands the fundamental concepts of acupuncture and moxibustion for their analysis in order to integrate its specific methods in the context of integrative medicine;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> <li>R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of acupuncture and moxibustion;</li> <li>R.Î. 4.4. to demonstrate the ability to evaluate, interpret, and apply the results of scientific studies related to the effect of acupuncture and moxibustion;</li> </ul> <p>C5. Providing assistance in the integration of acupuncture and moxibustion in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. to use practical applications of acupuncture and moxibustion as an effective method of learning and research;</li> <li>R.Î. 5.2. uses the principles of acupuncture and moxibustion and those of evidence-based medicine in the context of integrative medicine;</li> <li>R.Î. 5.3. to demonstrate the ability to design and carry out experiments and innovations; practical skills of work in the lab and use advanced analytical techniques;</li> <li>R.Î. 5.4. to demonstrate the ability to conceive and draw up a search report or a scientific study by linking results with professional labor information specialist</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of acupuncture and moxibustion by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6 .2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. to use the knowledge in the field of acupuncture and moxibustion for interpreting and explaining new situations, in the wider context of the model of integrative health care</li> </ul> |
|--------------------------|--|

|                         |   |
|-------------------------|---|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of acupuncture and moxibustion:</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|---|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |   |
|------------------------------|---|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>to be familiar with the techniques of acupuncture and their main practical applications thereof.</li> </ul>  |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>to acquire the location of each meridian and their specific symptoms, differentiation and pattern treatment for a better understanding of the theory of traditional Chinese medicine</li> <li>to find the correct locations for acupuncture and moxibustion and to understand the specific interconnection points and their main uses in various clinical pathologies</li> </ul> |

### 8. Content

| 8.1 Course  | Teaching methods                | Number of hours | Remarks |
|---|---------------------------------|-----------------|---------|
| 1. Techniques of Filiform Needle: Basic Needling<br>Techniques of Filiform Needle, Acupuncture De Qi and Related Needling Techniques                | lecture, heuristic conversation | 2 hours         |         |
| 2. Techniques of Filiform Needle: Commonly Used<br>Filiform Needling Techniques, Needling Techniques for Points at Different Areas of the Body      | lecture, heuristic conversation | 2 hours         |         |
| 3. Techniques of Filiform Needle: Possible Accidents in<br>Acupuncture Treatment, Reinforcing and Reducing in Acupuncture and Related Manipulations | lecture, heuristic conversation | 2 hours         |         |
| 4. Moxibustion  | lecture, heuristic conversation | 2 hours         |         |
| 5. Cupping  | lecture, heuristic conversation | 2 hours         |         |
| 6. Auricular Acupuncture, and Scalp Acupuncture   | lecture, heuristic conversation | 2 hours         |         |
| 7. Wrist-ankle Acupuncture  | lecture, heuristic conversation | 2 hours         |         |
| 8. Effects and application of Acupuncture Treatment   | lecture, heuristic conversation | 2 hours         |         |
| 9. Principles of application in acupuncture   | lecture, heuristic conversation | 2 hours         |         |
| 10. Acupuncture in internal diseases  | lecture, heuristic conversation | 2 hours         |         |
| 11. Acupuncture treatment for Gynecological and<br>Children's Disorders   | lecture, heuristic conversation | 2 hours         |         |

|  |                                 |         |  |
|--|---------------------------------|---------|--|
| 12. Acupuncture treatment for Orthopedic and Traumatic Disorders | lecture, heuristic conversation | 2 hours |  |
| 13. Acupuncture treatment for External Diseases                  | lecture, heuristic conversation | 2 hours |  |
| 14. Acupuncture treatment for Dermatological and ENT Disorders   | lecture, heuristic conversation | 2 hours |  |

#### Bibliography

1. *Acupuncture and Moxibustion* Zhao Bai-xiao, Du Huanbin, Lixing Lao. English Textbook Series of Beijing University of Chinese Medicine. People's Medical Publishing House 2017
2. Zhao Baixiao, Du Huanbin, Lixing Lao, *Acupuncture and Moxibustion*, (English Textbook Series of Beijing University of Chinese Medicine), People's Medical Publishing House, 2017.
3. Zhang Ji, Zhao Baixiao, Lixing Lao, *Acupuncture and Moxibustion*, (International Standard Library of Chinese Medicine), People's Medical Publishing House, 2014.

| 8.2 Seminar/ laboratory/ project  | Teaching-learning methods                                    | Number of hours | Remarks |
|---|--|-----------------|---------|
| 1. Exemplification of needling techniques   | practical applications, practical practical cases simulation | 2 hours         |         |
| 2. Possible accidents in acupuncture treatment  | practical applications, practical practical cases simulation | 2 hours         |         |
| 3. Exemplification of moxibustion and cupping   | practical applications, practical practical cases simulation | 2 hours         |         |
| 4. Treatment principles and acupoint prescription   | practical applications, practical practical cases simulation | 2 hours         |         |
| 5. Acupuncture treatment for internal medicine, gynaecology and children disorders, orthopaedic and traumatic pathologies | practical applications, practical practical cases simulation | 2 hours         |         |
| 6. Acupuncture treatment for dermatological, ENT disorders  | practical applications, practical practical cases simulation | 2 hours         |         |
| 7. Acupuncture treatment for scalp, auricular and wrist-ankle   | practical applications, practical practical cases simulation | 2 hours         |         |

#### Bibliography

1. *Acupuncture and Moxibustion* Zhao Bai-xiao, Du Huanbin, Lixing Lao. English Textbook Series of Beijing University of Chinese Medicine. People's Medical Publishing House 2017
2. Zhao Baixiao, Du Huanbin, Lixing Lao, *Acupuncture and Moxibustion*, (English Textbook Series of Beijing University of Chinese Medicine), People's Medical Publishing House, 2017.
3. Zhang Ji, Zhao Baixiao, Lixing Lao, *Acupuncture and Moxibustion*, (International Standard Library of Chinese Medicine), People's Medical Publishing House, 2014.

9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)

The content of the discipline is consistent with the current tendency to understand and address the Traditional Chinese Medicine as a way of assessing the State of health that is less known and whose scientific basis require in-depth research

#### 10. Evaluation

| Activity type | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---------------|--------------------------|-------------------------|------------------------------------|
| 10.4 Course   | Theoretical knowledge    | Written exam            | 70%                                |

|  |                     |                  |     |
|--|---------------------|------------------|-----|
| 10.5 Seminar/ laboratory/<br>project   | Practical knowledge | Practical exam   | 20% |
| 10.6 Ongoing assessment  |                     | Oral examination | 10% |
| 10.7 Minimal performance standard  |                     |                  |     |
| <ul style="list-style-type: none"> <li>• apply the proportional measurement method used in acupuncture point location</li> <li>• explain the theories of the acupuncture points including the general features and functions of acupuncture points, the categories of acupuncture points and their significance, and the naming and numbering of acupuncture points</li> <li>• identify and locate the major points meridians and major extra-ordinary channel points</li> </ul> |                     |                  |     |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

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| <b>Professor Marius Alexandru MOGA,<br/>Dean</b> | <b>Professor Lorena DIMA,<br/>Head of Department</b>                 |
| <b>Prof. Liangxiao Ma<br/>Course holder</b>      | <b>Prof. Wang Yanping<br/>Holder of seminar/ laboratory/ project</b> |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: FC (fundamental course) / DC (course in the study domain)/ SC (speciality course)/ CC (complementary course); for the MA level, select one of the following options: PC (proficiency course)/ SC (synthesis course)/ AC (advanced course);
- 4) Course status (attendance type) – select one of the following options: CPC (compulsory course)/ EC (elective course)/ NCPC (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE – Traditional Chinese Medicine Practices in Paediatrics

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |   |   |                     |   |                   |                               |     |
|---|---|---|---|---------------------|---|-------------------|-------------------------------|-----|
| 2.1 Name of course                        |   | Traditional Chinese Medicine Practices in Paediatrics |   |                     |   |                   |                               |     |
| 2.2 Course convenor                       |   | Prof. Wang Yunhong                                    |   |                     |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   | Prof. Wang Yunhong                                    |   |                     |   |                   |                               |     |
| 2.4 Study year                            | 2 | 2.5 Semester  | 3 | 2.6 Evaluation type | E | 2.7 Course status | Content <sup>3)</sup>         | PC  |
|   |   |   |   |                     |   |                   | Attendance type <sup>4)</sup> | CPC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |                        |                                  |       |
|---|----|---------------------------|------------------------|----------------------------------|-------|
| 3.1 Number of hours per week  | 2  | out of which: 3.2 lecture | 1                      | 3.3 seminar/ laboratory/ project | 1     |
| 3.4 Total number of hours in the curriculum   | 28 | out of which: 3.5 lecture | 14                     | 3.6 seminar/ laboratory/ project | 14    |
| Time allocation   |    |                           |                        |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |                        |                                  | 20    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |                        |                                  | 20    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |                        |                                  | 20    |
| Tutorial  |    |                           |                        |                                  | 8     |
| Examinations  |    |                           |                        |                                  | 4     |
| Other activities.....   |    |                           |                        |                                  |       |
| 3.7 Total number of hours of student activity   |    |                           | 68* without exam hours |                                  |       |
| 3.8 Total number per semester   |    |                           | 100                    |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    |                           | 4                      |                                  |       |

## 4. Prerequisites (if applicable)

|                         |   |
|-------------------------|---|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>Basic theory of traditional Chinese medicine,</li> <li>The practice of TCM in internal medicine 1</li> <li>Methods of evaluation and examination in TCM</li> </ul> |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>General information on TCM and on evaluation and examination</li> </ul>  |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>Multimedia support, specific equipment, simulators</li> </ul>     |

## 6. Specific competences

|                          |   |
|--------------------------|---|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM in the field pediatrics;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM in the field pediatrics;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of TCM in the field pediatrics;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of TCM in the field pediatrics;</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM in the field pediatrics;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM in the field pediatrics;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM in the field pediatrics;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of TCM in the field pediatrics;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in TCM ;</li> <li>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;</li> <li>R.Î. 3.3. to utilize the knowledge in TCM for the interpretation and explanation of new situations in the wider context of the integrative care model;</li> <li>R.Î.3.4. to demonstrate the capacity to evaluate, interpret and apply the results of clinical trials in relation with the effects of TCM in children and to communicate and disseminate the results to the population for the purpose of education and as a preventative intervention</li> <li>R.Î. 3.5. to be able to utilize the methods of research for the understanding of concepts related to the evaluation of the health state of the child and its modification in the light of TCM;</li> </ul> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. knows and understands the fundamental concepts of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> <li>R.Î. 4.3. to utilize practical applications as an efficient method of learning and research</li> <li>R.Î. 4.4. demonstrate the ability to design and write a research report or a scientific study through the correlation of the results of the professional work with the specific information;</li> </ul> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</li> <li>R.Î. 5.2. uses the principles of TCM and those of evidence-based medicine in the context of integrative medicine;</li> <li>R.Î. 5.3. be actively involved in the initiation and progress of scientific research in TCM</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6 .2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</li> </ul> |
|--------------------------|---|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> |
|-------------------------|--|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |  |
|------------------------------|--|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>students should be able to approach systematically the causes, pathogenesis and therapy of paediatric diseases using the theory of TCM</li> </ul>   |
| 7.2 Specific objectives      | <p>At the end of the course the student should be able to:</p> <ul style="list-style-type: none"> <li>understand the basic characteristics of the change in health state in TCM</li> <li>become familiar with key points in differentiation of syndrome in children</li> <li>to understand the principles and methods that are the base of prescription in the practice of TCM in children</li> <li>to understand the principles and methods that constitute the base for differentiation of manifestations and to apply the treatment in health state modifications of the child in correspondence with TCM</li> <li>to understand the principles and methods to develop research concerning the methods of recognition and evaluation and of specific treatment according to TCM for the common paediatrics health state alterations.</li> <li>To develop research concerning the methods of recognition, evaluation and treatment specific to TCM for the paediatric population.</li> </ul> |

### 8. Content

| 8.1 Course   | Teaching methods | Number of hours | Remarks |
|--|------------------|-----------------|---------|
| 1. Basic principles of Paediatric in Traditional Chinese medicine.   | lecture          | 2               |         |
| 2. Child growth and development- normal physiology in the light of TCM   | lecture          | 2               |         |
| 3. Syndrome differentiation and methods utilized in TCM in common cold, pneumonia, asthma in children.   | lecture          | 2               |         |
| 4. Clinical manifestation and basic principles of anorexia; Methods of evaluation and syndrome differentiation in TCM of diarrhoea and food accumulation | lecture          | 2               |         |
| 5. Methods of evaluation utilized in TCM of attention deficit hyperactivity disorder and of Tourette syndrome.   | lecture          | 2               |         |
| 6. Methods of evaluation utilized in TCM for oedema according to different syndrome types.   | lecture          | 2               |         |
| 7. Methods of evaluation utilized in TCM for the differentiation of  | lecture          | 2               |         |

|   |                                  |                        |                |
|---|----------------------------------|------------------------|----------------|
| of measles; rubella and chickenpox; epidemic parotitis.   |                                  |                        |                |
| Bibliography<br>1. Pediatrics in Chinese Medicine, 1st Edition, by Julie Mulin Qiao-Wong, Wang Shou-chuan, Zhao Xia, Natasha Bakker, Gavin Wright |                                  |                        |                |
| <b>8.2 Seminar/ laboratory/ project</b>   | <b>Teaching-learning methods</b> | <b>Number of hours</b> | <b>Remarks</b> |
| 1. Normal development of the child -evaluation – case studies   | Case studies                     | 2                      |                |
| 2. Case studies on cold complications   | Case studies                     | 2                      |                |
| 3. Case studies on anorexia, food accumulation and diarrhoea  | Case studies                     | 2                      |                |
| 4. Case studies on children with ADHD, night cry and sweating syndrome, oedema, frequent urination.   | Case studies                     | 2                      |                |
| 5. Case studies on anaphylactoid purpura, infantile eczema  | Case studies                     | 2                      |                |
| 6. Case studies focusing on the differential diagnosis of infectious rashes   | Case studies                     | 2                      |                |
| 7. Manipulation and external methods in TCM utilized in children  | Case studies                     | 2                      |                |
| Bibliography<br>1. Pediatrics in Chinese Medicine, 1st Edition, by Julie Mulin Qiao-Wong, Wang Shou-chuan, Zhao Xia, Natasha Bakker, Gavin Wright |                                  |                        |                |

**9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)**

The content of the discipline is correlated with actual tendencies in the understanding and approach of TCM as a health method evaluation with the premises that the benefits need to be proven with in depth scientific research.

**10. Evaluation**

| Activity type  | 10.1 Evaluation criteria                  | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|--|---|-------------------------|------------------------------------|
| 10.4 Course  | Outcome assessment of learning midterm    | Written (MCQ)           | 20%                                |
|  | Outcome assessment of learning final term |                         | 60%                                |
| 10.5 Seminar/ laboratory/ project  | Clinical thinking                         | Oral                    | 10%                                |
|  |   |                         |                                    |
| 10.6 Ongoing assessment  |   | Oral examination        | 10%                                |
| 10.6 Minimal performance standard  |   |                         |                                    |
| <ul style="list-style-type: none"> <li>To be able to obtain anamnestic data according to TCM</li> <li>To be able to analyze a case scenario of pediatric TCM</li> <li>To recognize the situations where manipulation and other external techniques can be used in children.</li> </ul> |   |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|  |   |
|--|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean    | <b>Professor Lorena DIMA,</b><br>Head of Department                         |
| <b>Professor Wang Yunhong</b><br><br>Course holder | <b>Professor Wang Yunhong</b><br><br>Holder of seminar/ laboratory/ project |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE – Moxibustion and other external TCM techniques

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |   |   |                     |   |                   |                               |     |
|---|---|---|---|---------------------|---|-------------------|-------------------------------|-----|
| 2.1 Name of course                        |   | Moxibustion and other external TCM techniques |   |                     |   |                   |                               |     |
| 2.2 Course convenor                       |   |   |   |                     |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   | Wang Yanping<br>Jing Jiang                    |   |                     |   |                   |                               |     |
| 2.4 Study year                            | 2 | 2.5 Semester                                  | 3 | 2.6 Evaluation type | C | 2.7 Course status | Content <sup>3)</sup>         | AC  |
|   |   |   |   |                     |   |                   | Attendance type <sup>4)</sup> | CPC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |  |                                  |       |
|---|----|---------------------------|--|----------------------------------|-------|
| 3.1 Number of hours per week  | 1  | out of which: 3.2 lecture |  | 3.3 seminar/ laboratory/ project | 1     |
| 3.4 Total number of hours in the curriculum   | 14 | out of which: 3.5 lecture |  | 3.6 seminar/ laboratory/ project | 14    |
| Time allocation   |    |                           |  |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |  |                                  |       |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |  |                                  | 15    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |  |                                  | 15    |
| Tutorial  |    |                           |  |                                  | 2     |
| Examinations  |    |                           |  |                                  | 4     |
| Other activities.....   |    |                           |  |                                  |       |
| 3.7 Total number of hours of student activity   |    | 32*without exam hours     |  |                                  |       |
| 3.8 Total number per semester   |    | 50                        |  |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    | 2                         |  |                                  |       |

## 4. Prerequisites (if applicable)

|                         |   |
|-------------------------|---|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>Basic theory of traditional Chinese medicine,</li> <li>The practice of TCM in internal medicine 1</li> <li>Methods of evaluation and examination in TCM</li> </ul> |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>General information on TCM and on evaluation and examination</li> </ul>  |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li></li> </ul>   |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>Multimedia support, specific equipment, simulators</li> </ul> |

## 6. Specific competences

|                          |   |
|--------------------------|---|
| Professional competences | <ul style="list-style-type: none"> <li>• phlebotomy, wet compresses and other external TCM techniques;</li> </ul> <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to phlebotomy, wet compresses and other external TCM techniques;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in phlebotomy, wet compresses and other external TCM techniques;;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of phlebotomy, wet compresses and other external TCM techniques;;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of phlebotomy, wet compresses and other external TCM techniques;.</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of phlebotomy, wet compresses and other external TCM techniques;;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of phlebotomy, wet compresses and other external TCM techniques;;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of phlebotomy, wet compresses and other external TCM techniques;;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of phlebotomy, wet compresses and other external TCM techniques;;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in TCM ;</li> <li>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;</li> <li>R.Î. 3.3. analyzes medical organizations, identifies problems and implements decisions to apply measures to eliminate dysfunctions in order to develop and apply specific standards;</li> <li>R.Î.3.4. develops and applies specific procedures to optimize the use of TCM methods in the context of integrative medicine;</li> <li>R.Î. 3.5. creates and implements models and procedures to solve specific problems in the field of TCM</li> </ul> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. knows and understands the fundamental concepts of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> <li>R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of TCM ;</li> <li>R.Î. 4.4. provides constructive feedback and adequate documentation regarding interventions in the field of TCM ;</li> </ul> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</li> <li>R.Î. 5.2. uses the principles of TCM and those of evidence-based medicine in the context of integrative medicine;</li> <li>R.Î. 5.3. designs and carries out research within a coherent and feasible project.</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6 .2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</li> </ul> |
|--------------------------|---|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|--|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |   |
|------------------------------|---|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>students should be able to master the basic theory, common approach methods and indications of moxibustion and other external techniques in traditional Chinese medicine.</li> </ul>   |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>to explain the functions and use of moxibustion and to outline the methods of point stimulation and their significance</li> <li>to master the principles of selection of a certain technique to obtain a specific result and to explain the relation between the technique chosen and the expected result</li> </ul> |

### 8. Content

| 8.1 Course  | Teaching methods   | Number of hours | Remarks |
|---|--|-----------------|---------|
| Bibliography  |  |                 |         |
| 8.2 Seminar/ laboratory/ project                              | Teaching-learning methods  | Number of hours | Remarks |
| 1. Cases presentation - wet compress (I)                      | practical applications, heuristic conversation, practical practical cases simulation | 2 hours         |         |
| 2. Cases presentation - wet compress (II)                     | practical applications, heuristic conversation, practical practical cases simulation | 2 hours         |         |
| 3. Cases presentation - the application of heated needle (I)  | practical applications, heuristic conversation, practical practical cases simulation | 2 hours         |         |
| 4. Cases presentation - the application of heated needle (II) | practical applications, heuristic conversation, practical practical cases simulation | 2 hours         |         |
| 5. Cases presentation - the technique of phlebotomy (I)       | practical applications, heuristic conversation, practical practical cases simulation | 2 hours         |         |
| 6. Cases presentation - the technique of phlebotomy (II)      | practical applications, heuristic conversation, practical practical cases simulation | 2 hours         |         |
| 7. Practice - application of sharp-edged needles              | practical applications, heuristic conversation, practical practical cases simulation | 2 hours         |         |

Bibliography

- Li Yue Qing, Traditional Chinese medicine surgery [M]. Beijing: China Traditional Chinese Medicine Press.

**9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)**

The content of the discipline is correlated with actual tendencies in the understanding and approach of TCM as a health method evaluation with the premises that the benefits need to be proven with in depth scientific research.

**10. Evaluation**

| Activity type  | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|--|--------------------------|-------------------------|------------------------------------|
| 10.4 Course  |                          |                         |                                    |
| 10.5 Seminar/ laboratory/ project  | Evaluation               |                         | 20%                                |
|  | Final exam               |                         | 50%                                |
|  | Attendance               |                         | 20%                                |
| 10.6 Ongoing assessment  |                          | Oral examination        | 10%                                |
| 10.7 Minimal performance standard  |                          |                         |                                    |
| <ul style="list-style-type: none"> <li>to explain the functions and therapeutic aims of moxibustion</li> <li>to outline the methods of point stimulation and their significance;</li> <li>to identify the types of moxibustion and explain their application;</li> <li>to compose a point prescription to achieve a specified therapeutic outcome and explain the relationship between the point prescription and the principle of treatment;</li> <li>to demonstrate the use of each of the types of moxibustion</li> <li>to explain the contraindications and cautions that relate to the application of moxibustion and cupping;</li> </ul> detail the management of accidents resulting from moxibustion and cupping |                          |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|  |  |
|--|--|
| <b>Professor Marius Alexandru MOGA,<br/>Dean</b> | <b>Professor Lorena DIMA,<br/>Head of Department</b> |
|  | <b>Prof. Wang Yanping<br/>Jing Jiang</b>             |

Note:

- Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- Study level – choose from among: BA/MA/PhD;
- Course status (content) – for the BA level, select one of the following options: FC (fundamental course) / DC (course in the study domain)/ SC (speciality course)/ CC (complementary course); for the MA level, select one of the following options: PC (proficiency course)/ SC (synthesis course)/ AC (advanced course);

- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

## COURSE OUTLINE – Ethics and academic integrity

### 1. Data about the study programme

|                                    |   |
|------------------------------------|---|
| 1.1 Higher education institution   | <b>Transilvania University of Braşov</b>                                |
| 1.2 Faculty                        | <b>Medicine</b>   |
| 1.3 Department                     | <b>Department of Fundamental, Prophylactic and Clinical Disciplines</b> |
| 1.4 Field of study <sup>1)</sup>   | <b>Medicine</b>   |
| 1.5 Study level <sup>2)</sup>      | <b>Master</b>   |
| 1.6 Study programme/ Qualification | <b>Traditional Chinese Medicine (in English)</b>                        |

### 2. Data about the discipline

|   |          |                                      |          |  |          |                   |                               |            |
|---|----------|--------------------------------------|----------|--|----------|-------------------|-------------------------------|------------|
| 2.1 Name of the discipline                |          | <b>Ethics and academic integrity</b> |          |  |          |                   |                               |            |
| 2.2 Course convenor                       |          |                                      |          | <b>Prof.dr. Lorena Dima</b><br><b>Prof. dr. Petru Ifteni</b> |          |                   |                               |            |
| 2.3 Seminar/ laboratory/ project convenor |          |                                      |          | -  |          |                   |                               |            |
| 2.4 Study year                            | <b>2</b> | 2.5 Semester                         | <b>3</b> | 2.6 Evaluation type  | <b>E</b> | 2.7 Course status | Content <sup>3)</sup>         | <b>AC</b>  |
|   |          |                                      |          |  |          |                   | Attendance type <sup>3)</sup> | <b>CPC</b> |

### 3. Total estimated time (hours of teaching activities per semester)

|   |                                |                          |           |                                  |           |
|---|--------------------------------|--------------------------|-----------|----------------------------------|-----------|
| 3.1 Number of hours per week  | <b>1</b>                       | out of which: 3.2 course | <b>1</b>  | 3.3 seminar/ laboratory/ project | -         |
| 3.4 Total number of hours in the curriculum   | <b>14</b>                      | out of which: 3.2 course | <b>14</b> | 3.6 seminar/ laboratory/ project | -         |
| Time allocation   |                                |                          |           |                                  | hours     |
| Study of textbooks, course support, bibliography and notes                                  |                                |                          |           |                                  | <b>15</b> |
| Additional documentation in libraries, specialized electronic platforms, and field research |                                |                          |           |                                  | <b>15</b> |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |                                |                          |           |                                  |           |
| Tutorial  |                                |                          |           |                                  | <b>2</b>  |
| Examinations  |                                |                          |           |                                  | <b>4</b>  |
| Other activities.....   |                                |                          |           |                                  |           |
| 3.7 Total number of hours of student activity   | <b>32</b> * without exam hours |                          |           |                                  |           |
| 3.8 Total number per semester   | <b>50</b>                      |                          |           |                                  |           |
| 3.9 Number of credits <sup>5)</sup>   | <b>2</b>                       |                          |           |                                  |           |

### 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | Scientific research translation in the TCM field                             |
| 4.2 competences-related | Interpretation and critical, constructive evaluation of the research results |

### 5. Conditions (if applicable)

|                            |   |
|----------------------------|---|
| 5.1 for course development | <ul style="list-style-type: none"> <li>Support materials, video projector , multimedia support, internet</li> </ul> |
|----------------------------|---|

|   |  |
|---|--|
| 5.2 for seminar/ laboratory/<br>project development | <ul style="list-style-type: none"> <li>• Support materials, video projector, multimedia support, internet</li> </ul> |
|---|--|

6. Specific competencies (according to the skill grid in the curricula)

|                          |   |
|--------------------------|---|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM ;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM ;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. Solving some theoretical and/or practical scenarios by using the methodology and the specific legislation of research field of TCM / Theoretical and/or practical problem solving by using the methodology and the specific legislation of research field of TCM</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of TCM .</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM ;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM ;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM ;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of TCM ;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in TCM ;</li> <li>R.Î. 3.2. knowledge over the developing directions of ethics in the scientific research fieldes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;</li> <li>R.Î. 3.3. analyzes medical organizations, identifies problems and implements decisions to apply measures to eliminate dysfunctions in order to develop and apply specific standards;</li> <li>R.Î.3.4. applying the concepts, laws and principles specific to the TCM field</li> <li>R.Î. 3.5. creates and implements models and procedures to solve specific problems in the field of TCM</li> </ul> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. understanding the basic concepts that are specific to ethics and academic integrity in scientific research;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> <li>R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of TCM ;</li> <li>R.Î. 4.4. provides constructive feedback and adequate documentation regarding interventions in the field of TCM ;</li> </ul> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</li> <li>R.Î. 5.2. uses the principles of TCM and those of evidence-based medicine in the context of integrative medicine;</li> <li>R.Î. 5.3. designs and carries out research within a coherent and feasible project.</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6 .2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies</li> <li>R.Î. 7.3. Understanding the necessity of permanently respecting the rules of ethics and academic integrit</li> </ul> |
|--------------------------|---|

|                         |  |
|-------------------------|--|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|--|

## 7. Course objectives (resulting from the specific competencies acquired)

|                              |   |
|------------------------------|---|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>Develop the skills needed to apply the principles of academic ethics and integrity to the current work</li> </ul>  |
| 7.2 Specific objectives      | <p><b>At the end of the discipline the student must be able to:</b></p> <ul style="list-style-type: none"> <li>To apply the principles of copyright, plagiarism, fabrication, and falsification of academic research data.</li> <li>Use the principles of ethics of research and academic integrity in the evaluation of literature data</li> <li>To apply the principles of research ethics and academic integrity in the design and conduct of research work and the elaboration of the dissertation work</li> <li>To use integration skills in a team, respecting the principles of academic ethics and integrity</li> </ul> |

## 8. Contents

| 8.1 Course  | Teaching methods                   | Number of hours | Remarks |
|---|------------------------------------|-----------------|---------|
| 1. Norms and values in scientific research and academic activity                  | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 2. Principles of good practice in scientific research and academic activity       | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 3. Information resources and evaluation of information                            | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 4. Ethical conduct in research. Manufacture and falsification of research data    | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 5. Principles of Good Practice in Academic Writing                                | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 6. Sources and references. Intellectual Property Rights. Plagiarism and integrity | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 7. Applying the principles of ethics and academic                                 | Lecture, Heuristic                 | 2 hours         |         |

|   |              |  |  |
|---|--------------|--|--|
| integrity in the elaboration of the dissertation thesis.  | Conversation |  |  |
| Bibliography<br>1. Tracey Ann Bretag Handbook of Academic Integrity. Springer Singapore, 2017<br>2. Neville, C. The complete guide to referencing and avoiding plagiarism. Maidenhead: Open University Press, 2007.<br>3. W Sutherland-Smith, Plagiarism, the Internet, and student learning: Improving academic integrity, Routledge. New York, 2008.<br>4. PJ Boehm, M Justice, S Weeks, Promoting academic integrity in higher education, The Community College, 2009 available online <a href="http://schoolcraft.edu/pdfs/cce/15.1.45-61.pdf">http://schoolcraft.edu/pdfs/cce/15.1.45-61.pdf</a> |              |  |  |

9. Corroborating the contents of the discipline with the expectations of representatives of epistemic communities, professional associations, and representative employers in the field of the program

The content of the discipline is in line with the current trends of understanding and approaching the traditional Chinese medicine as an evaluating method of the health condition, which is less known and whose scientific bases require a in-depth research.

#### 10. Evaluation

| Activity type   | 10.1 Evaluation criteria                  | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---|---|-------------------------|------------------------------------|
| 10.4 Course   | Theoretical knowledge                     | Written exam            | 90%                                |
| 10.5 Seminar/ laboratory/ project   | The final colloquy of practical knowledge | Oral examination        | -                                  |
| 10.6 Ongoing assessment   |   | Oral examination        | 10%                                |
| 10.7 Minimal performance standard   |   |                         |                                    |
| <ul style="list-style-type: none"> <li>• Knowledge of the basic principles of ethics and academic integrity</li> <li>• Know and understand the notions of copyright, plagiarism, fabrication, and falsification of data in academic research</li> </ul> |   |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|  |   |
|--|---|
| <b>Prof. dr. med. Marius Alexandru MOGA,</b><br>Dean | <b>Prof. dr. med. Lorena DIMA,</b><br>Department Director |
|--|---|

|   |  |  |
|---|--|--|
| <b>Prof. dr. Prof.dr. Lorena<br/>Dima<br/>Prof.dr. Petru Ifteni<br/>Course holder</b> |  | -<br><b>Holder of seminar/ laboratory/ project</b> |
|---|--|--|

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

# COURSE OUTLINE - Kinesiology and Qigong

## 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|   |   |                        |   |                     |   |                   |                               |     |
|---|---|------------------------|---|---------------------|---|-------------------|-------------------------------|-----|
| 2.1 Name of course                        |   | Kinesiology and Qigong |   |                     |   |                   |                               |     |
| 2.2 Course convenor                       |   | Prof. WEI YULONG       |   |                     |   |                   |                               |     |
| 2.3 Seminar/ laboratory/ project convenor |   | Prof. WEI YULONG       |   |                     |   |                   |                               |     |
| 2.4 Study year                            | 2 | 2.5 Semester           | 3 | 2.6 Evaluation type | C | 2.7 Course status | Content <sup>3)</sup>         | AC  |
|   |   |                        |   |                     |   |                   | Attendance type <sup>4)</sup> | CPC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                           |                        |                                  |       |
|---|----|---------------------------|------------------------|----------------------------------|-------|
| 3.1 Number of hours per week  | 2  | out of which: 3.2 lecture | 1                      | 3.3 seminar/ laboratory/ project | 1     |
| 3.4 Total number of hours in the curriculum   | 28 | out of which: 3.5 lecture | 14                     | 3.6 seminar/ laboratory/ project | 14    |
| Time allocation   |    |                           |                        |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                           |                        |                                  | 15    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                           |                        |                                  | 15    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                           |                        |                                  | 14    |
| Tutorial  |    |                           |                        |                                  | 3     |
| Examinations  |    |                           |                        |                                  | 4     |
| Other activities.....   |    |                           |                        |                                  |       |
| 3.7 Total number of hours of student activity   |    |                           | 43* without exam hours |                                  |       |
| 3.8 Total number per semester   |    |                           | 75                     |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   |    |                           | 3                      |                                  |       |

## 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>Fundamental concepts of Traditional Chinese Medicine</li> <li>Traditional Chinese Medicine practices in internal pathology 1</li> <li>Evaluation and examination methods in Traditional Chinese Medicine</li> </ul> |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>The study of general basic information of Traditional Chinese Medicine and the main methods of evaluation and examination</li> </ul>  |

## 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>Multimedia support, specific equipment, simulators</li> </ul>     |

## 6. Specific competences

|                          |  |
|--------------------------|--|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <ul style="list-style-type: none"> <li>R.Î. 1.1. knows and uses the diagnostic procedures specific to Kinesiology and Qigong ;</li> <li>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in Kinesiology and Qigong;</li> <li>R.Î. 1.3. identifies the needs for research and education in the field of Kinesiology and Qigong and develops and implements strategies, as appropriate;</li> <li>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of Kinesiology and Qigong;</li> <li>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of Kinesiology and Qigong and the ways of implementing them;</li> <li>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of Kinesiology and Qigong.</li> </ul> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <ul style="list-style-type: none"> <li>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of Kinesiology and Qigong;</li> <li>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of Kinesiology and Qigong;</li> <li>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM ;</li> <li>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of Kinesiology and Qigong;</li> </ul> <p>C3. Application, based on the results of specific research, of the principles of Kinesiology and Qigong:</p> <ul style="list-style-type: none"> <li>R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in Kinesiology and Qigong;</li> <li>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to TCM using the fundamental knowledge in the field;</li> <li>R.Î. 3.3. analyzes medical organizations, identifies problems and implements decisions to apply measures to eliminate dysfunctions in order to develop and apply specific standards;</li> <li>R.Î.3.4. develops and applies specific procedures to optimize the use of TCM methods in the context of integrative medicine;</li> <li>R.Î. 3.5. creates and implements models and procedures to solve specific problems in the field of Kinesiology and Qigong</li> </ul> <p>C4. Substantiation of advanced strategies for integrating Kinesiology and Qigong in the context of integrative medicine</p> <ul style="list-style-type: none"> <li>R.Î. 4.1. knows and understands the fundamental concepts of Kinesiology and Qigong for their analysis in order to integrate its specific methods in the context of integrative medicine;</li> <li>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</li> <li>R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of Kinesiology and Qigong;</li> <li>R.Î. 4.4. provides constructive feedback and adequate documentation regarding interventions in the field of Kinesiology and Qigong;</li> </ul> <p>C5. Providing assistance in the integration of Kinesiology and Qigong in the context of <b>integrative medicine</b>.</p> <ul style="list-style-type: none"> <li>R.Î. 5.1. knows and understands the principles of Kinesiology and Qigong in the context of integrative medicine;</li> <li>R.Î. 5.2. uses the principles of Kinesiology and Qigong and those of evidence-based medicine in the context of integrative medicine;</li> <li>R.Î. 5.3. designs and carries out research within a coherent and feasible project.</li> </ul> <p>C6. Designing, researching and deepening advanced notions in the field of Kinesiology and Qigong by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <ul style="list-style-type: none"> <li>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</li> <li>R.Î. 6 .2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</li> </ul> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <ul style="list-style-type: none"> <li>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</li> <li>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</li> </ul> |
|--------------------------|--|

|                         |   |
|-------------------------|---|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>•</p> |
|-------------------------|---|

## 7. Course objectives (resulting from the specific competences to be acquired)

|                              |   |
|------------------------------|---|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>to know the Kinesiology and Qigong techniques and their main applications in practice</li> </ul>   |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>Get to know the basic conception and fundamental of Chinese Medical Qigong, different Qigong schools and their major academic subjects, to tell what Chinese Medical Qigong is.</li> <li>Master the basic concepts and characteristics of body adjustment, familiar with the proper practicing skills of standing, sitting, lying and walking positions.</li> <li>Understand the practice method of internal regulation.</li> <li>Master the basic concepts, classification and characteristics of mental adjustment.</li> <li>Familiar with the chest breathing and abdomen breathing</li> <li>Understand the special breath methods and it's practicing skills.</li> <li>Master the basic concepts, classification and characteristics of mind adjustment.</li> <li>Become familiar with the chest breathing and abdomen breathing.</li> <li>Understand the special breath methods and it's practicing skills.</li> <li>Master the basic concepts, classification and characteristics of mind adjustment</li> <li>Become familiar with the Mind reach, Mind concentration and mental state and their practicing skills.</li> <li>Acquire basic skills in Qi gong</li> <li>Master the routine of Yi Jin Jing and understand its health-preserving principle.</li> <li>Develop students' awareness of "health first" and "lifelong physical education", understand scientific methods and means of fitness, and guide students to actively carry out extracurricular physical exercise.</li> <li>Develop students 'self-control ability, sense of unity and cooperation, sense of discipline and good quality of hard work.</li> </ul> |

## 8. Content

| 8.1 Course                | Teaching methods | Number of hours | Remarks |
|---------------------------|------------------|-----------------|---------|
| 1. Introduction to Qigong | lecture          | 2               |         |

|  |         |   |  |
|--|---------|---|--|
| 2. Basic concepts of body adjustment         | lecture | 2 |  |
| 3. Basic concepts of breathing adjustments   | lecture | 2 |  |
| 4. Basic concepts of mind adjustment         | lecture | 2 |  |
| 5. The origin and development of Yi Jin Jing | lecture | 2 |  |
| 6. Basic principles of Yi Jin Jing           | lecture | 2 |  |
| 7. Essentials of practice of Yi Jin Jing     | lecture | 2 |  |

#### Bibliography

1.The practical training course of traditional Chinese medicine. Wei yu long et al. Chinese traditional Chinese medicine press.2014,10.

2.Chinese Medical Qigong. Tianjun Liu. Jessica Kingsley Pub. ISBN: 978-1848190238.2010,03.

3. Wu Jianwei, Editor-in-Chief of Chinese Traditional Health Sports

Beijing Sports University Press, April 2009

4. Yu Dinghai, Editor-in-Chief of Chinese Traditional Sports Health Care and Health Care

Shanghai Science and Technology Publishing House

October 2001

| 8.2 Seminar/ laboratory/ project  | Teaching-learning methods  | Number of hours | Remarks |
|---|----------------------------|-----------------|---------|
| 1. Techniques of proper standing, sitting, lying and walking positions. | Demonstration and practice | 2               |         |
| 2. Practice method of internal regulation                               | Demonstration and practice | 2               |         |
| 3. Separation among different breathing methods and practicing skills   | Demonstration and practice | 2               |         |
| 4. Practicing skills of Mind reach, Mind concentration and mental state | Demonstration and practice | 2               |         |
| 5. Basic movements of Yi Jin Jing- footwork                             | Demonstration and practice | 2               |         |
| 6. Basic movements of Yi Jin Jing- routine action                       | Demonstration and practice | 2               |         |
| 7. Movement specification in health preservation                        | Demonstration and practice | 2               |         |

#### Bibliography

1.The practical training course of traditional Chinese medicine. Wei yu long et al. Chinese traditional Chinese medicine press.2014,10.

2.Chinese Medical Qigong. Tianjun Liu. Jessica Kingsley Pub. ISBN: 978-1848190238.2010,03.

3. Wu Jianwei, Editor-in-Chief of Chinese Traditional Health Sports

Beijing Sports University Press, April 2009

4. Yu Dinghai, Editor-in-Chief of Chinese Traditional Sports Health Care and Health Care

Shanghai Science and Technology Publishing House

October 2001

### 9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)

The content of the discipline is in concordance with the current trend of understanding and approaching Traditional Chinese Medicine as a way of evaluation of health status that is less known, and whose related scientific bases require in-depth research.

## 10. Evaluation

| Activity type  | 10.1 Evaluation criteria           | 10.2 Evaluation methods   | 10.3 Percentage of the final grade |
|--|------------------------------------|---------------------------|------------------------------------|
| 10.4 Course  | Outcome assessment of learning     | Written examination (MCQ) | 50%                                |
|  |                                    |                           |                                    |
| 10.5 Seminar/ laboratory/ project  | Practical skills against standards | Practical evaluation      | 40%                                |
| 10.6 Ongoing assessment  |                                    | Oral examination          | 10%                                |
| 10.6 Minimal performance standard  |                                    |                           |                                    |
| <ul style="list-style-type: none"> <li>Acquisition of minimal information on the principles of kinesiology and Qigong</li> </ul> |                                    |                           |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|   |   |
|---|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean | <b>Professor Lorena DIMA,</b><br>Head of Department                   |
| <b>Professor WEI YULONG</b><br>Course holder    | <b>Professor WEI YULONG</b><br>Holder of seminar/ laboratory/ project |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).

## COURSE OUTLINE – Clinical studies assessment

### 1. Data about the study programme

|                                    |   |
|------------------------------------|---|
| 1.1 Higher education institution   | <b>Transilvania University of Braşov</b>                                |
| 1.2 Faculty                        | <b>Medicine</b>   |
| 1.3 Department                     | <b>Department of Fundamental, Prophylactic and Clinical Disciplines</b> |
| 1.4 Field of study <sup>1)</sup>   | <b>Medicine</b>   |
| 1.5 Study level <sup>2)</sup>      | <b>Master</b>   |
| 1.6 Study programme/ Qualification | <b>Traditional Chinese Medicine (in English)</b>                        |

### 2. Data about the discipline

|   |                                    |              |          |                     |          |                   |                               |            |
|---|------------------------------------|--------------|----------|---------------------|----------|-------------------|-------------------------------|------------|
| 2.1 Name of the discipline                | <b>Clinical studies assessment</b> |              |          |                     |          |                   |                               |            |
| 2.2 Course convenor                       | <b>Prof. dr. Lorena Dima</b>       |              |          |                     |          |                   |                               |            |
| 2.3 Seminar/ laboratory/ project convenor | -                                  |              |          |                     |          |                   |                               |            |
| 2.4 Study year                            | <b>1</b>                           | 2.5 Semester | <b>3</b> | 2.6 Evaluation type | <b>C</b> | 2.7 Course status | Content <sup>3)</sup>         | <b>SC</b>  |
|   |                                    |              |          |                     |          |                   | Attendance type <sup>3)</sup> | <b>CPC</b> |

### 3. Total estimated time (hours of teaching activities per semester)

|   |                                |                          |           |                                  |           |
|---|--------------------------------|--------------------------|-----------|----------------------------------|-----------|
| 3.1 Number of hours per week  | <b>1</b>                       | out of which: 3.2 course | <b>1</b>  | 3.3 seminar/ laboratory/ project | <b>-</b>  |
| 3.4 Total number of hours in the curriculum   | <b>14</b>                      | out of which: 3.2 course | <b>14</b> | 3.6 seminar/ laboratory/ project | <b>-</b>  |
| Time allocation   |                                |                          |           |                                  | hours     |
| Study of textbooks, course support, bibliography and notes                                  |                                |                          |           |                                  | <b>15</b> |
| Additional documentation in libraries, specialized electronic platforms, and field research |                                |                          |           |                                  | <b>15</b> |
| Preparation of homework, papers, portfolios, and essays                                     |                                |                          |           |                                  | <b>10</b> |
| Tutorial  |                                |                          |           |                                  | <b>2</b>  |
| Examinations  |                                |                          |           |                                  | <b>4</b>  |
| Other activities.....   |                                |                          |           |                                  |           |
| 3.7 Total number of hours of student activity   | <b>32</b> * without exam hours |                          |           |                                  |           |
| 3.8 Total number per semester   | <b>50</b>                      |                          |           |                                  |           |
| 3.9 Number of credits <sup>5)</sup>   | <b>2</b>                       |                          |           |                                  |           |

### 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>Advanced terms of Biostatistics</li> <li>Translating scientific research into Traditional Chinese Medicine</li> </ul>   |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>The description of fundamental concepts, theories, and notions of statistics and their use for understanding the fundamental phenomena of processes in living systems</li> <li>Integration of statistical data into medical knowledge</li> <li>Proper use of language and terminology specific to biostatistics and scientific methodology so that they can use them in the critical analysis of MTC clinical trials</li> </ul> |

### 5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>Support materials, video projector, multimedia support, internet</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>Support materials, video projector, multimedia support, internet</li> </ul> |

## 6. Specific competencies (according to the skill grid in the curricula)

|                          |  |
|--------------------------|--|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of TCM with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <p>R.Î. 1.1. knows and uses the diagnostic procedures specific to TCM ;</p> <p>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in TCM ;</p> <p>R.Î. 1.3. identifies the needs for research and education in the field of TCM and develops and implements strategies, as appropriate;</p> <p>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of TCM ;</p> <p>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</p> <p>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of TCM .</p> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:</p> <p>R.Î. 2.1. uses specific methods of analysis and decision-making in the field of TCM ;</p> <p>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of TCM ;</p> <p>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of TCM ;</p> <p>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of TCM</p> <p>C3. Application, based on the results of specific research, of the principles of TCM :</p> <p>R.Î. 3.1. use accumulated knowledge about the principles and methodology specific to scientific research for correct interpretation and critical evaluation of clinical trials results and effective health promotion from a holistic perspective</p> <p>R.Î. 3.2. to demonstrate the ability to evaluate, interpret and apply the results of preventive or therapeutic scientific studies and to communicate and disseminate results to the population for educational purpose and strategic preventive intervention</p> <p>R.Î. 3.3. to demonstrate the ability to use scientific research methods for evaluation of health condition and its changes from the perspective of Traditional Chinese Medicine</p> <p>R.Î.3.4. use the knowledge of Traditional Chinese Medicine to interpret and explain new situations in the wider context of the integrative medical care model</p> <p>C4. Substantiation of advanced strategies for integrating TCM in the context of integrative medicine</p> <p>R.Î. 4.1. knows and understands the fundamental concepts of TCM for their analysis in order to integrate its specific methods in the context of integrative medicine;</p> <p>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</p> <p>C5. Providing assistance in the integration of TCM in the context of <b>integrative medicine</b>.</p> <p>R.Î. 5.1. knows and understands the principles of TCM in the context of integrative medicine;</p> <p>R.Î. 5.2. uses the principles of TCM and those of evidence-based medicine in the context of integrative medicine;</p> <p>C6. Designing, researching and deepening advanced notions in the field of TCM by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <p>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</p> <p>R.Î. 6 .2 demonstrate the ability to analyze and synthesize data from clinical trials in Chinese Traditional Medicine by designing and writing a research report</p> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <p>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</p> <p>R.Î. 7.2. apply the principles and methodologies used in conceiving, conducting and analyzing the results of clinical trials to obtain new knowledge applicable to patients</p> <p>R.Î. 7.3. e actively involved in the initiation and conduct of scientific and formative research activity inTCM</p> |
|--------------------------|--|

|                         |   |
|-------------------------|---|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of TCM :</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p><b>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</b></p> |
|-------------------------|---|

## 7. Course objectives (resulting from the specific competencies acquired)

|                              |   |
|------------------------------|---|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>Developing scientific research skills through interdisciplinary connection with theoretical and applied disciplines</li> </ul>   |
| 7.2 Specific objectives      | <p><b>At the end of the discipline the student must be able to:</b></p> <ul style="list-style-type: none"> <li>evaluate the information contained in a specialized scientific article and assess its relevance in a model of integrative medical care</li> <li>efficiently use information sources and assisted communication and training resources in assessing MTC practices in the context of evidence-based medicine</li> <li>access the scientific information in writing or in electronic format using classical methods or computer research and retrieval methods from national and international networks for scientific documentation</li> <li>realize a systematic scientific review of clinical trials in the field of integrative medicine</li> </ul> |

## 8. Contents

| 8.1 Course  | Teaching methods                   | Number of hours | Remarks |
|---|------------------------------------|-----------------|---------|
| 1. Evidence-based medicine. Evidence level. Types of clinical trials.                                 | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 2. Evaluation of intervention studies   | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 3. Evaluation of case-control studies   | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 4. Evaluation of cohort studies   | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 5. Evaluation of transversal studies  | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 6. Evaluation of systematic reviews and meta-analysis   | Lecture, Heuristic<br>Conversation | 2 hours         |         |
| 7. Exploitation of research results. Scientific writing in medical texts. Presentation of the results | Lecture, Heuristic<br>Conversation | 2 hours         |         |

References

1. Allan Hackshaw A Concise Guide to Clinical Trials Wiley-Blackwell (an imprint of John Wiley & Sons Ltd) Chichester, United Kingdom
2. Allan Hackshaw. A Concise Guide to Observational Studies in Healthcare. John Wiley & Sons 2015
3. Khalid Khan, By (author) Regina Kunz, By (author) Jos Kleijnen, By (author) Gerd Antes. Systematic reviews to support evidence-based medicine, 2nd edition. Taylor & Francis Ltd 2011, London, United Kingdom.

9. Corroborating the contents of the discipline with the expectations of representatives of epistemic communities, professional associations, and representative employers in the field of the program

The content of the discipline is in concordance with the current trend of understanding and approaching Traditional Chinese Medicine as a way of evaluation of health status that is less known, and whose related scientific bases require in-depth research

10. Evaluation

| Activity type   | 10.1 Evaluation criteria                  | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---|---|-------------------------|------------------------------------|
| 10.4 Course   | Theoretical knowledge                     | Written exam            | 90%                                |
| 10.5 Seminar/ laboratory/ project   | The final colloquy of practical knowledge | Oral examination        | -                                  |
| 10.6 Ongoing assessment   |   | Oral examination        | 10%                                |
| 10.7 Minimal performance standard   |   |                         |                                    |
| <ul style="list-style-type: none"> <li>• Knowledge of the theoretical bases of clinical trials</li> <li>• Knowing the structure of a research work</li> </ul> |   |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2019.

|  |   |
|--|---|
| <b>Prof. dr. med. Marius Alexandru MOGA,</b><br>Dean | <b>Prof. dr. med. Lorena DIMA,</b><br>Department Director |
| <b>Prof. dr. Lorena Dima</b><br>Course holder        | -<br>Holder of seminar/ laboratory/ project               |

Note:

- 1) Field of study – select one of the following options: BA/MA/Ph.D. (to be filled in according to the forceful classification list for study programs);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: FC (fundamental course) / DC (course in the study domain)/ SC (speciality course)/ CC (complementary course); for the MA level, select one of the following options: PC (proficiency course)/ SC (synthesis course)/ AC (advanced course);
- 4) Course status (attendance type) – select one of the following options: CPC (compulsory course)/ EC (elective course)/ NCPC (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).



# COURSE OUTLINE - Traditional Chinese methods of health preservation

## 1. Data about the study programme

|                                       |  |
|---------------------------------------|--|
| 1.1 Higher education institution      | Transilvania University of Braşov                                |
| 1.2 Faculty                           | Medicine   |
| 1.3 Department                        | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>      | Medicine   |
| 1.5 Study level <sup>2)</sup>         | Master   |
| 1.6 Study programme/<br>Qualification | Traditional Chinese Medicine (in English)                        |

## 2. Data about the course

|  |  |              |   |                        |   |                         |                               |    |
|--|--|--------------|---|------------------------|---|-------------------------|-------------------------------|----|
| 2.1 Name of course                           | Traditional Chinese methods of health preservation |              |   |                        |   |                         |                               |    |
| 2.2 Course convenor                          | Lecturer Zhang Qingyi                              |              |   |                        |   |                         |                               |    |
| 2.3 Seminar/ laboratory/ project<br>convenor |  |              |   |                        |   |                         |                               |    |
| 2.4 Study year                               | 2  | 2.5 Semester | 3 | 2.6 Evaluation<br>type | C | 2.7<br>Course<br>status | Content <sup>3)</sup>         | AC |
|  |  |              |   |                        |   |                         | Attendance type <sup>4)</sup> | EC |

## 3. Total estimated time (hours of teaching activities per semester)

|   |    |                              |                        |                                     |       |
|---|----|------------------------------|------------------------|-------------------------------------|-------|
| 3.1 Number of hours per<br>week   | 1  | out of which: 3.2<br>lecture | 1                      | 3.3 seminar/ laboratory/<br>project | 0     |
| 3.4 Total number of hours<br>in<br>the curriculum   | 14 | out of which: 3.5<br>lecture | 14                     | 3.6 seminar/ laboratory/<br>project | 0     |
| Time allocation   |    |                              |                        |                                     | hours |
| Study of textbooks, course support, bibliography and notes                                  |    |                              |                        |                                     | 15    |
| Additional documentation in libraries, specialized electronic platforms, and field research |    |                              |                        |                                     | 16    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |    |                              |                        |                                     |       |
| Tutorial  |    |                              |                        |                                     | 2     |
| Examinations  |    |                              |                        |                                     | 4     |
| Other activities.....   |    |                              |                        |                                     |       |
| 3.7 Total number of hours of student<br>activity  |    |                              | 32 *without exam hours |                                     |       |
| 3.8 Total number per semester   |    |                              | 50                     |                                     |       |
| 3.9 Number of credits <sup>5)</sup>   |    |                              | 2                      |                                     |       |

## 4. Prerequisites (if applicable)

|                        |  |
|------------------------|--|
| 4.1 curriculum-related | <ul style="list-style-type: none"> <li>• Basic Theory of Traditional Chinese Medicine</li> <li>• Traditional Chinese Medicine practices in internal pathology 1</li> <li>• Evaluation and examination methods in Traditional Chinese Medicine</li> </ul> |
|------------------------|--|

|                         |  |
|-------------------------|--|
| 4.2 competences-related | <ul style="list-style-type: none"> <li>• Basic knowledge about preventive treatment and healthy lifestyle</li> <li>• The study of general, basic information on Traditional Chinese Medicine and the main methods of evaluation and examination</li> </ul> |
|-------------------------|--|

5. Conditions (if applicable)

|  |  |
|--|--|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>• Support materials, video projector, multimedia support</li> </ul> |
| 5.2 for seminar/ laboratory/ project development | <ul style="list-style-type: none"> <li>• Multimedia support, specific equipment, simulators</li> </ul>     |

## 6. Specific competences

### Professional skills

C1 The graduate demonstrates empathy towards healthcare users

- o R.I. 1.1. The graduate shows empathy and understanding towards the needs and emotions of users of traditional Chinese medicine methods, encouraging a relationship based on respect and trust

C2 The graduate records the treatment progress of healthcare users

- o R.I. 2.1. The graduate rigorously documents the evolution of the health status and treatment responses of users of traditional Chinese medicine methods, using standardized tools and methods.

C3 The graduate applies context-specific clinical skills

- o R.I. 3.1. The graduate applies clinical procedures and interventions in accordance with the principles of traditional Chinese medicine, adapted to the individual and cultural context of the user.

C4 The graduate complies with quality standards relating to healthcare

- o R.I. 4.1. Graduates apply quality standards and good clinical practices (GCP – Good Clinical Practice) in conducting research studies in traditional Chinese medicine.
- o R.I. 4.2. The graduate uses scientifically validated protocols to evaluate the efficacy and safety of traditional therapies (acupuncture, phytotherapy, tuina, etc.), in accordance with national and international regulations.
- o R.I. 4.3. Graduates contribute to the development and implementation of plans for monitoring the quality of clinical interventions and applied research activities in traditional medicine.
- o R.I. 4.4. Graduates ensure compliance with the ethical and scientific requirements of research projects.
- o R.I. 4.5 Graduates comply with protocols and good practice guidelines in the provision of healthcare services, with an emphasis on user safety and satisfaction.

C5 The graduate practices active listening

- o R.I. 5.1 The graduate uses active listening techniques to correctly understand the concerns of users of traditional Chinese medicine methods and to build effective dialogue.

C6 The graduate complies with clinical guidelines

- o R.I. 6.1 Graduates identify, interpret, and apply international and national clinical guidelines relevant to practice and research in traditional Chinese medicine
- o R.I. 6.2 Graduates integrate the principles of evidence-based medicine with traditional guidelines (e.g., TCM diagnostic standards, syndrome classification, acupuncture point selection) in applied research.
- o R.I. 6.3 Graduates apply recognized methodological guidelines (e.g., CONSORT for clinical trials, STROBE for observational studies) in the design and implementation of TCM research projects.
- o R.I. 6.4 The graduate complies with ethical and scientific norms and recommendations regarding patient inclusion, clinical outcome assessment, and data dissemination in the field of TCM.
- o R.I. 6.5 Graduates identify and apply recognized clinical guidelines and protocols in traditional Chinese medicine practice (e.g., acupuncture, herbal medicine, tuina, dietetics).

C7 The graduate provides counseling for the informed consent of healthcare users

- o R.I. 7.1 The graduate provides clear, balanced, and relevant information to support informed decision-making by the user, in accordance with the principle of autonomy

C8 The graduate complies with healthcare legislation

- o R.I. 8.1 The graduate applies the legal provisions and ethical regulations in force regarding the practice of the profession and the protection of users

C9 The graduate works in multidisciplinary medical teams

- o R.I. 9.1 The graduate applies effective communication methods and techniques appropriate to interaction in the context of a multidisciplinary team;

- o R.I. 9.2. The graduate collaborates effectively with other health professionals, contributing to the development of an integrated care plan

C10 Graduates manage data on healthcare users

- o R.I. 10.1 Graduates collect, analyze, and protect user data, respecting confidentiality and regulations on personal data protection

C11 The graduate interacts with healthcare users

- o R.I. 11.1 The graduate establishes clear, open communication adapted to the user's level of understanding,

ensuring their active involvement in the therapeutic process.

C12 The graduate develops a collaborative therapeutic relationship

- o R.I. 12.1 The graduate builds therapeutic relationships based on cooperation, mutual respect, and trust, with a view to optimizing clinical outcomes.

C13 The graduate accepts personal responsibility

- o R.I. 13.1 The graduate assumes professional responsibility for decisions and actions taken in the context of medical practice.

C14 The graduate provides counseling for healthy lifestyles

- o R.I. 14.1. Graduates identify and evaluate traditional and modern lifestyle recommendations from a scientific research perspective.

- o R.I. 14.2. Graduates formulate personalized recommendations, adapted to the principles of traditional Chinese medicine (yin-yang, five elements, qi) and validated by recent scientific evidence.

- o R.I. 14.3. Graduates integrate data collected from research into guidelines and educational materials intended for counseling patients or clinical teams.

- o R.I. 14.4. Graduates contribute to the development and testing of non-pharmacological lifestyle interventions (diet, biological rhythm, meditation, qigong) in clinical or community studies.

- o R.I. 14.5. The graduate applies principles of health education and scientific communication in counseling health service users.

- o R.I. 14.6. The graduate assesses the patient's lifestyle based on traditional diagnosis (energy balance, yin-yang imbalances, influences of the five elements).

- o R.I. 14.7. The graduate recommends lifestyle changes (diet, sleep, physical activity, stress management) according to the principles of traditional Chinese medicine.

- o R.I. 14.8. The graduate integrates adjuvant therapies such as qigong, tai chi, or Chinese diet therapy into the personalized health counseling plan.

- o R.I. 14.9. The graduate provides clear explanations, adapted to the patient's level of understanding, to facilitate the adoption of long-term healthy habits.

- o R.I. 14.10. The graduate collaborates with other professionals (doctors, nutritionists, psychologists) to support a holistic and integrative approach to healthy living.

C15 The graduate provides advice to healthcare users regarding medications

- o R.I. 15.1. The graduate identifies the principles of action of preparations used in traditional Chinese medicine (plants, formulas, supplements) and correlates them with data from scientific literature.

- o R.I. 15.2. The graduate analyzes the risks, interactions, and potential contraindications between traditional remedies and modern treatments, using scientifically and pharmacologically validated sources.

- o R.I. 15.3. The graduate supports research teams and practitioners in drafting informational materials and protocols on the safe use of phytotherapeutic remedies.

- o R.I. 15.4. The graduate provides informed and neutral advice on the responsible use of traditional medicines in clinical or observational studies.

- o R.I. 15.5. Graduates comply with legal regulations on the promotion, prescription, and distribution of remedies and supplements in the context of medical research.

- o R.I. 15.6. The graduate explains the method of administration, duration of treatment, and expected reactions, adapting the language to the user's level of understanding.

- o R.I. 15.7. The graduate advises on possible interactions between herbal medicines and conventional treatments, collaborating with other health professionals.

- o R.I. 15.8. The graduate monitors the patient's response to herbal or supplement treatment and adapts recommendations according to clinical progress.

- o R.I. 15.9. Graduates comply with national and international regulations on the safety, labeling, origin, and prescription of traditional medicines.

Transversal skills:

CT1. The graduate thinks critically

- o R.I. 1.2. The graduate manages communication situations in specialized health issues ethically;

- o R.I. 1.3. The graduate applies theories, principles, and norms specific to the process of planning, managing, and evaluating research and communication activities;

- o R.I. 1.4. Graduates apply ethical principles and legislative norms that underpin the organisation and functioning of specific activities related to free access to information correlated with the right to confidentiality

CT2. The graduate performs internet searches

- o R.I. 2.1. The graduate identifies relevant and credible sources of information for research and analyzes and evaluates their quality;
- o R.I. 2.2. The graduate correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) in both Romanian and an international language.

CT3. The graduate critically evaluates information and its sources

- o R.I. 3.1 Graduates analyze and compare information sources (traditional and modern) according to their relevance, validity, authority, and timeliness.
- o R.I. 3.2 Graduates distinguish between opinions, empirical data, and evidence-based information in scientific literature and traditional sources of Chinese medicine.
- o R.I. 3.3 Graduates critically select the sources used in their research.

Specific competencies

C1 Development of syntheses and research in the field of traditional Chinese medicine. 1 The graduate will be able to critically and systematically synthesize the scientific literature in the field of TCM, identifying the main directions and gaps in knowledge.

- o R.I. C1. 2 The graduate will develop and lead rigorous research projects, applying appropriate scientific methods in the investigation of specific TCM phenomena and practices.
- o R.I. C1.3 The graduate will argue and write scientific papers and syntheses that contribute to the advancement of knowledge in the field of TCM.

C2 Applies, based on the results of specific researchers, the principles of traditional Chinese medicine. 1 The graduate will interpret and integrate recent research findings into TCM practice, adapting traditional methods based on scientific evidence.

- o R.I. C2. 2 The graduate will demonstrate the ability to correctly apply the principles of TCM in the assessment and treatment of various conditions, using methods validated by scientific studies.
- o R.I. C2. 3 The graduate will critically evaluate and adapt therapeutic interventions in accordance with emerging knowledge in the field of integrative medicine.

C3 Ensures the foundation for advanced strategies for integrating traditional Chinese medicine into the context of medicine.

- o C31 The graduate will develop evidence-based strategies for integrating TCM into modern healthcare systems, taking into account the challenges and opportunities of integrative medicine.
- o C3.2 Graduate will critically analyze models of integration between TCM and Western medicine, proposing innovative solutions for interdisciplinary collaboration.
- o R.I. C3.3 The graduate will communicate effectively and advocate to the scientific and professional community for the importance and validity of integrating TCM into modern medical practice.

7. Course objectives (resulting from the specific competences to be acquired)

|                              |  |
|------------------------------|--|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>• to use basic TCM theory and methods to research and understand different approaches commonly used in Preventive TCM.</li> </ul> |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>• to be able to use TCM theory and techniques to prevent diseases and keep healthy.</li> </ul>                                    |

8. Content

| 8.1 Course                           | Teaching methods  | Number of hours | Remarks |
|--------------------------------------|---|-----------------|---------|
| 1. An Introduction to Preventive TCM | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hour          |         |

|   |   |                 |         |
|---|---|-----------------|---------|
| 2. Health Preservation through diet and supplements   | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hour          |         |
| 3. Health Preservation by Medicinal substances  | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hour          |         |
| 4. Health Preservation with Traditional Exercises and Mental Activity   | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hour          |         |
| 5. Health Preservation based on Living and Sleeping and by Recreation   | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hour          |         |
| 6. Health Preservation Correspondence to Constitution Proper Body Care  | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hour          |         |
| 7. Training Session on Food Health Preservation   | lecture, heuristic conversation, case studies, demonstration, debate, problem-solving | 2 hour          |         |
| Bibliography  |   |                 |         |
| 1. Health Cultivation in Chinese Medicine( International Standard Library of Chinese Medicine)  |   |                 |         |
| 2. Health Preservation of Traditional Chinese Medicine (Chinese-English Bilingual Textbooks for International Students of Chinese TCM Institutions) |   |                 |         |
| 8.2 Seminar/ laboratory/ project  | Teaching-learning methods   | Number of hours | Remarks |
|   |   |                 |         |

9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)

The content of the discipline is in concordance with the current trend of understanding and approaching Traditional Chinese Medicine as a way of evaluation of health status that is less known, and whose related

#### 10. Evaluation

|               |                          |                         |                                    |
|---------------|--------------------------|-------------------------|------------------------------------|
| Activity type | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|               |                          |                         |                                    |

|   |                       |   |      |
|---|-----------------------|---|------|
| 10.4 Course   | Theoretical knowledge | Written paper to discuss different approaches for health preservation | 100% |
| 10.5 Seminar/ laboratory/ project   |                       |   |      |
| 10.6 Minimal performance standard <ul style="list-style-type: none"> <li>• Discuss different approaches for health preservation</li> <li>• To use traditional Chinese medicine theories and techniques to prevent diseases and keep healthy.</li> </ul> |                       |   |      |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|  |  |
|--|--|
| Professor Marius Alexandru<br>MOGA, Dean | Professor Lorena DIMA,<br>Head of Department |
|--|--|

|   |  |
|---|--|
| Lecturer Zhang Qingyi,<br>Course holder |  |
|---|--|

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: FC (fundamental course) / DC (course in the study domain)/ SC (speciality course)/ CC (complementary course); for the MA level, select one of the following options: PC (proficiency course)/ SC (synthesis course)/ AC (advanced course);
- 4) Course status (attendance type) – select one of the following options: CPC (compulsory course)/ EC (elective course)/ NCPC (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours

## COURSE OUTLINE- Traditional Chinese Medicine practices in skin disorders

### 1. Data about the study programme

|                                    |  |
|------------------------------------|--|
| 1.1 Higher education institution   | Transilvania University of Braşov                                |
| 1.2 Faculty                        | Medicine   |
| 1.3 Department                     | Department of Fundamental, Prophylactic and Clinical Disciplines |
| 1.4 Field of study <sup>1)</sup>   | Medicine   |
| 1.5 Study level <sup>2)</sup>      | Master   |
| 1.6 Study programme/ Qualification | Traditional Chinese Medicine (in English)                        |

### 2. Data about the course

|   |  |              |   |                     |   |                   |                               |    |
|---|--|--------------|---|---------------------|---|-------------------|-------------------------------|----|
| 2.1 Name of course                        | Traditional Chinese Medicine practices in skin disorders |              |   |                     |   |                   |                               |    |
| 2.2 Course convenor                       | Cai Lingling, PhD  |              |   |                     |   |                   |                               |    |
| 2.3 Seminar/ laboratory/ project convenor |  |              |   |                     |   |                   |                               |    |
| 2.4 Study year                            | 2  | 2.5 Semester | 3 | 2.6 Evaluation type | E | 2.7 Course status | Content <sup>3)</sup>         | AC |
|   |  |              |   |                     |   |                   | Attendance type <sup>4)</sup> | EC |

### 3. Total estimated time (hours of teaching activities per semester)

|   |                        |                           |    |                                  |       |
|---|------------------------|---------------------------|----|----------------------------------|-------|
| 3.1 Number of hours per week  | 1                      | out of which: 3.2 lecture | 1  | 3.3 seminar/ laboratory/ project | 0     |
| 3.4 Total number of hours in the curriculum   | 14                     | out of which: 3.5 lecture | 14 | 3.6 seminar/ laboratory/ project | 0     |
| Time allocation   |                        |                           |    |                                  | hours |
| Study of textbooks, course support, bibliography and notes                                  |                        |                           |    |                                  | 15    |
| Additional documentation in libraries, specialized electronic platforms, and field research |                        |                           |    |                                  | 15    |
| Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays   |                        |                           |    |                                  |       |
| Tutorial  |                        |                           |    |                                  | 2     |
| Examinations  |                        |                           |    |                                  | 4     |
| Other activities.....   |                        |                           |    |                                  |       |
| 3.7 Total number of hours of student activity   | 32 *without exam hours |                           |    |                                  |       |
| 3.8 Total number per semester   | 50                     |                           |    |                                  |       |
| 3.9 Number of credits <sup>5)</sup>   | 2                      |                           |    |                                  |       |

### 4. Prerequisites (if applicable)

|                         |  |
|-------------------------|--|
| 4.1 curriculum-related  | <ul style="list-style-type: none"> <li>Basic Theory of Traditional Chinese Medicine</li> <li>Traditional Chinese Medicine practices in internal pathology 1</li> <li>Evaluation and examination methods in Traditional Chinese Medicine</li> </ul> |
| 4.2 competences-related | <ul style="list-style-type: none"> <li>The study of general, basic information on Traditional Chinese Medicine and the main methods of evaluation and examination</li> </ul>   |

### 5. Conditions (if applicable)

|  |   |
|--|---|
| 5.1 for course development                       | <ul style="list-style-type: none"> <li>multimedia courseware learning and face-to-face combination</li> </ul> |
| 5.2 for seminar/ laboratory/ project development |   |

## 6. Specific competences

|                          |   |
|--------------------------|---|
| Professional competences | <p>C1. Elaboration of syntheses and research in the field of skin pathology from the point of view of Traditional Chinese Medicine with the aim of maximizing the individual quality of life and the overall increase in health status:</p> <p>R.Î. 1.1. knows and uses the diagnostic procedures specific to skin pathology from the point of view of Traditional Chinese Medicine;</p> <p>R.Î. 1.2. critically analyzes and interprets the areas of interest and priorities in skin pathology from the point of view of Traditional Chinese Medicine;</p> <p>R.Î. 1.3. identifies the needs for research and education in the field of skin pathology from the point of view of Traditional Chinese Medicine and develops and implements strategies, as appropriate;</p> <p>R.Î. 1.4. correctly uses appropriate research methods and tools to solve theoretical and practical problems in the field of skin pathology from the point of view of Traditional Chinese Medicine;</p> <p>R.Î. 1.5. critically evaluates the hypotheses, means and methods of research and development of research projects in the field of TCM and the ways of implementing them;</p> <p>R.Î. 1.6. uses technical and methodological skills to write analytical documents in the field of skin pathology from the point of view of Traditional Chinese Medicine.</p> <p>C2. Use of analysis methodologies in the field of evaluation, monitoring and continuous improvement of activity in the curative and preventive field, as well as critical appreciation of relevant specialized literature:<br/>skin pathology from the point of view of Traditional Chinese Medicine</p> <p>R.Î. 2.2. analyzes and applies the results of scientific evidence critically in the use of the concepts of "risk" and "uncertainty" in the field of skin pathology from the point of view of Traditional Chinese Medicine;</p> <p>R.Î. 2.3. knows and understands established theories and methods for designing solutions to resolve situations in the field of skin pathology from the point of view of Traditional Chinese Medicine;</p> <p>R.Î. 2.4. critically evaluates the conditions of risk and uncertainty in the field of skin pathology from the point of view of Traditional Chinese Medicine;</p> <p>C3. Application, based on the results of specific research, of the principles of skin pathology from the point of view of Traditional Chinese Medicine:</p> <p>R.Î. 3.1. knows and understands the concepts, theories, paradigms and methodologies used in skin pathology from the point of view of Traditional Chinese Medicine;</p> <p>R.Î. 3.2. analyzes and correctly interprets the phenomena specific to skin pathology from the point of view of Traditional Chinese Medicine using the fundamental knowledge in the field;</p> <p>R.Î. 3.3. analyzes medical organizations, identifies problems and implements decisions to apply measures to eliminate dysfunctions in order to develop and apply specific standards;</p> <p>R.Î.3.4. develops and applies specific procedures to optimize the use of skin pathology from the point of view of Traditional Chinese Medicine methods in the context of integrative medicine;</p> <p>R.Î. 3.5. creates and implements models and procedures to solve specific problems in the field of skin pathology from the point of view of Traditional Chinese Medicine</p> <p>C4. Substantiation of advanced strategies for integrating skin pathology from the point of view of Traditional Chinese Medicine in the context of integrative medicine</p> <p>R.Î. 4.1. knows and understands the fundamental concepts of skin pathology from the point of view of Traditional Chinese Medicine for their analysis in order to integrate its specific methods in the context of integrative medicine;</p> <p>R.Î. 4.2. applies fundamental methods to explain the basis for decisions, effects and objectives pursued, for their adoption and implementation effectively;</p> <p>R.Î. 4.3. applies the acquired knowledge to given situations for evaluating and solving new problems in the field of skin pathology from the point of view of Traditional Chinese Medicine;</p> <p>R.Î. 4.4. provides constructive feedback and adequate documentation regarding interventions in the field of skin pathology from the point of view of Traditional Chinese Medicine;</p> <p>C5. Providing assistance in the integration of skin pathology from the point of view of Traditional Chinese Medicine in the context of <b>integrative medicine</b>.</p> <p>R.Î. 5.1. knows and understands the principles of skin pathology from the point of view of Traditional Chinese Medicine in the context of integrative medicine;</p> <p>R.Î. 5.2. uses the principles of skin pathology from the point of view of Traditional Chinese Medicine and those of evidence-based medicine in the context of integrative medicine;</p> <p>R.Î. 5.3. designs and carries out research within a coherent and feasible project.</p> <p>C6. Designing, researching and deepening advanced notions in the field of skin pathology from the point of view of Traditional Chinese Medicine by identifying the objectives to be achieved, the available resources, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks</p> <p>R.Î. 6.1 designs models to evaluate the level of scientific evidence and research needs;</p> <p>R.Î. 6 .2. applies specific techniques for identifying material, procedural, and time resources in designing a research approach.</p> <p>C7. Identifying roles and responsibilities in a multidisciplinary team and applying effective relationship and work techniques within the team and in relation to the various hierarchical levels</p> <p>R.Î. 7.1 applies effective communication methods and techniques appropriate to the interaction in the context of a multidisciplinary team;</p> <p>R.Î. 7.2. manages and capitalizes on human resources in a multidisciplinary team in designing strategies.</p> |
|--------------------------|---|

|                         |   |
|-------------------------|---|
| Transversal competences | <p>CT1. Identifying communication strategies, methods, and techniques in order to carry out planning, management, and evaluation activities of research and communication activities in the field of skin pathology from the point of view of Traditional Chinese Medicine:</p> <p>R.Î.1.1. identifies and correctly uses the main methods, techniques, tactics, and strategies of communication and/or mediation;</p> <p>R.Î. 1.2. ethically manages communication situations in specialized health issues;</p> <p>R.Î. 1.3. applies theories, principles and norms specific to the process of planning, leading and evaluating research and communication activities;</p> <p>R.Î. 1.4. applies the ethical principles and legislative norms that underlie the organization and functioning of specific activities regarding free access to information correlated with the right to confidentiality;</p> <p>R.Î. 1.5. develops plans and strategies for research and effective communication in defined communication situations;</p> <p>R.Î. 1.6. demonstrates cooperative attitudes in work teams, listening, providing feedback and responding appropriately in a professional setting.</p> <p>CT2. Efficient use of information sources and communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> <p>R.Î. 2.1. identifies relevant and credible sources of information for research and analyzes and evaluates their quality;</p> <p>R.Î. 2.2. correctly uses communication and assisted professional training resources (Internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in an internationally circulated language.</p> |
|-------------------------|---|

### 7. Course objectives (resulting from the specific competences to be acquired)

|                              |  |
|------------------------------|--|
| 7.1 General course objective | <ul style="list-style-type: none"> <li>Acquiring the necessary knowledge to establish the diagnosis and treatment of common skin conditions and sexually transmitted diseases as well as knowledge of ways to prevent and combat them and to understand the correlations between dermatological diseases and other medical specialties in the view of traditional Chinese medicine</li> </ul>                                |
| 7.2 Specific objectives      | <ul style="list-style-type: none"> <li>Become familiar with common points of diagnosis of the skin changes and TCM differentiation and treatment system.</li> <li>Become familiar with the syndromic thinking of the combination of skin injury differentiation and overall syndromes, understand the unity of disease, disease thinking, and syndrome, and put forward the treatment concept of the core disease</li> </ul> |

### 8. Content

| 8.1 Course   | Teaching methods          | Number of hours | Remarks |
|--|---------------------------|-----------------|---------|
| 1. Common skin diseases and TCM syndrome differentiation and treatment.  | Interactive discussions   | 2 hours         |         |
| 2. Principles used in TCM for Eczema   | Interactive discussions   | 2 hours         |         |
| 3. Principles used in TCM for Urticaria  | Interactive discussions   | 2 hours         |         |
| 4. Principles used in TCM for Psoriasis  | Interactive discussions   | 2 hours         |         |
| 5. Principles used in TCM for Acne   | Interactive discussions   | 2 hours         |         |
| 6. Principles used in TCM for Vitiligo   | Interactive discussions   | 2 hours         |         |
| 7. Principles used in TCM for Sexually transmitted diseases  | Interactive discussions   | 2 hours         |         |
| Bibliography   |                           |                 |         |
| 1. Qu Xing. Dermatology of Traditional Chinese Medicine[M]. Beijing: China Traditional Chinese Medicine Press, 2004. |                           |                 |         |
| 8.2 Seminar/ laboratory/ project   | Teaching-learning methods | Number of hours | Remarks |
|  |                           |                 |         |

**9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)**

The content of the discipline is in concordance with the current trend of understanding and approaching Traditional Chinese Medicine as a way of evaluation of health status that is less known, and whose related scientific bases require in-depth research.

**10. Evaluation**

| Activity type   | 10.1 Evaluation criteria | 10.2 Evaluation methods | 10.3 Percentage of the final grade |
|---|--------------------------|-------------------------|------------------------------------|
| 10.4 Course   | Theoretical knowledge    | Written exam            | 90%                                |
| 10.5 Seminar/ laboratory/ project   |                          |                         |                                    |
| 10.6 Ongoing assessment   |                          | Oral examination        | 10%                                |
| 10.7 Minimal performance standard   |                          |                         |                                    |
| <ul style="list-style-type: none"> <li>Acquiring minimal information about the principles used in traditional Chinese medicine in skin disorders</li> </ul> |                          |                         |                                    |

This course outline was certified in the Department Board meeting on 10/09/2025 and approved in the Faculty Board meeting on 10/09/2025.

|   |   |
|---|---|
| <b>Professor Marius Alexandru MOGA,</b><br>Dean | <b>Professor Lorena DIMA,</b><br>Head of Department |
| <b>Cai Lingling, PhD</b><br>Course holder       |   |

Note:

- 1) Field of study – select one of the following options: BA/MA/PhD. (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: BA/MA/PhD;
- 3) Course status (content) – for the BA level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain)/ **SC** (speciality course)/ **CC** (complementary course); for the MA level, select one of the following options: **PC** (proficiency course)/ **SC** (synthesis course)/ **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course)/ **EC** (elective course)/ **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 – 30 study hours (teaching activities and individual study).