

CURRICULUM

Promotion 2025-2027

University *Transylvania* of Brasov

<i>Master's Degree Program</i>	TRADITIONAL CHINESE MEDICINE (IN ENGLISH)
<i>Fundamental domain</i>	BIOLOGICAL AND BIOMEDICAL SCIENCES
<i>Master's degree domain</i>	MEDICINE
<i>Faculty</i>	MEDICINE
<i>Studies period</i>	2 years
<i>Education type:</i>	with frequency (IF)
<i>Type of master</i>	Scientific Research

DESCRIPTION OF THE PROGRAM

- **Motivation:**

Traditional Chinese Medicine (TCM) includes a wide range of medical practices used to preserve health and to treat various diseases, based on a tradition of over 2,000 years in China and other Asian countries. Currently, its practice is widespread throughout the world, and in many of its forms, it is recognized by the World Health Organization (WHO) for its effectiveness and reduced side effects. The Master of Chinese Traditional Medicine has emerged as a necessity and is part of the WHO 2014–2023 strategy on traditional medicine, which aims to support the member states in developing proactive policies. The education in this field represents an essential component to strengthening the role played by the traditional medicine in maintaining the health of the population.

- **The objective of the Master program:**

The Master program aims to bring new knowledge through research in the field of Traditional Chinese Medicine. Its main objectives are the application of the principles of evidence-based medicine to the field of Traditional Chinese Medicine together with the acquirement of knowledge on the principles and methods of Traditional Chinese Medicine. It will allow students to evaluate through research the therapeutic benefits of Traditional Chinese Medicine.

- **Targeted occupations:**

The Master program is mainly addressed to graduates of the medical domain who have previously acquired medical skills and have the license to practice, in accordance with current legislation.

2. TRAINING OBJECTIVES AND COMPETENCES

The Master's program in TCM promotes the idea of lifelong acquisition of research competencies through formal teaching, in areas complementary to basic education.

The aim of the Master program is to develop the knowledge and skills which would allow the trained specialists to cope with the challenges related to new concepts of integrative medicine on evidence-based principles.

Master's program objectives are:

- to develop the abilities to conduct scientific research activities in the field of TCM
- to develop the capacity to critically assess the scientific literature in the field of TCM
- to develop the ability to understand what research methods are more appropriate to use in various aspect of research in the field of TCM
- to develop skills to critically analyse the results emerged from research in the field of TCM

The program is addressed to students with previous training in the field of medicine and offers these people an informed motivation and a solid foundation for possible future involvement in qualifying studies in the practice of acupuncture or other therapeutic methods of the TCM.

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 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.

3. STRUCTURE PER WEEK OF THE UNIVERSITY YEAR

Semesters number: 4 semesters.

Number of credits per semester: 30 credits

Number of teaching hours/week: minimum of 15-19 hours

Number of weeks: 14 ;

	Educational activities		Exams Sessions			Vacations		
	Sem. I	Sem. II	Winter	Summer	Outstanding session	Winter	Spring	Summer
First year	14	14	3	4	2	2	1	10
Second year	14	14	3	-	2	2	1	-

NUMBER OF HOURS PER WEEK

YEAR	SEMESTER I	SEMESTER II
I	16 (8C+ 8S/L)	16 (8C+ 8 S/L/P)
II	16 (9C+ 7 S/L+2P)	15 (15 P)

4. INSURANCE OF INSTRUCTION FLEXIBILIZATION. CONDITIONS

The flexibility of the study program is ensured through elective disciplines.

Elective courses are proposed for semester 1 and 3, through specialty disciplines.

5. CONDITIONS FOR THE ENROLLMENT IN THE NEXT STUDY YEAR. CONDITIONS TO PROMOTE A YEAR OF STUDIES

The conditions for enrolment in the following year, the conditions for attending course modules in advance, the conditions for promotion are contained in the professional activity of the student's regulation.

It is considered promoted the discipline at which the minimum mark is obtained **5 (five)**

The enrolment in the following year is conditioned by the obtaining of at least 50 credits for the subjects studied.

One of the two years of studies can be repeated.

Promoting one year of study is conditioned by getting 60 credits.

Support for the dissertation exam is conditional upon obtaining the credits corresponding to the compulsory subjects **(120 credits)**.

Master's Degree Program: Traditional Chinese Medicine (in English)

The fundamental domain: Biological and biomedical sciences

Master's domain: Medicine

Length of studies: 2 ani

Type of education: with frequency

Type of Master program: Research

FIRST YEAR

Nr. crt.	Mandatory disciplines	C ₁ **	C ₂ **	Ist Semester I								II nd Semester									
				C	S	L	P	IS	Pr	V		Cr	C	S	L	P	IS	Pr	V		Cr
1	TCM basic theories	DF	DOB	2	2	0	0	119	0	E		7									
2	Methods of evaluation and examination in TCM	DF	DOB	2	2	0	0	119	0	E		7									
3	Basic concepts of acupuncture	DF	DOB	1	2	0	1	119	0	E		7									
4	Advanced Biostatistics	DC	DOB	1	1	0	0	97	0	E		5									
5	Medical English	DC	DOB	1	0	0	0	36	0	E		2									
6	Formulas in TCM	DF	DOB										1	2	0	0	97	0	E	5	
7	Chinese Materia Medica in TCM	DF	DOB										1	2	0	0	108	0	E	6	
8	Traditional Chinese Medicine Practices in Internal Pathology 1	DS	DOB										2	0	1	1	119	0	E	7	
9	Translation of scientific research into TCM	DC	DOB										2	1	0	0	58	0	V	4	
10	Tuina and reflexology	DS	DOB										1	0	1	0	72	0	E	4	
11	Advanced Applied Medical English	DC	DOB										1	0	0	0	36	0	E	2	
12	Practice (2 weeks/30 h per/week)	DS	DOB										0	0	0	0	0	0	V	2	
Total				7	7	0	1	490	0	E	C	V	28					E	C	V	30
										5	0	0						5	0	2	
Total hours of compulsory subjects				15								15									

Nr. crt.	Elective Disciplines	C ₁ **	C ₂ **	Ist Semester								IIInd Semester															
				C	S	L	P	IS	Pr	V			Cr	C	S	L	P	IS	Pr	V			Cr				
13	History of TCM	DC	DOP	1	0	0	0	36	0	E			2														
13	Traditional Chinese Culture	DC	DOP	1	0	0	0	36	0	E			2														
Total				1	0	0	0	36	0	E	C	V	2	0	0	0	0	0	0	E	C	V	0				
										1	0	0								0	0	0		0	0	0	0
Total hours of elective disciplines/ week				1										0													

*) Note:

Legendă:

C₁* = content criteria: DF - fundamental disciplines DS - disciplines of specialization DC- complementary disciplines

C₂** = compulsory criteria: DOB - compulsory disciplines DOP- optional disciplines DFA-elective disciplines

IS = hours of individual study

RECTOR,
PROF. DR. ENG. IOAN VASILE ABRUDAN

DEAN,
PROF. DR. MARIUS ALEXANDRU MOGA

Master's Degree Program: Traditional Chinese Medicine (in English)

The fundamental domain: Biological and biomedical sciences

Master's domain: Medicine

Length of studies: 2 ani

Type of education: with frequency

Type of Master program: Research

SECOND YEAR

Nr. crt.	Mandatory disciplines	C ₁ **	C ₂ **	Ist Semester								IIInd Semester											
				C	S	L	P	SI	Pr	V			Cr	C	S	L	P	SI	Pr	V			Cr
1	Traditional Chinese Medicine Practices in Internal Pathology 2	DS	DOB	1	1	0	0	72	0	E			4										
2	Traditional Chinese Medicine Practices in Obstetrics and Gynecology	DS	DOB	1	0	1	0	72	0	E			4										
3	Acupuncture	DS	DOB	2	0	1	1	119	0	E			7										
4	Traditional Chinese Medicine Practices in Pediatrics	DS	DOB	1	0	1	0	72	0	E			4										
5	Moxibustion and other external TCM techniques	DS	DOB	0	1	0	0	22	0	E			2										
6	Ethics and academic integrity	DC	DOB	1	0	0	0	36	0	V			2										
7	Kinesiology and Qigong	DS	DOB	1	0	1	0	47	0	E			3										
8	Clinical studies assessment	DS	DOB	1	0	0	0	36	0	V			2										
9	Research activities for dissertation thesis preparation	DS	DOB											0	0	0	10	359	0	V			20
10	Research practice	DS	DOB											0	0	0	5	180	0	V			10
Total				8	2	4	1	476	0	E	C	V	28	0	0	0	15	539	0	E	C	V	30
										6	0	2								0	0	2	
Total hours of compulsory subjects				15										15									

Nr. crt.	Elective Disciplines	C ₁ ^{**}	C ₂ ^{**}	I st Semester								IIInd Semester															
				C	S	L	P	SI	Pr	V			Cr	C	S	L	P	SI	Pr	V			Cr				
11	Traditional Chinese methods of health preservation	DC	DOP	1	0	0	0	11	0	E			2														
11	Traditional Chinese Medicine Practices in skin disorders	DC	DOP	1	0	0	0	0	0	E			2														
Total				1	0	0	0	11	0	E	C	V	2	0	0	0	0	0	0	E	C	V	0				
										1	0	0								0	0	0		0	0	0	0
Total hours of elective disciplines/ week				1										0													

*) Note:

Legendă:

C1* = content criteria: DF - fundamental disciplines DS - disciplines of specialization DC-complementary disciplines

C2** = compulsory criteria: DOB - compulsory disciplines DOP- optional disciplines DFA-elective disciplines

IS = hours of individual study

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