

國立中興大學 通識課程 教學大綱

Syllabus of NCHU General Education Course

課程名稱 course name	中醫哲學				
	Philosophy of Chinese Medicine				
開課系所班級 dept. & grade	通識教育中心 General Education Center	學分 credits	2	規劃教師 teacher	台中榮總 翁碩駿等
課程屬性 course type	必修 compulsory	授課語言 language	中文／English	開課學期 semester	上或下 Fall or Spring
課程分類 course classification	109 學年度前入學新生適用 enrolled in or before academic year 2020		人文領域－哲學學群		
	110 學年度起入學新生適用 enrolled in or after academic year 2021		統合領域－專業實作		
課程簡述 course description	<p>本課程主要針對中醫與傳統醫學做概論性介紹，進而了解西醫主流醫學結構下，傳統醫學可以增強的功能與角色。</p> <p>藉由傳統醫學療法推動醫療照護與被照護者之全人醫療、整合醫學之健康促進概念，並加強中醫獨特療效的拓展，以期改善臨床實務工作，同時提昇醫療人員本身之健康狀況。</p> <p>本課程授課教師共兩位，具醫療、推拿及氣功之專長，並在課餘努力研究及寫作，每年以不固定且更新的實際教材做例證。課程內容包括常用穴位主治與臨床應用、針灸源流、養生導引、推拿手法介紹、養生氣功、太極拳與養生、香功及伸展操、傳統養生膳食調養及常用藥膳中藥材、台灣常見中藥藥材之煎法與服法、不明中草藥、傳統醫學養生與健康促進、刀療、頭刮及腳底按摩等，兼具實際操作與知識探究。</p>				
	<p>This course is taught mainly for a preliminary introduction to Chinese medicine and traditional medicine, and then to understand the role of traditional medicine under the current mainstream of Western medicine.</p> <p>That is to use traditional medical therapies to promote the concept of health promotion of care and care recipients, and to strengthen the expansion of the unique functions of Chinese medicine, in order to improve clinical practice and improve the health status of medical staff.</p> <p>There are two teachers who teach this course. They have expertise in medical treatment, massage, and qigong. We work hard to research and write after class. We regularly updated knowledge in the textbooks as examples every year. The course content includes common indications and clinical application of acupoint, source of acupuncture and moxibustion, health guidance, introduction to massage techniques, vitality training, Taijiquan and health maintenance, incense and stretching exercises, traditional health dietary conditioning and common medicated diet Chinese medicinal materials, and one of the common Chinese medicinal materials in Taiwan decoction and administration, unidentified Chinese herbal medicine, traditional medicine for health and health promotion, knife therapy, head scraping and foot massage, etc. There are practical operations and explorations in the teaching.</p>				

教學目標 course objectives	學生應能夠： 1.對中醫、傳統醫學有初步之認知。 2.知道傳統醫學與現行西方醫學的關係。 3.知道傳統醫學發展之歷史背景與現況。 4.重視傳統醫學應用於臨床之倫理考量與人權保護。 5.知道傳統醫學在臨床中所扮演的角色與重要性。 6.清楚認知傳統醫學在應用上的考量重點。 7.學習討論各種醫療及處置的優缺點、預防及處理方法。 8.對傳統膳食調養有正確的認知並能應用。 9.能將所學應用於本身健康促進，並與家人經驗分享。					
	1. Have a preliminary understanding of traditional Chinese medicine and traditional medicine. 2. Know the relationship between traditional medicine and current Western medicine. 3. Know the historical background and current situation of the development of traditional medicine. 4. Emphasis on ethical considerations and human rights protection in the clinical application of traditional medicine. 5. Know the role and importance of traditional medicine in clinical practice. 6. Clearly recognize the key points of consideration in the application of traditional medicine. 7. Learn to discuss the advantages and disadvantages of various medical treatments, prevention and treatment methods. 8. Have a correct understanding of traditional dietary care and be able to apply it. 9. Able to apply what they have learned to their own health promotion and share their experiences with their families.					
先修課程 prerequisites	無 None					
六項核心能力配比（加總為 100%） The 6 core learning outcomes add up to 100%						
人文素養	科學素養	溝通能力	創新能力	國際視野	社會關懷	
40%	50%	0%	0%	10%	0%	
Humanities Literacy	Scientific Literacy	Communication Skills	Innovative Ability	International Perspective	Social Concerns	
教學方法 teaching methods			學習評量方式 evaluation			
講授、討論、習作			養生保健動一動：複習與考核 40% 出席率 5% 期中書面報告 25% 期末小組口頭報告 30%			

授課內容（單元名稱與內容、習作/考試進度）**course contents and homework/tests schedule**

- 01 課程說明、淺談中華醫藥與養生保健的源流與發展
- 02 天地與生命：哲學、自然生態與養生
- 03 生病的原因：外來與內發
- 04 量身訂做：體質保健大不同(1)
- 05 量身訂做：體質保健大不同(2)
- 06 養生保健時時在：坐、臥、行、食的保健
- 07 養生保健動一動(1)：導引動作/穴位按摩
- 08 養生保健動一動(2)：導引動作/穴位按摩
- 09 養生保健動一動(3)：複習與考核
- 10 中醫緒論與概論
- 11 常用穴位、主治與臨床應用
- 12 針灸源流
- 13 中藥藥材之煎法與服法&不明中草藥
- 14 太極氣功十八式氣功、香功與養生
- 15 傳統醫學養生與健康促進（含八段錦）
- 16 傳統養生膳食調養及常用藥膳中藥材
- 17 腳底按摩
- 18 期末小組口頭報告，期末成績評核

教科書與參考書目（書名、作者、書局/代理商…）**textbooks & other references (title, author, publisher...)**

1. 張永賢、張曼玲 (2019) 中醫護理學概論(四版)。台北：新文京
2. 黃維三 (2013) 針灸科學(增新版)。台北：正中
3. 林秀珊 (2001) 明通中藥方劑解說(第三版)。明通化學製藥股份有限公司
4. 吳若石、鄭英吉 (2007) 吳神父新足部健康法。台北：文經
5. 馬建中(1998). 中醫診斷學。台北：正中
6. 甘偉松(1996). 藥用植物學。台北：國立中國醫藥研究所
7. 張賢哲、蔡貴花(1995) 中藥炮製學。台中：中國醫藥大學出版組
8. 謝秀芬等 (2001) 另類療法於護理之應用。台北：華騰
9. 王明良 (2008) 推拿按摩治病法。台北：五洲
10. 顧俊 (1987) 按摩奇術圖識。台北：木鐸
11. 李作英、葉美玲 (2005) 氣功療法在健康照護上之應用。護理雜誌 52(3)：65-70
12. 曾雙郎、李宜芳 (2002) 氣功的內涵之探討。大專體育 61：155-161
13. 張庭容、丁于婷、許淑蓮、張曉雲 (2014) 運用太極拳於停經後骨質疏鬆婦女之成效探討——系統性文獻回顧。護理雜誌 61(5)：75-84
14. 簡淑慧、廖美南、李淑慧、林永昌 (2014) 從實證觀點談「按摩處置」對於癌痛病人之成效。護理雜誌 61(6)：23-28

課程教材（教師個人網址請列在本校內之網址）**teaching aids & teacher's website**

另行公告 to be announced

課程輔導時間

office hours

另行公告 to be announced

※本課程如符合下列主題項目，請勾選（可複選，無則免填）：

Please tick if this course meets the following subject items. (It could be multiple choice.)

<input type="checkbox"/> 臺灣文學 Taiwanese Literature	<input type="checkbox"/> 性別平等 Gender Equality
<input type="checkbox"/> 智慧財產權 Intellectual Property	<input checked="" type="checkbox"/> 健康 Health
<input type="checkbox"/> 生命教育 Life Education	<input type="checkbox"/> 情緒管理 Emotional Management
<input type="checkbox"/> 資訊安全 Information Security	<input type="checkbox"/> 永續發展 Sustainable Development

※本課程如符合下列 17 項聯合國永續發展目標，請勾選（可複選，無則免填）：

Please tick if this course meets the following 17 UN Sustainable Development Goals. (It could be multiple choice.)

<input type="checkbox"/> 1. 消除貧窮 No Poverty
<input type="checkbox"/> 2. 消除飢餓 Zero Hunger
<input type="checkbox"/> 3. 良好健康與社會福利 Good Health and Social Welfare
<input type="checkbox"/> 4. 良質教育 Quality Education
<input type="checkbox"/> 5. 性別平等 Gender Equality
<input type="checkbox"/> 6. 清潔飲水和衛生設施 Clean Water and Sanitation
<input type="checkbox"/> 7. 可負擔的清潔能源 Affordable and Clean Energy
<input type="checkbox"/> 8. 尊嚴就業與經濟增長 Decent Work and Economic Growth
<input type="checkbox"/> 9. 產業、創新和基礎設施 Industry, Innovation and Infrastructure
<input type="checkbox"/> 10. 減少不平等 Reduced Inequalities
<input type="checkbox"/> 11. 永續城市與社區 Sustainable Cities and Communities
<input type="checkbox"/> 12. 負責任的消費與生產 Responsible Consumption and Production
<input type="checkbox"/> 13. 氣候行動 Climate Action
<input type="checkbox"/> 14. 水下生命 Life below Water
<input type="checkbox"/> 15. 陸域生命 Life on Land
<input type="checkbox"/> 16. 和平、正義與健全的司法 Peace, Justice and Strong Institutions
<input type="checkbox"/> 17. 夥伴關係 Partnerships for the Goals