Subject Brief

ENDEAVOUR College of Natural Health

CMHB212

Chinese Dietetics and Herbal Formulas

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Health Science (Chinese Medicine)	Core	Year 2	Semester 3
Bachelor of Health Science (Acupuncture Therapies)	Core	Year 2	Semester 3

EFTSL: 0.125

Delivery mode: Livestream and Online

Co-requisites: BIOP212

Pre-requisites: CMTH111, CMPR122

Subject overview

Students in this subject study the history, development, terminology, and construction of Chinese *materia medica*. They use case-based learning to apply foundational Western nutritional principles, Chinese dietary prescribing, and patent herbal formulas commonly used in acupuncture practice. The subject covers thirty-four patent herbal formulas available in Australia, including details on their names, ingredients, actions, indications, and contraindications. Students also examine forty-three primary ingredients in depth, focusing on their identification, processing, actions, and uses in health maintenance. Additional study includes other formula ingredients' roles, precautions, and interactions. Students learn the governing policies and guidelines for Chinese herbal medicine prescribing and explore health research to promote evidence-based practices.

Assessments

- Week 6: Written Assignment
- Week 8: Online Quiz*
- Week 13: Online Exam**

* Quiz: Assesses knowledge and understanding of content from a specified portion of the subject.

** Exam: Assesses knowledge and understanding of content across the entire subject.

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