



# SUBJECT OUTLINE

Subject Name:

**Energetics of Food**

Subject Code:

**NMDE211**

## SECTION 1 – GENERAL INFORMATION

<b>Award/s:</b>	<b>Total Course Credit Points:</b>	<b>Level:</b>
Bachelor of Health Science (Naturopathy)	128	Elective 4 <sup>th</sup> Year
Bachelor of Health Science (Nutritional and Dietetic Medicine)	96	Core 2 <sup>nd</sup> Year
<b>Duration:</b> 1 Semester		
<b>Subject is:</b> Core or Elective as noted	<b>Subject Credit Points:</b> 2	

### Student Workload:

<b>No. timetabled hours per week:</b> 3	<b>No. personal study hours per week:</b> 2	<b>Total hours per week:</b> 5
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### Delivery Mode\*:

☐ On campus ☒ Online / Digital ☐ Blended ☒ Intensive

### Weekly Session^ Format/s - 1 session per week:

☒ Livestream lectures: ☐ 2 hours ☒ 3 hours 1 x 3 hour lecture per week

\*All modes are supported by the online learning management system which will include subject documents such as handouts, readings, assessment guides, and elearning support modules.

^A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

**Note:** As they are aware, international students on a Student Visa (500) must attend livestream classes on their local campus, using the Virtual Classrooms provided.

**Study Pattern:** ☒ Full Time ☒ Part Time

**Pre-requisites:** NMDS111, SOCH111, NMDF121, NMDM121

**Co-requisites:** Nil

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

This subject introduces students to the frameworks of the elements in nature and the concept of the constitutional types as they are utilised in Traditional Chinese medicine, Ayurveda and European traditional medicine. Students learn to analyse and diagnose typical imbalances in the body / mind / spirit system to explore the underlying causes of symptoms and illness. Through the exploration of case studies, students practice case taking, and assessing illness through a holistic lens that can be used alongside conventional diagnostics to inform client examination dietary prescription. This subject provides a cultural adaptation to holistic case taking as well as a valuable cross-



disciplinary framework for individualised diets in health maintenance, disease prevention, diagnosis and treatment of a variety of conditions.

## Learning Outcomes

1. Examine and explain the conceptual frameworks of yin and yang, the five elements of Chinese medicine, the five elements and three doshas of Ayurveda, and the four elements of European traditional medicine.
2. Apply an understanding of the constitution as it relates to holistic diagnosis and dietary prescription in case studies.
3. Investigate and identify how different foods influence function and balance in the body as a whole and in specific organ systems, by way of their energetic properties.
4. Formulate recommendations to address symptoms or groups of symptoms to provide support to the client experiencing various external challenges, such as stressful life events.

## Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Mid-semester Online Exam</b> (multiple choice questions) (60 minutes)	1, 2,3	1-6	Week 7	40%
<b>Case Study Essay</b> (1000 words)	1-4	1-12	Week 13	60%
All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS.				
To achieve a passing grade in this subject, students must have submitted all assessment items with a value greater than 15%.				

## Prescribed Readings:

Lloyd, I. (2009). *The energetics of health, a naturopathic assessment*. Churchill Livingstone. [ebook available]

Pitchford, P. (2002). *Healing with whole foods: Asian traditions and modern nutrition* (3rd ed.). North Atlantic Books.

Tiwari, M. (1995). *Ayurveda, a life in balance: The complete guide to Ayurvedic nutrition and body types with recipes*. Healing Arts Press.



### Recommended Readings:

Kastner, J. (2009). *Chinese nutrition therapy: Dietetics in traditional Chinese medicine (TCM)* (2nd ed.). Georg Thieme Verlag. [ebook available]

Subject Content		
Week	Lectures	Personal Study Activities
1.	<b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources) <b>Brief history of European Traditional Medicine, Chinese Medicine and Ayurveda</b> <ul style="list-style-type: none"> <li>➤ Introduction to the concept of the constitution and constitutional medicine</li> <li>➤ Introduction to the four humours of European traditional medicine</li> <li>➤ Introduction to the theory of yin and yang and the five elements of Chinese medicine</li> <li>➤ Introduction to the five elements and three doshas of Ayurveda</li> <li>➤ Introductory comparison / contrast of these three systems and how they are used in dietary prescription</li> <li>➤ A simple case viewed through each of the three systems</li> <li>➤ Examples of foods viewed through each of the three systems</li> </ul>	
2.	<b>Constitutions</b> <ul style="list-style-type: none"> <li>➤ Introduction to constitutional case taking and diagnosis and their relationship to holistic treatment modalities and dietary prescription</li> <li>➤ Comparison of constitutional case taking with other holistic case taking</li> <li>➤ Concept of all elements / humours / doshas being present in all of us and in nature—goal is balance</li> <li>➤ Removing causes of imbalance as the basis of any food prescription strategy</li> <li>➤ Integrating interview and diagnostic information to arrive at a dietary prescription via a constitutional / energetic system</li> <li>➤ Changing health with dietary prescription: expectations and timeframes</li> </ul>	<b>Pre Lecture:</b> <ul style="list-style-type: none"> <li>➤ Reading</li> </ul> <b>Post Lecture:</b> <ul style="list-style-type: none"> <li>➤ Interactive Activity</li> </ul>
3.	<b>European Traditional Medicine: Four Humours / Temperaments - Part 1</b> <ul style="list-style-type: none"> <li>➤ Overview of European traditional medicine, the four humours and temperaments and their elemental relationships and correspondences</li> <li>➤ Qualities of the four temperaments in balance</li> <li>➤ Assessment of temperamental constitution and imbalance patterns</li> </ul>	<b>Pre Lecture:</b> <ul style="list-style-type: none"> <li>➤ Reading</li> <li>➤ Food tasting exercise</li> </ul> <b>Post Lecture:</b> <ul style="list-style-type: none"> <li>➤ Interactive module</li> <li>➤</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Sanguine temperament</li> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address sanguine temperament imbalance</li> <li>➤ Phlegmatic temperament</li> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address phlegmatic temperament imbalance</li> </ul>	
4.	<b>European Traditional Medicine: Four Humours / Temperaments - Part 2</b> <ul style="list-style-type: none"> <li>➤ Melancholic temperament</li> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address melancholic temperament imbalance</li> <li>➤ Choleric temperament</li> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address choleric temperament imbalance</li> <li>➤ Synthesis of the four humours/ temperaments</li> </ul>	<b>Pre Lecture:</b> <ul style="list-style-type: none"> <li>➤ Reading</li> </ul> <b>Post Lecture:</b> <ul style="list-style-type: none"> <li>➤ Interactive module</li> <li>➤</li> </ul>
5.	<b>Chinese Medicine: Five Elements - Part 1</b> <ul style="list-style-type: none"> <li>➤ Overview of the energetics of yin and yang and the five elements of traditional Chinese medicine, their organ and other correspondences</li> <li>➤ Relationships among the elements (creating, controlling, etc.)</li> <li>➤ Qualities of the elements in balance: the five virtues</li> <li>➤ Assessment of elemental imbalances</li> </ul>	<b>Pre Lecture:</b> <ul style="list-style-type: none"> <li>➤ Reading</li> </ul> <b>Post Lecture:</b> <ul style="list-style-type: none"> <li>➤ Interactive module</li> <li>➤</li> </ul>
6.	<b>Chinese Medicine: Five Elements - Part 2</b> <ul style="list-style-type: none"> <li>➤ The Earth element and its organs, the spleen / pancreas and stomach</li> <li>➤ Earth element as the foundation for health</li> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address Earth element imbalance</li> <li>➤ The Metal element and its organs, the lung and large intestine</li> </ul>	<b>Pre Lecture:</b> <ul style="list-style-type: none"> <li>➤ Reading</li> </ul> <b>Post Lecture:</b> <ul style="list-style-type: none"> <li>➤ Interactive module</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address Metal element imbalance</li> </ul>	
7.	<b>Chinese Medicine: Five Elements - Part 3</b> <ul style="list-style-type: none"> <li>➤ The Water element and its organs, the kidney and bladder</li> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address Water element imbalance</li> <li>➤ The Wood element and its organs, the liver and gallbladder</li> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address Wood element imbalance</li> </ul>	<b>Pre Lecture:</b> <ul style="list-style-type: none"> <li>➤ Reading</li> </ul> <b>Post Lecture:</b> <ul style="list-style-type: none"> <li>➤ Interactive module</li> </ul>
<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week) <b>Semester 1</b> – This aligns with the week after Easter so it may fall between Weeks 6 to 8 <b>Semester 2 &amp; Online students</b> – The non-teaching week falls between Weeks 7 and 8		
8.	<b>Chinese Medicine: Five Elements - Part 4</b> <ul style="list-style-type: none"> <li>➤ The Fire element and its organs, the heart and small intestine, triple heater and pericardium</li> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address Fire element imbalance</li> <li>➤ Synthesis of the five elements of traditional Chinese medicine</li> </ul>	<b>Pre Lecture:</b> <ul style="list-style-type: none"> <li>➤ Reading</li> </ul> <b>Post Lecture:</b> <ul style="list-style-type: none"> <li>➤ Interactive module</li> </ul>
9.	<b>Ayurveda: Three Doshas - Part 1</b> <ul style="list-style-type: none"> <li>➤ Introduction to the five elements and three doshas of Ayurveda and their correspondences</li> <li>➤ Constitutional assessment and goals of dietary recommendations in Ayurveda</li> <li>➤ Vata dosha</li> <li>➤ Vata dosha as the foundation for health</li> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address Vata imbalance</li> </ul>	<b>Pre Lecture:</b> <ul style="list-style-type: none"> <li>➤ Reading</li> </ul> <b>Post Lecture:</b> <ul style="list-style-type: none"> <li>➤ Interactive module</li> </ul>
10.	<b>Ayurveda: Three Doshas - Part 2</b> <ul style="list-style-type: none"> <li>➤ Pitta dosha</li> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address Pitta imbalance</li> </ul>	<b>Pre Lecture:</b> <ul style="list-style-type: none"> <li>➤ Reading</li> </ul> <b>Post Lecture:</b> <ul style="list-style-type: none"> <li>➤ Interactive module</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Kapha dosha</li> <li>➤ Imbalance patterns, signs and symptoms of imbalance</li> <li>➤ Foods to address Kapha imbalance</li> </ul>	
11.	<b>Ayurveda: Three Doshas - Part 3</b> <ul style="list-style-type: none"> <li>➤ Synthesis of the three doshas of Ayurveda</li> </ul>	<b>Pre Lecture:</b> <ul style="list-style-type: none"> <li>➤ Reading</li> </ul> <b>Post Lecture:</b> <ul style="list-style-type: none"> <li>➤ Interactive module</li> <li>➤</li> </ul>
12.	<b>Case Synthesis and Connection</b> <ul style="list-style-type: none"> <li>➤ Making connections between European traditional medicine, Chinese medicine and Ayurveda</li> <li>➤ Similarities and differences</li> </ul>	<b>Post Lecture:</b> <ul style="list-style-type: none"> <li>➤ Interactive module</li> </ul>
13.	<b>Practical Application</b> <ul style="list-style-type: none"> <li>• Introduction to the contemporary value of traditional practices in Western Medicine &amp; clinical practice</li> <li>• Overview of the nutritional characteristics of Ayurvedic &amp; TCM diets</li> <li>• Overview of traditional Ayurvedic &amp; TCM dishes used in dietary prescriptions</li> <li>• The efficacy of traditional dietary prescriptions in the modern age</li> <li>• Exploring the Ayurvedic &amp; TCM dietary based guidelines &amp; philosophies</li> </ul>	Online discussion and Learning journal activity
14.	<b>Non-Teaching Week/Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week	
15.	<b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week	
16.	<b>Final Examination Week 1</b> There is no final exam for this subject.	
17.	<b>Final Examination Week 2</b> There is no final exam for this subject.	