



**Acupuncture and Massage College**  
**TDT-302**  
**TCM Dietary Therapy**  
**SYLLABUS**

**Instructor: Dr. Xianhui Li and Dr. Mario Marini**

The instructor will be available to meet with students for 15 minutes before class, and for 15 minutes after class. If you need to reach me at other times you can leave a message at the front desk or send an e-mail.

**Hours/ Credits:** 30/2

**Method of Instruction:** Lecture, discussion, practical application and class participation.

**Required Text:** Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine, Kastner, Joerg

**NCCAOM- 2022-Candidate Preparation Handbook for Oriental Medicine (OM) Certification**

**Recommended Texts:**

Healing with Whole Foods, 3<sup>rd</sup> ed., Pitchford, Paul

Chinese Medical Herbology and Pharmacology, John Chen and Tina Chen

Chinese Herbal Formulas and Applications: Pharmacological Effects and Clinical Research, John Chen and Tina Chen

**Prerequisites:** Standard entrance requirement.

**Course Description:** This course teaches the concept of Chinese Diet Therapy. Using Chinese medical theory as a reference, the class will examine the energetic properties of food, the classification of various foods within the context of the Eight Principles and Five Elements, and specific applications of dietary therapy to Pattern Differentiation and TCM disease classification. There will also be an introduction to the concept of medicated diet, using herbal medicine combined with food.

**Course Objectives:** After finishing this course, the students will be able to:  
Show a working knowledge of Chinese Diet Therapy (food flavor, nature & energetics)

Demonstrate understanding of how to implement specific food recommendations in specific clinical situations:

**Please note that these are the key topics, which are important when preparing for the NCCAOM board examination**

- **identify the characteristics, actions, and indications of foods based on TCM principles**
- **Advise individual patients on the use of foods and dietary therapy in accordance with TCM principles**

**Grading:** As listed in our school catalog, the following scale will be used:

A	90-100%	4.0	P	Pass (70% or above)
B	80-89%	3.0	F	Fail (below 70% for Pass/Fail courses)
C	70-79%	2.0	I	Incomplete
D	60-69%	1.0	W	Withdrawal
			WF	Withdrawal Failure
			WNA	Withdrawal, no attendance
			RPT	Repeat course – no GPA calculated

**Class Policies:** You are expected to attend all classes and be on time. Please see [AMC Student Handbook](#) for details on attendance, tardiness, missed exams, and early departure policies. Eating, drinking, and gum-chewing are not permitted. Cell phones and pagers must be turned off or put-on silent mode.

**Homework:** Homework is an important part of learning at AMC. On a daily basis in each course as reflected in the course syllabus, reading assignments must be completed outside of class. The readings supplement the class lectures and it is your responsibility to complete all reading assignments before coming to class. Instructors use oral and written quizzes to check that students have completed the reading assignments. Written homework assignments are turned in to the instructor in each class and count toward your course grade. Homework must be done prior to the class in which it is due.

You are responsible on quizzes and the Final Exam for all material in the reading assignments *whether covered in the class lectures or not*.

**Honor Code:** Acupuncture and Massage College does not tolerate academic dishonesty. If you are caught cheating in any way, including but not limited to copying from another person's paper during an exam or quiz, or plagiarizing material in a paper, you will be dismissed, with no probationary period. All instances of cheating must be reported to a faculty member and to the Academic Dean. To know about cheating and not report it is the same as cheating.

### **Appropriate Classroom Laptop Use**

Acceptable in-class uses of laptops and other web-enabled devices include: taking notes, following along with the instructor on PowerPoints, working on assigned in-class activities, projects, and discussion. Unacceptable in-class uses of laptops and other web-enabled devices include: texting or e-mailing, surfing the Internet, playing games, writing papers or doing homework. AMC Faculty consider inappropriate in-class uses of laptops and web-enabled devices equivalent to non-participation in class and reserve the right to lower student grades accordingly.

**Recording in Class:** Students will be allowed to audio record lectures in this course with the permission of the instructor ONLY.

### **OM Attendance**

Students are expected to attend all class sessions with no exceptions, due to the compressed course content and academic rigor of the program. For each class missed, there will be a **6.6-point reduction** from the class participation grade. If a student misses more than 3 class sessions, they may fail the course and be required to retake it the following year.

**GPA Requirements:** AMC has an escalating GPA requirement for the OM program. All first year students must maintain at least a 2.0 or above. All second year students must maintain a 2.0 or above. All third year students must maintain a 3.0 or above” (If a student falls below the required GPA, they will be placed on Financial Aid Warning.

**Americans with Disabilities Act (ADA504) Accommodations:** Students requesting accommodations are asked to communicate with the Section 504 Coordinator, Yaly Flores-Soto, Academic Dean. Dean Soto may be reached at (305) 595-9500 or via e-mail at [Dean@amcollege.edu](mailto:Dean@amcollege.edu). Her office is located at 10506 North Kendall Drive, Miami, FL 33176. Please refer to AMC’s [Student Handbook](#) for more details on ADA Accommodation process.

### **Library Integration**

Each student will do a project on a topic covered in this class using books/resources (including online library resources <http://www.amcollege.edu/library> ) in AMC’s library as references.

### **Your final grade will be computed as follows:**

Class Participation	10%
Quiz	30%
Take Home Assignment/Library Int.	10%
Final Exam	<u>50%</u>
<b>Final Grade</b>	<b>100%</b>

**Students MUST earn a grade of “C” or higher to pass this module (course.)**

*You must pass the written final exam in order to pass the course. In courses where there is both a written and a practical exam, the grade will be computed as follows: 50% for the written and 50% for the practical.*

*In the Oriental Medicine program, you need to maintain a cumulative GPA of 2.0 by the end of each semester in the first 6 semesters and a cumulative GPA of 3.0 in each semester thereafter.*

## **TDT - 302** **CALENDAR**

### **Class 1      Thursday, 03/07/24**

**Content:** Introduction to Food Energetics, historical foundation of Traditional Chinese Dietary Therapy, fundamental TCM theory as it relates to the study of dietary therapy.

**Assignments:** Kastner, pp21-34, 39-66, handouts

### **Class 2      Thursday, 03/14/24**

**Content:** General overview of Chinese Dietary principles – properties, tastes, temperatures, basic guidelines.

### **Class 3      Thursday, 03/21/24**

Food energetics and Dietary Materia Medica; discussion of Specific Food Energetics

**Assignments:** Kastner, pp105-128, handouts

**No Class on Thursday, 03/28/24 – Spring Break Recess**

### **Class 4      Thursday, 04/04/24**

#### **QUIZ**

**Content:** Discussion of Specific Food Energetics.

**Assignments:** Kastner, pp129-161, handouts

### **Class 5      Thursday, 04/11/24**

**Content:** Food recommendations according to pattern differentiation

**Assignments:** Kastner, pp 67-101, handouts

### **Class 6      Thursday, 04/18/24**

#### **QUIZ**

**Content:** Food recommendations according to pattern differentiation. Review for Final.

**Assignments:** Kastner, pp 165-202, handouts

### **Class 7      Thursday, 04/25/24**

**Content:** Final Exam