

Course Form for PKU Summer School International 2018

Course Title	Chinese Traditional Body Exercise, Diet and Health Preservation
	中国传统健身、饮食与养生
Teacher	WANG Dongmin
First day of classes	July 2, 2018
Last day of classes	July 27, 2018
Course Credit	2 credits
Course Description	
Objective:	
<p>It is said there are three things interest westerners about china: food, health preservation, and finance. Those students who enroll in the course of Chinese Traditional Body Exercise, Diet and Health preservation will have chance to experience two of the three hot topics and know how the ancient Chinese people maintain their health via simple but effective body exercise and balance diet. The course will not only introduce and practice the most popular body exercises, such as Taiji, Baduanjin, Wuginx, but also the most mystery one, which is frequently appeared in the most popular martial arts novels, such as Taiji Tuishou. All the exercises will be demonstrated by Dr. Wang. The course will also apply the foundations of Traditional Chinese Medicine, such as basic conceptions, theories, and principles of Health preservation in TCM and reveal Chinese diet, which sometime play important roles as medicine and why. As one of the complementary common methods of health preservation, the acupuncture, moxibustion, and massage will be introduced as well. The course designer wish finally western undergraduates understand the associations between exercise, diet and health in very Chinese health preservation's way.</p>	
Pre-requisites /Target audience	
<p>No pre-requisites to enroll in this course. All undergraduates might be the Target audience.</p>	
Proceeding of the Course	
<p>The word "PEPPER" stands for the proceeding of the course: professor's Presentation, fitness Evaluation, diet Practice, students' Presentations, Exercise and work outs, and test Reports.</p>	
Assignments (essay or other forms)	
<p>Most of the assignments will be finished in the class, which means the course will not occupied too much of your time. Only four short test reports (one page for each) need to be</p>	

finished and submitted, and one term paper (8 pages, double-spaced and typed with 12-point font) cooperated with one or two of your teammates should be submit before the last class. The topics of the paper will be announced couple days before the last course.

Evaluation Details

Four test reports:40%

Presentations and attendance:20%

Term paper:40%

Text Books and Reading Materials

There are not too many English books about health preservation in the market could be recommended. And not all the sections have *recommended* readings materials. Some citations or remarks from ancient books or scholar in Chinese versions will be available too. No book purchase needed. All the texts will be available through PKU library.

Academic Integrity (If necessary)

Participation in this class commits the students and instructor to abide by a general norm of equal opportunity and academic integrity. It implies permission from students to submit their written work to services that check for plagiarism (such as Turnitin.com). It is your responsibility to familiarize yourself with the definition of plagiarism. Violations of the norm of academic integrity will be firmly dealt with in this class.

CLASS SCHEDULE

(Subject to adjustment)

Session 1: *The conception and development history of health preservation and health preservation science*

Date: July 2

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

Students will be divided into groups at the very beginning of the course. Each member of the group will fill in an information card. One student will be nominated as chief, who will lead all group assignments in the future. Name the group with a term in health preservation science you know is the first assignment.

Group discussion about health preservation at the beginning of the class, and then group presentation with topic “health preservation in our minds” ,Then the professor’s presentation about the conception and the development history of health preservation and health preservation.

【Questions】

- 1, How do you comprehend the conception of health preservation and health preservation science?
- 2.The difference between Chinese health preservation and western wellness conception

【Readings, Websites or Video Clips】

Chapter of Books in English:

Liu Zhangwen, Ma Lieguang, et.al. Health preservation of traditional Chinese Medicine. People;s medical publishing House. Page 3-43, PART1

Citations in ancient Chinese books:

- 上古之人，其知道者，法与阴阳，和于术数，食饮有节，起居有常，不妄作劳，故能形与神俱，而尽终于天年，度百岁乃去。《素问·上古天真论》
- 养生以不伤为本。（晋·葛洪）
- 未雨绸缪，履霜冰至，居安思危，大德必得其寿 《周易》
- 不治已病治未病，不治已乱治未乱。《素问·四气调神大论》
- 人身三宝“精、气、神”，天人相应，顺应自然《黄帝内经》
- 天地合气，命之曰人《素问·宝命全形论》
- 顺四时，调情志，节饮食，宜小劳、慎房事、行气吐纳《养性延命录》（南朝 陶弘景）
- 四时养老论《养老奉亲书》（宋 陈直）
- 药物与食物结合《太平圣惠方》、《圣济总录》（宋）
- 《饮膳正要》（元 忽思慧）
- 人主性命（金元 刘完素）
- 养生当用食补，治病当用药攻（金元 张子和）
- 阳气旺盛则寿命长，阳气衰微则寿命短《景岳全书》（明 张景岳）
- 静以养阴，动以养阳《延年九转法》（明清 方开）
- 《遵生八笺》于 1895 年英文版发行
- 载录华佗五禽系《仙传四十九方》（明 罗洪先）

Recommended video search strategy:

Use “科学养生” as the key words and search video home page of baidu.com

【Assignments for this session (if any)】

Group presentation in the class: Health preservation in our minds-science or empiricism?

Session 2: *Basic conceptions, theories, and principles of Health preservation in TCM*

Date: July 3

【Description of the Session】(purpose, requirements, class and presentations scheduling, etc.)

Professor's presentation about Chinese people's view of life, conception of longevity, death, and health. Four basic theories and principles of health preservation in TCM should be understood. Use modern medicine to compare when referring to the ancient literature.

【Questions】

1. Please analyze the basic meaning of the conception of life
2. Please explain the influence of innate and acquired factors on the life and death.
3. How do you comprehend the TCM conception of health and modern conception of health?
4. What are the basic philosophies guiding the practice of health preservation?
5. How does one carry out the health preservation view of association of motion and quiescence correctly?
6. What should be the first step for correct health preservation practice and why?

【Readings, Websites or Video Clips】

Chapter of Books in English:

Liu Zhangwen, Ma Lieguang, et.al. *Health preservation of traditional Chinese Medicine*. People's medical publishing House. Page252-290, PART1

Citations in ancient Chinese books:

- 夫精者，身之本也《素问·金匱真言论》
- 两神相搏，合而成形，常先身生，是谓精《灵枢经·决气》
- 出入废则神机化灭，升降息则气立孤危。故非出入，则无以生、长、壮、老、已；非升降，则无以生、长、化、收、藏。《素问·六微旨大论》
- 根于中者，命曰神机，神去则机息。根于外者，命曰气立，气止则化绝。《素问·五常政大论》
- 故神者，水谷之精气也《灵枢经·平人绝谷》

Recommended video search strategy:

Use “养生基础理论” as the key words and search video home page of baidu.com

【Assignments for this session (if any)】

In the class:

Drawing a picture to illustrate what a healthy person should look like in appearance according to physiological features.

Session 3: Constitution in TCM and fitness in modern health science	Date: July 5
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【Description of the Session】(purpose, requirements, class and presentations scheduling, etc.)

Understanding the conceptions, categories, and formation of constitution in TCM.
Compare the conception of institute with that of fitness.

Course site: Kinesiology laboratory, second floor of No.2 gymnasium.

【Questions】

1. What's the conception of constitution in TCM? What are the practical significances of constitution in TCM?
2. What aspects are involved in the formation of constitution?
3. Please state criteria for diagnosing different constitutions as well as physiological characters of each constitution.

【Readings, Websites or Video Clips】

Chapter of Books in English:

Liu Zhangwen, Ma Lieguang, et.al. *Health preservation of traditional Chinese Medicine*. People's medical publishing House. Page443-474, PART3.

Recommended video search strategy:

Use “中医体质” as the key words and search video home page of baidu.com

【Assignments for this session (if any)】

In the class:

Role in playing: Chinese traditional Medicine Doctor and their patients: Body Constitution diagnose

Report No.1 to submit: My Body Constitution and Composition.

Session 4: *The principles and requirements of traditional body exercises and skills*

Date: July 9

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

Understand the principles and requirements of traditional body exercises, and the health benefits of these exercises.

【Questions】

1. What is health preservation with exercise?
2. What's the significance of health preservation with exercise?
3. How are coordination and harmony in traditional physical fitness exercise embodied?
4. What are the principles and requirements of the traditional physical fitness exercise?
5. What should be the first step for correct health preservation practice and why?

【Readings, Websites or Video Clips】

Chapter of Books in English:

Liu Zhangwen, Ma Lieguang, et.al. Health preservation of traditional Chinese Medicine. People's medical publishing House. Page360-370, PART2.

Citations in ancient Chinese books:

- 流水不腐，户枢不蠹，动也，形气亦然。形不动则精不流，精不流则气郁。《吕氏春秋》
- 由动入静，静中有动，以静制动，动静结合
- 养性之道，常欲小劳，但莫大疲及强所不能堪有。《备急千金要方》

Recommended video search strategy:

Use “运动养生” or “健身术” as the key words and search video home page of baidu.com

【Assignments for this session (if any)】

After class:

Down load one smart phone App about Chinese traditional body exercises and introduce to your teammates at the beginning of the next class.

Report NO.2: My physical activity of a week.

Session 5: *Traditional body exercise 1: Simplified Taijiquan*

Date: July 10/12

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

Exercise and work out: master the simplified Taijiquan

Requirement: Meet sports wear for the purpose of practicing. If possible, wear the suit specially designed for Taiji Performance.

Course site: The small square of the island in the middle of Weiming Lake, where the professor and Taijiquan expert Assistant will expect you.

【Questions】

1. What are the essentials of Taijiquan?
2. What's the benefit of performing regular Taijiquan exercise?

【Readings, Websites or Video Clips】

Chapter of Books in English:

Liu Zhangwen, Ma Lieguang, et.al. Health preservation of traditional Chinese Medicine. People's medical publishing House. Page366, PART2.

Recommended video search strategy:

Use “太极拳” as the key words and search video home page of baidu.com

【Assignments for this session (if any)】

Practice Taijiquan 3 times one hour before you sleep tonight or half an hour before your breakfast next day

Report to submit No.2: My 3 days Physical Activities Record.

Record 3 days physical activities, which including the occupational, house work, exercise, and transportation activities.

Be sure the diary includes one weekend day.

Session 6: *Traditional body exercise 2: Chen style Taijiquan*

Date: July 16/17

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

Practise a new style of Taiji, which is called Chen style Taijiquan.

Requirement: attend the course with sports wear for the purpose of practicing. If possible, wear the suit specially designed for Taiji Performance.

Course site: The Research Center for Wushu, second floor of No.1 Gymnasium.

【Questions】	
【Readings, Websites or Video Clips】 Recommended video search strategy. Use “陈式太极” as the key words and search video home page of baidu.com	
【Assignments for this session (if any)】 After class: Write down or print one of your favorite Chinese idioms and practise the idiom 3 times in the calligraphy taiji way one hour before you sleep tonight or half an hour before your breakfast next day.	
Session 7: <i>Health preservation through diet</i>	Date: July 19
【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.) Understand the functions and principles of health preservation through diet.	
【Questions】 <ol style="list-style-type: none"> 1. Please sketch out function of health preservation through diet 2. How many kinds of food are there with nourished function in nature? Give typical examples. 3. How many kinds of food are there with dispelling excessive syndrome in nature? Give typical examples. 4. Give the brief introduction to the principle of health preservation through diet? 5. What is the guide line for overall meal put forward by the ancient classics Huang Di Nei Jing? 6. What does diet taboo refers to? 7. What are the care measures people may take during and after eating. 	
【Readings, Websites or Video Clips】 Chapter of Books in English: <i>Liu Zhangwen, Ma Lieguang, et.al. Health preservation of traditional Chinese Medicine. People's medical publishing House. Page314-333, PART2.</i> Citations in ancient Chinese books: <ul style="list-style-type: none"> • 安身之本，必资于食； . . . 不知食宜者，不足以存生也。（唐，孙思邈-P59, 6) • 形不足者，温之以气，精不足者，补之以味。《素问·阴阳应象大论》，P60, 6. 1. 3 • 五谷为养，五果为助，五畜为益，五菜为充，气味合而服之，以补精益气。《黄帝内经》p61, 6. 2. 1 • 谨和五味，骨正筋柔，气血以流，腠理以密。如是则骨气以精，谨道如法，长有天命。《素问·生气通天论》。p61, 6. 2. 1 	

Recommended video search strategy:

Use “饮食养生”、 “中国人应该怎么吃” as the key words or and search video home page of baidu.com

【Assignments for this session (if any)】

In the Class:

Student's presentation: *The difference between the food guides in ancient China and Modern world.*

Session 8: *Diet practice and analysis: Order one typical Chinese meal guided by Huang Di Nei Jing.*

Date: July 23

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

Apply the conceptions and contents learned last course and order one Chinese meal in the Dinning Hall

Requirement: Students may ignore the normal time for the class, and just go directly to No.5 dinning hall at the lunch time. Our course will occupy the south-east corner of the second floor. Don't forget taking your dinning card with you. Detail information will be issued on July 20.

【Questions】

When you order your meal, what kind of theory of health preservation did you apply?

【Readings, Websites or Video Clips】

Recommended video search strategy:

Use “四时膳食养生” as the key words and search video home page of baidu.com

【Assignments for this session (if any)】

In the class:

Every one order a meal at dinning hall widows, then sits around the table, introduce your meal to your teammates, and state the health preservation theory supporting you. Don't eat until all the presentations are over.

Report No.3 to submit: My typical Chinese Lunch

The topics and requirement of Term paper will be announced at the end of the class

After class:

Report No.4 to submit: My 3-day Diet Diary

Record 3 days diet diary which including the breakfast, lunch, supper and every snakes between meals.

Be sure the diary includes one weekend day, and at least one Chinese meal consumed in each day).

Session 9: *Health preservation through acupuncture, moxibustion and massage.*

Date: July 24

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

Understand the mechanism and function of acupuncture, moxibustion, and massage.

Able to locate the POINTS commonly used in the health maintenance.

Course site: Kinesiology laboratory, second floor of No.2 gymnasium.

【Questions】

1. What's the mechanism of acupuncture, moxibustion and massage in health preservation.
2. What's the function of health maintenance with acupuncture, moxibustion and massage.
3. What points are commonly used in the health maintenance?

【Readings, Websites or Video Clips】

Chapter of Books in English:

Liu Zhangwen, Ma Lieguang, et.al. Health preservation of traditional Chinese Medicine. People's medical publishing House. Page419-429, PART2.

Citations in ancient Chinese books:

- 十二经脉者，人之所以生，病之所以成，人之所以治，病之所以起。《灵枢经·经别》
- 欲以微针，通其经络，调其气血《灵枢经·九针十二原》
- 人于无病时，常灸关元、气海、命门、中脘，虽未得长生，亦可得百岁岁余。《扁鹊心书》
- 经络不通，病生于不仁，治之以按摩。《黄帝内经·素问》

Recommended video search strategy:

Use “经络养生” or “推拿养生” or “ 针灸养生” as the key words and search video home page of baidu.com

【Assignments for this session (if any)】

In the class: Locate the commonly used points to maintain health in the acupuncture models, and practice the commonly used operation methods of massage on the partners.

Session 10: *Tea, wine and medicated cuisine*

Date: July 26

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

Understand the significance and basic function of tea, wine and medicated cuisine in health preservation in China. Course Closure Treat Ceremony is designed at that day.

Course site: Kinesiology laboratory/Physical activity, diet and health promotion research center.

【Questions】

What can be beneficial to health care with rational tea drinking?

How do you drink wine reasonably?

Please elaborate on the specialty of medicated meals.

【Readings, Websites or Video Clips】

Chapter of Books in English:

Liu Zhangwen, Ma Lieguang, et.al. Health preservation of traditional Chinese Medicine. People's medical publishing House. Page325-326, PART2.

Citations in ancient Chinese books:

茶味苦寒 . . . 最能去火 《本草纲目》

Recommended video search strategy:

Use “茶养生” or “酒养生” or “药膳养生” as the key words and search video home page of baidu.com

【Assignments for this session (if any)】

In the class

After professor's introduction, each group will be assigned to complement one task: prepare proper tea, wine, or medicated cuisine for five chronic diseases using the material provided by the lab and nutrition center of the campus. At the Course Closure Ceremony, all the tea, wine, fruits, vegetables and medicated cuisine will be served.

The deadline of the term paper to submit will be announced at the end of the course.