

Medical Science in Daily Life 1

Syllabus Number

BAM-101

[VII]

Elective 2

credit

YAN, Shuzhen

1. Course Description

Living a long life without disease and enjoying life – this is precisely the origin of Chinese Taoism and medicine, and the origin of man's life, too. This course will deal with the “Life awakening arts” (養生学) of the Taoism and medicine – one of the quintessence of Chinese culture – and will try to awake the students' health consciousness.