



American Institute of Natural Medicine

美國自然醫學學院

Great China Region Affiliate of University of Natural Medicine
美國自然醫學大學大中華區屬會

美國自然醫學學院 證書 / 文憑課程

課程概覽

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University of Natural Medicine

美國自然醫學學院

2008 年在香港成立，以香港為基地，主要將西方的自然醫學，融合東方醫學哲學，在符合自然醫學「無毒、無害、無副作用和最少侵害性」的大原則下，將自然醫學的學問，推廣到大中華區。學院冀以精心策劃的課程設計、優質的教學內容，達到高質素的教育培訓成效，希望能培訓一群既有一定學術水平，但又能掌握一定技術和實踐經驗的自然醫學專業人仕，為社會民眾服務。

美國自然醫學學院安排的課程，在治療應用上有其獨特性和療效性，注重客觀數據，亦有經驗累積的治療方法。課程主要參照美國醫學大學，但亦因應大中華區和東方醫學而作出特別安排。由於徒手治療功效快，能處理很多醫療問題，是本學院最為注重的課程，而歐美國家能量醫學迅速發展，本學院亦特別成立能量醫學系，在全世界自然醫學大學課程中，算是創舉。

本院講師，主要來自大中華區，以中文講課，間中亦邀請世界有名、醫術超卓，或在該科範疇有卓越表現的醫師到來講課，讓學生吸收學習最新和獨到的醫療知識。為能與國際自然醫學知識接軌，故課程所選用課本、講義或教學時用的幻燈片簡報等，都保留英文，若是中文講義，都會附加源自外國的英文名辭。源自東方醫學和知識，原來是中文的教材，將會全中文授課。

自然醫學認為致病原因主要是營養、心理、毒素、身體結構、遺傳和環境能量所造成，治療主要以徒手、營養食療、草藥、能量、排毒等方法，所以本學院提供的課程，亦圍繞以上方面來架構，讓學員能掌握自然醫學的精髓。

本學院的課程可獨立修讀，以增進學員對該科目的認識。也可修讀證書、文憑及自然醫學醫師(ND)課程。本學院課程，注重全面均衡的發展，培訓出專業治療人員，故需修讀語言、管理、道德等課程。本院課程，參照美國自然醫學大學課程的學分制修讀，在本學院完成證書、文憑及自然醫學醫師(ND)課程的學生，在美國自然醫學大學認可下，可申請由美國自然醫學大學發出的相關證書。

學員可以在本學院任何一間分校上課，讓學員可以對課程有更多選擇，及領略在不同地方上課的樂趣，及結交異地同學。

課程適合對醫療保健有興趣的人仕，欲從事徒手治療、自然療法、香薰治療、營養食療、保健食品、抗衰老美療及其它醫療保健的工作者，或者已是醫療專業人仕，都歡迎修讀。

學院宗旨：

- 宣傳及推廣自然醫學
- 鼓勵對自然醫學的科學研究
- 培養高質素的自然醫學醫師

學院目標：

- 擁有自己的校園及成立實習中心
- 建立平台提供及交流自然醫學的資訊
- 不定期舉辦自然醫學講座及開辦課程，推廣自然醫學，使之普及化
- 數年內培訓一班高質素的自然醫學醫師

關於自然醫學

在歐美加澳盛行的醫學，廣為人知，歷史可追溯至十八、十九世紀時代，歐洲各國早開始使用，在德國，自然醫學不但極為普及，甚至有百分之八十以上的傳統西醫也採取自然醫學藥物。歐洲很多高官甚至皇室成員，都採用自然醫學藥物作治療和保健用途。中國醫藥傳入歐美國家後，亦被歸納在自然醫學內。

自然醫學重視**整全治療(Heal the Whole Person)**，注重身心靈健康，使用對身體**無毒、無害、無副作用(Do No Harm)**的自然醫學原則，不添加化學物質，來提升身體**自然的自癒能力(The Healing Power of Nature)**，增強體質，讓身體康復。自然醫學，**尋找及根治疾病(Identify and Treat the Cause)**，病徵是身體訊息，幫助尋找身體的毛病。另外，自然醫學倡導**預防勝於治療(Prevention)**，在身體開始醞釀病變時及早發現，及早調理，來預防疾病發生。在治療過程中，**醫師是亦師亦友(Physician as Teacher)**的關係，讓病人感到親切關懷。

關於美國自然醫學大學 University Of Natural Medicine (Since 1996 年設立)

- 非牟利機構，在新墨西哥州教育局全面註冊為私立高等學習的專上學府，亦在加利福尼亞州註冊為慈善機構。
- 超過 40 種文憑課程(包括：營養、草藥、同類療法、痛症管理、香薰治療、印度阿輸吠陀傳統藥學、大腸水療、虹膜學及其它)，文憑課程可以獨立修讀，或為學位課程的部份。
- 有超過 50 位傑出的美國國內外教授任教。
- 函授課程在設計上可以是完全獨立，通過研討會、實習課、外間臨床實習、師友計劃與及研究等。
- 跨國際性的分會、教育機構/大學及診所網絡，在英國、西班牙、葡萄牙、法國、日本、猶太及馬來等地提供自然醫學課程。現已在哥斯達黎加、塞浦路斯、巴西、加拿大、日本、馬來西亞、斯里蘭卡、以色列、葡萄牙、俄羅斯、南韓、香港和大中華區及烏克蘭有分會學校。
- 獨立機構評審會評定研究的水平及可信性。
- 在外國地區如秘魯的聖谷、馬丘比丘古城，巴西及厄瓜多爾的亞馬遜森林，馬來西亞、土耳其、俄羅斯、日本、香港及大中華區、哥斯達黎加及梅里達設立教育課程及試點。

網址：<http://www.universitynaturalmedicine.org>

美國自然醫學大學 --- 《函授課程》

函授學位課程

- Bachelor of Natural Health Sciences, B.Sc. 自然健康科學學士
- Master of Natural Health Science, M.Sc. 自然健康科學碩士
- Master of Arts in Body/Mind Integrative Studies, M.A 身心結合修讀藝術碩士
- Doctor of Clinical Psychophysiology, Ph.D. 臨床心理生理學博士
- Doctor of Philosophy in Natural Medicine, (Ph.D) 自然健康科學哲學博士
- Doctor of Natural Medicine, D.N.M. 自然醫學博士
- Doctor of Integrated Medicine I.M.D 綜合醫學博士
- Doctor of Natural Medicine, D.N.M. (for Health Professionals) 自然醫學博士 D.N.M. (醫療專業)
- Doctor of Integrated Medicine, I.M.D. (for Health Professionals) 綜合醫學博士 I.M.D. (醫療專業)
- Doctor of Naturopathy, N.D. 自然療法博士 N.D.
- Doctor of Naturopathy, N.D. (for Health Professionals) 自然療法博士 N.D. (醫療專業)

函授文憑課程

課程包括營養、草藥、同類療法、痛症管理、大腸水療、磁力療法、巫學研習、香薰治療、印度阿輸吠陀傳統藥學、虹膜學、活細胞學、貝曲花藥、自然徒手醫學等。

(課程詳細資料，請參看美國自然醫學大學網頁<http://www.universitynaturalmedicine.org> 大中華區有興趣修讀函授課程的人仕，可在本學院及分校的校務處報名及繳費。)

美國自然醫學學院 (大中華區) 課程介紹

學分課程

參照美國自然醫學大學學位或文憑課程的學分制修讀，完成課程後，學生可獲本學院及美國自然醫學大學頒發相關證書。

本院課程，在美國自然醫學大學認可下，所開辦因應本土文化的中文講課課程，由有經驗的專業講師任教。

學生可以選擇在本學院上課，或選擇美國自然醫學大學的函授課程，或二者的結合。

學院開辦的課程，理論及實踐兼重，將適當地在大中華區安排研討會、臨床實習等，讓學員增廣知識，熟習治療技巧。

進修階梯(「上課」與「函授」結合模式的修讀課程)

大中華區開辦的課程，因應學生的興趣及專業要求，開辦不同程度的證書課程，包括：

*證書課程 Certificate

*文憑課程 Diploma

*自然醫學醫師課程 Doctor of Naturopathic Medicine (ND)

(詳情參閱下圖及各種課程介紹)



證書課程 Certificate Course 最少 18 學分

專業檢測證書課程 Certificate of Natural Medicine in Professional Diagnosis

需修讀：

- BSHP 201 Human Pathology 人體病理學 (5 credits 學分)
 - BSPS 101 Physiology 生理學 (5 credits 學分)
 - CSDI 101 Introduction to Clinical Laboratory 臨床醫學化驗學簡介 (2 credits 學分)
 - CSDI 201 Practical Laboratory Medicine 應用化驗醫學 (3 credits 學分)
 - CSIR 101 Iridology (Theory & Practice) 虹膜學 (理論與實踐) (3 credits 學分)
- Total credit: 18 credits 學分

香薰治療證書課程 Certificate of Natural Medicine in Aromatherapy Studies

需修讀：

- BSPS 101 Physiology 生理學 (5 credits 學分)
 - NMAR 101 Elementary Aromatherapy 香薰治療初階 (5 credits 學分)
 - NMAR 201 Intermediate Aromatherapy 香薰治療中級班 (5 credits 學分)
 - MMMT 301 Massage Therapy 按摩治療 (3 credits 學分)
- Total credit: 18 credits 學分

自然徒手醫學證書課程 Certificate of Natural Medicine in Manipulative Medicine

需修讀：

- BSAT 101 Basic Anatomy 基礎解剖學 (5 credits 學分)
- BSPS 101 Physiology 生理學 (5 credits 學分)

及「肌筋學及徒手治療醫學」系內合共最少 8 學分課程

營養草藥學證書課程 Certificate of Natural Medicine in Nutrition & Herbs Studies

需修讀：

- BSHP 201 Medical Biochemistry 醫學生物化學 (4 credits 學分)
- CSDI 101 Introduction to Clinical Laboratory 臨床醫學化驗學簡介 (2 credits 學分)
- NUBN 101 Basic Nutrition 基礎營養 (4 credits 學分)
- HBWH 201 Introduction to Botanical / Western Herbs 西草藥學初階 (4 credits 學分)

及「營養、飲食及草藥學」系內各種課程中取得合共最少 4 學分課程

自然療法證書課程 Certificate of Natural Medicine in Naturopathy

需修讀：

- CSDI 101 Introduction to Clinical Laboratory 臨床醫學化驗學簡介 (2 credits 學分)
- NMNA 101 Naturopathy: History & Practice 自然醫學歷史及實務 (2 credits 學分)
- NMAR 101 Elementary Aromatherapy 香薰治療初階 (2 credits 學分)
- NMAR 103 Bach Flower 貝曲花藥 (1 credit 學分)
- MMNM 101 Naturopathic Manipulations 自然徒手醫學 (3 credits 學分)
- FDLF 101 Living Food 生機飲食 (1 credit 學分)
- EMIE 101 Introduction to Energy Medicine 能量醫學導引 (3 credits 學分)
- OMMA 201 Meridian & Acupuncture 經絡與穴位 (3 credits 學分)

及其他學系內各種課程中取得合共最少 3 學分：

能量醫學證書課程 Certificate of Natural Medicine in Energy Medicine

需修讀：

- EMIE 101 Introduction to Energy Medicine 能量醫學導引 (3 credits 學分)
- EMCS 101 Foundation of Cranio-sacral Therapy 顱骶治療基礎 (3 credits 學分)
- EMRN 101 Reiki Natural Healing 靈氣自然療法 (3 credits 學分)
- EMET 101 Emotion Freedom Technique (EFT) 情緒釋放技術 (1 credit 學分)
- EMQQ 201 Healing Qi Gong 醫療氣功 (2 credits 學分)

- 能量醫學系內各種課程或以下課程中取得合共 6 學分：
- CSBM 304 Biofeedback Machine & Diagnosis 生物回饋儀診斷 (3 credits 學分)
- CSBM 304 Applied Kinesiology 應用肌能測試學 (2 credits 學分)
- NMAR 103 Bach Flower 貝曲花藥 (1 credit 學分)
- OMMA 201 Meridian & Acupuncture 經絡與穴位 (3 credits 學分)

頭醫學證書課程 Certificate of Natural Medicine in Craniopathy

需修讀：

- BSAT 101 Basic Anatomy 基礎解剖學 (5 credits 學分)
 - CSPE 201 Physical Examination & Diagnosis 身體檢查及診斷 (3 credits 學分)
 - MMNM 101 Naturopathic Manipulations 自然徒手醫學 (3 credits 學分)
 - MMHC 101 Introduction to Holistic Craniopathy 整全頭醫學簡介 (4 credits 學分)
 - MMHC 201 Holistic Craniopathy II 整全頭醫學 II (5 credits 學分)
- Total credit: 20 credits 學分

文憑課程 最少 36 學分

專業檢測文憑課程 Diploma of Natural Medicine in Professional Diagnosis

需修讀：

- BSAT 101 Basic Anatomy 基礎解剖學 (5 credits 學分)
 - BSHP 201 Human Pathology 人體病理學 (5 credits 學分)
 - BSPS 101 Physiology 生理學 (5 credits 學分)
 - CSDI 101 Introduction to Clinical Laboratory 臨床醫學化驗學簡介 (2 credits 學分)
 - CSDI 201 Practical Laboratory Medicine 應用化驗醫學 (3 credits 學分)
 - CSDI 202 Application of Clinical Laboratory Test 臨床醫學化驗學 (3 credits 學分)
 - CSIR 101 Iridology (Theory & Practice) 虹膜學 (理論與實踐) (3 credits 學分)
 - CSIR 102 Sclerology 鞏膜學 (3 credits 學分)
 - CSPE 201 Physical Examination & Diagnosis 身體檢查及診斷 (3 credits 學分)
 - CSDA 201 Darkfield Analysis 活細胞學 (1 credit 學分)
 - CSBM 304 Applied Kinesiology 應用肌能測試學 (2 credits 學分)
 - OTME 101 Medical Ethics 醫療道德 (2 credits 學分)
- Total credit: 37credits 學分

香薰治療文憑課程 Diploma of Natural Medicine in Aromatherapy Studies

需修讀：

香薰治療證書課程：

- BSPS 101 Physiology 生理學 (5 credits 學分)
- NMAR 101 Elementary Aromatherapy 香薰治療初階 (5 credits 學分)
- NMAR 201 Intermediate Aromatherapy 香薰治療中級班 (5 credits 學分)
- MMMT 301 Massage Therapy 按摩治療 (3 credits 學分)

及以下課程：

- BSAT 101 Basic Anatomy 基礎解剖學 (5 credits 學分)
 - CSPE 201 Physical Examination & Diagnosis 身體檢查及診斷 (3 credits 學分)
 - NMAR 301 Advance Aromatherapy 香薰治療高級班 (5 credits 學分)
 - NMAR 401 Clinical Aromatherapy 臨床香薰治療 (5 credits 學分)
 - FDLF 101 Living Food 生機飲食 (1 credit 學分)
- Total credit: 37 credits 學分

自然徒手醫學文憑課程 Diploma of Natural Medicine in Manipulative Medicine

需修讀：

- BSAT 101 Basic Anatomy 基礎解剖學 (5 credits 學分)
- BSPS 101 Physiology 生理學 (5 credits 學分)
- OMMA 201 Meridian & Acupuncture 經絡與穴位 (3 credits 學分)

CSPE 201 Physical Examination & Diagnosis 身體檢查及診斷 (3 credits 學分)

及「肌筋學及徒手治療醫學」系內各種課程或以下課程中取得合共最少 20 學分：

- EMCS 101 Foundation of Cranio-sacral Therapy 顱骶治療基礎 (3 credits 學分)
- EMCS 201 Intermediate Cranio-sacral Therapy 顱骶治療中班 (3 credits 學分)
- EMCS 301 Advance Cranio-sacral therapy 顱骶治療進階 (3 credits 學分)
- EMPT 301 Polarity Therapy 極性療法 (3 credits 學分)
- OTBS 301 Body Shaping Art 纖形美學 (2 credits 學分)

營養草藥學文憑課程 Diploma of Natural Medicine in Nutrition & Herbs Studies

需修讀：

- BSHP 201 Medical Biochemistry 醫學生物化學 (4 credits 學分)
- CSDI 101 Clinical Laboratory Diagnosis 醫療化驗診斷 (3 credits 學分)
- NUBN 101 Basic Nutrition 基礎營養 (4 credits 學分)
- NUAN 201 Advance Nutrition 進階營養學 (3 credits 學分)
- NUMN 204 Medical Nutrition Therapy 醫學營養治療 (3 credits 學分)
- HBWH 201 Introduction to Botanical / Western Herbs 西草藥學初階 (4 credits 學分)
- NMFM 301 Functional Medicine 功能醫學 (5 credits 學分)

及「營養、飲食及草藥學」系內各種課程或以下課程中取得合共最少 10 學分：

- BSAT 101 Basic Anatomy 基礎解剖學 (5 credits 學分)
- BSPS 101 Physiology 生理學 (5 credits 學分)

自然療法文憑課程 Diploma of Natural Medicine in Naturopathy

需修讀：

自然療法證書課程及以下課程：

- BSPS 101 Physiology 生理學 (5 credits 學分)
- CSDA 201 Darkfield Analysis 活細胞學(1 credit 學分)
- NMTD 201 Toxicology & Detoxification 毒理學及排毒 (3 credits 學分)
- NMFM 301 Functional Medicine 功能醫學 (5 credits 學分)
- NUBN 101 Basic Nutrition 基礎營養 (4 credits 學分)

Total credit: 38 credits 學分

能量醫學文憑課程 Diploma of Natural Medicine in Energy Medicine

需修讀：

- BSAT 101 Basic Anatomy 基礎解剖學 (5 credits 學分)
- BSPS 101 Physiology 生理學 (5 credits 學分)
- EMIE 101 Introduction to Energy Medicine 能量醫學導引 (3 credits 學分)
- EMCS 101 Foundation of Cranio-sacral Therapy 顱骶治療基礎 (3 credits 學分)
- EMRN 101 Reiki Natural Healing 靈氣自然療法(3 credits 學分)
- EMET 101 Emotion Freedom Technique (EFT) 情緒釋放技術(1 credit 學分)
- EMQQ 201 Healing Qi Qong 醫療氣功(2 credits 學分)
- CSBM 304 Applied Kinesiology 應用肌能測試學 (2 credits 學分)
- OMMA 201 Meridian & Acupuncture 經絡與穴位 (3 credits 學分)

• 及能量醫學系內各種課程或以下課程中取得合共最少 9 學分：

- CSBM 304 Biofeedback Machine & Diagnosis 生物回饋儀診斷 (3 credits 學分)
- NMAR 103 Bach Flower 貝曲花藥 (1 credit 學分)
- OMMA 201 Meridian & Acupuncture 經絡與穴位 (3 credits 學分)

頭醫學文憑課程 Diploma of Natural Medicine in Craniopathy

需修讀：

整全頭醫學證書課程，

- BSAT 101 Basic Anatomy 基礎解剖學 (5 credits 學分)
- CSPE 201 Physical Examination & Diagnosis 身體檢查及診斷 (3 credits 學分)

- MMNM 101 Naturopathic Manipulations 自然徒手醫學 (3 credits 學分)
 MMHC 101 Introduction to Holistic Craniopathy 整全頭醫學簡介 (4 credits 學分)
 MMHC 201 Holistic Craniopathy II 整全頭醫學 II (5 credits 學分)

及以下課程：

- BSPS 101 Physiology 生理學 (5 credits 學分)
 MMHC 202 Holistic Craniopathy III 整全頭醫學 III (5 credits 學分)
 MMHC 203 Holistic Craniopathy IV 整全頭醫學 IV (5 credits 學分)
 OMMA 201 Meridian & Acupuncture 經絡與穴位 (3 credits 學分)

Total credit: 38 credits 學分

自然醫學醫師 Doctor of Naturopathic Medicine,(ND)

自然醫學醫師課程，完成課程學員可以加入專業的自然醫學醫學會成為會員。

需完成下列要求的課程：

必修科 (共需修:114 Credits 學分)：

- BSAT 101 Basic Anatomy 基礎解剖學 (5 credits 學分)
 BSAT 201 Clinical Anatomy 臨床解剖學 (5 credits 學分)
 BSPS 101 Physiology 生理學 (5 credits 學分)
 BSPS 201 Medical Physiology 醫學生理學 (5 credits 學分)
 BSHI 101 Histology 組織學 (3 credits 學分)
 BSHP 201 Human Pathology 人體病理學 (5 credits 學分)
 BSIM 201 Immunology 免疫學 (3 credits 學分)
 CSDI 101 Introduction to Clinical Laboratory 臨床醫學化驗學簡介 (2 credits 學分)
 CSDI 201 Practical Laboratory Medicine 應用化驗醫學 (3 credits 學分)
 CSPE 201 Physical Examination & Diagnosis 身體檢查及診斷 (3 credits 學分)
 NMNA 101 Naturopathy: History & Practice 自然醫學歷史及實務 (2 credits 學分)
 MMNM 101 Naturopathic Manipulations 自然徒手醫學 (3 credits 學分)
 MMHC 101 Introduction to Holistic Craniopathy 整全頭醫學簡介 (4 credits 學分)
 NUBN 101 Basic Nutrition 基礎營養 (4 credits 學分)
 EMIE 101 Introduction to Energy Medicine 能量醫學導引 (3 credits 學分)
 OMOH 101 Fundamental Principles of Oriental Herbal Medicine 東方醫學基礎 (5 credits 學分)
 OMMA 201 Meridian & Acupuncture 經絡與穴位 (3 credits 學分)
 OTME 101 Medical Ethics 醫療道德 (2 credits 學分)
 OTHM 301 Health Services Management 醫學組織管理學 (3 credits 學分)
 BSCP 201 Clinical Pharmacology 臨床藥理學 (5 credits 學分)
 NMTD 201 Toxicology & Detoxification 毒理學及排毒 (3 credits 學分)
 NMSM101 Somato Music Drama Therapy 身心靈音樂戲劇治療 (3 credits 學分)
 NUMN 204 Medical Nutrition Therapy 醫學營養治療 (3 credits 學分)
 HBWH 201 Introduction to Botanical / Western Herbs 西草藥學初階 (4 credits 學分)
 EMRN 101 Reiki Natural Healing 靈氣自然療法 (3 credits 學分)
 EMET 101 Emotion Freedom Technique (EFT) 情緒釋放技術(1 credits 學分)
 OTPM 301 Preventive Medicine 預防醫學 (3 credits 學分)
 OTNC 401 Naturopathic Case Analysis & Management 自然醫學個案研究及療理 (3 credits 學分)
 MMHC 201 Holistic Craniopathy II 整全頭醫學 II(5 credits 學分)
 MMHC 202 Holistic Craniopathy III 整全頭醫學 III (5 credits 學分)
 MMHC 203 Holistic Craniopathy IV 整全頭醫學 IV (5 credits 學分)
 OTPU 101 Medical Putonghua 醫學普通話 (3 credits 學分) (必修課，英語或普通話任選其一)
 OTEN 101 English for Medical Professionals 醫學英語 (3 credits 學分) (必修課，英語或普通話任選其一)
 Research Project (Report & Presentation) 專題研討文章一篇(5,000 字)
 CPIN 401 Internship I 醫療實習 I
 CPIN 402 Internship II 醫療實習 II
 CPIN 403 Internship III 醫療實習 III

選修科 (如下任選最少 6 學分) Elective courses: (minimum 6 credits from the followings)：

| | |
|-----------|--|
| CSIR 101 | Iridology (Theory & Practice) 虹膜學 (理論與實踐) (3 credits 學分) |
| CSIR 102 | Sclerology 鞏膜學 (3 credits 學分) |
| EEMEE 101 | Environmental Energy & illness 環境能量及疾病 (2 credits 學分) |
| FDLF 101 | Living Food 生機飲食 (1 credits 學分) |
| NMFM 301 | Functional Medicine 功能醫學 (5 credits 學分) |
| NMBT 101 | Bowen Therapy I 保雲療法 I (2 credits 學分) |
| NMBT 102 | Bowen Therapy II 保雲療法 II (2 credits 學分) |
| NMBT 201 | Bowen Therapy III 保雲療法 III (2credits 學分) |
| NMBT 202 | Bowen Therapy IV 保雲療法 IV (2 credits 學分) |
| NMBT 301 | Bowen Therapy V 保雲療法 V (2 credits 學分) |
| MMPT 401 | Pain Therapy 痛症治療 (3 credits 學分) |
| MMSD 301 | Structural Diagnosis and Treatment 結構診斷及治療 (5 credits 學分) |
| MMMR 401 | Myofascial Release and Manipulation 肌筋膜軟組織鬆弛與治療 (3 credits 學分) |

(*注意 1：本學院計劃將會開辦高級程度課程，包括學士課程(B.Sc.)，如：香薰學學士、自然健康科學學士；研究生課程，如：自然健康科學碩士(M.Sc.)、自然健康科學哲學博士(Ph.D)。

*注意 2：上述課程為建議性內容，會因應需要而不時更新，一切以學院正式官方公佈版本為準。)

課程簡介 (Course Description)

Basic Science 基礎科學

BSAT 101 Basic Anatomy 基礎解剖學

The course is designed to introduce the student to the:

- understanding of the structure, organization and function of the human body.
- basic tissues of the body and how they are integrated to form functional units.
- correlation between structure and function.

BSPS 101 Physiology 生理學

This course is designed to provide students with an understanding of the function & regulation of the organ systems of the body and physiological integration of the systems to maintain homeostasis. Course content will include neural & hormonal homeostatic control mechanisms, study of the musculoskeletal, circulatory, respiratory, digestive, urinary, immune, reproductive and endocrine systems.

BSHI 101 Histology 組織學

This course aims to provide students with the knowledge of the microscopic structure of cells and tissues. Examination of tissues at both the light and electron microscopic levels to reveal distinguishing features of tissues.

BSCY 101 Cytology 細胞學

This course aims to teach students with the overall understanding of human cells. Course will study cell structure, cell composition, and the interaction of cells with other cells and the larger environment in which they exist.

BSHP 201 Medical Biochemistry 醫學生物化學

This course provides students the basis of biochemistry and biomedicine. Topics examined in this context include the energetic relationship of molecules, the nature and function of enzymes, cellular regulatory mechanisms, metabolism of proteins, lipids, and carbohydrates, common metabolic pathways, detoxification reactions, acid / alkali balance, vitamin mechanisms, nucleic acids and DNA, and metabolism of selected minerals.

BSAT 201 Clinical Anatomy 臨床解剖學

The aim of the course is to acquaint students to the structure of the human body. Areas of study: Osteology, Neurology, Dermatology, Myology, Syndesmology, Splanchnology, Endocrinology, Genetics, Histology, Gastroenterology, Metabolism, Cardiology, Embryology, Gynecology, and Immunology.

BSPS 201 Medical Physiology 醫學生理學

This course is designed to provide students with an understanding of the human physiology in medical application. Topics include: cellular physiology, emphasizing membrane permeability, bioelectric

potentials, muscular contractions, secretion, metabolic physiology, and control of metabolism by hormones. Also organ physiology, emphasizing respiratory, renal, gastrointestinal, and cardiovascular physiology.

BSHP 201 Human Pathology 人體病理學

This course introduces students to the pathological processes in the human body, with focus on the basic mechanisms and concepts of tissue reaction to injury, degenerative cellular changes, cellular response to the inflammatory reaction, and concepts of immunology and neoplasia. Additionally, pathologic responses of specific body systems to infections and degenerative diseases are stressed.

BSMM 201 Medical Microbiology 醫學微生物學

This course aims to provide information related to structure, physiology and genetics of pathogenic bacteria and fungi. It also includes bacterial diseases and mycoses, route of disease transmission, epidemiology and prevention. Antibacterial and antifungal agents with specific actions will be introduced as well as the methods for antimicrobial susceptibility testing.

BSIM 201 Immunology 免疫學

This course will introduce students to the fundamental concepts of modern immunology. The course will cover cells, tissues and organs of the immune system. Will also discuss the development, activation, effector functions, and regulation of immune response.

BSCP 201 Clinical Pharmacology 臨床藥理學

This course introduces students to Western Orthodox Medical pharmacology, with an emphasis on the classification, major actions, and side effects of commonly prescribed medications and possible interactions of drugs with herbs, homeopathic remedies, and/or nutritional supplements.

Clinical Science 臨床科學

CSDI 101 Introduction to Clinical Laboratory 臨床醫學化驗學簡介

Students learn to critically evaluate and apply the results of commonly-used laboratory tests including serological chemistry and hematology, urinalysis, and endocrine panels and others for purposes of body function and disease diagnosis.

CSDI 201 Practical Laboratory Medicine 應用化驗醫學

In this course students learn how to order, evaluate and interpret clinical laboratory tests. Terms frequently used in clinical laboratory medicine as well as laboratory quality assurance standards and protocols will be discussed. Students analyze, synthesize and correlate laboratory values to their corresponding diseases. The use of basic laboratory procedures in clinical chemistry, hematology and urinalysis in formulating a diagnosis and monitoring a patient's status is emphasized.

CSDI 202 Application of Clinical Laboratory Test 臨床醫學化驗學

In this course students apply what they learn on how to order, evaluate and interpret clinical laboratory tests. Terms frequently used in clinical laboratory medicine as well as laboratory quality assurance standards and protocols will be discussed. Students analyze, synthesize and correlate laboratory values to their corresponding diseases. The application use of basic laboratory procedures in clinical chemistry, hematology and urinalysis in formulating a diagnosis and monitoring a patient's status is emphasized.

CSIR 101 Iridology (Theory & Practice) 虹膜學 (理論及實踐)

This course teaches the theory and technique in Iridology and Sclerology. The technique to read "live eye" and detect early signs of illness, toxin accumulations, inherited weakness and chronic diseases.

CSIR 102 Sclerology 鞏膜學

This course presents students with the science of Sclerology and its application. It includes History, Anatomy, Physiology, Topography, Quadrants, Areas, Signs and Markings Treatment principles are discussed.

CSIR 201 Pupilogy 瞳孔學

This course presents students with the science of Pupilogy and its application. Students will study physiology change, papillary decentration and multiformities, papillary flattenings in spinal body health influence.

CSIR 202 Applied Iridology Apparatus 虹膜鏡應用學

This course will teach students the versatile use of Iridology Apparatus. Students will examine skin, hair, hair pole, and Ear, Nose, and throat using new apparatus to detect problems in Eye, Ear, Nose and Throat (EENT).

CSIR 301 Eastern & Western Ophthalmology Assessment 中西眼診學

This course will give students basic understanding of Ophthalmology Assessment used in Eastern & Western world. Students will learn the methodology and the interpretation of signs and marking in and around the naked eyes.

CSPE 201 Physical Examination & Diagnosis 身體檢查及診斷

This course presents the student with the theoretical and practical aspects of history taking, physical examination, and diagnostic procedure. It provides the student with a familiarity of various diagnostic modalities. The use of specific medical equipment and methods of hands-on interpretation will be addressed.

CSBM 304 Biofeedback Machine & Diagnosis 生物回饋儀診斷

This is an introductory course designed to teach students the basics of biofeedback, its history, instrumentation, and intervention. Will review some selected biofeedback machines and their operation.

CSDA 201 Darkfield Blood Analysis 活細胞學

This course is designed to introduce students to the darkfield microscopy that is used to determine a person's health status. Students will be taught how to operate the darkfield microscopy.

CSBM 304 Applied Kinesiology 應用肌能測試學

This course will introduce students to the fundamental concepts of applied kinesiology, history and its current application. Students will be taught the muscle test technique to evaluate structural, energy pattern, pathogenic micro-organism, nutrition, food and supplements.

Natural Medicine 自然醫學

NMNA 101 Naturopathy: History & Practice 自然醫學歷史及實務

This course is designed to give the student an overall perspective of Naturopathy with respect to the history, philosophy, methodology and spiritual essence of this science. From its inception to the present day practice, expounding on the principles, code of ethics and knowledge of Naturopathy as a natural system of health care will all be covered. This course is necessary for all prospective Naturopaths to understand the practice, philosophy and scope of Naturopathy.

NMAR 101 Elementary Aromatherapy 香薰治療初階

This course provides students with the basic knowledge and skills to use aromatherapy. It includes introductory studies into the development of aromatherapy and its scope of application, origin of essential oils, safety aspects of using essential oils, basic theory of blending essential oils, properties of 36 essential oils, employment opportunities of an aroma therapist.

NMAR 102 Floral Bioessence 花精療法

This course provides a solid foundation for using flower essences while presenting an opportunity to contemplate and discover body's inner gifts, talents, and challenges. Students will learn how to prepare single or combination essences.

NMAR 103 Bach Flower 貝曲花藥

The purpose of this course is to familiarize the student with the flower preparations discovered by Edward Bach, who felt that stress, if left unresolved, would eventually lead to deeper emotional problems, and ultimately to physical disorders. The student will become familiar with the 38 preparations, and gain a working knowledge of their usage.

NMPS 201 Psychological & Sub-conscious Communication 心理及潛意識溝通醫學

This course aims to help students to understand the theories and practices of Sub-conscious communication. Case studies are explored to provide the student with insights into the actual response

of clients/patients/subjects during Sub-conscious Communication.

NMAR 201 Intermediate Aromatherapy 香薰治療中級班

This course aims to provide students with more comprehensive training in the principles and practical application in the use of Essential Oils. The course provides a continuation of study initiated in the Elementary Aromatherapy. Students will learn Aromatherapy is skin care applications, chemistry of essential oils, properties and uses of essential oils, therapeutic approach and esthetic approach of oil blending, origin, extraction methods, constituents and properties of the hydrosols and carrier oils, hygiene, bacteriology, sterilization & sanitation, learn about the properties of 30 essential oils.

NMAA 201 Anti-Aging, Aesthetics, Fitness & Wellness study 抗衰老、美容及康健學

This course will teach a person the factors and influences associated with aging and what can be done to perhaps slow the aging process from natural medicine point of view. It will also cover strategies to living a longer and healthier life. Will discuss hormones, exercise, stress and emotions, social relationships, alcohol, smoking, antioxidants and their role in relationship to cancer and heart disease, food quantity and weight control, diet types, habits and patterns, anti-aging foods and beverages such as fruits, vegetables, garlic, fish, grains, nuts, legumes, soy, chocolate, yogurt, water, wine and tea. Practical naturopathic steps to rejuvenate skin and remove blemishes will be taught.

NMTD 201 Toxicology & Detoxification 毒理學及排毒

The student will learn about sources of toxins to the human body, the physiological responses to toxins, and detoxification processes. Will cover physiological effects of toxins, organs of detoxification, and routes of detoxification and excretion. The student will also demonstrate knowledge of various sources and types of toxins of external and internal origins and will be familiarized with many approaches to detoxification, their mechanism of action, and their potential side effects and contraindications.

NMSM 101 Somato Music Drama Therapy 身心靈音樂戲劇治療

This course will offer students the opportunity to utilize singing, acting and somato touch to explore the process of self-discovery through innovative body mind and soul balancing therapy. Aiming at enhancing the functioning of the body, mind and soul, the program include: sensory stimulation, motor stimulation, music therapy, in touch with universal rhythm and sound, music that soothes and heals, dancing to nature, creativity through acting, drama to channel positive energy etc., mixed with the most innovative treatment methods by applying core muscle stimulation, autonomous nervous system enhancement, spiraling movement, advanced breathing technology as well as cranial manipulation and many more which proved to be effective in recent research findings.

NMDT 201 Drama Therapy 戲劇治療

Provides an introduction to the field of drama therapy and the theories and principles involved in its practice. An overview of the history of drama therapy, key drama therapy concepts and methods will be included. The course is practical in nature, using an active, experiential approach that facilitates the client's ability to tell his/her story, solve problems, set goals, express feelings appropriately, achieve a catharsis, extend the depth and breadth of inner experience, improve interpersonal skills and relationships, and strengthen the ability to perform personal life roles while increasing flexibility between roles.

NMCH 201 Colon Hydrotherapy 大腸水療

Colon Hydrotherapy is an important detoxification method. Will explore the history, philosophy and basic principles of hydrotherapy, Anatomy and physiology of the colon and gastro-intestinal tract, abdominal massage, reflexes, Acupuncture points used in hydrotherapy, stools interpretation etc.

NMFM 301 Functional Medicine 功能醫學

This course will familiarize the student with the use of Functional Medicine in health care setting. Functional Medicine is the field of health care that utilizes scientifically-based methods to assess physiological function of cells, tissues, or organs, and employs early intervention to correct physiological, emotional, cognitive, or physical imbalances and restore normal function. The elucidation of biochemical and physiological factors that are out of balance can provide valuable information as to the underlying disease process either before or after signs and symptoms have manifested. In this course, stress is made on the scientific foundation for various evaluation criteria, laboratory procedures, and therapeutic applications that are employed by the practitioner of functional medicine to support normalization/optimization of natural functioning of various body systems.

NMAR 301 Advance Aromatherapy 香薰治療高級班

This course aims to provide students with more advance training in the principles and practical application in the use of Essential Oils. Students will learn individual prescriptions in oil blending, production of carrier products, daily routine of an aromatherapist, definition of complementary medicine & the roles of aromatherapists, learn about the properties of 34 essential oils.

NMBM 301 Introduction to Body-Mind Integrative Studies 身心整合醫學介紹

This course serves as a general introduction and overview of the scope of Mind-Body Integrative Studies. The student will gain a conceptual understanding of the interrelationship and interface between mind, body, and psyche -- the building blocks of self. The course provides a unique perspective through which to view the body-mind, and to effect deep-reaching and long-lasting change. It encompasses a wide range of modalities and approaches, all touching equally these building blocks of self, helping to facilitate healing and higher functioning on all levels of health.

NMCT 301 Chelation Therapy 螯合療法

This course aims to introduce students to the principle and practice of Chelation therapy. Chelation in medicine is generally regarded to be the use of chelating agents to remove toxic heavy metals from the body. Toxic heavy metals include arsenic, cadmium, lead, and mercury. Scope of application and hand-on experience will be taught.

NMNC 401 Naturopathic Counseling 自然醫學諮詢

This course aims to familiarize the student with the naturopathic counseling process. Student will learn basic counseling and behavioral medicine concepts and technique. They will learn Naturopathic counseling feature to foster body's potential to heal itself and focuses on prevention and balance.

NMAR 401 Clinical Aromatherapy 臨床香薰治療

This course familiarizes student to aromatherapy in clinical usage. Will learn Aromatherapy in health care applications, aromatherapy approach to the mind, spirit and emotional conditions, consultation technique, relationship between aromatherapy and physiotherapy electric machines, aromatherapy for pregnant women, babies & children, physiology, pathology & aromatherapy.

NMPT 401 Psychosomatic Therapy 心身治療

This course aims to provide with the knowledge needed for a deep understanding of the complex and often interrelated psychosocial and psychosomatic mechanisms of somatic illness. Besides providing theoretical knowledge, the course assists in developing the practical skills needed to explore the meaning of people's illnesses by interpreting their symptoms in the context of their social and natural environments.

NMEQ401-405 Easy & Quick Positive (EQ+) Somato-psychic Therapy 簡快身心積極療法 I

This course provide students simple and effective skill to observe and rectify psychological imbalance through the use of Neuro-Linguistic Programming (NLP), Kinesiology and family constellation. The intensive courses take 40 days and consist of 5 levels:

(NMEQ 401) Level I

This theory and technique foundation course will cover core idea of NLP, foundation techniques, and strengthening of observing power.

(NMEQ 402) Level II

This clinical skill course will learn how to relax clients, observation skill, verbal pacing technique, setting common counseling goals, instant detecting client's hidden needs, and how to deal with problematic customers etc.

(NMEQ 403) Level III

This course focuses on responding to client's queries. Will cover two main areas: 1. Eliminate client's emotional disturbance and stress, enhance vitality, self-communion and techniques of self-improvement. 2. Skill of handling different clients' inter-personal relationship skill.

(NMEQ 404) Level IV

This advance skill course will learn pain elimination, self-reconstruction, re-build non-human relationship (e.g. scar of failure, memory reconstruction, rejuvenation.) Will learn the conceptual use of family constellation...etc..

(NMEQ 405) Level V

This family constellation course will discuss various application techniques and multi-action approaches, with the main focus on the deepest and intricate psychological rehabilitation issue. Will include supervise

real case consultation.

Manipulative Medicine 徒手治療醫學

MMNM 101 Naturopathic Manipulations 自然徒手醫學

Naturopathic Manipulations is a practical course aiming to teach students the art and science of hands-on therapy, which is an integral part of holistic wellness program. Various modalities such as: bone, joint and soft tissue manipulations, therapeutic massage, viscerosomatic reflexes, neuromuscular and physical therapy.

MMHC 101 Introduction to Holistic Craniopathy 整全頭醫學簡介

The course aims to acquaint students with the theories and practices of Craniopathy. Will cover topics from: Cranial Anatomy, Cranial Physiology, Cranial Palpation, Cranial Nutrition, Cranial -Meridian Relationship, Cranial-Chakra-Aura Relationship, Pre-Cranial Adjustment (Categories Balance), Cranial Birth Trauma & Remedies, and Cranial Connections: (a) Cranial Bones and Brain Connection, (b) Cranial-Visceral Connection, (c) Cranial-Spinal Connection, (d) Cranial- Extremities Connection, and (e) Cranial-Emotion Connection etc.

MMBT101, 102, 201, 202, 301 Bowen therapy 保雲療法 (I, II, III, IV, V)

This course aims to give the basic concept of Bowen Therapy through demonstration, discussion and application. Bowen therapy is a very gentle form of natural healing involving only light moves applied to very specific points on the body. It is a, non-invasive, therapeutic technique suitable for a range of ailments and conditions. Course include practical component and is supported by essential theory incorporating an understanding of how Bowen Therapy works, history, healing philosophy, guidelines for use, clinical procedure.

MMMT 301 Massage Therapy 按摩治療

This course train students the basis theories of Massage Therapy and master the technique for effective treatment. Students will learn either one of the following Massage: Sweden, Thai, Japan, Acupuncture and Meridian Massage.

MMET 201 & 301 Exercise Therapy / Sport Medicine 運動治療

This course will provide students an overview of the extensive use of exercise and physical activity in the evaluation and treatment of a variety of pain, chronic diseases and disabilities. Topics include aerobic versus anaerobic exercise, biomechanics of human movement, exercise training principle. Exercise prescription in the treatment of Shoulder Injuries, Ankle and Foot Injuries, Arm and Elbow etc will be taught and demonstrated.

MMFR 201 Foot Reflexology 足部反射療法

This hands-on course aims to introduce students to the reflex zones and the related reflex areas as well as common disorders and ways in which to treat them.

MMOR 201 Orthotics 足部矯正

This course aims to enable students to have a basic understanding of Orthotics theory and technique. Topics include Foot and ankle anatomy, Manual muscle testing/range of motion, Biomechanics of the foot and ankle, Patho-mechanics of the foot and ankle, Normal human locomotion, Diabetic feet, and foot orthotics technique.

MMMS 201 Meridian Scraping Therapy 刮痧療法

This hands-on course aims to introduce students to theories and techniques of Meridian Scraping. This Scraping technique is used in traditional medicine and widely practiced by Asian community. It involves palpation and cutaneous stimulation in which the skin is pressed with a piece of scraping tools. Meridian scraping is efficient in removing waste and toxin. Students will learn how to scarp on meridian channels and acu-points. Also cover the techniques of ancient stone scraping and massage therapy.

MMPT 401 Pain Therapy 痛症治療

This course aims to train students the techniques and skills to ease common body pains. Topics covered include pathophysiology, overall pain management options, barriers to treatment, substance abuse concerns, treating elderly and pediatric patients, treating persistent nonmalignant pain, neuropathic pain, concepts and procedures of pain assessment and management in a variety of human settings.

MMAT 301 Alexander Technique 正姿舒壓法

This course aims to teach Alexander Technique methodically works to modify everyday habits. Daily activities such as walking, speaking, standing, sitting, bending and other anatomical functions can affect the way we feel and act. Alexander Technique is a means of achieving anatomical correctness and mental balance.

MMSD 301 Structural Diagnosis and Treatment 結構診斷及治療

This course aims to train students to master the technique in body bone structure diagnosis and treatment. Students will learn the relationship between structures, primarily the spine, and function, coordinated by the nervous system and muscle of the human body. Body structure diagnosis method and manipulation technique will be taught.

MMST 401 Somatic Touch Therapy / Muscle Energy Technique 觸診與治療

The class will introduce students to the importance of touch, its dynamics, and the skills, knowledge and qualities necessary for the therapist to provide a safe and nurturing environment for touch therapy. The class focuses on the value of awareness, presence and intent in bodywork. Case histories will be provided for discussion, and students will explore their personal touch histories and how touch has impacted their lives. Lecture is combined with experiential exercises.

MMMR 401 Myofascial Release and Manipulation 肌筋膜軟組織鬆弛與治療

This course aims to enable students to master the non-aggressive technique to eliminate fascial tensions in the body and is used to treat connective tissue related dysfunction; including fibromyalgia, acute and chronic inflammation, chronic pain, healing post surgery, and much more. A brief review of the anatomy and physiology of soft tissue, and the changes in tissue resulting from injury. Explanation of how the application of Myofascial Release techniques can achieve positive results quickly and permanently.

Nutrition, Diet & Herbs 營養、飲食及草藥

NUBN 101 Basic Nutrition 基礎營養

This course aims to teach students the basic concept of nutrition. Covers topics include: Lipids, Carbohydrates, Fiber, Protein, Vitamins, Minerals, Water, Hormones, Enzymes and functional food. You will learn how to recognize deficiency signs and symptoms, identify food sources, and the appropriate use of vitamins and minerals for good health.

FDLF 101 Living Food 生機飲食

The aim of this course is to train students to be able to cook/prepare Living Food / Macrobiotic meals. Receipts for individual health needs will be taught and demonstrated. Way of preparing food that can keep/get the most nutrition, but have the least nutrition spoilage and toxins generated will be shown.

HBWH 201 Introduction to Botanical / Western Herbs 西草藥學初階

This course will familiarize the student with historical, philosophical, and botanical aspects of herbal medicine, as well as clinical applications of the most common medicinal herbs. The student will demonstrate basic knowledge of the history and development of herbal medicine and will be familiarized with basic concepts of herbal preparation for oral and external use, and storage techniques. The student will learn the practical methods of obtaining herbal preparations as part of the practice of nutritional consulting and will become familiarized with philosophical and chemical perspectives on the physiological activity of medicinal herbs. The student will be able demonstrate general recognition of common herbal species and their specific clinical applications.

NUAN 201 Advance Nutrition 進階營養學

This course gives student more complex concepts in nutrition and diet with emphasis on contemporary issues, or on advanced special topics such as International, Regional, and/or Cultural Foods. The physiological functions, metabolism, and requirements for all macro and micro nutrients as well as the pharmacological effects of individual nutrients are discussed.

NULS 201 Nutrition Across the Life Span 營養與人生

Students will gain a basic understanding of the nutritional requirements of normal healthy people over the entire lifespan incorporating the special needs of pregnancy, lactation, infancy and childhood,

adolescence, adulthood, menopause and old age. The unit will develop an awareness of the range and diversity of normal food intake and eating behaviors at different life stages. Students will learn the principles of nutrition assessment for different age groups, gain an understanding of the different nutrient requirements over the life cycle and learn how the dietary recommendations for nutrient intakes are derived and applied to different populations.

HBWH 301 Advance Western Herbal studies 西草藥學進階

This course will prepare the student to treat a variety of physical and mental conditions, as well as promote vibrant good health and beauty. The student will acquire both broad knowledge and in-depth experience identifying, growing and caring for herbs, and will learn to use herbs and herbal treatments in self care, body care, house care, animal care and basic Aromatherapy.

NUMN 204 Medical Nutrition Therapy 醫學營養治療

This course introduces students to the role of medical nutrition therapy in the prevention and treatment of clinical diseases and disorders. The course includes topics in medical nutrition therapy for common diseases like gastrointestinal disorders, liver and biliary disorders, anaemia, heart disease, cold & influenza, pulmonary disorders etc.

FDFM 201 & 301 Food Service Management 飲食服務管理

This course introduces students to the theory and practice of clinical nutrition and assessment relevant to food service systems and management. Will discuss basic nutrition principles and dietary guidelines towards the preparation of healthy cuisine, food safety, supervision and training of food service employees. Students will develop skills in influencing and contributing to promote a safe and nutritious food supply. This course also involves a two-week food service placement, and trains students skills in food preparation and recipe modification.

NUNA 201 Nutrition Assessment 營養評估

This course introduces student to the techniques and interpretation of nutrition assessment parameters (dietary, physical, biochemical and clinical data) to determine the nutritional status, requirements and practice interventions/applications in health and disease of communities, groups and individuals.

NUCN 301 Clinical Nutrition 臨床營養

This course aims to acquaint students with current knowledge and research in clinical nutrition, objective evidence, and its application in the prevention and treatment of disease processes. The focus is on diet and lifestyle-based interventions. Therapeutic diets, dietary manipulation and supplementation are discussed in the sake of addressing nutritional deficiencies, promote health and treat disease.

FDDI 301 Diet & Fasting 斷食療法

This course provides an analysis and evaluation of various dietary regimes focusing on nutritional, spiritual and social belief systems concerning food: Vegetarianism, macrobiotics, raw food, food combining, and hereditary predisposition. Benefits of fasting and different approaches of fasting will be discussed. It finally considers mental, emotional, physical and spiritual issues concerning diets and fasting.

NUOM 301 Orthomolecular Medicine 正分子醫學

This course will prepare the student to treat a variety of treatment of disease based on the theory that each person's biochemical environment is genetically determined and individually specific. Orthomolecular medicine focuses on the right nutritional molecules in the right amounts for the individual. Will discuss nutritional supplements to treat illness.

NUNC 301 Nutritional Counseling 營養諮詢

This is a course for the student who plans to counsel clients on enhancing health through nutrition. The class will explore counseling approaches and nutritional treatment strategies for various health challenges. Students will have opportunities to role play counseling sessions. Daily food programs and rules for eating are given. Alternative therapies are explored and food preparation is reviewed.

FDFI 301 Food/Drug Interactions 食物/藥物交互作用

This course serves to make student aware of the vital relationship between drugs, food and nutrition. Will study food/drug, supplement/drug, and herb/drug interactions.

NUSN 301 Sport Nutrition 運動營養學

This course introduces student to the use of food and nutrition in sport. Sports Nutrition is an important component in maximizing athletic potential and minimizing health risks associated with sporting activity. The course investigates the important food/food components of individuals involved in exercise programs. The focus is on understanding how dietary needs are affected by regular, vigorous physical activity and the mechanisms responsible for any performance enhancement/decrement resulting from the supplementation of specific foods or food components.

NUCN 401 Community Nutrition 社區營養學

This course introduces student to the role of nutrition at the local, national and international levels. Emphasis placed on nutrition education, food habits, survey methodology, and current topics in the area of community nutrition.

Energy Medicine 能量醫學

EMIE 101 Introduction to Energy Medicine 能量醫學導引

The aim of this course is to introduce students to the fundamental principles and procedures of energy medicine. Energy medicine recognizes energy as a vital, living, moving force that determines much about health and happiness. Energy medicine heals body and spirit both by activating the person's natural healing energies and by restoring energies that have become weak, disturbed, or out of balance. The class will show participants how to increase their vitality, effectiveness, and joy in life by attending to their body's energies. The class is fun, spiritually uplifting, and offers a wealth of useful tools.

EMEE 101 Environmental Energy & illness 環境能量及疾病

The aim of this course is to acquaint students to environmental energy (or earth energy) and its relationship to health. Cosmic Energies, different types of energy lines and underground water courses will be discussed. Dowsing devices and Applied Kinesiology to find Earth Energies and Geographic Stress will be covered.

EMMT 101 Fundamentals of Music Therapy 音樂療法基礎

This course aims to enable students to have a basic understanding of music therapy. Topics include music therapy in rehabilitation; music therapy theory. Music pieces will be played during the course.

EMCS 101 Foundation of Cranio-sacral Therapy 顱骶治療基礎

This course aims to introduce students to the structure and function of the craniosacral system, its significance of the craniosacral mechanism in health and pathology, and its therapeutic value. Students will learn to palpate the craniosacral rhythm, to detect normal and restricted motion and to perform selected interventions to restore or improve osseous and non-osseous mobility.

EMCT 101 Color Therapy 色光療法

In this course, the student will learn treatments for various illnesses with the use of colored light. Topics include: Scientific exploration into the visible spectrum of color: effects and benefits, psychological and therapeutic influences of the color spectrum, color and chakras, experience color light on the body, use of color in health treatment.

EMRN 101 Reiki Natural Healing 靈氣自然療法

This course introduces students to basic concepts of Reiki Natural Healing and practice. Will cover topics like: human energy system (meridian, nadis and chakras), how to feel energy, principles of energy healing. Learning and enhancing the protective aura, grounding techniques and removing negative energy, the law and use of wish fulfillment, understanding cosmic laws, use of distance healing, secrets and uses of pyramid, use of I-Ching in forecasting, protection Sphere technique, learning Higher Self and Guides etc.

EMCS 201 Intermediate Cranio-sacral Therapy 顱骶治療中班

This course aims to enhance student's ability to conduct whole-body evaluations focusing on the physiological phenomena that occur. They will practice evaluating and treating cranial-base dysfunctions, observe skilled demonstrations and participate in hands-on practice.

EMCS 301 Advance Cranio-sacral therapy 顱骶治療進階

This course aims to train student's in-depth mind/body integration technique, refine their skill in

Cranio-sacral therapy, and further develop palpatory capabilities.

EMVM 201 Vibrational Medicine 震頻醫學

The aim of this course is to introduce students to the Vibration theory and its relationship to health. Will study body resonance phenomenon, vital force or bio-energy field and fluid circulation. External vibration in the form of energy (light, sound, magnetic frequency etc.), food and naturopathic prescription will be discussed. Methods to balance body energy field/system will be covered.

EMQT 201 Quantum Touch Therapy 量子觸療

The workshop course aims to let students learn how to raise body energy levels by sweeping earth energies through their body and transfer them to the clients. Students will learn how to use special breathing & body focusing techniques so that with a light touch one can relieve pain and inflammation, balance the immune system, release tension & negative emotions, relieve suffering from long-term conditions & much, much more. It is possible to realign bones with just a light touch. No physical manipulation or adjustments are made. This amazing form of healing once learned, can be incorporated with many other complementary therapies to profoundly accelerate the body's own healing response, both on a physical and emotional level.

EMMT 201 Intermediate Music Therapy 音樂療法中級班

This course aims to enable students to use and practice of music in clinical setting. Some common illness will be discussed and the type of music selected.

EMET 101 Emotion Freedom Technique (EFT) 情緒釋放技術

This course aims to introduce students to the theories and technique of EFT. EFT is an energy healing therapy that often works in a mysterious but effective way. Students will learn how to release emotional energy disturbance stored/blocked in certain pressure points on the body by tapping. This technique can be self-applied. It is used for treating trauma, abuse, stress, anxiety, depression, grief, headaches, body pains, and breathing problems.

EMHM 201 Homeopathy 同類療法

This course introduces students to the art and science of homeopathy. This course offers the knowledge and practical skill essential for resolving common ailments and injuries homeopathically. Topics include the conceptions of the vital force and its role in health and disease, the law of similars, the law of provings, the totality of symptoms, the concept of potentization, hierarchy of the body systems, Herring's Law of cure, progression of chronic diseases, issues of suppression, palliation, aggravation, and antidotes etc.

EMQQ 201 Healing Qi Gong 醫療氣功

This course offers students the principles, history and practice of the healing exercises of Qi Gong. Brief introduction to various motion exercises and meditations in Qi gong. Students have to practice a set of motion exercise and meditation.

EMMB 201 Mind-body Energetic 身心能量學

Mind-Body Energetics offers an overview of psycho-energetic principles from a body-mind perspective, including a basic understanding of ideo-energetic response, and the ways in which it underlies all of our experiences - emotional, behavioral, and physiological. Presented in this course is an exploration of the Five Elements Theory: one of the underlying foundations of Chinese Body-Mind Philosophy. The student will learn about the psycho-emotional and behavioral correlations of the Five Elements and how to utilize knowledge of this theory to effect healing. A basis overview of hands-on approaches in working energetically with the body will be presented, including ways of eliciting healing states, and a series of exercises to develop palpation skills, sensitivity, and energetic awareness.

EMTM 201 Time Medicine 時間醫學

This course introduces students to the Time Medicine theories that come from Ancient Eastern Medical Science. Students will learn how to master the techniques of time therapy using modern naturopathic knowledge. Students will learn change in seasons, days and night that affect the types of illness and therapeutic effectiveness. Hands-on manipulative techniques, vibration medicine, diet and nutritional supplement will be discussed and practiced.

EMEE 201 Eastern Environmental Science 東方古代環境科學

This course introduces students to the theories of Eastern Environmental Science that deals with the power of cosmo energy and environmental force. Students will learn how the environmental energy affect our physical and mental health, also other aspects like inter-personal relationships, career, respect, harmony, creativity etc. Topics include Yin & Yang theory, 5 Universe Chain, 8 Basic Trigrams, 64 Hexagrams and its numbering system, home and workplace energy dynamics.

EMPT 301 Polarity Therapy 極性療法

This course introduces students to a healing art developed by Dr. Randolph Stone. It trains students the theory about how energy is unbalanced, blocked or locked due to stress or other issues, illness and pain. They will learn how to observe and assess the energies while utilizing palpation and interviews. They will use light, medium or firm touch and aware soft energy sensations.

Oriental Medicine 東方醫學

OMOH 101 Fundamental Principles of Oriental Herbal Medicine 東方醫學基礎

This course introduces students to the fundamental concepts of Oriental Medicine, including yin/yang theory, zang-fu organ theory, vital substances, qi transformation, five elements theory, causes of disease (internal & external); includes an introduction to diagnosis (looking, hearing/smelling, asking, feeling), and pattern identification (eight principles, qi/blood/body fluids, internal organ zang-fu). Therapeutic principles and some common used herbs be discussed.

OMAY 101 Introduction to Ayurveda 印度阿輸吠陀傳統醫學基礎

This course introduces students to Ayurveda, its aim and objectives, methods of examining patients, and diagnostic and treatment methods. Ayurveda is Indian natural medicine, a 5,000-year tradition. Students will gain a solid foundation of basic Ayurveda principles with an appreciation of the art and science of Ayurvedic medicine.

OMDM 201 Diagnosis & Meridian Analyzer 東方醫學診斷及經絡儀

This course provides an in-depth exploration of the traditional methods of diagnosis in Chinese medicine, with a focus on their practical applications in Oriental Bodywork. Students will learn Zangfu syndromes and their signs and symptoms. Meridian analyzer providing visualize data will be taught.

OMMA 201 Meridian & Acupuncture 經絡與穴位

This course introduces students to the Meridians of Acupuncture points in Eastern medicine. Will cover the classification of acu-points and systems of nomenclature. Students will learn the 12 major meridians and the eight extra meridians. Also major acu-points along the meridians. Will cover some naturopathic techniques used on meridian and acu-points.

OMNE 201 Near East Medicine 近東醫學

This course aims to introduce students to basic concepts of Near East Medicine, the traditional medicine in Near East between the Mediterranean and Iran. Will explore Humoralistic Medicine. Humoralism assumes that all things were composed of the four elements of fire, earth, air, and water. Each element embodied two of the four qualities of hot, cold, dry, and wet. The human body consisted of four fluids, or humors—blood, phlegm, black bile, and yellow bile—each corresponding to one of the elements. Will study its various principles like equilibrium, seasonal influence, contraries, innate heat, pepsis and crisis. Methods of treatment and the type of foods and herbs will be covered.

OMTT 201 Tibetan Traditional Medicine 藏傳醫學

This course aims to introduce students to basic concepts of Tibetan Medicine, its principle and its intricate theories of disease causation, diagnosis and therapeutics. Tibetan Traditional Medicine is founded on the principle that human being and the surrounding environment are composed of the five basic elements: earth, fire, water, wind and space. Individual is a part of a greater whole. Students will learn how to utilize the five basic elements to restore patient health.

OMON 301 Oriental Medicine Nutrition & Diet Therapy 東方醫學營養學及食療

This course explores the practical aspects of utilizing specific food combinations as preventative medicine as well as to ameliorate existing health imbalances. Traditional Chinese food groups, herbal diets and herbal soup recipes will be examined.

OMAY 201 Ayurvedic Herbs 印度阿輸吠陀傳統藥學

This course familiarizes students to the common herbs and spices used in Ayurvedic Remedies. Students will learn the practical use of at least 20 most important Ayurvedic herbs which have been clinically researched and proven effective in treating and preventing a variety health issues, special Ayurvedic methodology of understanding the energetics of these herbs, the Ayurvedic concepts of Rasa, Vipaka, Guna, Virya and Prabhava and to combine various herbs synergistically to optimize the benefits of a formula.

Others 其它

OTME 101 Medical Ethics 醫學道德

In this course, students will investigate issues in ethics, jurisprudence, practice management and current problems that confront the modern health care practitioner, with a focus on laws, ethics, and practice management for practitioners of natural medicine.

OTPU 101 Medical Putonghua 醫學普通話

This course is for beginning students of Putonghua with emphasis on oral proficiency and aural comprehension. Students will learn pinyin and phonetics symbols. Usual medical terms and phrases will be covered for accurate oral conversation in a clinical setting.

OTEN 101 English for Medical Professionals 醫學英語

This course aims to train students to use English in a Medical context, especially speaking and listening. Consultation scenario between medical profession and clients like taking a history, asking about systems and symptoms, instructing, explaining, reassuring, discussing a diagnosis and medical treatment. Pronunciation of the often-complicated medical lexis is also explored and practiced. Listening skill in the understanding of the colloquial and layman's English is examined.

OTLD 201 Thanatology 生死學

This course aims at introducing different thoughts on death from which students can develop their own view. Students will learn what are the needs of the dying and how to communicate with them. They will be stimulated to reflect on the meaning of life as well as death.

OTWM 301 Weight Management 體重管理

This course is designed to provide students with the multi-disciplinary relationships between nutrition, toxification, health, fitness and psychology. Topics include: The aetiology of obesity and the non communicable lifestyle diseases, combating the obesogenic environment, the function and mechanics of

the digestive system, the dietary role and common dietary sources of each of the six nutrients (carbohydrates, protein, fat, vitamins, minerals and water) , toxin and body way of treating toxin, sources of toxin, psychology of eating, hormones and weight, physical activity, Eastern & Western herbal treatments.

OTPM 301 Introduction to Preventive Medicine 預防醫學

The purpose of the practicum is to give the resident experience in practicing general preventive medicine and public health in established sites under the guidance of skilled practitioners and members. Residents in the combined family medicine & preventive medicine program will be exposed to a broad range of experiences in a variety of public health and preventive medicine settings.

OTHM 301 Health Services Management 醫療管理學

The aim of the course is to provide students with the information and basic personal and business skills necessary for dealing with the management aspects of setting up and operating a naturopathic medical practice, including such topics as professional licensing, practice options, office planning, practice-building, referrals, marketing, public relations, fee structures, records maintenance, medical legal reports, bookkeeping and accounting, the use of computers in business, trouble-shooting, managing personnel, financial planning, professional liability, adequate insurance requirements and the creation of a business plan. Skills to enhance the ability of students to display the qualities of leadership are also provided.

OTNC 401 Naturopathic Case Analysis & Management 自然醫學個案研究及療理

This course is designed to prepare future naturopathic practitioners to apply the knowledge acquired in school to the problems and issues they will confront in clinical practice. The courses consist of a series of patient cases. Each case complements and integrates the lecture material presented throughout the program.

OTPH 401 Public Health/Epidemiology 公共衛生 / 流行病學

This course introduces students to the basic concepts of Public Health and Epidemiology. Will examine the diversity of determinants affecting the health of populations and communities. Students explore essential concepts of health promotion and healthy community as a foundation for understanding individual patients. The course develops research and analytical skills to examine topics related to public health. Students apply health promotion processes to an actual community setting, to create healthier social, economic and natural environments. An examination of current public health, environmental health, and health service delivery issues.

OTCE 401 Clinical Epidemiology 臨床流行病學

This course is designed to introduce students to apply the principles of Epidemiology and Biostatistics in a very practical manner to improve clinical decision making. Will access evidence based information to inform clinical practice, apply concepts relating to the principles and practice of screening methods, apply concepts relating to the selection and interpretation of diagnostic tests, apply the concepts of Health Social Science to clinical practice and research.

Clinical Practice 醫療實習

1. CPIN 401 Internship I 醫療實習 I

This internship provides students with an opportunity to observe and practice Natural medicine and procedures learned in the classroom in a supervised clinical setting. Internship will concentrate in one of the following fields: (1) Naturopathy, (2) Osteopathic & Manipulative Medicine, (3) Nutrition, Diet & Herbs, (4) Energy Medicine, or (5) a mixture of the above. Students are required to complete 50+ hours of internship, in which they complete at least 30 different treatments with at least 10 different patients.

2. CPIN 402 Internship II 醫療實習 II

This internship follows Internship I but in different clinical setting and supervisor guidance. Students can choose the same field in Internship I or another field. They have to complete 150+ hours of internship, in which they complete at least 30 different treatments with at least 30 different patients.

3. CPIN 403 Internship III 醫療實習 III

This internship follows Internship II but in a new clinical setting and supervisor guidance. Students can choose the same field in Internship I or II, or a new field. They have to complete 200+ hours of internship, in which they complete at least 30 different treatments with at least 40 different patients.

Thesis 論文

4. Research Project (Report & Presentation) 專題研討文章(5,000 words 字)

Before graduation, students should hand-in a research project (report & presentation) with at least 5,000 words preferably in English, or in Chinese at the end of the final year of studies. In this research project, students will undertake a research project or review a topic of choice given by lecturers. Students will be supervised by the lecturer who gives the topic and finish the research /review in predefined period of time. Students have to present their works to all the lecturers and students.

入學資格(Admission Requirement) -香港區

- 中五或以上程度，會考 5 科合格；或
- 毅進課程畢業學生；或
- 年滿 21 歲或以上；或
- 經本學院個別考慮取錄。

學分認可(Transfer credits)

學員在認可學術機構完成相關課程，可以申請科目豁免及學分認可，如有需要，學員需參與面試/口試/筆試/其他評估測試。最高學分認可為課程學分之 25%。

(注意：本學院有權決定總學分認可，而無須解釋原因)

學分修讀時間(Credit hours) (參考用 for reference only)

| 學分 Credit | 上課時間 (小時) Lecture time (hours) | 閱讀時間 Reading time (hours) |
|--------------|-----------------------------------|------------------------------|
| 0.5 | 1 – 4 | 12 |
| 1 | 5 – 8 | 24 |
| 2 | 9 – 16 | 48 |

| 學分 Credit | 上課時間 Lecture time | 閱讀時間 Reading time |
|--------------|----------------------|----------------------|
| 3 | 17 – 24 | 72 |
| 4 | 25 – 32 | 96 |
| 5 | >33 | 150 |

學分計算(Valid Credit)

所有在本學院完成的學分課程，成績需達 C 級及以上，才能獲取學分。本學院的非學分課程(興趣課程)和旁聽生，均不能計算學分。

入學申請 (Application for admission)

第一次報讀本學院課程的學生，需填妥「**課程報名表**」；免冠正面半身近照(1.125" x1.5")兩張及數碼相片檔案；「**課程報名註冊費**」，證書/文憑/其他課程登記費用為港幣 500 元，單科課程為港幣 300 元；另外，報讀科目每科的「**行政費**」為港幣 150 元；連同學歷證明文件正副本、身份證明文件，交到校務處。登記報讀美國自然醫學大學 University of Natural Medicine 課程，需另交費用。(請注意，在任何情況下，學院不會退還已繳交之任何費用。)

自然醫學醫師(ND)課程申請人，需：

- 連同一份中文或英文「**自我介紹書**」，說明申請人的學歷背景、修讀原因、以往經驗、能夠完成課程的信心和完成課程後的工作等，字數不少於 300 字。
- 兩份推薦人的「**機密推薦書**」，由推薦人直接寄送到本學院。
- 向畢業的大專院校申請「**正式學業成績表(Official Transcript)**」，由該大專院校直接寄送到本學院。(本學院課程畢業生無須申請正式學業成績表，但需要呈交成績表之副本，請填妥「**呈交成績表附頁**」(HKFA0106)連副本交往/寄往本學院)。
- 經本學院安排的面試/口試/筆試/其他評估測試，以對申請人的學歷背景、工作經驗、興趣專長、道德操守、語文、情境處理、和未來發展取向等作出詢問。

(注意：本學院對每位申請人作出獨立評估，但不會因個別申請人的性別及性別傾向、年齡、宗教、國籍、出生地、政治取向、殘缺等而有任何歧視行為。本學院有權拒絕任何申請人就讀而不需要解釋原因。本學院注重學生品德，凡吸毒、有刑事、犯罪記錄，或操行品格等會對其他同學構成威脅或嚴重騷擾的人仕，本學院均會否決其入學申請。)

入讀時間(Period of Enrollment)

任何有興趣人士均可入讀本學院課程。學院課程以「**美式學分制**」修讀，只要在課程限期內讀滿所需科目及學分，便可完成課程。

修讀方式 (Study Mode)

學生可以全日制或兼讀制形式修讀，也可以選取課堂修讀、網上課程、函授方式修讀，選科時，學生需留意自己能修讀多少科目，如有需要，可向校務處安排修讀課程諮詢。

旁聽生(Audit Student)

有興趣修讀個別科目，但不計算學分，可作為旁聽生。旁聽生不用參與考試及各種測驗，完成課程後可獲發旁聽證書，課程費用為該科費用的八折。注意：只有部份科目設旁聽生，而以旁聽生身份聽課的科目因沒有學分，故不能轉為學分，不能成為證書/文憑所需科目要求。

證書行政費(Administration Fee for Certificate) (參考用 for reference only)

由香港美國自然醫學學院簽發的各類證書及文憑等，均需申請及繳交行政費\$150。

由美國的美國自然醫學大學簽發的各類證書、文憑、學位證書等，均另需申請及繳交國外證書行政費(稍後通知)。

出席要求(Attendance requirement)

除函授及網上視像課程外，學生需有七成出席率。未能滿足出席要求的同學，若能提供令學院滿意的解釋(書面解釋/缺課請假信等)，則可豁免其出席要求，否則該科成績作為不合格論。

修讀時間(Length of study)

證書課程：一年制

文憑課程：二年制

自然醫學醫師課程：四年制

未能於預定時間完成課程的學員，需在限期滿前向校務處申請延長修讀期限，否則視為終止學習，學院不會為學員發出任何學術證明文件及證書。

聲明

*本課程概覽會因應需要而不時更新，所有內容以學院正式官方公佈版本為準。



American Institute of Natural Medicine

美國自然醫學學院

Great China Region Affiliate of University of Natural Medicine
美國自然醫學大學大中華區屬會

香港校務處(Hong Kong Registry)

香港灣仔軒尼詩道 99 號 27 樓(全層)
27/F, 99 Hennessy Road, Wanchai, Hong Kong

電話 Telephone: (852) 2529 1498

電郵 E-mail: info@ainm.com.hk 網址 Web: <http://www.ainm.com.hk>

台灣校務處(Taiwan Registry)

台中市公益路 130 號 9 樓
9F, -B, No. 130, Gongyi Road, West District, Taichung city 403

電話 Telephone: (886)-04- 2326 4839 傳真 Fax: (886)-04- 2326 4469

電郵 E-mail: info@ainm.com.hk 網址 Web: <http://www.ainm.com.hk>