



## PROGRAM GUIDE

*For a Better Course in Life*

## WELCOME TO CENTRAL COLLEGE

Central College is a professional career institution providing outstanding career programs to serve culturally diverse communities. Our mission is to train students with high quality instructions and provide quality competencies to meet the high standards of demand in our community.

Central College's small class sizes and caring instructors from diverse backgrounds are dedicated to student needs. Conveniently located by New Westminster skytrain stations, our newly renovated campus offers an excellent environment for students to learn and explore.

## ACCREDITATION

Central College is a Private Training Institutions Branch (PTIB) of the Ministry of Advanced Education BC and Education Quality Assurance (EQA) designated institute. Since Central College is designated by PTIB and EQA, students may apply for student loans and grants through the Student Aid BC. Student loans or grants can only be availed by Canadian citizens or permanent residents.

Central College has been approved by the College of Traditional Chinese Medicine Practitioners and Acupuncturists of BC (CTCMA) for the Traditional Chinese Medicine Programs since 2005.



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# THE FACULTY OF TRADITIONAL CHINESE MEDICINE

## ADMISSION REQUIREMENT:

- A) High school Diploma (or equivalent) OR over 19 years of age
- B) English Language Proficiency (For applicants whose first language is not English)  
Applicants whose first language is not English must demonstrate English language proficiency by submitting one of the following:
  - Completion of Grade 10 English
  - Proof of a successful completion of a recognized Canadian post-secondary educational program in English requiring at least two full years of academic study
  - IELTS: Minimum score of 5.0
  - TOEFL: Minimum score of IBT 45 or CBT 180
  - TOEIC: Minimum score of 600
  - Completion of Central College's ESL Program Level 4 or equivalent

## CTCMA REQUIREMENT:

- Total 1900 hours minimum in 3 academic years including 450 hours of clinical instruction (Schedule E)
- 2 years of university education with 60 credits in liberal arts or sciences from accredited university or College (or Equivalent) for Canadian national registration exams and CTCMA registration.
- Foreign educational credential must be verified by ICES (International Credential Evaluation Service)

## 1. ACUPUNCTURE DIPLOMA PROGRAM

### INTRODUCTION

For more than two thousand years, acupuncture has been the pinnacle of traditional Chinese holistic medical practice. It is a technique in which practitioners stimulate specific points on the body by inserting needles through the skin. Since its first introduction, acupuncture and its treatment fundamentals have been growing and practiced across the globe as an alternative and adjunctive treatment especially for chronic pains, such as low-back pain, neck pain, and osteoarthritis or knee pain. Our Acupuncture Diploma program offers both the knowledge and the delicate techniques in applying the classic needle types, needle selection, sterilization procedures, needle insertion and removal, cupping, sedation, emergency management and much more.

### PROGRAM SUMMARY

- Duration: 3 Years (6 Semesters)
- Program Intakes: January, September
- Classroom Hours:

- Lecture: 1,464 Hours
- Internship: 456 Hours
- You graduate with:
  - Diploma in Acupuncture
  - Clinical internship experience
  - Eligibility for CTCMA licensing examination to become a Registered Acupuncturist (R.Ac.)

## POTENTIAL CAREERS

- Acupuncturist
- Acupuncture Clinic Owner
- TCM Instructor

## WHY STUDY ACUPUNCTURE AT CENTRAL COLLEGE?

Acupuncture is an effective form of medical treatment that has evolved into a complete holistic health care system. Our 3-Year Acupuncture Diploma Program provides not only a solid foundation in the principles of Traditional Chinese Medicine, but also the knowledge and delicate techniques that are required in becoming a successful acupuncturist. Instructors at Central College are highly qualified and well-known for their successful clinical practices proven over for many years. We offer our students unique benefits for their success.

## CURRICULUM

Course No.	Course Name	Units	Hours
<b>Basic Sciences</b>			
OCT 211	History of Medicine	2	32
BS 291	Practice, Management Laws and Ethics	2	32
BS 331	Counseling and Communication	3	48
<b>General OM Theories</b>			
OMT 401	Fundamentals of Oriental Medicine	8	128
OMT 411	Oriental Medicine Diagnosis	8	128
<b>Western Medical Sciences</b>			
WMS 311	Human Anatomy & Physiology I	4	64
WMS 312	Human Anatomy & Physiology II	4	64
WMS 325	Pathology	3	48
WMS 331	Micro-Biology & Immunology	2	32
WMS 351	Western Pharmacology	2	32
WMS 413	Western Clinical Diagnostics	2	32
<b>Acupuncture</b>			
ACM 491	Acupuncture Emergency Measures	1	16
ACM 501	Acupuncture Theory I	7	112
ACM 502	Acupuncture Theory II	7	112
ACM 511	Acupuncture Techniques	6	96
ACM 521	Acupuncture Therapeutics I	6	96
ACM 522	Acupuncture Therapeutics II	5	80

TN 401	Tui-Na	3	48
<b>Additional Courses</b>			
ACM 531	Acupuncture Theories of Various School	1.5	24
ACM 611	Case Review (A)	5	80
OCT 211	Breathing Techniques and Oriental Exercise	2	32
BS 211	Medical Terminology	4	64
WMS 220	Bio-Chemistry	2	32
WMS 425	Western Internal Medicine	2	32
<b>Clinical Internship</b>			
CIT 701	Clinical Internship: Observation & Diagnosis Evaluation	12.5	200
CIA 722	Clinical Partial Supervision	4	64
CIA 732	Clinical Proximal Supervision	4	64
CIA 742	Clinical Case Review	8	128
<b>Lecture Hours</b>			<b>1,464</b>
<b>Clinical Hours</b>			<b>456</b>
<b>Total Hours</b>			<b>1,920</b>
<b>Total Units</b>			<b>120</b>

## DID YOU KNOW?

- The U.S. FDA classified acupuncture needles as medical instrument and assured their safety and effectiveness.
- Acupuncture is over 5,000 years old and is one of the oldest practicing forms of medicine known to date.
- Studies have shown that acupuncture points have significantly more electrical conductivity than other areas of skin.
- Acupuncturists feel your pulse and look at your tongue to gain a better understanding of what is going on inside the body.

## 2. HERBOLOGY DIPLOMA PROGRAM

### INTRODUCTION

Herbology is the study of herbs for medicinal purposes. Herbology was first introduced in the Paleolithic period around 60,000 years ago. Herbology uses plants as the main source of ingredient, but sometimes the ingredients extend to other minerals, fungal, or certain animal parts. Each herbal medicine prescription is a blend of many herbs tailored to the individual patient. Herbal medicine is still widely used in modern society and it is predominately used to treat numerous ailments, especially in Asian societies. Our Herbology Diploma program covers the theory, purpose, preparation techniques, and the formulas to successfully prescribe herbal remedies to treat various ailments.

## PROGRAM SUMMARY

- Duration: 3 Years (6 Semesters)
- Program Intakes: January, September
- Classroom Hours:
  - Lecture: 1,464 Hours
  - Internship: 456 Hours
- You graduate with:
  - Diploma in Herbology
  - Clinical internship experience
  - Eligibility for CTCMA licensing examination to become a Registered Traditional Chinese Medicine Herbalist (R.TCM.H)

## POTENTIAL CAREERS

- TCM Herbalist
- Herb Dispensary Related Work
- Herbal Clinic Owner
- Holistic Medicine Consultant
- TCM Instructor

## WHY STUDY HERBOLOGY AT CENTRAL COLLEGE?

Our 3-Year Herbology Diploma program provides students with knowledge to successfully prescribe herbal remedies and heal various ailments. This program covers the fundamental theories of TCM, purposes, preparation techniques, and diverse herbal formulas for prescription. Central College maintains a wide array of herbs in its pharmacy and dispensary. The herbal dispensary also maintains all necessary and requisite medical supplies for student instruction and patient needs. Instructors at Central College are highly qualified and well-known for their successful clinical practices proven over for many years. We offer our students unique benefits for their success.

## CURRICULUM

Course No.	Course Name	Units	Hours
<b>Basic TCM Foundation</b>			
OCT 211	History of Medicine	2	32
BS 291	Practice, Management Laws and Ethics	2	32
BS 331	Counseling and Communication	3	48
<b>General OM Theories</b>			
OMT 401	Fundamentals of Oriental Medicine	8	128
OMT 411	Oriental Medicine Diagnosis	8	128
<b>Western Medical Sciences</b>			
WMS 311	Human Anatomy & Physiology I	4	64
WMS 312	Human Anatomy & Physiology II	4	64
WMS 325	Pathology	3	48
WMS 331	Micro-Biology & Immunology	2	32
WMS 351	Western Pharmacology	2	32

WMS 413	Western Clinical Diagnostics	2	32
<b>Herbology</b>			
TOH 491	Herbology Emergency Measures	0.5	8
TOH 501	Herbology I	5	80
TOH 502	Herbology II	5	80
TOH 511	Oriental Herbal Prescription I	5	80
TOH 512	Oriental Herbal Prescription II	5	80
TOH 541	Herbal Medicine Processology	1	16
OCT 601	Oriental Internal Medicine I	5	80
OCT 602	Oriental Internal Medicine II	5	80
OMC 601	Introduction of TCM Classics	4	64
<b>Additional Courses</b>			
OCT 211	Breathing Techniques and Oriental Exercise	2	32
OCT 621	OM Pediatrics	2	32
OCT 631	OM Gynecology	4	64
TOH 521	OM Pharmacology & Toxicology	2	32
TOH 531	Oriental Nutrition	2	32
TOH 571	Case Review	4	64
<b>Clinical Internship</b>			
CIT 701	Clinical Internship: Observation & Diagnosis Evaluation	12.5	200
CIH 722	Clinical Partial Supervision	4	64
CIH 732	Clinical Proximal Supervision	4	64
CIH 742	Clinical Case Review	8	128
<b>Lecture Hours</b>			<b>1,464</b>
<b>Clinical Hours</b>			<b>456</b>
<b>Total Hours</b>			<b>1,920</b>
<b>Total Units</b>			<b>120</b>

#### DID YOU KNOW?

- Chinese herbs have been used therapeutically for over 3,000 years. In the 2nd century A.D. the Shen Nong Ben Cao Jing was created detailing 365 different herbs.
- A blend of Chinese herbs may include botanical leaves, branches, stems, fruits, seeds, bark, and twigs as well as animal parts, fish, shellfish, insects, and minerals.
- Chinese herbs have therapeutic functions include dispersing, astringing, tonifying, sedating, warming, cooling, moistening, drying, and eliminating toxins.

### **3. PRACTITIONER OF ORIENTAL MEDICINE DIPLOMA**

#### **INTRODUCTION**

Traditional Chinese Medicine (TCM) originated in ancient China and has evolved over thousands of years. TCM Practitioners can treat or prevent health problems by using herbal medicines and various forms of body practices including acupuncture techniques. Our Practitioner of OM Diploma program provides great opportunity to become a licensed practitioner in Oriental Medicine to practice both acupuncture and herbal medicine.

#### **PROGRAM SUMMARY**

- Duration: 4 Years (8 Semesters)
- Program Intakes: January, September
- Classroom Hours:
  - Lecture: 1960 Hours
  - Internship: 656 Hours
- You graduate with:
  - Diploma in Practitioner of Oriental Medicine
  - Clinical internship experience
  - Eligibility for CTCMA licensing examination to become a Registered Traditional Chinese Medicine Practitioner (R.TCM.P)

#### **POTENTIAL CAREERS**

- TCM Practitioner
- Acupuncture Therapist
- TCM Herbalist
- Holistic Medicine Consultant
- TCM Clinic Owner
- TCM Instructor

#### **WHY STUDY PRACTITIONER OF ORIENTAL MEDICINE AT CENTRAL COLLEGE?**

Our 4-Year Practitioner of Oriental Medicine Diploma Program combines our Acupuncture diploma program and Herbology diploma program and provides great opportunities to successful graduates to become a licensed practitioner in Oriental Medicine to practice acupuncture and herbal medicine. Students will also have the opportunity to gain clinical internship experience. Instructors at Central College are highly qualified and well-known for their successful clinical practices proven over for many years. We offer our students unique benefits for their success.



## CURRICULUM

Course No.	Course Name	Units	Hours
<b>Basic TCM Foundation</b>			
OCT 211	History of Medicine	2	32
BS 291	Practice, Management Laws and Ethics	2	32
BS 331	Counseling and Communication	3	48
<b>General OM Theories</b>			
OMT 401	Fundamentals of Oriental Medicine	8	128
OMT 411	Oriental Medicine Diagnosis	8	128
<b>Western Medical Sciences</b>			
WMS 311	Human Anatomy & Physiology I	4	64
WMS 312	Human Anatomy & Physiology II	4	64
WMS 325	Pathology	3	48
WMS 331	Micro-Biology & Immunology	2	32
WMS 351	Western Pharmacology	2	32
WMS 413	Western Clinical Diagnostics	2	32
<b>Acupuncture</b>			
ACM 491	Acupuncture Emergency Measures	1	16
ACM 501	Acupuncture Theory I	7	112
ACM 502	Acupuncture Theory II	7	112
ACM 511	Acupuncture Techniques	6	96
ACM 521	Acupuncture Therapeutics I	6	96
ACM 522	Acupuncture Therapeutics II	5	80
<b>Herbology</b>			
TOH 491	Herbology Emergency Measures	0.5	8
TOH 501	Herbology I	5	80
TOH 502	Herbology II	5	80
TOH 511	Oriental Herbal Prescription I	5	80
TOH 512	Oriental Herbal Prescription II	5	80
TOH 521	OM Pharmacology & Toxicology	2	32
TOH 531	Oriental Nutrition	2	32
TOH 541	Herbal Medicine Processology	1	16
<b>Additional Courses</b>			
OMC 601	Introduction of OM Classics	4	64
OCT 211	Breathing Techniques and Oriental Exercise	2	32
OCT 601	Oriental Internal Medicine I	5	80
OCT 602	Oriental Internal Medicine II	5	80
OCT 621	OM Pediatrics	2	32
OCT 631	OM Gynecology	4	64
TN 401	Tui-Na	3	48
<b>Clinical Internship</b>			
CIT 701	Clinical Internship: Observation & Diagnosis Evaluation	12.5	200
CIP 722	Clinical Partial Supervision	7	112
CIP 732	Clinical Proximal Supervision	7	112
CIP 742	Clinical Case Review	14.5	232

	<b>Lecture Hours</b>	<b>1,960</b>
	<b>Clinical Hours</b>	<b>656</b>
	<b>Total Hours</b>	<b>2,616</b>
	<b>Total Units</b>	<b>163.5</b>

### **DID YOU KNOW?**

- The U.S. FDA classified acupuncture needles as medical instrument and assured their safety and effectiveness.
- Acupuncture is over 5,000 years old and is one of the oldest practicing forms of medicine known to date.
- Chinese herbs have therapeutic functions include dispersing, astringing, tonifying, sedating, warming, cooling, moistening, drying, and eliminating toxins.
- A blend of Chinese herbs may include botanical leaves, branches, stems, fruits, seeds, bark, and twigs as well as animal parts, fish, shellfish, insects, and minerals.

## **4. ORIENTAL TUI-NA MASSAGE DIPLOMA PROGRAM**

### **INTRODUCTION**

Tui-Na is an ancient form of massage that has been practiced for more than 4,000 years. It is performed by moving and stimulating the flow of Qi-energy and blood flow in the body to help address imbalances and disharmonies in the body. Tui-Na massage includes the use of hand techniques to massage the soft tissue (muscle and tendon) of the body, acupressure techniques to directly affect the flow of Qi, and manipulation techniques to realign the musculoskeletal and ligamentous relationships. Tui-Na massage is also often used together with other practices, such as acupuncture and fire cupping, to increase its effectiveness.

### **PROGRAM SUMMARY**

- Duration: 1 Year
- Program Intakes: January, September
- Classroom Hours:
  - Lecture: 656 Hours
  - Internship: 192 Hours
- You graduate with:
  - Diploma in Oriental Tui-Na Massage
  - Clinical internship experience

### **POTENTIAL CAREERS**

- Tui-Na Massage Practitioner
- Massage Therapist

## WHY STUDY TUI-NA MASSAGE AT CENTRAL COLLEGE?

Our 1-Year Tui-Na Massage diploma program explores a high level of expertise in oriental therapies and diagnostic techniques. The aim of the program is to properly equip the professional practitioner with necessary techniques and diagnostic skills in accordance with fundamentals of oriental medicine theory to competently support the client through their healing process. It offers development in expertise in specialty areas, such as specific musculoskeletal disorders and chronic stress-related disorders of the digestive, respiratory, and reproductive systems.

## CURRICULUM

Course No.	Course Name	Units	Hours
<b>General Theories</b>			
ACM 501	Acupuncture Theory I	7	112
BS 291	Practice, Management Laws and Ethics	2	32
BS 331	Counseling and Communication	3	48
OCT 211	Breathing Techniques and Oriental Exercise	2	32
OMT 401	Fundamental of Oriental Medicine	8	128
OMT 411	Oriental Medicine Diagnosis	8	128
WMS 311	Human Anatomy Physiology I	4	64
<b>Tui-Na</b>			
TN 401	Tui-Na	3	48
TN 402	Tui-Na II	4	64
<b>Clinical Internship</b>			
CITN 711	Clinical Internship: Observation	2	32
CITN 721	Clinical Internship: Partial Supervision	4	64
CITN 731	Clinical Internship: Proximal Supervision	6	96
<b>Lecture Hours</b>			<b>656</b>
<b>Clinical Hours</b>			<b>192</b>
<b>Total Hours</b>			<b>848</b>
<b>Total Units</b>			<b>53</b>

## DID YOU KNOW?

- Tui-Na is a therapeutic form of massage and has been used in China for more than 2,000 years.
- By moving and stimulating the flow of Qi energy and blood flow in the body, Tui-Na helps to address many imbalances and disharmonies.
- Combining rolling, pressing, pushing, stroking, and grasping techniques, Tui-Na massage is both invigorating, highly stimulating, and deeply relaxing.
- Tui-Na speeds up the body's ability to heal itself, boosting vitality, which in turn stimulates the immune system.

## 5. PAN-CANADIAN ENTRY-LEVEL EXAM PREP PROGRAM

### INTRODUCTION

The purpose of the program is to help current students or graduates of Acupuncture, Herbology, or Practitioner of Oriental Medicine programs prepare for the Pan-Canadian Entry-Level Examination\*. The approach of this program is to review didactic components of Traditional Chinese Medicine and to develop the competencies required for the exam through material review, question & answer sessions, advanced questions and critical thinking, and discussions.

*\* Pan-Canadian Entry-Level Exam is developed by College of Traditional Chinese Medicine Practitioners and Acupuncturists of British Columbia (CTCMA) to assess the graduates of TCM programs for the necessary competencies that meet the requirements of the Registration Regulation and the Entry-Level Occupational Competencies for the Practice of Traditional Chinese Medicine in Canada.*

### PROGRAM SUMMARY

- Duration: 32 hours/ 8 weeks
- Program Intakes: August

### CURRICULUM

Week	Title of Course	# of Hours
1	<b>TCM Review I</b> <ul style="list-style-type: none"><li>- Orientation</li><li>- Foundation Review: 8 Principles, 6 Energies, Pulse, and Tongue Diagnosis</li><li>- Review Lung and Large Intestine Syndromes</li></ul>	4
2	<b>TCM Review II</b> <ul style="list-style-type: none"><li>- Review Spleen, Stomach, Heart, Small Intestine, Liver and Gall Bladder</li></ul>	4
3	<b>TCM Review III</b> <ul style="list-style-type: none"><li>- Review Kidney, Bladder, Complex Syndromes, Four Levels Heat, and Six Stags Cold Syndromes</li></ul>	4
4	<b>Question and Answer Session I</b>	4
5	<b>Question and Answer Session II</b>	4
6	<b>Review Mock Exam Questions</b>	4
7	<b>Advanced Questions and Critical Thinking I</b>	4
8	<b>Advanced Questions and Critical Thinking II &amp; Discussions</b>	4

### WHY CHOOSE TCM CLINIC EDUCATION AT CENTRAL COLLEGE?

The purpose of TCM clinical education offered by Central College is to continuously provide outstanding oriental medicine treatments, to assure quality services from experienced practitioners, and to improve student competences in practical applications of the theories learned in class.

The students at Central College and the Clinic are encouraged to take full advantage of given opportunities and actively participate in clinical activities. Central College and the Clinic will make every effort to ensure quality in our faculty and the facility to provide the finest educational environment to our students.

## **AFFILIATED CLINICS**

### **Central College Clinic at New Westminster**

Address: #200- 60 Eighth Street, New Westminster BC, V3M 3P1

Phone: 604-523-2388 Fax: 604-523-2389

A: #200-60 Eighth Street, New Westminster, BC V3M 3P1

T: 604-523-2388

F: 604-523-2389