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中医脉诊特色技术教学基本要求

**Basic Requirements on the Teaching of Special Techniques for Pulse Diagnosis of
Chinese Medicine**

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前 言

本标准规范中医脉诊教学而定。规定了脉诊教学的基本要求。

本标准的附录 A 为资料型附录。

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本标准的起草程序遵守了世界中医药学会联合会发布的 SCM 0001-2009《标准制定和发布工作规范》和世界中联秘发 2011（20 号）文件《世界中联各专业委员会专业技术标准制定实施办法》。

本标准在 2015 年 1 月 21 日由世界中医药学会联合会脉象研究专业委员会理事会网络投票通过。

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引 言

制定中医脉诊教学相关标准，有助于规范脉诊的教学，有利于促进中医脉诊的继承、发展和传播。而至今为止，国内外尚没有脉诊教学的相关标准。

现在脉诊教学缺乏科学的、合理的、符合人类认知心理学和人类生理学的循序渐进的学习模式，使得理论与实践教学脱节，学员临床应用脉诊技术的能力不足。

为适应国际中医脉诊教育发展的新形势，提高教学质量，满足新时期对中医人才培养的需要，特制订《中医脉诊特色技术教学基本要求》（以下简称《教学要求》），作为世界各国进行中医脉诊教学的各种教育机构及非教育机构教学的主要依据。

中医脉学在继承和发扬的基础上，取得了创新和突破，形成了新的脉学理论，出现了许多新的具有特色的脉学流派，包括金氏脉学、象脉学、寿氏心理脉学、系统辨证脉学等诸多流派。

国内外脉学研究者积极发扬和发展中医脉学，建立了广泛的交流学习平台，为脉诊的教学传播提供了有力的保障。

中医脉诊特色技术教学基本要求

1 范围

本标准规定了中医脉诊特色技术教学的基本要求。

本标准适用于世界各国或地区开展中医脉诊教学的机构。

2 理论教学

中医脉诊理论教学应包括以下基本内容：

- a) 脉、脉诊、脉象、脉象特征的含义；
- b) 脉象的产生机制；
- c) 脉象的全息性；
- d) 脉象要素的定义、分类；
- e) 脉的定位及脉与人体的对应关系；
- f) 手指感觉的分类；
- j) 脉诊的功能；
- h) 各家脉法简述。

3 中医脉诊技术实训

3.1 操作技术训练

操作技术教学应包括以下主要内容：

- a) 诊脉的布指定位：训练手指的合理分布；
- b) 运指：指力的训练，位置稳定性的训练，追踪训练，反应时间的训练，总按、单按的训练等。

3.2 手指感觉训练

手指感觉训练教学应包括以下主要内容：

- a) 触压觉：用柔、韧的物体对手指分别进行力量递减的触压训练，反复进行。
- b) 振动觉：手指触动具有不同振动频率和振幅的物体，感受不同振动的差别。
- c) 运动觉：将运动物体置于指下，感受不同运动的变化。
- d) 实体觉：手指接触不同质地的物体，反复感受质地的不同。
- e) 温度觉：感受不同温度的物体，分辨温度梯度。
- f) 位置觉、定位觉：触摸具有某些局部特征的运动中的物体，感受这些局部特征的空

间位置。

- g) 两点辨别觉：逐渐缩短手指两点的刺激，训练两点辨别觉得灵敏性。
- h) 图形象：触摸各种形状的物体，分辨轮廓形态和大小。
- i) 精细感觉：感受不同物理性质的物质，判断其特性。
- j) 重量识别觉：将不同重量的物体置于手指上，判断其重量。
- k) 质地识别觉：触摸不同质地的物质，分辨其质地。
- l) 速度觉：将不同运动速度的物体置于指下，感受不同运动速度的差异。
- m) 对称性：感受两侧脉道间精细的差别。
- n) 层次觉：训练手指触物的层次感，旨在由表及里。
- o) 象思维：触形构思象，深刻理解古人脉中象的含义。

3.3 脉象信息心理认知能力训练

脉象信息是人体每次的心脏搏动波沿动脉方向传导所形成的的脉搏波和心脏每搏射入并通过动脉的血流中所包含的机体的整体信息。针对脉象信息心理认知能力的训练应包括以下内容：

- a) 训练集中注意力的能力。
- b) 训练分化各种感觉的能力。
- c) 训练各种感觉的合理分配能力。
- d) 训练持续关注特定感觉的能力。
- e) 训练感觉通道的切换能力。
- f) 训练形与象的切换能力。

3.4 脉象信息辨识能力训练

脉象信息辨识能力训练应包括以下内容：

- a) 形象辨识：运用手指的实体觉和图形象，辨识脉搏搏动过程中显现出的整体和局部乃至微观的形态特征，即在空间所表现出的形状。
- b) 位置辨识：运用手指的位置觉和定位觉，辨识脉象特征脉搏搏动中显现出的空间位置。
- c) 率律辨识：运用手指的振动觉，辨识脉搏搏动快慢和节律的均衡性。
- d) 压力辨识：运用手指的触压觉，辨识脉搏搏动时的内部压力大小。
- e) 张力辨识：运用手指的触压觉，辨识桡动脉管壁张力的大小。
- f) 流利度辨识：运用手指的精细触觉，辨识脉管内血液运行的滑利程度。

- g) 粘稠度辨识：运用手指的精细触觉，辨识脉管中血液的黏稠程度。
- h) 脉势辨识：运用手指的振动觉和运动觉，辨识脉搏形态基础上显现出的运动态势，包括了脉搏向各个方向搏动的加速度变化。
- i) 枯润辨识：运用手指的精细触觉，辨识脉内容物量的变化而出现脉内的干枯或润泽程度。
- j) 温度辨识：运用手指的温度觉，辨识脉的整体和某一局部的温度。
- k) 速度辨识：运用手指的速度觉，辨识脉搏波传导和血液流动的速度。
- l) 均衡度辨识：运用手指的运动觉，辨识血液在流动过程中局部速度的变化。
- m) 质地辨识：运用实体觉和质地觉，辨识脉象特征的性质。
- n) 附脉辨识：运用手指的实体觉和图形觉，辨识桡动脉的搏动出现在脉管之外时隐时现的搏动。

3.5 脉象特征辨识能力训练

脉象特征辨识能力训练应包括单因素脉象特征和复合脉象特征的辨识能力训练。

3.6 脉诊分析能力训练

进行临床实践，依据中医的基础理论和思维模式，分析脉象特征，进行辨证论治。

4 课时分配

内 容		学时
上篇	理论教学	12
下篇	脉诊操作技术训练	8
	手指感觉训练	20
	脉象信息心理认知能力训练	12
	脉象信息辨识能力训练	101
	脉象特征辨识能力训练	232
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5 教学方法

脉诊作为中医一门特色技术，教学中应重视脉诊的实践，由教师现场带教，讲解示范，合理运用教具，适当安排临床操作，帮助学员建立情景记忆，快速掌握、提高脉诊水平。

6 教学评估

6.1 教学评估是中医脉诊教学的一个重要环节。全面、客观、科学、准确的评估对于实现教学目标至关重要。教学评估既是教师获取教学反馈信息、改进教学管理、保证教学质量的重要依据，又是学生调整学习策略、改进学习方法、提高学习效率和取得良好学习效果的有效手段。

6.2 对学生学习的评估分为形成性评估和终结性评估两种。形成性评估是教学过程中进行的过程性和发展性评估，包括学员自我评估、学员相互间的评估、教师对学员的评估等。终结性评估是在一个教学阶段结束时进行的总结性评估。

6.3 评估方式采用理论考核与脉诊实践两种形式。

7 教学管理

7.1 建立完善的教学文件和教学管理文件

7.1.1 教学文件包括：教学大纲和各门课程的教学目标、课程描述、教学安排、教学内容、教学进度、考核方式等。

7.1.2 教学管理文件包括：教学考核规范、学员学习成绩和学习记录、教师授课基本要求以及教研活动记录等。

7.2 确保合理师生比例

各教学机构根据自己实际师资情况，确定学员数目，保证教学质量。

8 学员要求

8.1 基础要求

学员应为中医学专业，或学习过中医基础理论知识的脉学爱好者。

8.2 知识学习目标

掌握脉诊的基础理论、基本知识。

8.3 技能训练目标：

通过技能训练，学生应掌握以下能力：

- a) 规范操作脉诊的能力。
- b) 合理运用手指感觉的能力。
- c) 全面、准确辨识脉象特征的能力。
- d) 准确分析脉象特征，指导临床的能力。

附录 A

(资料型附录)

脉诊特色技术教学大纲

A.1 概述

本附录共分为两个部分，即理论基础、实训。每部分由“目的要求”、“教学内容”、“教学方法”、“教学课时”组成。

A.2 理论基础

A.2.1 目的要求

- a) 了解脉、脉诊、脉象的含义；
- b) 熟悉脉象的产生机制
- c) 了解脉象的全息性；
- d) 掌握脉象特征的辨识；
- e) 掌握脉象要素；
- f) 掌握脉的定位及脉与人体的对应关系；
- g) 熟悉手指感觉的分类；
- h) 掌握脉诊的功能；
- i) 了解各家脉法简介。

A.2.2 教学内容

- a) 脉、脉诊、脉象的定义；
- b) 脉象的产生机制；
- c) 脉象信息的全息性；
- d) 脉象特征的分类辨识；
- e) 脉象要素的定义、分类、表征意义；
- f) 脉诊的定位及脉位与人体的对应关系；
- g) 手指感觉的分类及含义；
- h) 脉诊的功能；
- i) 各家脉法的理论、技术操作与特色。

A.2.3 教学课时 12 课时。

A.2.4 教学方法 课堂讲授，充分利用多媒体技术。

A.3 实训

A. 3. 1 布指训练

A.3.1.1 项目学时 2 学时。

A.3.1.2 目的要求 掌握诊脉时布指定位。

A.3.1.3 教学内容 讲解练习要点。

A.3.1.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 2 运指训练

A.3.2.1 项目学时 6 学时。

A.3.2.2 目的要求 掌握诊脉时指力运用，增强手指的位置稳定性，掌握脉象特征的追踪，缩短反应时间，掌握总按、单按的训练等。

A.3.2.3 教学内容 讲解练习要点。

A.3.2.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 3 手指感觉的强化训练

A.3.3.1 项目学时 20 学时。

A.3.3.2 目的要求 增强手指的各种物理感觉。

A.3.3.3 教学内容 讲解手指触觉、振动觉、运动觉、实体觉、温度觉、位置觉、定位觉、两点辨别觉、图形觉、精细感觉、重量识别觉、质地识别觉、速度觉的练习要点，学员逐一练习。

A.3.3.4 教学方法 采用合适的教具，实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 4 集中注意力的能力训练

A.3.4.1 项目学时 2 学时。

A.3.4.2 目的要求 掌握诊脉时注意力的集中能力。

A.3.4.3 教学内容 讲解练习要点。

A.3.4.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 5 分化各种感觉的能力训练

A.3.5.1 项目学时 2 学时。

A.3.5.2 目的要求 掌握诊脉时感觉的分化能力。

A.3.5.3 教学内容 讲解练习要点。

A.3.5.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 6 感觉的合理分配能力训练

A.3.6.1 项目学时 2 学时。

A.3.6.2 目的要求 掌握诊脉时各种感觉的合理分配能力。

A.3.6.3 教学内容 讲解练习要点。

A.3.6.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A.3.7 持续关注特定感觉的能力训练

A.3.7.1 项目学时 2 学时。

A.3.7.2 目的要求 掌握诊脉时持续关注某种特定感觉的能力。

A.3.7.3 教学内容 讲解练习要点。

A.3.7.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A.3.8 感觉通道的切换能力训练

A.3.8.1 项目学时 4 学时。

A.3.8.2 目的要求 掌握诊脉时不同感觉通道的切换能力。

A.3.8.3 教学内容 讲解练习要点。

A.3.8.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A.3.9 形象辨识能力训练 1

A.3.9.1 项目学时 2 学时。

A.3.9.2 目的要求 掌握脉象要素“曲直”的辨识，掌握桡动脉曲度变化相关的脉象特征的辨识。

A.3.9.3 教学内容 讲解“曲直”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.9.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A.3.10 形象辨识能力训练 2

A.3.10.1 项目学时 16 学时。

A.3.10.2 目的要求 掌握脉象要素“凸凹”的辨识；掌握出现在血管壁、血流层面及脉搏波的形状变化相关的脉象特征的辨识。

A.3.10.3 教学内容 讲解“凸凹”的定义及练习要点，讲解各种形状变化相关的脉象特征的定义及练习要点。

A.3.10.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A.3.11 形象辨识能力训练 3

A.3.11.1 项目学时 4 学时。

A.3.11.2 目的要求 掌握脉象要素“粗细”的辨识；掌握各种脉搏搏动粗细变化相关的脉象

特征的辨识。

A.3.11.3 教学内容 讲解“粗细”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.11.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 12 位置辨识能力训练 1

A.3.12.1 项目学时 2 学时。

A.3.12.2 目的要求 掌握脉象要素“浮沉”的辨识；掌握脉搏搏动层面深浅变化相关的脉象特征的辨识。

A.3.12.3 教学内容 讲解“浮沉”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.12.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 13 位置辨识能力训练 2

A.3.13.1 项目学时 2 学时。

A.3.13.2 目的要求 掌握脉象要素“内外”的辨识。

A.3.13.3 教学内容 讲解“内外”的定义及练习要点。

A.3.13.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 14 位置辨识能力训练 3

A.3.14.1 项目学时 1 学时。

A.3.14.2 目的要求 掌握脉象要素“左右”的辨识。

A.3.14.3 教学内容 讲解“左右”的定义及练习要点。

A.3.14.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 15 位置辨识能力训练 4

A.3.15.1 项目学时 2 学时。

A.3.15.2 目的要求 掌握脉象要素“上下”的辨识。

A.3.15.3 教学内容 讲解“上下”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.15.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 16 位置辨识能力训练 5

A.3.16.1 项目学时 4 学时。

A.3.16.2 目的要求 掌握脉象要素“长短”的辨识，掌握各种脉搏波长短变化相关的脉象特

征的辨识。

A.3.16.3 教学内容 讲解“长短”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.16.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 17 位置辨识能力训练 6

A.3.17.1 项目学时 8 学时。

A.3.17.2 目的要求 掌握脉象要素“来去”的辨识；掌握脉搏波上升支及下降支变化相关的脉象特征的辨识。

A.3.17.3 教学内容 讲解“来去”的定义及练习要点，讲解脉搏波上升支及下降支变化相关的脉象特征的定义及练习要点。

A.3.17.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 18 率律辨识能力训练 1

A.3.18.1 项目学时 4 学时。

A.3.18.2 目的要求 掌握脉象要素“迟数”的辨识；掌握脉率变化相关的脉象特征的辨识。

A.3.18.3 教学内容 讲解“迟数”的定义及练习要点，讲解各种脉率变化相关脉象特征的定义及练习要点。

A.3.18.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 19 率律辨识能力训练 2

A.3.19.1 项目学时 4 学时。

A.3.19.2 目的要求 掌握脉象要素“结代”的辨识；掌握脉搏节律变化相关的脉象特征的辨识。

A.3.19.3 教学内容 讲解“结代”的定义及练习要点，讲解各种脉搏节律变化相关的脉象特征的定义练习要点。

A.3.19.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 20 压力辨识训练

A.3.20.1 项目学时 4 学时。

A.3.20.2 目的要求 掌握脉象要素“强弱”的辨识。掌握脉搏搏动过程中压力变化相关的脉象特征的辨识。

A.3.20.3 教学内容 讲解“强弱”的定义及练习要点，讲解各种脉搏压力变化相关的脉象特征的定义及练习要点。

A.3.20.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 21 张力辨识训练

A.3.21.1 项目学时 8 学时

A.3.21.2 目的要求 掌握脉象要素“刚柔”的辨识；掌握各种血管壁张力变化相关的脉象特征的辨识。

A.3.21.3 教学内容 讲解“刚柔”的定义及练习要点，讲解各种血管壁张力变化相关脉象特征的定义及练习要点。

A.3.21.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 22 流利度辨识训练 1

A.3.22.1 项目学时 4 学时。

A.3.22.2 目的要求 掌握脉象要素“滑涩”的辨识；掌握各种血液流利度变化相关的脉搏搏动特征的辨识。

A.3.22.3 教学内容 讲解“滑涩”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.22.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 23 流利度辨识训练 2

A.3.23.1 项目学时 2 学时。

A.3.23.2 目的要求 掌握脉象要素“稀稠”的辨识；掌握各种血液摩擦力变化相关的脉搏搏动特征的辨识。

A.3.23.3 教学内容 讲解“稀稠”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.23.4 教学方法实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 24 脉势辨识能力训练 1

A.3.24.1 项目学时 2 学时。

A.3.24.2 目的要求 掌握脉象要素“敛散”的辨识；掌握各种血管壁扩张及收缩运动变化相关的脉象特征的辨识。

A.3.24.3 教学内容 讲解“敛散”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.24.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 25 脉势辨识能力训练 2

A.3.25.1 项目学时 2 学时。

A.3.25.2 目的要求 掌握脉象要素“高深”的辨识。

A.3.25.3 教学内容 讲解“高深”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.25.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 26 脉势辨识能力训练 3

A.3.26.1 项目学时 16 学时。

A.3.26.2 目的要求 掌握脉象要素“动静”的辨识；掌握脉搏搏动中各种谐振波的辨识。

A.3.26.3 教学内容 讲解“动静”的定义及练习要点，讲解各种谐振波的定义及练习要点学。

A.3.26.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 27 枯润辨识能力训练

A.3.27.1 项目学时 2 学时。

A.3.27.2 目的要求 掌握脉象要素“枯润”的辨识；掌握血管内容物变化相关的脉象特征的辨识。

A.3.27.3 教学内容 讲解“枯润”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.27.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 28 温度辨识能力训练

A.3.28.1 项目学时 2 学时。

A.3.28.2 目的要求 掌握脉象要素“寒热”的辨识；掌握血流温度变化相关的脉象特征的辨识。

A.3.28.3 教学内容 讲解“寒热”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.28.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 29 速度辨识能力训练

A.3.29.1 项目学时 2 学时。

A.3.29.2 目的要求 掌握脉象要素“怠驶”的辨识；掌握各种脉搏波速度变化相关的脉象特征的辨识。

A.3.29.3 教学内容 讲解“怠驶”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.29.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 30 均衡度辨识能力训练

A.3.30.1 项目学时 2 学时。

A.3.30.2 目的要求 掌握脉象要素“疾缓”的辨识；掌握各种血流速度变化相关的脉象特征的辨识。

A.3.30.3 教学内容 讲解“疾缓”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.30.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 31 质地辨识能力训练 1

A.3.31.1 项目学时 2 学时

A.3.31.2 目的要求 掌握脉象要素“清浊”的辨识；掌握各种血液质地变化相关的脉象特征的辨识。

A.3.31.3 教学内容 讲解“清浊”的定义及练习要点，讲解各种相关脉象特征的定义及练习要点。

A.3.31.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 32 质地辨识能力训练 2

A.3.32.1 项目学时 2 学时。

A.3.32.2 目的要求 掌握脉象要素“厚薄”的辨识；讲解血管壁厚薄变化相关的脉象特征的辨识。

A.3.32.3 教学内容 讲解“厚薄”的定义及练习要点，讲解各种相关脉象特征的定义及辨识。

A.3.32.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 33 附脉辨识能力训练

A.3.33.1 项目学时 2 学时。

A.3.33.2 目的要求 掌握附脉的辨识。

A.3.33.3 教学内容 讲解附脉的定义及练习要点。

A.3.33.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

A. 3. 34 病因脉象特征的辨识

A.3.34.1 项目学时 48 学时。

A.3.34.2 目的要求 掌握外感六淫脉象、寿氏心理脉象、饮食不节脉象、劳逸及衰老脉象的辨识。

- A.3.34.3 教学内容 讲解病因脉象的含义，讲解学习和练习要点。
- A.3.34.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。
- A. 3. 35 病机脉象特征的辨识**
- A.3.35.1 项目学时 48 学时。
- A.3.35.2 目的要求 掌握阴阳失调、邪正盛衰、气机失调的脉象特征的辨识。
- A.3.35.3 教学内容 讲解病机脉象特征的含义，讲解学习和练习要点。
- A.3.35.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。
- A. 3. 36 体质脉象特征的辨识**
- A.3.36.1 项目学时 24 学时。
- A.3.36.2 目的要求 掌握体质脉象特征的辨识。
- A.3.36.3 教学内容 讲解各种体质脉象，讲解学习和练习要点。
- A.3.36.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。
- A. 3. 37 个性脉象特征的辨识**
- A.3.37.1 项目学时 24 学时。
- A.3.37.2 目的要求 掌握个性脉象特征的辨识。
- A.3.37.3 教学内容 讲解各种个性脉象的含义，讲解学习和练习要点。
- A.3.37.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。
- A. 3. 38 心理脉象特征的辨识**
- A.3.38.1 项目学时 24 学时。
- A.3.38.2 目的要求 掌握心理脉象特征的辨识。
- A.3.38.3 教学内容 讲解各种心理脉象的含义，讲解学习和练习要点。
- A.3.38.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。
- A. 3. 39 病症脉象特征的辨识**
- A.3.39.1 项目学时 64 学时。
- A.3.39.2 目的要求 掌握西医疾病脉象特征的辨识。
- A.3.39.3 教学内容 讲解各种疾病脉象的含义，讲解学习和练习要点。
- A.3.39.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。
- A. 3. 40 脉诊分析能力训练**
- A.3.40.1 项目学时 28 学时。
- A.3.40.2 目的要求 掌握脉象特征的分析，掌握临床辨证论治。

A.3.40.3 教学内容 讲解分析原则及相应临床治疗。

A.3.40.4 教学方法 实训前现场讲解带教，实训由学员分组独立实践完成。

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Foreword

This standard is formulated in order to specify the teaching of pulse diagnosis of Chinese medicine, which specifies the basic requirements on the teaching of pulse diagnosis.

The Annex A of this standard is an informative appendix.

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Introduction

To formulate the teaching standards of pulse diagnosis is helpful for normalizing the teaching of pulse diagnosis and facilitate its inheritance, development and dissemination. However, there have been no standards related to the teaching of pulse diagnosis in the world until now.

At present the lacking of a learning mode that are scientific, reasonable, in conformity with the cognitive psychology and physiology of human beings leads to the separation of theories from education practice of pulse diagnosis and students' low ability of clinical application of pulse diagnosis student.

In response to the new development trend of international CM pulse diagnosis education, to improve the teaching quality, and meet the needs of cultivating CM talents in new era, the "Basic Requirements on the Teaching of Special Techniques for Pulse Diagnosis of Chinese Medicine" (hereinafter abbreviated as "Teaching Requirements (TR)") has been specially made as the major gist for the teaching of various kinds of educational or no-educational institutions majoring in the teaching of CM pulse diagnosis in the world.

Based on the inheritance and carrying forward of CM sphygmology, it has made innovations and breakthrough, formed new theories of sphygmology, and a lot of genres of characterized sphygmology such as Jin's Sphygmology, Symptom Sphygmology, Shou's Psychological Sphygmology, Systematic Dialectical Sphygmology, etc. have appeared,

Researches of sphygmology worldwide have been actively carrying forward and developing the CM sphygmology, and have established a wide platform for communication and study, providing strong guarantee for dissemination of the teaching of pulse diagnosis.

Basic Requirements on the Teaching of Special Techniques for Pulse Diagnosis of Chinese Medicine

1 Scope

This standard specified the basic requirements on the teaching of special techniques of pulse diagnosis of CM.

This standard is applicable for various kinds of educational and non-educational institutions in countries or regions all over the world to conducting the teaching of CM pulse diagnosis.

2 Theoretical teaching

The teaching of CM pulse diagnosis theories includes the following basic contents:

- a) The definitions of pulse, pulse diagnosis, pulse manifestations, and features of pulse manifestation;
- b) The generation mechanism of pulse manifestation;
- c) The holographic character of pulse manifestation;
- d) The definitions and classifications of the elements of pulse manifestation;
- e) The positioning of pulse and the corresponding relationships with human body;
- f) The classification of feelings of fingers;
- g) The functions of pulse diagnosis;
- h) The brief introduction on various genres of the pulse diagnosis methods.

3 The practical training of CM pulse diagnosis techniques

3.1 Training on pulse diagnosis operation techniques

The teaching on pulse diagnosis operation techniques shall include the following major contents:

- a) The positioning of the layout of the fingers during pulse diagnosis: to train the reasonable distribution of fingers;
- b) Finger operation: to train the strength of the fingers, the stability of positions, tracing, reaction time, overall pressing, individual pressing, etc.

3.2 Training on the feelings of fingers

The teaching for training the feelings of fingers shall include the following major contents:

- a) Sense of touching and pressing: to repetitively conduct the training of touching and pressing with decreasing strength by soft and tough articles respectively;
- b) Sense of vibrating: to touch articles with different vibration frequencies and amplitudes by fingers so as to feel the distinctions among different vibrations;
- c) Sense of moving: to put a moving article under the fingers so as to feel the changes of different movements;
- d) Sense of substance: to touch articles of different materials with fingers so as to repetitively feel the distinctions among the materials;
- e) Sense of temperatures: to feel the articles of different temperatures so as to distinguish

the grades of the temperatures;

- f) Sense of position and locating: to feel the moving articles with some partial characters so as to feel the spatial positions of these partial characters;
- g) Sense of distinguishing between the two points: to gradually reduce the stimuli onto the two fingers so as to train the perceptiveness of the sense of distinguishing between the two points.
- h) Sense of shape: to touch and feel articles of various kinds of shapes so as to distinguish the profiles, forms, and sizes.
- i) Subtle senses: to feel the articles of different physical features so as to judge their characters;
- j) Sense of identifying weight: to put articles of different weights onto fingers to judge their weights;
- k) Sense of identifying texture: to touch and feel the articles made of different materials to distinguish their textures;
- l) Sense of speed: to put articles at different moving rates under fingers to feel the distinctions among various moving speeds;
- m) Symmetry: To feel the subtle distinctions between the two pulse channels;
- n) Sense of layers: to train the sense of layers when touching articles with fingers so as to feel from the surface to the interior part;
- o) Image thinking: to think about images of touching forms so as to deeply understand the contents of image in the minds of ancient masters when diagnosing pulse.

3.3 Training on psychological cognitive ability of pulse manifestation information

The pulse manifestation information includes the pulse wave formed by the every time of heart beating of human body and transmission along the direction of artery as well as the overall information of the body contained in the blood flow injected in by the beating of heart and running through the artery. The training targeting at the pulse manifestation information psychological cognitive ability training shall include the following major contents:

- a) To train the ability of concentrating the attention;
- b) To train the ability of distinguishing different kinds of feelings;
- c) To train the ability of reasonably distributing various kinds of feelings;
- d) To train the ability of consistently monitoring specific feelings;
- e) To train the ability of shifting among different feeling channels;
- f) To train the ability of shifting between shapes and conditions.

3.4 Training on the recognition ability of pulse manifestation information

Pulse manifestation information recognition ability training shall have the following major contents:

- a) Image identification: to use the senses of fingers on real objects and images to identify the overall, partial, and even micro form characters manifested during the process of the beating of the pulses, that is, the forms manifested in space;

- b) Position identification: to use the senses of the fingers on position and locating to identify the spatial positions manifested during the process of pulse beatings;
- c) Rhythms identification: to use the sense of the fingers on vibration to identify the balance between the speed and rhythms of pulse beating;
- d) Pressure identification: to use the sense of fingers on touch and pressure to identify the amount of the interior pressure during pulse beating;
- e) Tension identification: to use the sense of fingers on touch and pressure to identify the amount of the tension of the radial artery wall;
- f) Fluency identification: to use the subtle feeling of the fingers to identify the smoothing and fluent degrees of the flowing of the blood in the blood vessels;
- g) Viscosity identification: to use the subtle tactile sense of fingers to identify the sticky degree of the blood in blood vessels;
- h) Pulse trend identification: to use the senses of the fingers on vibration and movement to identify the moving trend manifested based on the form of pulses including the changes of the acceleration rate of the beatings of pulses in all directions;
- i) Exhaustion and flourishing identification: to use the subtle tactile sense of fingers to identify the exhaustion and flourishing degree within the blood vessels due to the changing of the amounts of the contents within the blood vessels;
- j) Temperature identification: to use the sense of fingers on temperature to identify the temperatures of the entire or part of the pulse;
- k) Speed identification: to use the sense of the fingers on speed to identify the speeds of the conduction of the pulse wave and the flowing of blood;
- l) Balance degree identification: to use the sense of the fingers on movement to identify the changes of the speeds in some parts during the process of flowing of the blood;
- m) Texture identification: to use the senses of substantial materials and textures to identify the characters of the features of pulse manifestations;
- n) Additional pulse identification: to use the senses of fingers on substantial materials and images to identify the flickering beating of the radial artery outside the blood vessels.

3.5 Training on recognition ability of pulse character information

The teaching includes the trainings on the ability to identify the single-factored pulse manifestation characters and compound pulse manifestation characters.

3.6 Training on analysis ability of pulse diagnosis

This is to conduct clinical practice and analyze the characters of the pulse manifestations for dialectical diagnosis and treatment according to the basic theories and thinking modes of CM.

4 Credit hours distribution

Contents		Credit hours
Part I	Teaching of theories	12
Part II	Training of pulse diagnosis operation techniques	8
	Training of finger feelings	20
	Pulse manifestation information psychological cognitive ability training	12
	Pulse manifestation information recognition ability training	101
	Pulse character information recognition ability training	232
	Pulse diagnosis analysis ability training	28
In total		413

5 Teaching methods

The pulse diagnosis is a kind of special skill in CM, and during teaching the practice of pulse diagnosis shall be stressed in that the teachers conduct teaching on site with explanation, showing examples, reasonable application of teaching tools, and appropriate arrangement of clinical operation, so as to help the students to establish episodic memory and quickly master and enhance the level of pulse diagnosis.

6 Teaching evaluation

6.1 Teaching evaluation is an important part within the teaching of CM pulse diagnosis. Comprehensive, objective, scientific, and correct evaluation is crucial to the realization of the teaching goals. Teaching evaluation is not only the important basis for the teachers to obtain teaching feedback information, improve teaching management, and guarantee teaching quality but also the effective measure for the students to adjust their learning strategies, improve their learning methods, improve learning efficiencies and obtain good learning effects.

6.2 The evaluation on the learning of the students is divided into two parts: formative evaluation and summative evaluation. The former one includes the processing and developing evaluations during the process of the teaching, including the self-made evaluations of the students, the mutual evaluation among the students, and the evaluation of the teachers on the students, etc.; while the latter one is a summative evaluation conducted at the end of a teaching period.

6.3 As to the evaluation methods, two kinds of forms are adopted, that is, theoretical examination and pulse diagnosis practice.

7 Teaching management

7.1 Establishment of perfect teaching documents and teaching management files

7.1.1 The teaching documents include the syllabuses, the teaching goals of various courses, the description of the courses, the teaching arrangements, the teaching contents, the teaching progress, and evaluation methods, etc.

7.1.2 The teaching management files consist of teaching and evaluation norms, the studying scores and records of the students, and the basic requirements of the teachers' teaching as well as the records on the teaching and researching activities, etc.

7.2 Guarantee of reasonable proportion of teachers against students

The various of teaching institutions shall confirm the number of the students and guarantee the teaching qualities according to the actual conditions of their own faculties.

8 Requirements for students

8.1 Fundamental requirements

The students shall major in CM or be the lovers of sphygmology who have learned the basic theoretical knowledge of CM.

8.2 Knowledge learning goals

To master the basic theory, and basic knowledge of pulse.

8.3 Technique training goals

The students shall acquire the following abilities through technique trainings:

- a) The ability to normally operating pulse diagnosis;
- b) The ability to reasonably utilize the feeling of fingers;
- c) The ability to comprehensively and correctly identify the features of pulse manifestations;
- d) The ability to correctly analyze the features of pulse manifestations to instruct clinical practice.

Annex A

(Informative Annex)

The Syllabus of Special Skill of Pulse Diagnosis

A.1 Overview

This annex is divided into two parts, that is, rationale and practical training. Each part is formed by “goals and requirements”, “teaching contents”, “teaching methods”, and “teaching hours”.

A.2 Rationale

A.2.1 Goals and requirements

- a) To understand the meaning of pulse, pulse diagnosis, and pulse manifestation;
- b) To be familiar with the generation mechanism of pulse manifestation;
- c) To understand the holographic character of pulse manifestation;
- d) To master the identification of the characters of pulse manifestation;
- e) To master the elements of pulse manifestation;
- f) To master the positioning of pulse as well as the corresponding relationship between pulse and human body;
- g) To be familiar with the classification of feelings of fingers;
- h) To master the function of pulse diagnosis;
- i) To know about the brief introduction on various genres of pulse diagnosis methods.

A.2.2 Teaching content

- a) The definitions of pulse, pulse diagnosis, and pulse manifestation;
- b) The generation mechanism of pulse manifestation;
- c) The holographic character of pulse manifestation information;
- d) The identification of the classification for the character of pulse manifestation;
- e) The definition, classification, and characteristic meanings of the elements of pulse manifestation;
- f) The positioning of pulse diagnosis and the corresponding relationship between pulse and human body;
- g) The classification and meaning of feelings of fingers;
- h) The functions of pulse diagnosis;
- i) The theories, technical operations, and characteristics of the pulse diagnosis methods of various genres.

A.2.3 Teaching hours

12 teaching hours

A.2.4 Teaching methods

Lecture in class with full use of multi-media technology.

A.3 Practical training

A.3.1 Training on layout of fingers

A.3.1.1 Credit hours of this program

2 credit hours

A.3.1.2 Goals and requirements

To master the positioning of the layout of fingers during pulse diagnosis

A.3.1.3 Teaching contents

To explain the key points for practice

A.3.1.4 Teaching methods

To explain and teach on site before practical training which will be finished by students divided into groups individually.

A.3.2 Training on finger operations

A.3.2.1 Credit hours of this program

6 credit hours

A.3.2.2 Goals and requirements

To master the utilization of finger strength during pulse diagnosis, intensify the stability of the positions of fingers, master how to trace the characteristics of pulse manifestation, shorten the reaction time, and master training of general pressing and single pressing, etc.

A.3.2.3 Teaching contents

To explain the key points for practice

A.3.2.4 Teaching methods

To explain and teach on site before practical training which will be finished by students divided into groups individually.

A.3.3 Intensive training on feelings of fingers

A.3.3.1 Credit hours of this program

20 credit hours

A.3.3.2 Goals and requirements

To intensify various kinds of physical feeling of fingers.

A.3.3.3 Teaching content

To explain the key points for practicing the senses of fingers on touching & pressing, vibrating, moving, substance, temperature, position, locating, differentiation between the two points, shape, subtle feeling, identifying weight, identifying texture, and speed so that students could practice one by one.

A.3.3.4 Teaching methods

To adopt appropriate teaching tools, and to explain and teach on site before practical training which will be finished by students divided into groups individually.

A.3.4 Training on the ability to concentrate

A.3.4.1 Credit hours of this program

2 credit hours

A.3.4.2 Goals and requirements

To master the ability of concentration on pulse diagnosis.

A.3.4.3 Teaching contents

To explain the key points for practice.

A.3.4.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.5 Training on the ability to differentiate various kinds of feelings

A.3.5.1 Credit hours of this program

2 credit hours

A.3.5.2 Goals and requirements

To master the ability of the differentiating on feelings during pulse diagnosis.

A.3.5.3 Teaching contents

To explain the key points for practice.

A.3.5.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.6 Training on the ability to reasonably distribute feelings

A.3.6.1 Credit hours of this program

2 credit hours

A.3.6.2 Goals and requirements

To master the ability to reasonably distribute various kinds of feelings during pulse diagnosis.

A.3.6.3 Teaching contents

To explain the key points for practice.

A.3.6.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.7 Training on the ability to pay continuous attention to specific feeling

A.3.7.1 Credit hours of this program

2 credit hours

A.3.7.2 Goals and requirements

To master the ability to pay continuous attention to a certain kind of feeling during pulse diagnosis.

A.3.7.3 Teaching contents

To explain the key points for practice.

A.3.7.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.8 Training on the ability to shift among feeling channels

A.3.8.1 Credit hours of this program

2 credit hours

A.3.8.2 Goals and requirements

To master the ability of shifting among different feeling channels during pulse diagnosis.

A.3.8.3 Teaching contents

To explain the key points for practice

A.3.8.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.9 Training on the ability to identify images (1)

A.3.9.1 Credit hours of this program

2 credit hours

A.3.9.2 Goals and requirements

To master the identification of the “curving and straight” elements in pulse manifestations as well as features of pulse manifestations related to the change of curvature of radial artery.

A.3.9.3 Teaching contents

To explain the definitions of “curving and straight” and key points for practice, and explain the definitions of characteristics of various kinds of related pulse manifestations as well as the key points for practice.

A.3.9.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.10 Training on the ability to identify images (2)

A.3.10.1 Credit hours of this program

16 credit hours

A.3.10.2 Goals and requirements

To master the identification of the “convex and concave” of elements of pulse manifestation as well as the characteristics of pulse manifestations related to change of the shapes on the wall of blood vessels, blood flow strata and pulse waves.

A.3.10.3 Teaching contents

To explain the definitions of “convex and concave” and key points for practice, and explain the definitions of characteristics of pulse manifestations related to change of various kinds of shapes and the key points for practice.

A.3.10.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.11 Training on the ability to identify images (3)

A.3.11.1 Credit hours of this program

4 credit hours

A.3.11.2 Goals and requirements

To master identification of “thickness and thinness” of elements of pulse manifestation, and master identification on characteristics of related pulse manifestation of change of “thickness and thinness” of various kinds of pulse pulsation..

A.3.11.3 Teaching contents

To explain the definitions of “thickness and thinness” and key points for practice and the definitions of characteristics of various kinds of related pulse manifestations as well as the key points for practice.

A.3.11.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.12 Training on the ability to identify positions (1)

A.3.12.1 Credit hours of this program

2 credit hours

A.3.12.2 Goals and requirements

To master the identification on “floating and deep” of the elements of pulse manifestation as well as characteristics of related pulse manifestations of change on depth of beating level of pulse.

A.3.12.3 Teaching contents

To explain the definitions of “floating and deep” and key points for practice, and explain the definitions of characteristics of various kinds of related pulse manifestations as well as the key points for practice.

A.3.12.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.13 Training on the ability to identify positions (2)

A.3.13.1 Credit hours of this program

2 credit hours

A.3.13.2 Goals and requirements

To master the identification of “interior and exterior” of elements of pulse manifestation.

A.3.13.3 Teaching contents

To explain the definitions of “interior and exterior” and the key points for practice.

A.3.13.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.14 Training on the ability to identify positions (3)

A.3.14.1 Credit hours of this program

1 credit hours

A.3.14.2 Goals and requirements

To master the identification of “left and right” of elements of pulse manifestation. .

A.3.14.3 Teaching contents

To explain the definitions of “left and right” and the key points for practice.

A.3.14.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.15 Training on the ability to identify positions (4)

A.3.15.1 Credit hours of this program

2 credit hours

A.3.15.2 Goals and requirements

To master the identification of “ups and downs” of elements of pulse manifestation.

A.3.15.3 Teaching contents

To explain the definitions of “ups and downs” and the key points for practice, and explain the definitions of the characteristics of various kinds of related pulse manifestation and the key points for practice.

A.3.15.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.16 Training on the ability to identify positions (5)

A.3.16.1 Credit hours of this program

4 credit hours

A.3.16.2 Goals and requirements

To master the identification of “length and shortness” of elements of pulse manifestation and master characteristics of pulse manifestation related to various kinds of change on length and shortness of pulse waves.

A.3.16.3 Teaching contents

To explain the definitions of “length and shortness” and the key points for practice, and explain

the definitions of characteristics of various kinds of related pulse manifestations as well as the key points for practice.

A.3.16.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.17 Training on the ability to identify positions (6)

A.3.17.1 Credit hours of this program

8 credit hours

A.3.17.2 Goals and requirements

To master the identification of “come and go” of elements of the pulse manifestation, and master the identification the characteristics of related pulse manifestation of change on upstroke and down-stroke of pulse wave.

A.3.17.3 Teaching contents

To explain the definitions of “come and go” and key points for practice, and the definitions of the characteristics of related pulse manifestation of change on upstroke and down-stroke of pulse wave..

A.3.17.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.18 Training on the ability to identify Rhythms (1)

A.3.18.1 Credit hours of this program

4 credit hours

A.3.18.2 Goals and requirements

To master the identification of “slowness and rapidness” of elements of the pulse manifestation, and related characteristics of pulse manifestation of change of pulse frequencies.

A.3.18.3 Teaching contents

To explain the definitions of “slowness and rapidness” and the key points for practice, and explain definitions of characteristics of various kinds of related pulse manifestations as well as the key points for practice.

A.3.18.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.19 Training on the ability to identify Rhythms (2)

A.3.19.1 Credit hours of this program

4 credit hours

A.3.19.2 Goals and requirements

To master the identification of the pulse manifestation elements “irregularly and regularly intermittent” as well as related characteristics of the pulse manifestation to the changes of the rhythms of pulse.

A.3.19.3 Teaching contents

To explain the definitions of “irregularly intermittent” and key points for practice, and related characteristics of pulse manifestation of change of the rhythms of various kinds of pulses and key points for practice.

A.3.19.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.20 Training on the ability to identify pressure

A.3.20.1 Credit hours of this program

4 credit hours

A.3.20.2 Goals and requirements

To master the identification of “strengthen and weakness” of elements of the pulse manifestation and related characteristics of pulse manifestation of changes of the pressures during the process of pulse beating.

A.3.20.3 Teaching contents

To explain the concepts of “strengthen and weakness” and the key points for practice, and the definitions of related characteristics of pulse manifestation of the changes of pressures of various kinds of pulses and the key points for practice.

A.3.20.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.21 Training on the ability to identify tension

A.3.21.1 Credit hours of this program

8 credit hours

A.3.21.2 Goals and requirements

To master the identification of “toughness and softness” of elements of the pulse manifestation, and related features of the pulse manifestation of changes of the tensions of various kinds of blood vessel walls.

A.3.21.3 Teaching contents

To explain the definitions of “toughness and softness” and the key points for practice, and the definitions of related features of the pulse manifestation of changes of the tensions of various kinds of blood vessel walls and key points for practice.

A.3.21.4 Teaching methods

To explain and teach on site before practical training, which will be finished by the students divided into groups individually.

A.3.22 Training on the ability to identify fluency (1)

A.3.22.1 Credit hours of this program

4 credit hours

A.3.22.2 Goals and requirements

To master “slippery and unsmooth” of elements of the identification of the pulse manifestation and related characteristics of the pulse beating of change of the fluencies of various kinds of blood.

A.3.22.3 Teaching contents

To explain the definitions of “slippery and unsmooth” and the key points for practice in addition to the definitions of various kinds of related characteristics of pulse manifestation and key points for practice.

A.3.22.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.23 Training on the ability to identify fluency (2)

A.3.23.1 Credit hours of this program

2 credit hours

A.3.23.2 Goals and requirements

To master the identification of “dilute and dense” of elements of the pulse manifestation as well as related characteristics of the pulse beating of change of the frictions of various kinds of blood.

A.3.23.3 Teaching contents

To explain the definitions of “dilute and dense” and the key points for practice in addition to the definitions of various kinds of related pulse manifestation features and key points for practice.

A.3.23.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.24 Training on the ability to identify pulse trend (1)

A.3.24.1 Credit hours of this program

2 credit hours

A.3.24.2 Goals and requirements

To master the identification of “astringed and scattered” of elements of the pulse manifestation as well as characteristics of the pulse manifestation related to the changes of the expansion and contraction movement of various kinds of blood vessel walls.

A.3.24.3 Teaching contents

To explain the definition of “astringed and scattered” and the key points for practice in addition to the definitions of various kinds of related characteristics of pulse manifestation and key points for practice.

A.3.24.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.25 Training on the ability to identify pulse trend (2)

A.3.25.1 Credit hours of this program

2 credit hours

A.3.25.2 Goals and requirements

To master the identification of “high and deep” of elements of the pulse manifestation. .

A.3.25.3 Teaching contents

To explain the definition of “high and deep” and the key points for practice in addition to the definitions of various kinds of related characteristics of pulse manifestation and key points for practice.

A.3.25.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.26 Training on the ability to identify pulse trend (3)

A.3.26.1 Credit hours of this program

16 credit hours

A.3.26.2 Goals and requirements

To master the identification of “dynamic and silent” of elements of the pulse manifestation as well as various kinds of synchronous waves in pulse beating

A.3.26.3 Teaching contents

To explain the definitions of “dynamic and silent” and the key points for practice in addition to the definitions of various kinds of synchronous waves and the key points for practice.

A.3.26.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.27 Training on the ability to identify exhaustion and flourishing

A.3.27.1 Credit hours of this program

2 credit hours

A.3.27.2 Goals and requirements

To master the identification of “**exhaustion and flourishing**” of elements of the pulse manifestation as well as related characteristics of the pulse manifestation of change of contents

within blood vessels.

A.3.27.3 Teaching contents

To explain the definitions of “**exhaustion and flourishing**” and the key points for practice in addition to the definitions of various kinds of related characteristics of pulse manifestations as well as the key points for practice.

A.3.27.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.28 Training on the ability to identify temperatures

A.3.28.1 Credit hours of this program

2 credit hours

A.3.28.2 Goals and requirements

To master identification of “cold and hot” of elements of the pulse manifestation as well as the characteristics of pulse manifestation features related to the change of the temperatures of the blood flow.

A.3.28.3 Teaching contents

To explain the definitions of “cold and hot” and the key points for practice in addition to the definitions of various kinds of related characteristics of pulse manifestations as well as the key points for practice.

A.3.28.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.29 Training on the ability to identify speeds

A.3.29.1 Credit hours of this program

2 credit hours

A.3.29.2 Goals and requirements

To master the identification of “delayed and riding” of elements of pulse manifestation as well as characteristics of pulse manifestation related to the changes of speeds of various kinds of pulse waves.

A.3.29.3 Teaching contents

To explain the definitions of “delayed and riding” and the key points for practice in addition to the definitions of various kinds of related characteristics of pulse manifestations as well as the key points for practice.

A.3.29.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.30 Training on the ability to identify balance degrees

A.3.30.1 Credit hours of this program

2 credit hours

A.3.30.2 Goals and requirements

To master the identification of “fast and sluggish” of elements of the pulse manifestation as well as characteristics of pulse manifestation related to the changes of various kinds of blood flowing speeds.

A.3.30.3 Teaching contents

To explain the definitions of “fast and sluggish” and the key points for practice in addition to the definitions of the characteristics of various related pulse manifestations as well as the key points for practice.

A.3.30.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.31 Training on the ability to identify textures (1)

A.3.31.1 Credit hours of this program

2 credit hours

A.3.31.2 Goals and requirements

To master the identification of “pure and turbid” of elements of the pulse manifestation as well as the characteristics of pulse manifestation related to the changes of various kinds of blood material qualities.

A.3.31.3 Teaching contents

To explain the definitions of “pure and turbid” and the key points for practice in addition to the definitions of various kinds of related characteristics of pulse manifestations and the key points for practice.

A.3.31.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.32 Training on the ability to identify textures (2)

A.3.32.1 Credit hours of this program

2 credit hours

A.3.32.2 Goals and requirements

To master the identification of “thick and thin” of elements of the pulse manifestation as well as the characteristics of pulse manifestation related to changes of the thicknesses of blood vessel walls.

A.3.32.3 Teaching contents

To explain the definitions of “thick and thin” and the key points for practice in addition to the

definitions of various kinds of related characteristics of pulse manifestations as well as the key points for practice.

A.3.32.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.33 Training on the ability to identify additional pulse

A.3.33.1 Credit hours of this program

2 credit hours

A.3.33.2 Goals and requirements

To master the identification of additional pulse.

A.3.33.3 Teaching contents

To explain the definition of additional pulse and the key points for practice.

A.3.33.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.34 Training on the ability to identify pulse manifestations due to causing diseases

A.3.34.1 Credit hours of this program

48 credit hours

A.3.34.2 Goals and requirements

To master the identification of pulse manifestations due to external contraction of the six excesses, Shou's psychological manifestations, improper diet, fatigue or excessive leisure, and aging.

A.3.34.3 Teaching contents

To explain the definitions of pulse manifestations caused by diseases as well as the key points for learning and practice.

A.3.34.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.35 Training on the ability to identify pulse manifestations due to pathogenesis

A.3.35.1 Credit hours of this program

48 credit hours

A.3.35.2 Goals and requirements

To master the identification of characteristics of pulse manifestation due to the disharmony between yin and yang, the waxing and waning of evil and vital energies, and the disorder of qi activity.

A.3.35.3 Teaching contents

To explain the definition of pulse manifestation characteristics due to pathogenesis in addition to

the key points for learning and practice.

A.3.35.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.36 Training on the ability to identify pulse manifestations with different physiques

A.3.36.1 Credit hours of this program

24 credit hours

A.3.36.2 Goals and requirements

To master the identification characteristics of pulse manifestation with different physiques.

A.3.36.3 Teaching contents

To explain the characteristics of pulse manifestation with various kinds of physiques in addition to the key points for learning and practice.

A.3.36.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.37 Training on the ability to identify pulse manifestations with different personalities

A.3.37.1 Credit hours of this program

24 credit hours

A.3.37.2 Goals and requirements

To master the identification of pulse manifestation characteristics with different personalities.

A.3.37.3 Teaching contents

To explain the definitions of the various kinds of pulse manifestations with personalities in addition to the key points for learning and practice.

A.3.37.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.38 Training on the ability to identify pulse manifestations with different psychology

A.3.38.1 Credit hours of this program

24 credit hours

A.3.38.2 Goals and requirements

To master the identification characteristics of pulse manifestation with different psychology.

A.3.38.3 Teaching contents

To explain the definitions of various kinds of psychological pulse manifestations in addition to the key points for learning and practice.

A.3.38.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided

into groups individually.

A.3.39 Training on the ability to identify pulse manifestations with different disease syndromes

A.3.39.1 Credit hours of this program

64 credit hours

A.3.39.2 Goals and requirements

To master the identification characteristics of pulse manifestation with diseases diagnosed by western medicine doctors.

A.3.39.3 Teaching contents

To explain the meanings of pulse manifestations of various kinds of diseases in addition to the key points for learning and practice.

A.3.39.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

A.3.40 Training on the ability of analyzing of pulse diagnosis

A.3.40.1 Credit hours of this program

28 credit hours

A.3.40.2 Goals and requirements

To master the analysis on the characteristics of pulse manifestation as well as clinical dialectical treatment based on syndrome differentiation.

A.3.40.3 Teaching contents

To explain the principles for analysis as well as corresponding clinical treatment.

A.3.40.4 Teaching methods

To explain and teach on site before practical training, which will be finished by students divided into groups individually.

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