

HPCH5010/6010 Assessment Guide

Upon the successful completion of this module, the student should be able to:

- analyse key themes and practice of Chinese wellbeing and their central characteristics.
- critically discuss the metaphysical and epistemological reasons behind the theory and practice of Chinese wellbeing to the primary questions related to health care and life enhancement.
- evaluate the Chinese traditional exercise of wellbeing in the fields of music, calligraphy, Chinese painting, Chinese medicine, Chinese cooking, Chinese tea ceremony, Chinese food and drink, Daoist and Confucian nourishing life and so on.

There are two tasks for this module:

For Level 5:

Task 1: 2,500 words essay on one of the following suggested topics, or a topic that has been approved by the lecturer. (60%)

1. Examine the influences of the *Book of Changes (I Ching or Yi Jing 易经)* on the formation of traditional Chinese medicine theories.
2. Self-(health) care is popular in modern China, and it is taking many forms. Please pick on one form (phenomenon) and examine the reasons for its popularity.
3. Evaluate the influence of Daoism on health and wellbeing exercises.
4. What is the Yin and Yang Theory/The Five Phases Theory, and how is it important for Traditional Chinese Medicine/wellbeing exercises and practices?
5. What is Qi, and how is Tai Chi/Qi Gong exercises built upon it?
6. Examine the reasons for the popularity of Tai Chi/Qi Gong/Martial Arts.

Submission deadline:

The essay is due on Sunday, 10th October, 2021 at 23:59 (submit through the dedicated Turnitin link on the module Moodle Page).

Task 2: 10 Minutes presentation on an approved topic. (40%)

Date: to be confirmed in class.

For Level 6:

Task 1: 3,000 words essay on one of the following suggested topics, or a topic that has been approved by the lecturer. (60%)

1. Examine the influences of the *Book of Changes* (*I Ching* or *Yi Jing* 易经) on the formation of traditional Chinese medicine theories.
2. Self-(health) care is popular in modern China, and it is taking many forms. Please pick on one form (phenomenon) and examine the reasons for its popularity.
3. Evaluate the influence of Daoism on health and wellbeing exercises.
4. What is the Yin and Yang Theory/The Five Phases Theory, and how is it important for Traditional Chinese Medicine/wellbeing exercises and practices?
5. What is Qi, and how is Tai Chi/Qi Gong exercises built upon it?
6. Examine the reasons for the popularity of Tai Chi/Qi Gong/Martial Arts.

Submission deadline:

The essay is due on Sunday, 10th October, 2021 at 23:59 (submit through the dedicated Turnitin link on the module Moodle Page).

Task 2: 15 Minutes presentation on an approved topic. (40%)

Date: to be confirmed in class.