

# **Shanghai University of T.C.M**

**Program of Traditional Chinese Medicine (Acupuncture)  
(Taught in English)**

Shanghai University of T.C.M.  
International Education College  
August, 2024

# **Program of Traditional Chinese Medicine (Acupuncture)**

## **(Taught in English)**

### **Introduction**

In the 21<sup>st</sup> century, despite the rapid advance in diagnostic and therapeutic instruments, we are still facing unresolved problems in healthcare such as malignant tumors, cardio-cerebral vascular diseases, neurologic diseases, disorders in immune system, etc., while some sporadic new infectious diseases, such as SARS, avian flu, drug-resistant TB, have re-emerged although we believed they have been defeated.. Currently, the medical expense worldwide has become a huge burden of the society and has influenced many families. People want to know: what is the solution to these dilemmas?

Historically, traditional Chinese medicine (TCM) has played an important role in benefiting people's health. Some of its basic theories were formed 2000 years ago. After the countless efforts by TCM clinicians in history, TCM has continuously made development on the understanding and treatment approaches to the diseases. Up till now, TCM acts as one of the pillars in the healthcare system of Chinese society and spreads out broadly to the most of countries and regions in the world. The theory of TCM is a plain and dialectical philosophy, which provides a unique perspective, different from that of western medicine, to understand the relationship between the health and illness. On the other hand, the therapy of TCM is a practical and effective concept which most of the people can accept. Take the acupuncture as an example, it has been recommended by the World Health Organization (WHO) for being used to treat more than 50 kinds of diseases. In the study of new drug invention, the experiences from Chinese herbs have ignited the research inspiration of the pharmacists. One of the convincing examples is the discovery of a therapeutic drug to the malaria. Chinese pharmacists was inspired by the clinical application of Qing Hao (*Artemisia apiacea*) to treat malaria from the ancient records of Chinese Materia Medica and finally discovered Artemisinin which became one of the milestones of malaria treatment.

We hold the belief that the TCM theory and therapies should contribute to the medical service in the world and benefit more people. It is one of the reasons why we establish this program. We appreciate the students who are interested in studying TCM and intend us to teach and train them to become the professionals in TCM (including Acupuncture). For the convenience of the learning and understanding TCM academic knowledge for the foreign students, we choose English as the language used in classroom for this program. In terms of the pedagogy, our instructors are encouraged to apply more interact styles, such as discussion, case study, individual or group presentation, opportunities to meet patients and relatives, care providers, academic associations, etc. The reason for such arrangement comes from the concerns about the

students' competence of TCM service in the international healthcare market and professional development. We are confident that the comprehensive TCM academy and clinical facilities will be the fundamental supports for achieving the goal of this program.

### Academic Year & Curricula

This program is consisted of 5 academic years, 3 trimesters in each year.

#### Curriculum (280 Credits)

#### Academic Year 1

##### Semester 1

Course Code	Courses	Credit
01.111.9.3	Normal Human Anatomy	7
01.021.9.3	TCM Basic Theory (I)	4
99.001.9.1	Basic Chinese Language (I)	6
03.056.9.1	Basics of Chemistry	2
07.011.9.4	Healthcare Physical Education(I)	3

##### Semester 2

Course Code	Courses	Credit
01.121.9.5	Biochemistry	4
01.021.9.4	TCM Basic Theory (II)	4
99.001.9.2	Basic Chinese Language (II)	6
04.021.9.5	Tuina Exercise (I)	1.5
02.023.9.8	Meridians and Points (I)	6
08.071.9.4	Overview of China	3
01.133.9.2	Microbiology	2.5
07.011.9.5	* Healthcare Physical Education (II)	3

##### Semester 3

Code	Course / Practice	Credit
10.001.9.2	△Humanity Social Practice (I) <sup>1</sup>	8 (4weeks)
10.001.9.1	Guidance for Humanity Social Practice	2
99.001.9.3	Basic Chinese Language (III)	2
01.021.9.5	Case Study	1

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<sup>1</sup> Observation in hospitals

**Academic Year 2****Semester 1**

Course Code	Courses	Credit
01.031.9.3	TCM Diagnostics (I)	4
03.091.9.3	Chinese Materia Medica	6
01.151.9.3	Physiology	4
02.023.9.9	Meridians and Points (II)	6
99.001.9.4	Intermediate Chinese Language (I)	4
04.021.9.6	*Tuina Exercise (II)	1.5

**Semester 2**

Course Code	Courses	Credit
01.031.9.4	TCM Diagnostics (II)	4
03.094.9.3	Formulas of Chinese Herbal Medicine	5
01.101.9.2	Introduction to TCM Classics	2
01.171.9.3	Basics of Pathology	3
02.031.9.3	Acupuncture and Moxibustion Technique (I)	5
99.001.9.5	Intermediate Chinese Language (II)	4
10.020.9.1	Theory of Tuina Manipulations	5
04.021.9.7	*Tuina Exercise (III)	1.5

**Semester 3**

Code	Course / Practice	Credit
10.001.9.3	△Course Practice <sup>2</sup>	4 (2weeks)
10.001.9.4	△Humanity Social Practice (II) <sup>3</sup>	4 (2weeks)
05.024.9.1	△Communication Skill Training	2
10.001.9.5	Intermediate Chinese Language (III)	2
10.001.9.7	△Practice of Tuina Manipulation	4

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<sup>2</sup> Observation in hospitals

<sup>3</sup> Observation in hospitals

**Academic Year 3****Semester 1**

Course Code	Courses	Credit
03.022.9.3	Pharmacology	3
09.031.9.7	Basics of Diagnostics	5
09.021.9.3	TCM Internal Medicine	5
99.001.9.6	Clinical Conversations in Traditional Chinese Medicine (I)	2
04.023.9.1	Tuina Practice on Human Body (I)	2
09.031.9.8	Radiology	2

**Semester 2**

Course Code	Courses	Credit
02.031.9.4	Acupuncture and Moxibustion Technique (II)	5
09.033.9.3	WM Internal Medicine	5
99.001.9.7	Clinical Conversations in Traditional Chinese Medicine (II)	2
01.114.9.3	Anatomy of Acupuncture Points	4
14.388.9.1	Medical Terminology	2
02.042.9.4	Selective Readings of Acupuncture Classics	3
01.041.9.2	History of Chinese Medicine	2
04.023.9.2	*Tuina Practice on Human Body (II)	2
03.024.9.2	*Pharmacology of Chinese Materia Medica	3

**Semester 3**

Code	Course / Practice	Credit
10.001.9.6	△Practice of Acupuncture and Moxibustion Techniques	4
04.023.9.3	*Tuina Practice on Human Body (III)	2

**Academic Year 4****Semester 1**

Course Code	Courses	Credit
99.001.9.8	Overview on TCM-Style Writing	2
04.026.9.2	Tuina Therapeutics	3
02.032.9.6	Acupuncture Therapeutics (I)	6
09.232.9.2	TCM Traumatology	3.5
08.031.9.2	Medical Ethics	3
18.001.9.1	General Introduction to Rehabilitation	2.5
05.028.9.4	*TCM Pediatrics	1.5
05.028.9.5	*TCM Gynecology	1.5

**Semester 2**

Course Code	Courses	Credit
09.193.9.2	Neurology	2.5
09.181.9.2	TCM Emergencies	4
02.032.9.7	Acupuncture Therapeutics (II)	5
18.004.9.1	Rehabilitation Therapeutics	5
14.048.9.1	Clinical Psychology	1.5
01.075.9.1	*TCM Nutriology	2
05.028.9.6	*TCM External Medicine	3
05.028.9.3	Development on Clinical Acupuncture and Tuina Therapeutics	3

**Academic Year 5**

Code	Practice	Credit
10.002.9.1	△Pre-Clinic Training	3
10.016.9.1	△Graduation Internship	48
10.016.9.2	△Graduation Qualification Exam	3

\*refers to selective course

**Notification of the curricula**

1. The curricula system of this program is consisted of Curricula Modules including TCM Basic Theories and Clinical Techniques Modules, Basic Theories of Modern Medicine and Clinical Techniques Modules, General Education Modules, etc.
2. The pedagogy of basic theory courses consists of lectures, case study, group discussion and project completion, research paper, etc. In the clinical courses, lectures and clinical probation will be applied. Some of the medical basic courses arrange laboratory training.

3. Clinical practice training system: the university adopts “clinic-centered” strategy to enhance the clinical skill training in TCM Diagnostics, Acupuncture and Moxibustion, Manipulation of Tuina, etc. as following:

Involving clinic in the early stage: from the first academic year, students will be guided by the tutors to experience the TCM diagnostics, Chinese herbs, acupuncture and tuina techniques, TCM community service, etc. in the clinics in 3<sup>rd</sup> trimester (usually from May to July).

  - ★ Studying in clinical probation: In the period of studying clinical courses, bed-side teaching, case study, etc. will be applied to instruct the students in directly observing the patients’ symptoms and signs for understanding the patients’ experience and the diseases.
  - ★ Engaging the clinical skill training: The students will be asked to practice their clinical skills, especially the acupuncture and tuina techniques. After finishing learning and practicing in the courses of Acupuncture and Moxibustion Techniques, Tuina Manipulation and Clinical Tuina Training, the students will be tested on clinical skills examination and clinical case examination in order for them to make good preparation in the 5<sup>th</sup> year’s clinical round.
  - ★ Completing the clinical round: One-year’s clinical round includes Acupuncture and Tuina Department and other required clinical department round practices. After the round practice, the students are expected to have the capabilities of diagnosing and treating the common diseases in routine clinics, with acupuncture, herb and tuina therapies and the fundamental abilities of conducting clinical researches.
4. Chinese language for communication and academic studying: The students are asked to learn the Chinese language courses including basic Chinese and practical medical Chinese for their communication and academic studying purposes. The students are encouraged to apply their Chinese language ability for clinical communication and academic literature reading.

#### **Assessment and conferment**

For objectively evaluating the teaching effect and students’ knowledge and skills, the teachers will arrange different assessment in stages. Formative assessment, such as questions in class, exercises, experiments, probation, periodical examination, etc. will be applied in certain percentages to the total assessment of the courses.

In the 3<sup>rd</sup> trimester practice, the students are required to complete the practical items and achieve the learning objectives and requirements which have been set up by the program plan. The students must get the required credits before entering the clinical round (the ratio of credits from passed compulsory courses over credits of all compulsory courses is not less than 95%).

During the clinical round, the students will be asked to take examinations in every clinical department. After completing the one-year clinical round, the students must take graduation practice examination.

#### **The credits requirement of graduation**

The total required credits for graduation are **280** credits which are consisted of:  
Compulsory courses: **191** credits;  
Selective courses: **9** credits;

Practice courses: **80** credits, including 26 credits in the 3rd Semester Practices, 3 credits in Pre-Clinic Training, 48 credits in the Graduation Practice and 3 credits in the Graduation Qualification Examination.

“\*” refers to Selective Course      “△” refers to Practice Course.

According to the program plan, students are qualified to graduation after achieving the required credits and passing all the examinations of the compulsory courses and clinical examinations. The students will be conferred to the Bachelor of Medicine by The Regulation of Academic Degree of People’s Republic of China.

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# Program of Traditional Chinese Medicine (Acupuncture) (Pan-English Lectures)

Shanghai University of Traditional Chinese Medicine  
June, 2024

## Introduction

After we entered in the 21<sup>st</sup> century, when more and more advanced diagnostic and therapeutic instruments and drugs are applied in clinic, we realize that we are still facing many unresolved problems in healthcare: malignant tumors, cardio-cerebral vascular diseases, neurologic diseases, disorders in immune system, etc., while some sporadic new infectious diseases, such as SARS, avian flu, drug-resistant TB, have disturbed our nerves which we might regard these diseases as being eliminated. Currently, in many places in the world, the medical expense has become a huge burden of the society and has influenced many families. People want to know: what is the solution of these dilemmas?

Historically, traditional Chinese medicine (TCM) has played an important role in benefiting people's health. Some of its basic theories were formed 2000 years ago. After the countless efforts by TCM clinicians in history, TCM has continuously made development on the understanding and treatment approaches to the diseases. Up till now, TCM acts as one of the pillars in the healthcare system of Chinese society and spreads out broadly to the most of countries and regions in the world. The theory of TCM is a plain and dialectical philosophy, which provides a unique perspective, different from that of western medicine, to understand the relationship between the health and illness. On the other hand, the therapy of TCM is a practical and effective concept which most of the people can accept. Take the acupuncture as an example, it has been recommended by the World Health Organization (WHO) for being used to treat more than 50 kinds of diseases. In the study of new drug invention, the experiences from Chinese herbs have ignited the research inspiration of the pharmacists. One of the convincing examples is the discovery of a therapeutic drug to the malaria. Chinese pharmacists was inspired by the clinical application of Qing Hao (*Artemisia apiacea*) to treat malaria from the ancient records of Chinese Materia Medica and finally discovered Artemisinin which became one of the milestones of malaria treatment.

We hold the belief that the TCM theory and therapies should contribute to the medical service in the world and benefit more people. It is one of the reasons why we establish this program. We appreciate the students who are interested in studying TCM and intend us to teach and train them to become the professionals in TCM (including Acupuncture). For the convenience of the learning and understanding TCM academic knowledge for the foreign students, we choose English as the language used in classroom for this program. In terms of the pedagogy, our instructors are encouraged to apply more interact styles, such as discussion, case study, individual or group presentation, opportunities to meet patients and relatives, care providers, academic associations, etc. The reason for such arrangement comes from the concerns about the students' competence of TCM service in the international healthcare market and professional development. We are confident that the comprehensive TCM academy and clinical facilities will be the fundamental supports for achieving the goal of this program.

Academic Year & Curricula

This program is consisted of 5 academic years, 3 trimesters in each year.

Curriculum (280 Credits)

**I Compulsory Courses ( 191 Credits )**

Knowledge modules	Course Number	Courses	Credit points	Academic hours	Academic years and trimesters(Credit Points)														
					1 <sup>st</sup> Academic year			2 <sup>nd</sup> Academic year			3 <sup>rd</sup> Academic year			4 <sup>th</sup> Academic year			5 <sup>th</sup> Academic year		
					1	2	3	1	2	3	1	2	3	1	2	3			
<b>Traditional Chinese Culture Knowledge</b>	08.071.9.4	Overview of China	3	42		3													
	07.011.9.4	Healthcare Physical Education(I)	3	42	3														
	01.041.9.2	History of Chinese Medicine	2	28							2								
<b>Medical Humanity Knowledges</b>	10.001.9.1	Guidance for Humanity Social Practice	2	28			2												
	08.031.9.2	Medical Ethics	3	42									3						
	14.388.9.1	Medical Terminology	2	28							2								
	14.048.9.1	Clinical Psychology	1.5	21									1.5						
<b>TCM Basic Knowledge</b>	01.021.9.3	TCM Basic Theory (I)	4	56	4														
	01.021.9.4	TCM Basic theory (II)	4	56		4													
	04.021.9.5	Tuina Exercise (I)	1.5	21		1.5													
	02.023.9.8	Meridians and Points (I)	6	84		6													
	01.021.9.5	Case Study	1	14			1												
	01.031.9.3	TCM Diagnostics (I)	4	56				4											
	01.031.9.4	TCM Diagnostics (II)	4	56					4										
	03.091.9.3	Chinese Materia Medica	6	84				6											
	03.094.9.3	Formulas of Chinese Herbal Medicine	5	70					5										
	02.023.9.9	Meridians and Points (II)	6	84				6											
	01.101.9.2	Introduction to <i>TCM Classics</i>	2	28					2										
	02.031.9.3	Acupuncture and Moxibustion Technique (I)	5	70					5										
	02.031.9.4	Acupuncture and Moxibustion Technique (II)	5	70							5								
	10.020.9.1	Theory of Tuina Manipulations	5	70					5										
	04.023.9.1	Tuina Practice on Human Body (I)	2	28							2								
02.042.9.4	Selective Readings of Acupuncture Classics	3	42								3								

<b>Life Science Basics</b>	01.111.9.3	Normal Human Anatomy	7	98	7												
	03.056.9.1	Basics of Chemistry	2	28	2												
	01.121.9.5	Biochemistry	4	56		4											
	01.133.9.2	Microbiology	2.5	35		2.5											
	01.151.9.3	Physiology	4	56				4									
	01.171.9.3	Basics of Pathology	3	42					3								
	03.022.9.3	Pharmacology	3	42							3						
	01.114.9.3	Anatomy of Acupuncture Points	4	56								4					
<b>TCM Clinic Knowledge</b>	09.021.9.3	TCM Internal Medicine	5	70						5							
	04.026.9.2	Tuina Therapeutics	3	42									3				
	02.032.9.6	Acupuncture Therapeutics (I)	6	84									6				
	02.032.9.7	Acupuncture Therapeutics (II)	5	70										5			
	09.232.9.2	TCM Traumatology	3.5	49									3.5				
	05.028.9.3	Practice and Expansion of Clinical Acupuncture and Tuina	3	42										3			
	09.181.9.2	TCM Emergencies	4	56										4			
<b>WM Clinic Knowledge</b>	09.031.9.8	Radiology	2	28						2							
	09.033.9.3	WM Internal Medicine	5	70							5						
	09.193.9.2	Neurology	2.5	35										2.5			
	09.031.9.7	Basics of Diagnostics	5	70							5						
<b>Rehabilitation Medicine Knowledge</b>	18.001.9.1	General Introduction to Rehabilitation Medicine	2.5	35									2.5				
	18.004.9.1	Rehabilitation Therapeutics	5	70										5			
<b>Chinese Languages Courses</b>	99.001.9.1	Basic Chinese Language (I)	6	84	6												
	99.001.9.2	Basic Chinese Language (II)	6	84		6											
	99.001.9.3	Basic Chinese Language (III)	2	28			2										
	99.001.9.4	Intermediate Chinese Language (I)	4	56				4									
	99.001.9.5	Intermediate Chinese Language (II)	4	56					4								
	10.001.9.5	Intermediate Chinese Language (III)	2	28						2							
	99.001.9.6	Clinical Conversations in Traditional Chinese Medicine (I)	2	28							2						
	99.001.9.7	Clinical Conversations in Traditional Chinese Medicine (II)	2	28								2					
	99.001.9.8	Overview on TCM-Style Writing	2	28										2			
<b>Total</b>	<b>53 Courses</b>		<b>191</b>	<b>2674</b>	<b>22</b>	<b>22</b>	<b>4</b>	<b>24</b>	<b>28</b>	<b>2</b>	<b>24</b>	<b>24</b>	<b>0</b>	<b>20</b>	<b>18</b>	<b>3</b>	<b>0</b>

## II Selective Courses ( 9 Credits )

Knowledge Modules	Course Number	Courses	Credit Points	Academic hours	Academic years and trimesters(Credit Points)														
					1 <sup>st</sup> Academic year			2 <sup>nd</sup> Academic year			3 <sup>rd</sup> Academic year			4 <sup>th</sup> Academic year			5 <sup>th</sup> Academic year		
					1	2	3	1	2	3	1	2	3	1	2	3			
Traditional Chinese Culture Knowledge	07.011.9.5	* Healthcare Physical Education (II)	3	42		3													
TCM Basic Knowledge	04.021.9.6	* Tuina Exercise (II)	1.5	21				1.5											
	04.021.9.7	* Tuina Exercise (III)	1.5	21					1.5										
	04.023.9.2	* Tuina Practice on Human Body (II)	2	28								2							
	04.023.9.3	* Tuina Practice on Human Body (III)	2	28									2						
	03.024.9.2	*TCM Pharmacology	3	42								3							
	01.075.9.1	* TCM Nutriology	2	28												2			
TCM Clinic Knowledge	05.028.9.4	* TCM Pediatrics	1.5	21											1.5				
	05.028.9.5	* TCM Gynecology	1.5	21											1.5				
	05.028.9.6	* TCM Surgery	3	42												3			
<b>Total</b>		<b>10 Courses</b>	<b>21</b>	<b>294</b>	<b>0</b>	<b>3</b>	<b>0</b>	<b>1.5</b>	<b>1.5</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>2</b>	<b>3</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>0</b>	

## III Practice Courses ( 80 Credits )

Knowledge Modules	Course Number	Courses	Credit Points	Academic hours	Academic Years and trimesters(Credit Points)														
					1 <sup>st</sup> Academic year			2 <sup>nd</sup> Academic year			3 <sup>rd</sup> Academic year			4 <sup>th</sup> Academic year			5 <sup>th</sup> Academic year		
					1	2	3	1	2	3	1	2	3	1	2	3			
Course Practice	10.001.9.2	△Humanity Social Practice (I)	8	112			8												
	10.001.9.3	△Course Practice	4	56						4									
	10.001.9.4	△Humanity Social Practice (II)	4	56						4									
	05.024.9.1	△Communication Ability Training	2	28						2									
	10.001.9.6	△Practice of Acupuncture and Moxibustion Techniques	4	56									4						
	10.001.9.7	△Practice of Tuina Manipulations	4	56						4									
	10.002.9.1	△Pre-Clinic Training	3	42														3	
	10.016.9.1	△Graduation Internship	48	2112														48	
	10.016.9.2	△Graduation Qualification Examination	3	/														3	
<b>Total</b>		<b>9 Courses</b>	<b>80</b>	<b>2518</b>	<b>0</b>	<b>0</b>	<b>8</b>	<b>0</b>	<b>0</b>	<b>14</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>54</b>	<b>0</b>	

### **Notification of the curricula**

1. The curricula system of this program is consisted of Curricula Modules including TCM Basic Theories and Clinical Techniques Modules, Basic Theories of Modern Medicine and Clinical Techniques Modules, General Education Modules, etc.
2. The pedagogy of basic theory courses consists of lectures, case study, group discussion and project completion, research paper, etc. In the clinical courses, lectures and clinical probation will be applied. Some of the medical basic courses arrange laboratory training.
3. Clinical practice training system: the university adopts “clinic-centered” strategy to enhance the clinical skill training in TCM Diagnostics, Acupuncture and Moxibustion, Manipulation of Tuina, etc. as following:

Involving clinic in the early stage: from the first academic year, students will be guided by the tutors to experience the TCM diagnostics, Chinese herbs, acupuncture and tuina techniques, TCM community service, etc. in the clinics in 3<sup>rd</sup> trimester (usually from May to July).

- ★ Studying in clinical probation: In the period of studying clinical courses, bed-side teaching, case study, etc. will be applied to instruct the students in directly observing the patients’ symptoms and signs for understanding the patients’ experience and the diseases.
  - ★ Engaging the clinical skill training: The students will be asked to practice their clinical skills, especially the acupuncture and tuina techniques. After finishing learning and practicing in the courses of Acupuncture and Moxibustion Techniques, Tuina Manipulation and Clinical Tuina Training, the students will be tested on clinical skills examination and clinical case examination in order for them to make good preparation in the 5<sup>th</sup> year’s clinical round.
  - ★ Completing the clinical round: One-year’s clinical round includes Acupuncture and Tuina Department and other required clinical department round practices. After the round practice, the students are expected to have the capabilities of diagnosing and treating the common diseases in routine clinics, with acupuncture, herb and tuina therapies and the fundamental abilities of conducting clinical researches.
4. Chinese language for communication and academic studying: The students are asked to learn the Chinese language courses including basic Chinese and practical medical Chinese for their communication and academic studying purposes. The students are encouraged to apply their Chinese language ability for clinical communication and academic literature reading.

### **Assessment and conferment**

For objectively evaluating the teaching effect and students’ knowledge and skills, the teachers will arrange different assessment in stages. Formative assessment, such as questions in class, exercises, experiments, probation, periodical examination, etc. will be applied in certain percentages to the total assessment of the

In the 3<sup>rd</sup> trimester practice, the students are required to complete the practical items and achieve the learning objectives and requirements which have been set up by the program plan.

The students must get the required credits before entering the clinical round (the ratio of credits from passed compulsory courses over credits of all compulsory courses is not less than 95%).

During the clinical round, the students will be asked to take examinations in every clinical department. After completing the one-year clinical round, the students must take graduation practice examination.

### **The credits requirement of graduation**

The total required credits for graduation are 280 credits which are consisted of:

Compulsory courses: 191 credits;

Selective courses: 9 credits;

Practice courses: 80 credits, including 26 credits in the 3rd trimester practices, 3 credits in pre-clinical training, 48 credits in the clinical round and 3 credits in the graduation practice examination.

According to the program plan, students are qualified to graduation after achieving the required credits and passing all the examinations of the compulsory courses and clinical examinations. The students will be conferred to the Bachelor of Medicine by The Regulation of Academic Degree of People's Republic of China.

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