

# **Rules of on Education and Training for International Students in Program of Master of Public Health (MPH) Shanghai University of Traditional Chinese Medicine**

For the purpose of standardizing the education and training for international students in Program of Master of Public Health (discipline code: 105300), the *Rules of Shanghai University of Traditional Chinese Medicine on Education and Training for International Master's students in Chinese Medicine and Integrative Medicine Taught in English* (hereinafter referred to as the Rules) are hereby formulated in consideration of the specific situation of the university in accordance with the *Administrative Measures for the Admission and Education of International Students*, the *Regulations of the People's Republic of China on Academic Degrees*, the *Interim Measures for the Implementation of Regulations of the People's Republic of China on Academic Degrees*, the *Notice of the National Education Commission on Improving and Strengthening Graduate Education* as well as the *Trial Measures of the State Council Academic Degrees Committee for Conferring Chinese Degrees to International Students in Higher Educational Institutions*.

## **I Education and Training Objectives**

The goal is to cultivate high-level public health professionals who can meet the needs of international public health development, possess a spirit of cooperation, innovation, and practical application skills. The training is aimed at full-time students in Master of Public Health (MPH). Specific requirements include:

1. Comprehensive improvement in knowledge, skills, and personal quality; adherence to Chinese laws and school regulations; understanding and adaptation to the cross-cultural environment in China.

2. Systematic mastery of public health theories, knowledge, and skills; awareness of the history, current status, and latest academic developments in the field; ability to conduct disease prevention, health management, and emergency public health practices independently; familiarity with the role of Traditional Chinese Medicine (TCM) in public health; ability to design, implement, and evaluate public health interventions.

3. Independent application-oriented research capabilities focused on public health issues. The degree dissertation should have significant academic or practical

value and certain innovativeness, providing scientific decision-making basis for public health policy transformation.

4. Effective communication skills; ability to engage with government, industry, media, and the public; capability in Chinese language; capability to read relevant domestic and international literature; understanding of global public health progress; and certain writing and academic communication skills.

5. Healthy physique and good psychological state.

## **II Program Length and Training Schedule**

1. The standard study period is 3 years, with 1 year allocated for coursework, and the remaining time dedicated to professional practice and research. Involvement in the research project must be no less than 6 months, including field surveys, data analysis, and dissertation writing. The maximum study period may be extended to 5 years.

2. If the student fails to complete the courses, research tasks or participate in the master's dissertation presentation and oral defense on time due to special reasons, the student can submit an application for an extension of the period of study half a year in advance, and such application is subject to opinions and signature by his/her supervisor and approval by the relevant school and should be reported to International Education College for review. For the extension of study, the student has to go through the relevant procedures according to the regulations.

## **III Supervisor and Student Personal Training Plan**

1. MPH students can choose their supervisors (mutual selection between supervisors and students) during the interview or within one month after admission. The routine education and training for international students will be carried out in a way that the supervisor takes the main responsibility while working collaboratively with the supervising team to provide comprehensive training.

2. Supervisors are responsible for the daily training and education of MPH students. If a supervisor cannot fulfill his/her duties for any reason, the procedure for changing the supervisor should follow the relevant university regulations.

3. The supervisors should guide international MPH students to determine the courses for study within one week after enrollment (or after determining the supervisor), and to formulate a practical personal training plan within 3 months after enrollment in accordance with the Rules and the discipline training program, in

combination with the personal situation of the students. The supervisors should specify the requirements for the research project and the publication of academic papers during schooling, and organize the members of the supervising team to formulate teaching, public health training and research work requirements. Before the dissertation proposal, the personal training plan shall be reviewed and signed in triplicate by the supervisor and then submitted to the Graduate School in the university, the Graduate Academic Affairs Office of the School of Public Health, and International Education College for archiving.

#### **IV Course Offerings and Requirements**

Program of Master of Public Health (MPH) education includes foundational theoretical knowledge and professional skills training. Based on the needs of professional development, the curriculum emphasizes the integration and cross-application of knowledge, as well as the practicality and innovation of the content.

##### **1. Curriculum**

The courses are divided into degree courses and non-degree courses. The MPH program offers specializations in five directions -- 'Epidemiology and Health Statistics', 'Nutrition and Food Hygiene', 'Health Services Management', 'Traditional Chinese Medicine Health Management', and 'Health Behavior and Health Promotion'.

(1) For Chinese-taught master's students in each specialization, there are 6 compulsory courses (totaling 13 credits) and at least 2 optional courses. The total credits for coursework must be no less than 36 credits. The curriculum structure is as follows:

Category		Course Title	Hours	Credits	Semester	Notes
Degree Course	General Course (8.0)	Overview of China	36	2.0	1	
		Chinese Language	36	2.0	1	
		Introduction to Dialectics of Nature	18	1.0	1	
		MPH English	36	2.0	2	
		Scientific Research Integrity and Academic Ethics	18	1.0	1/2	
	Basic Major Course (4.0)	Academic Norms and Guidelines for Writing Papers	36	2.0	2	
		Thoughts and Methods of Public Health Research	36	2.0	2	
	Major Course (13.0)	Biostatistics	54	3.0	1	
		Advanced Epidemiology	36	2.0	2	
		Public Health Theory and Practice	36	2.0	1	
		Introduction to Environmental Health Sciences	36	2.0	2	
		Health Policy and Management	36	2.0	2	
		TCM and Public Health	36	2.0	1	
	Practical Course (4.0)	Professional Practice of Public Health	6 Months	4.0	3/4	
Non Degree Course	Optional Course	Evidence-based Medicine	24	1.0	1	Choose at least 2 courses
		Public Health Practical Skills	36	2.0	2	
		Outbreak Investigation and Field Epidemiology (including field investigation techniques)	18	1.0	2	
		Progress in Nutrition	18	1.0	2	
		Supervision and Administration of Food Safety and Food Hygiene	18	1.0	2	
		Health Behavior Changes at Individual, Family and Community	27	1.5	2	
		Modern Hospital Management	36	2.0	2	
		Traditional Chinese Medicine Culture	24	1.5	2	
		Modern Health Promotion Theory	36	2.0	1	
		SAS Statistical Software and Applications	27	1.5	2	
		Retrieval and Utilization of Medical Information	36	2.0	1	
		Frontier and Technology of Life Science	30	1.5	1	
		Progress in TCM Nutrition	36	2.0	1	
		Medical Psychology	36	2.0	2	

	Health Law	36	2.0	2	
Others	Literature Reading and Review		3.0		
	Academic Progress Lecture		2.0		

(2) For English-taught MPH students, there are 4 major courses (totaling at least 7 credits) and at least 1 optional major course (at least 1.5 credits). The total credits for coursework must be no less than 27 credits. The curriculum structure is as follows:

Category	Course Title	Hours	Credits	Semester	Notes
General Courses (8.0)	Overview of China	36	2.0	1	
	Chinese Language	36	2.0	1	
	Clinical Research and Design	24	1.5	1	
	Practice of Reading and Writing Chinese Medicine Papers	48	2.5	1	
Major Courses (7.0)	Biostatistics*	54	3.0	1	At least 3 course ( $\geq 7$ credits) * Compulsory
	Advanced Epidemiology*	36	2.0	2	
	Preventive Medicine	54	3.0	1	
	Health Service Research	36	2.0	2	
Optional Major Courses (3.0)	Fundamentals of TCM	56	1.5	1	At least 1 course ( $\geq 3$ credits)
	TCM Nutrition	28	2.0	2	
	Medical Ethics	42	3.0	1	
	Clinical Psychology	21	1.5	2	
	Medical Terminology	28	2.0	2	
	Guidance of Humanity Social Practice	28	2.0	2	
Practical practice (4.0)	Professional Practice of Public Health	6 Months	4.0	3	
Others (5.0)	Literature Reading and Review		3.0		
	Lectures & Seminars		2.0		

The degree courses are organized and examined by the School of Public Health. Classes are conducted in a combination of dispersed and concentrated formats, with

students participating in unified examinations.

**Literature Reading and Review:** The literature review should demonstrate student's comprehensive understanding of development and progress in the research field. It should provide a thorough review and evaluation of key literature, reflecting the student's solid grasp of fundamental theories and in-depth specialized knowledge in the research field. The review should be no less than 5000 words and include at least the following sections of the research subject: the role and significance in public health; the scientific value or significance for societal and disciplinary development; the historical development or background; the phased progress or existing foundations; unresolved issues and reasons behind them; and future development trends. The review will be graded by the supervisor or supervision team and will account for 3.0 credits. The final grade will be recorded in the student's academic transcript.

## 2. Professional Practice

In accordance with the training objectives of the professional degree, MPH students must participate in no less than six months of professional practice during their studies, earning a total of 4 credits. In principle, students should enter the professional practice stage only after completing all coursework. Practice manuals and evaluation methods are formulated according to the five training directions. Students must complete the professional practice according to the requirements outlined in the practice manuals. After the professional practice, the school will organize a unified presentation and assessment.

## **V Dissertation Requirements**

The research topic for the Master of Public Health (MPH) degree dissertation should be formulated under the guidance of supervisor, and a literature review on the research topic should be completed by the end of the second semester. The dissertation proposal should be completed by the end of the first month of the third semester.

The dissertation work for the MPH degree should be conducted in line with the practical needs of the chosen specialization, highlighting the innovation and application value of the topic. The MPH dissertation must meet the following basic requirements:

1. **Topic Selection:** The topic should closely align with real-world issues in public health, such as disease control, health emergencies, health promotion,

medical services, and health management, and should have academic value and application prospects. The topic should reflect a systematic understanding of the history and current status of public health in both domestic and international contexts, with research goals, content, and technical routes clearly defined in relation to public health issues.

2. **Research Content:** The research should address major public health issues. Based on extensive literature review and understanding of global trends, the study should involve theoretical analysis, field investigation, intervention research, and the proposal of specific policy recommendations. The research must entail a significant amount of work.
3. **Research Methods:** The research methods should be advanced, practical, and feasible, utilizing public health theories and professional knowledge to design the study and establish a scientific and rational technical route. Methods may include historical data analysis, field surveys, case-control studies, cohort studies, and intervention studies, employing both quantitative and/or qualitative approaches. The research data should be detailed and accurate, and the research materials should be authentic and reliable, with a rigorous analysis process.
4. **Research Results:** The research should have clear analytical conclusions, propose corresponding countermeasures and suggestions, present new viewpoints or insights, and demonstrate advanced knowledge and application value in the field of public health.
5. The students in MPH program who are taught in English can use English language for dissertation writing, dissertation proposal, mid-term evaluation, and presentation and oral defense. In this case, the student should submit a comprehensive abstract of the dissertation in Chinese at the same time, with a word count of not less than 6,000 Chinese characters.

Upon completion of the dissertation, it must be reviewed and approved by the supervisor and the supervision team before proceeding to a pre-oral defense. Only after passing the pre-oral defense and having satisfactorily completed the professional practice assessment can the student be recommended for the final oral defense.

In accordance with the relevant provisions of the *Regulations of the People's Republic of China on Academic Degrees* and the interim implementation measures, the university organizes the review of dissertation, oral defense, and the process for

the degree awarding.

**VI** The education and training for international MPH students should strictly follow the *Regulations of the People's Republic of China on Academic Degrees*, the *Interim Measures for the Implementation of Regulations of the People's Republic of China on Academic Degrees*, the *Regulations of Shanghai University of Traditional Chinese Medicine on Education and Training for Master and Doctoral students*, the *Regulations of Shanghai University of Traditional Chinese Medicine on Project Proposal Reports for Graduate Dissertations*, the *Regulations of Shanghai University of Traditional Chinese Medicine on Mid-term Evaluation of Graduate Students*, as well as the *Regulations of Shanghai University of Traditional Chinese Medicine on the Review of Graduate Dissertations*.

**VIII** Matters not covered above shall be subject to the relevant regulations of Shanghai University of Traditional Chinese Medicine. The Rules shall be implemented on a trial basis for one year as of the date of release.

College of International Education  
& School of Public Health,  
Shanghai University of Traditional Chinese Medicine  
July 2024