上海中醫藥大學
Shanghai University of Traditional Chinese Medicine

外籍硕博士研究生
培养方案汇编（2026 版）
International Postgraduates Training Programs
（适用于2026 级国际学生）

国际教育学院

中医教学中心

2026 年9 月印制

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上海中医药大学中文授课外籍博士研究生
培养工作若干细则

根据《中华人民共和国学位法》《学校招收和培养国际学生管理办法》和《国务院学位委员会关于普通高等学校授予来华留学生我国学位试行办法》等有关文件的精神，结合我校具体情况，为规范外籍博士研究生培养工作，特制定本实施细则。

一、培养目标

（一）知识、能力、素质全面提高，遵守中国的法律法规和学校的校纪校规，了解与适应中国的跨文化环境。

（二）具有本学科坚实的基础理论和系统、深入的专业知识和技能，具备较强的分析和思维能力。熟悉本学科国内外发展动态，具有运用现代科学技术手段独立从事学科相关研究的能力，并在本学科基础或临床研究上有所创新。掌握基础汉语。培养具有较高学术水平、专业能力及一定科学研究能力的高级人才。

（三）具有健康的体格和良好的心理素质。

二、学制与培养时间安排

（一）学制三年，可弹性学习至五年。

1.课程集中学习的时间原则上为一个学期。第二学期至第六学期进入相关学院（所、中心）学习，在导师指导下进行课程学习、实践能力训练以及科研能力培养。

2. 因特殊原因未能按时完成学习、研究任务或参加博士论文答辩的，可由本人提前半年提出申请，导师签署意见，经相关学院同意报国际教育学院审核，可延长学习年限。延长学习应按规定办理相关手续。

（二）培养方案

外籍博士研究生培养方案按照《上海中医药大学攻读硕博士学位研究生培养工作规定》、《上海中医药大学研究生培养方案（2026 版）》，参照《国务院学位委员会关于普通高等学校授予来华留学生我国学位试行办法》制定。

三、导师、研究生个人培养计划

（一）外籍博士研究生可在面试时或入学后的 1 个月内经师生互选确定导师。外籍博士研究生的日常培养工作实行导师负责和导师指导小组共同培养相结合的方式。

（二）导师应全面负责研究生的日常培养教育工作。在培养过程中，如导师因故确不能履行职责，依照学校有关规定进行导师变更程序。

（三）导师应根据本细则和学科专业培养方案，结合外籍博士研究生个人情况，在研究生入学报到（或确定导师）后 1 周内指导其确定学习课程，并在入学后 3 个月内指导其制定出切实可行的个人培养计划，明确研究课题要求，组织研究生导师指导小组成员，拟定临床及教学工作要求等。个人培养计划经导师审定签字后，一式三份，于论文开题前分别递交研究生院、二级学院（系）研究生教务办、国际教育学院存档。

四、课程设置

（一）外籍博士研究生的课程学习实行学分制，分为必修课和选修课，其中必修课程包括学位课和非学位课程。必修课和选修课均列入培养计划。关于学位课程修读规定，参照《上海中医药大学研究生课程学习与考核管理规定》。

（二）中文 授课博士研究生毕业总学分不低于 18 学分，英文授课博士研究生毕业总学分不低于 14.5 学分。要求学分必须在课题开题前修读完成。

（三）课程设置基本要求

类别	课程名称	学分	必修或选修	备注
公共课	中国概况	2.0	必修	学位课
	汉语	2.0	必修	学位课
	科研诚信与学术道德	1.0	必修	学位课，线上
专业基础课	中医药科学研究前沿 （△中西医结合研究思路与科研设计）	2.0	必修	学位课 △为中西医结合专业学生修读课程
	文献阅读与读书报告	5.0	必修	学位课，导师指导
	讲座	3.0	必修	不少于 15 次
选修课	根据研究方向，进行选课	3.0	选修	

2. 英文授课博士研究生课程设置

类别	课程名称	学分	必修或选修	备注
公共基础课	中国概况	2.0	必修	学位课
	汉语	2.0	必修	学位课
专业基础课	中医药论文阅读和写作实践	2.5	必修	学位课
	文献阅读与读书报告	5.0	必修	学位课，导师指导
	讲座	3.0	必修	不少于 15 次
选修课	根据研究方向，进行选课		选修	

（四）博士生可在导师指导下，去外校选择和自己课题有关的课程学习，必须在导师同意下，列入研究生个人培养计划中，报国际教育学院审批，经费由导师或个人解决。

（五）文献阅读与读书报告：在开题报告前，要求研究生阅读一定量的专业文献（由导师在培养计划表中列出所需阅读文献或专业书籍），并在学科导师组或学院做读书报告或学术讨论（博士 6 次）。考核方法：由导师（或学科导师组）对读书报告的完成度进行评分。15 次讲座内容结合医学统计学及医学论文撰写辅导等，考核依据为讲座笔记。

（六）对入学前已在本校参加且考试成绩合格的课程，如果符合本学科培养方案的要求，可以申请免修，或通过《学分银行》的认定程序申请认定。申请免修可在课程授课学期开学后二周内提出申请（附旁听原始成绩单，成绩有效期 2 年），经导师和任课教师同意后，报国际教育学院审批、备案。

（七）各门课程考试一律要求以百分制打分，满分为 100 分。高于或等于 60 分为及格，低于 60 分为不及格。不及格的学生经重修成绩及格以 60 分登记。学位课程仅一次重修机会。

（八）学生在入学后一周内按照选课流程在管理系统内选课，没有选课不能参加考试，已选定的课程，届时无故不参加考试，作缺考处理。

五、实践能力培养

（一）对中医学、中西医结合临床专业的研究生应加强实践能力的培养（以英语授课的非中医起点攻读博士学位研究生除外），具体的要求如下：

1. 第二学期至第六学期的临床实践采用专业实践课程学习、跟师临证实践、临床科室轮转、课题科学研究相结合的原则，在导师或导师小组的指导下，从事临床、科研等实践学习，其中临床科室轮转不少于 6 个月。

2. 凡临床轮转的学生，临床轮转结束后，需参加每月出科考核，熟练掌握临床基本技能和专科技能。

（二）对基础类专业研究生也应加强临床实践能力的培养和考核，具体可由导师指导临床实践，或借院院合作平台指导临床实践。

（三）研究生在读期间，应结合本专业特点，积极参加各种形式的社会实践，增强对社会的了解，培养更好地为社会服务的观念。

六、科研工作及学位论文

（一）开题报告：外籍研究生应在导师指导下，通过查阅收集专业文献资料、调查研究、参加科研工作等，熟悉本专业领域的国内外研究动态，拟定研究课题，撰写文献综述和开题报告。导师根据研究生的课题研究进展情况，应当安排研究生在第三学期第一个月结束前完成开题汇报，听取专家意见。开题报告通过后，应按课题计划定期做阶段性工作汇报。开题要求按照《上海中医药大学关于研究生学位论文开题报告的规定》执行。

（二）中期考核：为规范和加强外籍博士研究生的过程管理，保证和提高研究生的培养质量，实行中期考核。中期考核实施内容由研究生院负责制订监督，由各二级培养单位负责组织考核小组进行具体操作。中期考核于第五学期的第一个月结束前完成，中期考核重点考查外籍博士研究生综合素质和综合能力，考核内容包括业务素质、创新素质及身心素质。相关要求参见《上海中医药大学关于研究生中期考核的规定》。

（三）外籍博士研究生应在导师指导下，独立完成毕业论文，对研究成果作出详细的阐述。学位论文求具有科学性、先进性、实用性和创新性，要求理论联系实际，论点明确，论据充分，有新的发现和创新。

（四）论文完成后，须经导师及指导小组审核同意，先在科室（或学科）内进行预答辩，通过后方可按相关文件规定，组织论文评审、答辩和学位授予的审核工作。

（五）允许英文带教的外籍博士研究生使用英文撰写学位论文，进行学位论文的开题、中期考核及答辩工作。另需撰写不少于 6000 汉字的中文大摘要，与英语学位论文合并装订上交。

七、外籍研究生培养工作严格执行《中华人民共和国学位法》《上海中医药大学攻读硕博士学位研究生培养工作规定》《上海中医药大学关于研究生学位论文开题报告的规定》《上海中医药大学关于研究生中期考核的规定》和《上海中医药大学关于研究生学位论文评议的规定》等。

八、以上未尽事宜均执行学校的相关规定。本细则自公布之日起试行一年。

上海中医药大学

2026 年 7 月

Rules of Shanghai University of Traditional Chinese Medicine on Education and Training for International Doctoral Students

In accordance with the spirit of relevant documents including the *Degree Law of the People's Republic of China*, the *Measures for the Enrollment and Cultivation of International Students by Schools*, and the *Provisional Measures of the Degree Committee of the State Council on the Conferral of Chinese Degrees to International Students in China by Regular Higher Education Institutions*, and in combination with the specific circumstances of the University, these detailed Rules are hereby formulated for the purpose of standardizing the cultivation work of international Doctoral postgraduates.

I Education and Training Objectives

1. The students improve their knowledge, ability, and quality in an all-round way, abide by Chinese laws and regulations and university discipline, and understand and adapt to Chinese culture and environment.

2. The students possess a solid basic theory, systematic and profound professional knowledge and skills, as well as strong analytical and thinking abilities. The students are familiar with the domestic and international development trends related to the discipline, have the ability to independently engage in discipline-related research by using modern scientific and technological means, and have innovations in the basic or clinical research of the discipline. The students gain proficiency in basic Chinese language skills. The university trains and develops senior talents with high academic levels, professional abilities, and scientific research capabilities.

3. The students have a healthy physique and good psychological quality.

II Program Length and Training Schedule

1 The program typically spans three years; for those opting for a flexible study plan, it can be extended up to five years.

(1) In principle, the time for intensive study is one semester. From the second semester to the sixth semester, the students have to go to the related schools (institutions or centers) for course study, practical ability training and scientific research ability training under the guidance of supervisors.

(2) If the student fails to complete the courses, research tasks or participate in the doctoral 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 (IEC) for review. For the extension of study, the student has to go through the relevant procedures according to the regulations.

2. Education and training program

The education and training programs for international Doctoral students are developed in accordance with *Regulations for the Education and Cultivation of Postgraduate Students for Master's and Doctoral Degrees,* and the *Postgraduate Education and Training Program of Shanghai University of Traditional Chinese Medicine (2026 Revision)*, with reference to the *Provisional Measures of the Degree Committee of the State Council on the Conferral of Chinese Degrees to International Students in China by Regular Higher Education Institutions.*

III Supervisor and Student Personal Training Plan

1. International Doctoral 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 the international Doctoral 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 postgraduate 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 the international Doctoral 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 clinical and teaching work requirements. The personal training plan should be submitted to International Education College for recording. 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, the Graduate Academic Affairs Office of the secondary school (department), and International Education College for archiving.

IV Course Offerings and Requirements

1. A credit system is adopted for international Doctoral students. The courses are divided into compulsory courses and optional courses, and the compulsory courses include degree courses and non-degree courses. Both compulsory courses and optional courses are included in the training plan. For regulations on taking degree courses, please

refer to the *Regulations of Shanghai University of Traditional Chinese Medicine on Graduate Course Study and Assessment Management*.

2. The total credits for a Doctoral student for graduation should be not less than 18 credits (Chinese taught) or 14.5 credits (English taught), which must be gained before the research project is proposed.

3. Basic requirements for course offerings

(1) Offering of courses taught in Chinese for Doctoral students

Category	Course Title	Credits	Compulsory or Optional	Note
General Course	Overview of China	2.0	Compulsory Degree Course	
	Chinese Language	2.0	Compulsory Degree Course	
	Research Integrity and Academic Ethics	1.0	Compulsory Degree Course	Online
Basic Major Course	Frontiers in Traditional Chinese Medicine Scientific Research (△Research Ideas and Research Design for Integrated Traditional Chinese and Western Medicine)	2.0	Compulsory Degree Course	△for students majoring in Integrated Traditional Chinese and Western Medicine
	Literature Reading and Book Report Writing	5.0	Compulsory Degree Course	Under supervising
	Lectures & Seminars	3.0	Compulsory Degree Course	At least 15 sessions
Optional Course	Select courses according to the research field	3.0	Optional	

(2) Offering of courses taught in English for Doctoral students

Category	Course name	Credits	Compulsory or optional	Note
General course	Overview of China	2.0	Compulsory	Degree course
	Chinese Language	2.0	Compulsory	Degree course
Basic Major Course	Practice of Reading and Writing Chinese Medicine Papers	2.5	Compulsory	Degree course
	Literature Reading and Book Report Writing	5.0	Compulsory Degree Course	Under supervising
	Lectures & Seminars	3.0	Compulsory	At least 15 sessions
Optional Course	Select courses according to the research field		Optional	

4. The Doctoral students can take courses related to their research projects in other institutes under the guidance of their supervisors. This should be included in the personal training plan after the consent of the supervisor and should be reported to International Education College for approval. The expenditure incurred thereby shall be borne by the supervisor or the student.

5. Literature Reading and Book Report Writing: Before writing the project proposal report, the graduate students are required to read a certain amount of professional literature (the supervisor will list the literature and books related to the major in the training plan form), and make a book report or academic discussion (6 times for PhD students) in the discipline supervisor team or in the school. Assessment method: The supervisor (or the discipline supervisor team) will rate regarding the completion of the book report.

The 15 sessions of lectures will focus on medical statistics and medical thesis writing guidance, and the lecture notes will be taken as the basis for assessment.

6. In case the student has taken the course in IEC and has passed the exam of that course before admission, if the course meets the requirements of the training program of the discipline, the student can apply for an exemption from that course, or apply for certification according to the certification process of the "Credit Bank". The application for exemption from the course may be submitted within two weeks after the start of the course teaching semester (attach the original transcript of the sit-in course, and the score is valid for 2 years). After approval by the supervisor and the course lecturer, the application should be submitted to International Education College for approval and filing.

7. All course exams are required to be scored on a hundred-mark system, with a full score of 100. A score above or equal to 60 is considered a 'pass', and a score below 60 is considered a 'fail'. Students who fail to pass the exam can retake the course, and if the student passes the re-exam, the score will be registered as 60 points. There is only one chance to retake the degree course.

8. Students should select the courses in the management system according to the course selection process within one week after enrollment. If they have not selected courses, they cannot take the exam. If they do not take the exam for no reason at the appointed time, they will be treated as absent.

V Training of Practical Ability

1. Training of practical ability should be strengthened for graduate students majoring in traditional Chinese medicine or integrative clinical medicine (except the Doctoral students with no traditional Chinese medicine education background who are taught in English). The specific requirements are as follows:

(1) The clinical practice from the second semester to the sixth semester will combine major-related practice course study, clinical practice with the supervisor, clinical rotations, and scientific project research. Students will take part in clinical practices, scientific research and other practice under the guidance of their supervisors or supervising teams, and the duration of clinical rotations should not be less than 6 months.

(2) All students taking part in clinical rotations need to take the monthly department rotation assessment after the clinical rotation is completed and should master the basic clinical skills and professional skills proficiently.

2. The training and assessment of clinical practice ability should also be strengthened for graduate students of foundational majors. In specific, clinical practice can be guided by supervisors or by the cooperative platform of the school and the hospital.

3. During the period of study, graduate students should actively participate in various forms of social practices based on the characteristics of the major, enhance their understanding of society, and cultivate the concept of better serving the society.

VI Research Work and Dissertation

1. Project proposal report: International graduate students should, under the guidance of their supervisors, familiarize themselves with the domestic and international research trends in their professional field through consulting and collecting professional literature, investigation and research, participating in scientific research, etc., determine the research project, and write literature reviews and project proposal report. According to the research progress of the graduate student, the supervisor should arrange for the graduate student to complete the project proposal report and listen to expert opinions before the first month of the third semester. After the project proposal report is approved, periodic work reports should be made at regular intervals according to the plan of the research project. The dissertation proposal shall conform to the requirements of the *Regulations of Shanghai University of Traditional Chinese Medicine on Project Proposal Reports for Graduate Dissertations*.

2. Mid-term evaluation: In order to standardize and strengthen the process management of international Doctoral students, and to ensure and improve the education and training quality of graduate students, a mid-term evaluation will be carried out. The contents of the mid-term evaluation will be formulated and supervised by the Graduate School, and each secondary training institute is responsible for organizing an evaluation team to carry out the evaluation. The mid-term evaluation should be completed before the end of the first month of the fifth semester, with a focus on the assessment of the comprehensive quality and ability of international Doctoral students. It includes the assessment of professional quality, innovation quality, and physical and mental quality. Relevant requirements for the mid-term evaluation are provided in the *Regulations of*

Shanghai University of Traditional Chinese Medicine on Mid-term Evaluation of Graduate Students.

3 International Doctoral students should complete their graduation dissertations independently under the guidance of their supervisors, and make a detailed elaboration on the research results. The dissertations should be scientific, advanced, practical and innovative, integrating theory with practice and featuring clear arguments, sufficient evidence, new discoveries and innovations. Clinical research, literature research and experimental research related to the major should be carried out, and interdisciplinary research related to traditional Chinese medicine may also be conducted.

4. After the dissertation is finished, it will be reviewed by the supervisor and the supervising team for approval. Only after a pre-defense in the corresponding department or the teaching department can a final oral defense be recommended. Review of dissertations, presentation and oral defense, and review and approval of degree conferral will be carried out according to the relevant regulations.

5. International Doctoral students who are taught in English are permitted to use English for dissertation writing, dissertation proposal, mid-term evaluation, and presentation and oral defense. In this case, the student should submit comprehensive abstract of the dissertation in Chinese at the same time, with a word count of not less than 6,000 Chinese characters.

VII The cultivation of international postgraduate students shall strictly implement the *Degree Law of the People's Republic of China*, the *Regulations for the Education and Cultivation of Postgraduate Students for Master's and Doctoral Degrees*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Project Proposal Report for Postgraduate Dissertations/Theses*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Mid-term Evaluation for Postgraduate Students*, and the *Regulations of Shanghai University of Traditional Chinese Medicine on the Review of Postgraduate Theses*, among others.

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.

Shanghai University of Traditional Chinese Medicine
July 2026

上海中医药大学中医学、中西医结合专业中文授课外籍硕士研究生培养工作若干细则

根据《中华人民共和国学位法》《学校招收和培养国际学生管理办法》和《国务院学位委员会关于普通高等学校授予来华留学生我国学位试行办法》等有关文件的精神，结合我校具体情况，为规范中医学、中西医结合专业（一级学科代码分别为1005、1006）中文授课外籍硕士研究生培养工作，特制定本细则。

中医学一级学科（1005）包括中医基础理论（100501）、中医临床基础（100502）、中医史文献（100503）、方剂学（100504）、中医诊断学（100505）、中医内科学（100506）、中医外科学（100507）、中医骨伤科学（100508）、中医妇科学（100509）、中医儿科学（100510）、中医五官科学（100511）、针灸推拿学（100512）、中医工程（1005Z3）、中医外语（1005Z1）、中医伦理学（1005Z2）、中医药人工智能（1005Z5）等二级学科。

中西医结合一级学科（1006）包括中西医结合基础（100601）、中西医结合临床（100602）、中西医结合康复学（1006Z1，自设专业）等二级学科。

一、培养目标

（一）知识、能力、素质全面提高，遵守中国的法律法规和学校的校纪校规，了解与适应中国的跨文化环境。

（二）具有本学科坚实的基础理论和系统的专业知识，具备较强的分析和思维能力。熟悉本学科国内外发展动态，掌握本学科科学研究方法。掌握基础汉语。培养具有较高学术水平、专业能力以及一定科学研究能力的高级中医人才。

（三）具有健康的体格和良好的心理素质。

二、学制与培养时间安排

（一）学制三年，可弹性学习至五年。

1.课程集中学习的时间原则上为一个学期。第二学期至第六学期进入相关学院（所、中心）学习，在导师指导下进行课程学习、实践能力训练以及科研能力培养。

2. 因特殊原因未能按时完成学习、研究任务或参加硕士论文答辩的，可由本人提前半年提出申请，导师签署意见，经相关学院同意报国际教育学院审核，可延长学习年限。延长学习应按规定办理相关手续。

（二）培养方案

外籍硕士研究生培养方案按照《上海中医药大学攻读硕博士学位研究生培养工作规定》《上海中医药大学研究生培养方案（2026 版）》，参照《国务院学位委员会关于普通高等学校授予来华留学生我国学位试行办法》制定。

三、导师、研究生个人培养计划

（一）外籍硕士研究生可在面试时或入学后的 1 个月内经师生互选确定导师。外籍硕士研究生的日常培养工作实行导师负责和导师指导小组共同培养相结合的方式。

（二）导师应全面负责研究生的日常培养教育工作。在培养过程中，如导师因故确不能履行职责，依照学校有关规定进行导师变更程序。

（三）导师应根据本细则和学科专业培养方案，结合外籍博士研究生个人情况，在研究生入学报到（或确定导师）后 1 周内指导其确定学习课程，并在入学后 3 个月内指导其制定出切实可行的个人培养计划，明确研究课题要求，组织研究生导师指导小组成员，拟定临床及教学工作要求等。个人培养计划经导师审定签字后，一式三份，于论文开题前分别递交研究生院、二级学院（系）研究生教务办、国际教育学院存档。

四、课程设置

（一）课程学习实行学分制，分为必修课和选修课，其中必修课程包括学位课和非学位课程。必修课和选修课均列入培养计划。关于学位课程修读规定，参照《上海中医药大学研究生课程学习与考核管理规定》。

（二）硕士生毕业总学分不低于 32 学分，要求学分必须在课题开题前修读完成。

（三）课程设置

1. 中医学专业（1005）中文授课研究生，其课程设置基本要求如表所示：

课程类别	课程名称	学分	学期	必修或选修	备注
公共基础课	中国概况	2.0	一	必修学位课	
	汉语	2.0	一		
	科研诚信与学术道德	1.0	二		线上
专业基础课	论文学术规范与写作指导	2.0	二	必修学位课	线上+讲座
	文献阅读与读书报告*	5.0	/		导师指导
	中医药论文阅读和写作实践	2.5	一		2选1
	中医科研论文读写能力实训				
	临床科研设计	2.5	一		2选1
	中医临床科研设计与案例				
	医学统计学	3.5	一		
	讲座	3	/		不少于15次
专业必修课	黄帝内经专题研究（△针推原著选读）	2.0	一	必修学位课	△为针灸推拿学专业学生修读课程
	中医临床和研究进展（△针推临床和研究进展）	2.5	一		
	中西医临床技能训练（△针推技能训练）	1.0	一		
专业选修课	中医基础专题研究	1.5	二	选修	中医基础方向（100501-100505）及中医外语（1005Z1）、中医伦理学（1005Z2）、中医工程（1005Z3）、中医药人工智能（1005Z5）选1门，必修
	中医医家学说和学术思想史	2.5	一		
	中医文献学	3.0	二		
	方剂学研究进展	1.5	一		
	中医诊断学研究与利用	1.5	二		
	中医工程学概论	1.5	二		
	翻译概论	2.0	一		
	中医生命伦理学	2.0	二		
	中医智能诊断技术	2.0	一		
	中医急诊临床与研究	2.0	一	选修	中医临床方向（100506——100512）选1门，必修
	中医外科理论与实践	2.5	一		
	中医骨伤科理论与实践	2.5	一		
	中医妇科理论与实践	2.0	一		
	中医儿科理论与实践	2.5	一		
	针灸学研究进展	1.5	一		
	实验针灸学	2.5	一		
选修课	根据研究方向，进行选课			选修	

2. 中西医结合专业（1006）中文授课研究生，其课程设置基本要求如表所示：

课程类别	课程名称	学分	学期	必修或选修	备注
公共基础课	中国概况	2.0	一	必修 学位课	
	汉语	2.0	一		
	科研诚信与学术道德	1.0	二		线上
专业基础课	论文学术规范与写作指导	2.0	二	必修 学位课	线上+讲座
	文献阅读与读书报告*	5.0	/		导师指导
	中医药论文阅读和写作实践	2.5	一		2 选 1
	中医科研论文读写能力实训				
	临床科研设计	2.5	一		2 选 1
	中医临床科研设计与案例				
	医学统计学	3.5	一		
	讲座	3.0	/		不少于 15 次
专业必修课	黄帝内经专题研究	2.0	一	必修 学位课	
	中医临床和研究进展	2.5	一		
	中西医临床技能训练	1.0	一		
专业选修课	免疫学导论	2.5	一	必修 学位课	100601：至少选 2 门 100602：至少选 1 门
	医学电生理学	2.5	一		
	医学遗传学	2.5	一		
	生命科学前沿与技术	2.0	一		
	代谢调节与细胞信息传递	3.5	二		
	分子生物学	3.0	二		
	免疫学技术的原理与方法	2.0	一		
	电镜技术及细胞超微结构	2.5	二		
	分子生物学技术在中医药研究中的应用	2.5	二		
	医学实验动物学	2.5	一/二		
	局部解剖学	3.0	一		
	研究生常用实验操作	2.0	二		
	中医学综合试验	3.0	二		
	中西医结合风湿免疫学理论与实践	2.5	一	必修 学位课	100602 按亚专业方向必选 1 门
	中西医结合外科学临床研究	2.0	二		
	中医急诊临床与研究	2.0	一		
	中医外科理论与实践	2.5	一		
	中医骨伤科理论与实践	2.5	一		
	中医妇科理论与实践	2.0	一		
	中医儿科理论与实践	2.5	一		
	中医特色外治法	1.5	二	必修 学位课	1006Z1：至少选 3 门
	神经系统疾病的中西医康复	1.5	一		
	脊柱评估新技术	1.0	二		
	疼痛康复的理论与实践	1.0	二		

选修课	根据研究方向，进行选课			选修	

3. 文献阅读与读书报告、讲座：

在开题报告前，要求研究生阅读一定量的专业文献（由导师在培养计划表中列出所需阅读文献或专业书籍），并在学科导师组或学院做读书报告或学术讨论（硕士3次）。考核方法：由导师（或学科导师组）对读书报告的完成度进行评分。15次讲座内容结合医学统计学及医学论文撰写辅导等，考核依据为讲座笔记。

（四）对入学前已在本校参加且考试成绩合格的课程，如果符合本学科培养方案的要求，可以申请免修，或通过《学分银行》的认定程序申请认定。申请免修可在课程授课学期开学后二周内提出申请（附原始成绩单，成绩有效期 2 年），经导师和任课教师同意后，报国际教育学院审批、备案。

（五）各门课程考试一律要求以百分制打分，满分为 100 分。高于或等于 60 分为及格，低于 60 分为不及格。不及格的学生经重修成绩及格以 60 分登记。学位课程仅一次重修机会。

（六）学生在入学后 1 周内按照选课流程在管理系统内选课，没有选课不能参加考试。已选定的课程，届时无故不参加考试，作缺考处理。

五、实践能力培养

（一）外籍硕士研究生第二学期至第六学期的临床实践采用专业实践课程学习、跟师临证实践、临床科室轮转、课题科学研究相结合的原则，在导师或导师小组的指导下，从事临床、科研等实践学习，其中临床类专业研究生，科室轮转不少于 6 个月。凡临床轮转的学生，临床轮转结束后，需参加每月出科考核，并且熟练掌握临床基本技能和专科技能。

（二）对基础类专业研究生也应加强临床实践能力的培养和考核，具体可由导师参照轮转时间指导临床实践，或借院院合作平台指导临床实践。校本部二级学科属基础类专业的研究生可由导师参照轮转时间指导临床实践或借院院合作平台进行临床实践，以加强临床实践能力的培养。

（三）研究生在读期间，应结合本专业特点，积极参加各种形式的社会实践，增强对社会的了解，培养更好地为社会服务的观念。

六、科研工作及学位论文

（一）开题报告：外籍硕士研究生应在导师指导下，通过查阅收集专业文献资料、调查研究、参加科研工作等，熟悉本专业领域的国内外研究动态，拟定研究课题，撰写文献综述和开题报告。导师根据外籍硕士研究生的课题研究进展情况，应当安

排研究生在第三学期第一个月结束前完成开题汇报，听取专家意见。开题报告通过后，外籍硕士研究生应按课题计划定期做阶段性工作汇报。开题要求按照《上海中医药大学关于研究生学位论文开题报告的规定》执行。

（二）中期考核：为规范和加强外籍硕士研究生的过程管理，保证和提高研究生培养质量，实行中期考核。中期考核实施内容由研究生院负责制订监督，由各二级培养单位负责组织考核小组进行具体操作。中期考核于第五学期的第一个月结束前完成，中期考核重点考查外籍硕士研究生综合素质和综合能力，考核内容包括业务素质、创新素质及身心素质。相关要求参见《上海中医药大学关于研究生中期考核的规定》。

（三）外籍硕士研究生应在导师指导下，独立完成毕业论文，对研究成果作出详细的阐述。毕业论文要求理论联系实际，文字精炼，论点明确，数据翔实，层次清晰，并有一定的独到见解，对中医药事业的（学科或专业领域）发展具有一定的理论意义和实用价值，表明作者具有从事科学研究的能力和相应的理论水平。

（四）论文完成后，须经导师及指导小组审核同意，先在科室或教研室内进行预答辩后，方可推荐答辩，并按相关规定组织论文评审、答辩和学位授予的审核工作。

七、外籍研究生培养工作严格执行《中华人民共和国学位法》《上海中医药大学攻读硕博士学位研究生培养工作规定》《上海中医药大学关于研究生学位论文开题报告的规定》《上海中医药大学关于研究生中期考核的规定》和《上海中医药大学关于研究生学位论文评议的规定》等。

八、以上未尽事宜均执行学校的相关规定。本细则自公布之日起试行一年。

上海中医药大学

2026 年 8 月

Rules of Shanghai University of Traditional Chinese Medicine on Education and Training of International Master's Students in Traditional Chinese Medicine and Integrative Medicine Taught in Chinese

In accordance with the spirit of relevant documents including the *Degree Law of the People's Republic of China*, the *Measures for the Enrollment and Cultivation of International Students by Schools*, and the *Provisional Measures of the Degree Committee of the State Council on the Conferral of Chinese Degrees to International Students in China by Regular Higher Education Institutions*, and in combination with the specific circumstances of the University, these detailed Rules are hereby formulated for the purpose of standardizing the cultivation work of international master's postgraduates majoring in Traditional Chinese Medicine and Integrative Traditional Chinese and Western Medicine taught in Chinese (with primary discipline codes of 1005 and 1006, respectively).

The primary discipline of Traditional Chinese Medicine (1005) includes Fundamentals of Traditional Chinese Medicine (100501), Clinical Basis of Traditional Chinese Medicine (100502), History and Literature of Traditional Chinese Medicine (100503), Traditional Medical Formulae (100504), Traditional Chinese Medicine Diagnostics (100505), Internal Medicine of Traditional Chinese Medicine (100506), External Medicine of Traditional Chinese Medicine (100507), Orthopedics of Traditional Chinese Medicine (100508), Gynecology of Traditional Chinese Medicine (100509), Pediatrics of Traditional Chinese Medicine (100510), Ophthalmology and Otolaryngology of Traditional Chinese Medicine (100511), Acupuncture and Tuina of Traditional Chinese Medicine (100512), Foreign Languages in Traditional Chinese Medicine (1005Z1), Traditional Chinese Medicine Ethics (1005Z2), Traditional Chinese Medicine Engineering (1005Z3), Artificial Intelligence in Traditional Chinese Medicine (1005Z5) and other secondary disciplines.

The primary discipline of Integrative Medicine (1006) includes Basic Discipline of Integrative Medicine (100601), Clinical Discipline of Integrative Medicine (100602), Integrative Medicine Rehabilitation (1006Z1, university-established specialty) and other secondary disciplines.

I. Training Objectives

1. Students improve their knowledge, ability, and quality in an all-round way, abide by Chinese laws and regulations and school discipline, and understand and adapt to Chinese culture and environment.

2. Students possess solid basic theories and systematic professional knowledge of

the discipline, and have strong analytical and thinking abilities. They are familiar with the Chinese and international development trends related to the discipline, and master the scientific research methods of the discipline. They gain proficiency in basic Chinese language skills. The university aims to train senior Traditional Chinese Medicine talent with high academic level, professional ability, and certain scientific research ability.

3. Students have a healthy physique and good mental quality.

II. Program Length and Training Schedule

(I) The program typically spans three years; for those opting for a flexible training plan, it can be extended up to five years.

1. In principle, the time for intensive training is one semester. From the second to the sixth semester, students will be assigned to related colleges (or institutes, centers) for training in courses, practical ability, and scientific research ability under the guidance of supervisors.

2. If a student fails to complete courses or research tasks, or fails to participate in the presentation and oral defense for master's dissertation on time due to special reasons, the student can file an application half a year in advance for extension of training period. Such application shall be agreed and signed by the student's supervisor, permitted by the related college, and then submitted to the International Education College for review. If approved, the student's training period can be extended. For the extension of study, the student has to go through the relevant procedures according to the regulations.

(II) Education and training program

The education and training programs for international Master's students are developed in accordance with *Regulations for the Education and Cultivation of Postgraduate Students for Master's and Doctoral Degrees,* and the *Postgraduate Education and Training Program of Shanghai University of Traditional Chinese Medicine (2026 Revision)*, with reference to the *Provisional Measures of the Degree Committee of the State Council on the Conferral of Chinese Degrees to International Students in China by Regular Higher Education Institutions.*

III. Supervisor and Personal Training Plan for Graduate Students

1. International master's students can choose their supervisors through a mutual selection procedure between supervisors and students during the interview or within one month after enrollment. The routine training for international master's students will be carried out in a way that the supervisor takes the main responsibility while the supervising team provides collaborative training.

2. Supervisors are responsible for the daily training and education of graduate 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. Supervisors should guide international Master students to determine the courses for studying within one week after enrollment (or determining supervisor) and to formulate a practical personal training plan within three months after enrollment in accordance with the Rules and the training program of their discipline and major as well as in combination with the personal situation of the students. 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 clinical and instruction work requirements. The personal training plan shall be reviewed and signed in triplicate by the supervisor and then submitted to the Graduate School, the Graduate Academic Affairs Office of the secondary school (department), and the International Education College for archiving before dissertation proposal.

IV. Course Offerings and Requirements

(I) A credit system is adopted for the study of courses. The courses are divided into compulsory courses and optional courses, and the compulsory courses include degree courses and non-degree courses. Both compulsory courses and optional courses are included in the training plan. For regulations on taking degree courses, please refer to the Regulations of Shanghai University of Traditional Chinese Medicine on Graduate Students' Course Study and Assessment Management.

(II) The total credits for a master's student for graduation should be no less than 32 credits which must be gained before the research project is proposed.

(III) Course Offerings

1. The course offerings and basic requirements of Traditional Chinese Medicine majors taught in Chinese for graduate students are shown in the table below:

Course Category	Course	Credit(s)	Semester	Compulsory or Optional	Notes
General Course	Overview of China	2.0	1	Compulsory Degree Course	
	Chinese Language	2.0	1		
	Scientific Research Integrity and Academic Ethics	1.0	2		Online
Basic Major Course	Academic Norms and Guidelines for Writing Papers	2.0	2	Compulsory Degree Course	Online
	Literature Reading and Book Report Writing*	5.0	/		Supervisor Marking
	Practice of Reading and Writing Chinese Medicine Papers	2.5	1		Choose 1
	Practical Training of TCM Scientific Paper Reading and Writing				
	Clinical Research and Design	2.5	1		Choose 1
	TCM Clinical Research Design and Case Study				
	Medical Statistics	3.5	1		
	Seminars & Lectures	3.0	/		At least 15 sessions
Major Course	Studies on Special Topics in Yellow Emperor's Internal Classic (△Selected Readings in Classic Literature on Acupuncture and Tuina)	2.0	1	Compulsory Degree Course	△ represents courses for students majoring in Acupuncture and Tuina
	Clinical and Research Progress of Traditional Chinese Medicine (△ Clinical and Research Progress of Acupuncture and Tuina)	2.5	1		
	TCM and WM Clinical Skills Training (△ Acupuncture and Tuina Skill Training)	1.0	1		
Optional Major Course	Monographic Studies on Fundamentals of Traditional Chinese Medicine	1.5	2	Optional	For students majored in (100501-100505) and (1005Z1-1005Z3), one course must be selected
	History of Doctrines and Academic Thoughts on Traditional Chinese Medicine	2.5	1		
	Traditional Chinese Medicine Literature	3.0	2		
	Research Progress of Formulas of Traditional Chinese Medicine	1.5	1		
	Research and Application of Traditional Chinese Medicine Diagnostics	1.5	2		
	Introduction to Traditional Chinese Medicine Engineering	1.5	2		
	Introduction to Translation	2.0	1		
	Bioethics in Traditional Chinese Medicine	2.0	2		
	Intelligent Diagnostic Technologies in Traditional Chinese Medicine	2.0	1		

Course Category	Course	Credit(s)	Semester	Compulsory or Optional	Notes
	Clinical Medicine and Research of Traditional Chinese Medicine Emergency Department	2.0	1	Optional	For students majored in (100506-100512), one course must be selected
	Theories and Practices of External Medicine of Traditional Chinese Medicine	2.5	1		
	Theories and Practices of Orthopedics of Traditional Chinese Medicine	2.5	1		
	Theories and Practices of Gynecology of Traditional Chinese Medicine	2.0	1		
	Theories and Practices of Pediatrics of Traditional Chinese Medicine	2.5	1		
	Research Progress of Acupuncture and Tuina	1.5	1		
	Experimental Acupuncture and Tuina	2.5	1		
Optional Course	Courses selected according to their research fields			Optional	

2. The course offerings and basic requirements of Integrative Medicine majors taught in Chinese for graduate students are shown in the table below:

Course Category	Course	Credit(s)	Semester	Compulsory or Optional	Note
General Course	Overview of China	2.0	1	Compulsory Degree Course	
	Chinese Language	2.0	1		
	Scientific Research Integrity and Academic Ethics	1.0	2		Online
Basic Major Course	Academic Norms and Guidelines for Writing Papers	2.0	2	Compulsory Degree Course	Online
	Literature Reading and Book Report Writing*	5.0	/		Supervising
	Clinical Research and Design	2.5	1		Choose 1
	TCM Clinical Research Design and Case Study				
	Practice of Scientific Reading and Writing in TCM	2.5	1		Choose 1
	Practical Training of TCM Scientific Paper Reading and Writing				
	Medical Statistics	3.5	1		
	Seminars & Lectures	3.0	/		At least 15 sessions
Major Course	Studies on Special Topics in Yellow Emperor's Internal Classic	2.0	1	Compulsory Degree Course	
	Clinical and Research Progress of Traditional Chinese Medicine	2.5	1		
	TCM and WM Clinical Skills Training	1.0	1		

Course Category	Course	Credit(s)	Semester	Compulsory or Optional	Note
Optional Major Course	Introduction to Immunology	2.5	1	Optional	100601: At least two courses must be selected 100602: At least one course must be selected
	Medical Electrophysiology	2.5	1		
	Medical Genetics	2.5	1		
	Life Science Frontier and Technology	2.0	1		
	Metabolic Regulation and Cellular Information Transmission	3.5	2		
	Cellular and Molecular Biology	3.0	2		
	Principles and Methods of Immunological Techniques	2.0	1		
	Electron Microscopy and Cell Ultrastructure	2.5	2		
	Application of Molecular Biology Technology in Traditional Chinese Medicine Research	2.5	2		
	Medical Laboratory Animal Science	2.5	1/2		
	Regional Anatomy	3.0	1		
	Common Experimental Procedures for Graduate Students	2.0	2		
	Comprehensive Experiments of Traditional Chinese Medicine	3.0	2		
	Theories and Practices of Rheumatism Immunology of Integrative Medicine	2.5	1	Optional	100602 At least one course must be selected, according to the student's research direction
	Clinical Research on Integrated Traditional Chinese and Western Medicine Surgery	2.0	2		
	Clinical Medicine and Research of Traditional Chinese Medicine Emergency Department	2.0	1		
	Theories and Practices of External Medicine of Traditional Chinese Medicine	2.5	1		
	Theories and Practices of Orthopedics of Traditional Chinese Medicine	2.5	1		
	Theories and Practices of Gynecology of Traditional Chinese Medicine	2.0	1		
	Theories and Practices of Pediatrics of Traditional Chinese Medicine	2.5	1		
	External Treatment with Traditional Chinese Medicine Characteristics	1.5	2	Optional	1006Z1: At least three courses must be selected
	Rehabilitation of Nervous System Diseases with	1.5	1		

Course Category	Course	Credit(s)	Semester	Compulsory or Optional	Note
	Integrative Medicine				
	New Techniques for Spinal Assessment	1.0	2		
	Theories and Practices of Pain Rehabilitation	1.0	2		
Optional Course	Courses selected according to their research fields			Optional	

3. Literature reading and book report writing and lectures:

Before preparing for the project proposal report, graduate students are required to read a certain amount of professional literature (the supervisors will list in the training plan form the literature and major-related books that are required to be read), and make book reports or academic discussion (three times for master's students) in the discipline supervising team or in the college. Assessment method: The supervisor (or the discipline supervising team) will rate regarding the completion of the book reports. The 15 sessions of lectures will focus on medical statistics and medical papers writing guidance, and the lecture notes will be taken as the basis for assessment.

(IV) In case a student has taken a course and passed the exam at the university before enrollment, if the course meets the requirements of the training program of the discipline, the student can apply for an exemption from the course, or apply for credit recognition in accordance with the accreditation procedure of the "Credit Bank". The application for exemption from the course may be submitted within two weeks after the start of the semester when the course is held (attach the original transcript, and the score is valid for two years). After approval by the supervisor and the course lecturer, the application should be submitted to the International Education College for approval and filing.

(V) All courses' exams are required to be scored on a hundred-mark system, with a full score of 100. A score above or equal to 60 is considered a "pass", and a score below 60 is considered a "fail". Students who fail to pass the exam can retake the course, and if the student passes the re-exam, the score will be registered as 60 points. There is only one chance to retake the degree courses.

(VI) Students should select courses in the management system according to the course selection process within one week after enrollment. Without selection of course, they cannot take the course exams. For any selected course, if a student does not take the exam for no reason at the appointed time, he/she will be treated as "absent".

V. Training of Practical Ability

1. From the second to the sixth semester, the clinical practice for international master's students will combine professional practice course learning, clinical evidence-based practice with the supervisors, clinical rotations, and scientific project research.

Students will take part in clinical practice, scientific research, and other practices under the guidance of their supervisors or supervising teams. The duration of clinical rotation for graduate students in clinical medicine majors should be no less than six months. For students with clinical rotations, after their clinical rotations are completed, they need to take the monthly department rotation assessment and master the basic clinical skills and professional skills proficiently.

2. The training and assessment of clinical practice ability should also be strengthened for graduate students of basic medicine majors. Specifically, their clinical practice can be guided by supervisors according to clinical rotation schedule or via the cooperative platform of the college and hospitals. For graduate students in basic medicine majors of secondary disciplines at the main campus of the university, they can take clinical practices under the guidance of their supervisors according to clinical rotation schedule or via the cooperative platform of the college and hospitals to strengthen their clinical practical ability.

3. During the training period, graduate students should actively participate in various forms of social practices based on the characteristics of the major, enhance their understanding of society, and cultivate the concept of better serving society.

VI. Scientific Research and Dissertation

1. Project proposal report: International master's students should, under the guidance of their supervisors, familiarize themselves with the domestic and international research trends in their professional fields through consulting and collecting professional literature, investigation and research, participating in scientific research, etc., determine their research projects, and write literature reviews and project proposal reports. According to the progress of the research projects of international master's student, supervisors should arrange with the master's students to complete the dissertation proposal presentation before the end of first month of third semester and listen to expert opinions. After the approval of project proposal reports, international master's students should make periodic work reports at regular intervals according to their plans of the research project. The project proposal report shall conform to the requirements of the Regulations of Shanghai University of Traditional Chinese Medicine on Project Proposal Reports for Dissertations of Graduate Students.

2. Mid-term evaluation: In order to standardize and strengthen the process management of international master's students, and to ensure and improve the training quality of the graduate students, a mid-term evaluation will be carried out. The content of the mid-term evaluation will be formulated and supervised by the Graduate School, and each secondary training institute is responsible for organizing an evaluation team to carry out the evaluation. The mid-term evaluation should be completed before the end of the first month of the fifth semester, with a focus on the assessment of the comprehensive

quality and ability of international master's students. It includes the assessment of professional quality, innovation quality, and physical and mental quality. Relevant requirements for the mid-term evaluation are provided in the Regulations of Shanghai University of Traditional Chinese Medicine on Mid-term Evaluation of Graduate Students.

3. International master's students should complete their graduation dissertations independently under the guidance of their supervisors, and make a detailed elaboration on the research results. The dissertation should feature integration of theory with practice, concise wording, clear argumentation, sufficient and accurate statistical data, clear structure, and a certain originality. It should also have theoretical significance and practical value for the development of Traditional Chinese Medicine (within the discipline or professional field), demonstrating the author's ability to engage in scientific research and the corresponding theoretical attainment.

4. When finished, a master's dissertation must be reviewed by the supervisor and the supervising team for approval. Only after a pre-defense within the medical department or the instruction department can the dissertation be recommended for final presentation and oral defense. The dissertation review, presentation and oral defense, and the review and approval of degree conferment will be organized and carried out according to the relevant regulations.

VII. The cultivation of international postgraduate students shall strictly implement the *Degree Law of the People's Republic of China*, the *Regulations for the Education and Cultivation of Postgraduate Students for Master's and Doctoral Degrees*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Project Proposal Report for Postgraduate Dissertations/Theses*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Mid-term Evaluation for Postgraduate Students*, and the *Regulations of Shanghai University of Traditional Chinese Medicine on the Review of Postgraduate Theses*, among others.

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.

Shanghai University of Traditional Chinese Medicine
August 2026

上海中医药大学英文授课中医学、中西医结合专业外籍硕士研究生培养工作若干细则

根据《中华人民共和国学位法》《学校招收和培养国际学生管理办法》和《国务院学位委员会关于普通高等学校授予来华留学生我国学位试行办法》等有关文件的精神，结合我校具体情况，为规范全英文中医学、中西医结合专业（一级学科代码分别为1005、1006）外籍硕士研究生培养工作，特制定本细则。

一、培养目标

（一）知识、能力、素质全面提高，遵守中国的法律法规和学校的校纪校规，了解与适应中国的跨文化环境。

（二）具有本学科坚实的基础理论和系统的专业知识，具备较强的分析和思维能力。熟悉本学科国内外发展动态，掌握本学科科学研究方法。掌握基础汉语。培养具有较高学术水平、专业能力以及一定科学研究能力的高级中医人才。

（三）具有健康的体格和良好的心理素质。

二、学制与培养时间安排

（一）学制三年，可弹性学习至五年。

1. 课程集中学习的时间原则上为两个学期。第三学期至第六学期进入相关学院（所、中心）学习，在导师指导下进行课程学习、实践能力训练以及科研能力培养。

2. 因特殊原因未能按时完成学习、研究任务或参加硕士论文答辩的，可由本人提前半年提出申请，导师签署意见，经相关学院同意报国际教育学院审核，可延长学习年限。延长学习应按规定办理相关手续。

（二）培养方案

全英文外籍硕士研究生培养方案按照《上海中医药大学攻读硕博士学位研究生培养工作规定》，《上海中医药大学研究生培养方案（2026版）》，参照《国务院学位委员会关于普通高等学校授予来华留学生我国学位试行办法》制定。

三、导师、研究生个人培养计划

（一）外籍硕士研究生可在面试时或入学后的 1 个月内经师生互选确定导师。外籍硕士研究生的日常培养工作实行导师负责和导师指导小组共同培养相结合的方式。

（二）导师应全面负责研究生的日常培养教育工作。在培养过程中，如导师因故确不能履行职责，依照学校有关规定进行导师变更程序。

（三）导师应根据本细则和学科专业培养方案，结合外籍博士研究生个人情况，在研究生入学报到（或确定导师）后 1 周内指导其确定学习课程，并在入学后 3 个月内指导其制定出切实可行的个人培养计划，明确研究课题要求，组织研究生导师指导小组成员，拟定临床及教学工作要求等。个人培养计划经导师审定签字后，一式三份，于论文开题前分别递交研究生院、二级学院（系）研究生教务办、国际教育学院存档。

四、课程设置

（一）课程学习实行学分制，分为必修课和选修课，其中必修课程包括学位课和非学位课程。必修课和选修课均列入培养计划。关于学位课程修读规定，参照《上海中医药大学研究生课程学习与考核管理规定》。

（二）中医起点攻读硕士学位的研究生毕业总学分不低于 30 学分；非中医起点攻读硕士学位的研究生毕业总学分不低于 28 学分。要求学分必须在课题开题前修读完成。

（三）课程设置

1. 中医起点攻读医学硕士学位的研究生课程设置基本要求如表所示：

类别	课程名称	学分	学期	必修或选修	备注
公共基础课（4.0）	中国概况	2.0	一	必修学位课	
	汉语	2.0	一		
专业基础课（14.5）	黄帝内经专题研究	2.0	一	必修学位课	
	针推原著选读	2.0	二		
	中医临床和研究进展	2.5	一		
	中西医临床技能训练	1.0	二		
	临床科研设计	1.5	一		
	中医药论文阅读和写作实践	2.5	一		
	生物统计学	3.0	一		
专业必修课（5.0）	文献阅读与读书报告	5.0	/	必修学位课	导师指导完成
专业选修课△	高质量针灸临床文献研究	1.5	一	选修	至少选择 3.5 分
	人工智能与现代生物学技术发展及应用	1.0	一		
	预防医学	3.0	一		
	中医外科学	2.5	二		
	医学伦理学	2.5	一		
	医学术语	1.5	二		
	中医营养学	1.5	二		
	临床心理学	1.0	二		
其他培养环节（3.0）	讲座	3.0	/	必修	不少于 15 次

△ 可供选择的选修课按该学年实际开设课程为准。

2. 非中医起点攻读医学硕士学位的研究生课程设置基本要求如表所示：

类别	课程名称	学分	学期	必修或选修	备注
公共课（4.0）	中国概况	2.0	一	必修学位课	
	汉语	2.0	一		
专业基础课（3.0）	中医基础理论	1.5	一	必修学位课	
	中医诊断学	1.5	一		
限选专业基础课（6.0）	中药学	1.5	二	必修学位课	至少选择6学分
	方剂学	1.5	二		
	经络腧穴学	3.0	一		
	推拿手法学	1.5	二		
	刺法灸法学	1.5	二		
专业必修课（5.0）	文献阅读与读书报告	5.0	/	必修学位课	导师指导完成
专业选修课	临床科研设计	1.5	一	选修	至少选择2门
	中医药论文阅读和写作实践	2.5	一		
	生物统计学	3.0	一		
	黄帝内经专题研究	2.0	一		
	针推原著选读	2.0	二		
	中医临床和研究进展	2.5	一		
	中西医临床技能训练	1.0	二		
	高质量针灸临床文献研究	1.5	一		
	人工智能与现代生物学技术发展及应用	1.0	一		
	预防医学	3.0	一		
选修课△	中医外科学	2.5	二	选修	
	医学伦理学	2.5	一		
	医学术语	1.5	二		
	中医营养学	1.5	二		
	临床心理学	1.0	二		
其他培养环节（3.0）	讲座	3.0	/	必修	不少于15次

△ 可供选择的选修课按该学年实际开设课程为准。

（四）文献阅读与读书报告、讲座：

在开题报告前，要求研究生阅读一定量的专业文献（由导师在培养计划表中列出所需阅读文献或专业书籍），并在学科导师组或学院做读书报告或学术讨论（硕士 3 次）。考核方法：由导师（或学科导师组）对读书报告的完成度进行评分。15 次讲座内容结合医学统计学及医学论文撰写辅导等，考核依据为讲座笔记。

（五）对入学前已在本校参加且考试成绩合格的课程，如果符合本学科培养方案的要求，可以申请免修，或通过《学分银行》的认定程序申请认定。申请免修可在课程授课学期开学后二周内提出申请（附原始成绩单，成绩有效期 2 年），经导师和任课教师同意后，报国际教育学院审批、备案。

（六）各门课程考试一律要求以百分制打分，满分为 100 分。高于或等于 60 分为及格，低于 60 分为不及格。不及格的学生经重修成绩及格以 60 分登记。学位课程仅一次重修机会。

（七）学生在入学后 1 周内按照选课流程在管理系统内选课，没有选课不能参加考试。已选定的课程，届时无故不参加考试，作缺考处理。

五、实践能力培养

（一）全英文外籍硕士研究生第三学期至第六学期的临床实践采用专业实践课程学习、跟师临证实践、临床科室轮转、课题科学研究相结合的原则，在导师或导师小组的指导下，从事临床、科研等实践学习，其中临床类专业研究生，科室轮转不少于 6 个月。凡临床轮转的学生，临床轮转结束后，需参加每月出科考核，并且熟练掌握临床基本技能和专科技能。

（二）对基础类专业研究生也应加强临床实践能力的培养和考核，具体可由导师参照轮转时间指导临床实践，或借院院合作平台指导临床实践。校本部二级学科属基础类专业的研究生可由导师参照轮转时间指导临床实践或借院院合作平台进行临床实践，以加强临床实践能力的培养。

（三）研究生在读期间，应结合本专业特点，积极参加各种形式的社会实践，增强对社会的了解，培养更好地为社会服务的观念。

六、科研工作及学位论文

（一）开题报告：外籍硕士研究生应在导师指导下，通过查阅收集专业文献资料、调查研究、参加科研工作等，熟悉本专业领域的国内外研究动态，拟定研究课题，撰写文献综述和开题报告。导师根据外籍硕士研究生的课题研究进展情况，应当安排研究生在第三学期第一个月结束前完成开题汇报，听取专家意见。开题报告通过后，外籍硕士研究生应按课题计划定期做阶段性工作汇报。开题要求按照《上海中

医药大学关于研究生学位论文开题报告的规定》执行。

（二）中期考核：为规范和加强外籍硕士研究生的过程管理，保证和提高研究生培养质量，实行中期考核。中期考核实施内容由研究生院负责制订监督，由各二级培养单位负责组织考核小组进行具体操作。中期考核于第五学期的第一个月结束前完成，中期考核重点考查外籍硕士研究生综合素质和综合能力，考核内容包括业务素质、创新素质及身心素质。相关要求参见《上海中医药大学关于研究生中期考核的规定》。

（三）外籍硕士研究生应在导师指导下，独立完成毕业论文，对研究成果做出详细的阐述。毕业论文要求理论联系实际，文字精炼，论点明确，数据翔实，层次清晰，并有一定的独到见解，对中医药事业的（学科或专业领域）发展具有一定的理论意义和实用价值，表明作者具有从事科学研究的能力和相应的理论水平。

（四）论文完成后，须经导师及指导小组审核同意，先在科室或教研室内进行预答辩后，方可推荐答辩，并按相关规定组织论文评审、答辩和学位授予的审核工作。

（五）全英文外籍研究生可使用英语撰写学位论文，进行学位论文的开题、中期考核及答辩工作。另需撰写不少于 6000 汉字的中文大摘要，与英语学位论文合并装订上交。

七、外籍研究生培养工作严格执行《中华人民共和国学位法》、《上海中医药大学攻读硕博士学位研究生培养工作规定》、《上海中医药大学关于研究生学位论文开题报告的规定》、《上海中医药大学关于研究生中期考核的规定》和《上海中医药大学关于研究生学位论文评议的规定》等。

八、以上未尽事宜均执行学校的相关规定。本细则自公布之日起试行一年。

上海中医药大学

2026 年 7 月

Rules of Shanghai University of Traditional Chinese Medicine on Education and Training for International Master's students in Traditional Chinese Medicine and Integrative Medicine Taught in English

In accordance with the spirit of relevant documents including the *Degree Law of the People's Republic of China*, the *Measures for the Enrollment and Cultivation of International Students by Schools*, and the *Provisional Measures of the Degree Committee of the State Council on the Conferral of Chinese Degrees to International Students in China by Regular Higher Education Institutions*, and in combination with the specific circumstances of the University, these detailed Rules are hereby formulated for the purpose of standardizing the cultivation work of international master's postgraduates majoring in Traditional Chinese Medicine and Integrative Traditional Chinese and Western Medicine taught entirely in English (with primary discipline codes of 1005 and 1006, respectively).

I Education and Training Objectives

1. The students improve their knowledge, ability, and quality in an all-round way, abide by Chinese laws and regulations and university discipline, and understand and adapt to Chinese culture and environment.

2. The students possess a solid basic theory and systematic professional knowledge of the discipline, and have strong analytical and thinking abilities. The students are familiar with the Chinese and international development trends related to the discipline, and master the scientific research methods of the discipline. The students gain proficiency in basic Chinese language skills. The university trains and develops senior Traditional Chinese Medicine (TCM) talents with high academic levels, professional abilities and scientific research capabilities.

3. The students have a healthy physique and good psychological quality.

II Program Length and Training Schedule

1. The program typically spans three years; for those opting for a flexible study plan, it can be extended up to five years.

(1) In principle, the intensive study lasts for two semesters. From the third semester to the sixth semester, the students have to go to the related schools (institutions or centers) for course study, practical ability training and scientific research ability training under the guidance of supervisors.

(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.

2. Education and training program

The education and training programs for international Master's students are developed in accordance with *Regulations for the Education and Cultivation of Postgraduate Students for Master's and Doctoral Degrees,* and the *Postgraduate Education and Training Program of Shanghai University of Traditional Chinese Medicine (2026 Revision)*, with reference to the *Provisional Measures of the Degree Committee of the State Council on the Conferral of Chinese Degrees to International Students in China by Regular Higher Education Institutions.*

III Supervisor and Personal Training Plan for Postgraduate Students

1. International master's 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 master's 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 postgraduate 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 master's 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 clinical and teaching 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, the Graduate Academic Affairs Office of the secondary school (department), and International Education College for archiving.

IV Course Offerings and Requirements

1. A credit system is adopted for the study of courses. The courses are divided into compulsory courses and optional courses, and the compulsory courses include degree

courses and non-degree courses. Both compulsory courses and optional courses are included in the training plan. For regulations on taking degree courses, please refer to the *Regulations of Shanghai University of Traditional Chinese Medicine on Postgraduate Course Study and Assessment*.

2. The total credits for a master's student for graduation should be not less than 30 credits (with TCM education background) or 28 credits (without TCM education background) which must be gained before the research project is proposed.

3. Course offerings

(1) The basic requirements for postgraduate courses offered to students with a TCM education background pursuing a master's degree in medicine are shown in the table below:

Category	Course Title	Credits	Semester	Compulsory or optional	Note
General Course (4.0)	Overview of China	2.0	1	Compulsory Degree Course	
	Chinese Language	2.0	1		
Basic Major Course (14.5)	Studies on Special Topics in Yellow Emperor's Internal Classic	2.0	1	Compulsory Degree Course	
	Selected Readings in Classic Literature on Acupuncture and Tuina	2.0	2		
	Clinical and Research Progress of TCM	2.5	1		
	TCM and WM Clinical Skills Training	1.0	2		
	Clinical Research and Design	1.5	1		
	Practice of Reading and Writing Chinese Medicine Papers	2.5	1		
	Biostatistics	3.0	1		
Major Course (5.0)	Literature Reading and Book Report Writing	5.0	/	Compulsory	to be completed under supervising
Optional Course△	High-quality Acupuncture Clinical RCT Interpretation	1.5	1	Optional	At least choose 3.5 credits
	AI and the Development and Application of Modern Biotechnology	1.0	1		
	Preventive Medicine	3.0	1		
	TCM External Medicine	2.5	2		
	Medical Ethics	2.5	1		
	Medical Terminology	1.5	2		
	TCM Nutriology	1.5	2		
	Clinical Psychology	1.0	2		
Others (3.0)	Lectures & Seminars	3.0	/	Compulsory	At least 15 sessions

△ The available optional courses are subject to the actual offerings for the academic year.

(2) The basic requirements for postgraduate courses offered to students without a TCM education background pursuing a master's degree in medicine are shown in the table below:

Category	Course Title	Credits	Semester	Compulsory or optional	Note
General Course (4.0)	Overview of China	2.0	1	Compulsory Degree course	
	Chinese Language	2.0	1		
Basic Major Course (3.0)	Fundamentals of TCM	1.5	1	Compulsory Degree course	
	TCM Diagnostics	1.5	1		
Conditional Basic Major Course (6.0)	Chinese Materia Medica	1.5	2	Compulsory Degree course	At least 6 credits required
	Traditional Medical Formulae	1.5	2		
	Meridians and Points	3.0	1/2		
	Tuina Manipulation	1.5	2		
	Acupuncture and Moxibustion Technique I	1.5	2		
Major Course (5.0)	Literature Reading and Book Report Writing	5.0	/	Compulsory Degree Course	to be completed under supervising
Optional Major Course	Clinical Research and Design	1.5	1	Optional	At least choose 2 courses
	Practice of Reading and Writing Chinese Medicine Papers	2.5	1		
	Biostatistics	3.0	1		
	Studies on Special Topics in Yellow Emperor's Internal Classic	2.0	1		
	Selected Readings in Classic Literature on Acupuncture and Tuina	2.0	2		
	Clinical and Research Progress of TCM	2.5	1		
	TCM and WM Clinical Skills Training	1.0	2		
	High-quality Acupuncture Clinical RCT Interpretation	1.5	1		
	AI and the Development and Application of Modern Biotechnology	1.0	1		
	Preventive Medicine	3.0	1		
Optional Course△	TCM External Medicine	2.5	2	Optional	
	Medical Ethics	2.5	1		
	Medical Terminology	1.5	2		
	TCM Nutriology	1.5	2		
	Clinical Psychology	1.0	2		
Others (3.0)	Lectures & Seminars	3.0	/	Compulsory	At least 15 sessions

△ The available optional courses are subject to the actual offerings for the academic year.

4. Literature Reading, Book Reports, and Lectures:

Prior to the thesis proposal, postgraduate students are required to read a specified volume of professional literature or academic books (to be listed by the supervisor in the Training Plan). Students must then present book reports or participate in academic discussions within their subject supervisor group or college (3 times for Master's students). Assessment Method: The supervisor (or subject supervisor group) will grade the completion of the book reports.

The 15 lectures cover topics including medical statistics and medical paper writing tutorials, with assessment based on the lecture notes.

5. In case the student has taken the course in IEC and has passed the exam of that course before admission, if the course meets the requirements of the training program of the discipline, the student can apply for an exemption from that course, or apply for certification according to the certification process of the "Credit Bank". The application for exemption from the course may be submitted within two weeks after the start of the course teaching semester (attach the original transcript, and the score is valid for 2 years). After approval by the supervisor and the course lecturer, the application should be submitted to International Education College for approval and filing.

6. All course exams are required to be scored on a hundred-mark system, with a full score of 100. A score above or equal to 60 is considered a 'pass', and a score below 60 is considered a 'fail'. Students who fail to pass the exam can retake the course, and if the student passes the re-exam, the score will be registered as 60 points. There is only one chance to retake the degree course.

7. Students should select the courses in the management system according to the course selection process within one week after enrollment. If they have not selected courses, they cannot take the exam. For any selected course, if the student does not take the exam for no reason at the appointed time, he/she will be treated as "absent".

V Training of Practical Ability

1. The clinical practice for international master's students taught in English from the second semester to the sixth semester will combine major-related practice course study, clinical practice with the supervisor, clinical rotations, and scientific project research. Students will take part in clinical practices, scientific research and other practice under the guidance of their supervisors or supervising teams, and the duration of clinical rotation for postgraduate students in clinical medicine should be no less than 6 months. All students taking part in clinical rotations need to take the monthly department rotation assessment after the clinical rotation is completed and should master the basic clinical skills and professional skills proficiently.

2. The training and assessment of clinical practice ability should also be strengthened

for postgraduate students of fundamental majors. In specific, clinical practice can be guided by supervisors according to clinical rotation time or by the cooperative platform of the school and the hospital. For postgraduate students in fundamental majors of secondary disciplines at the main campus of the university, they can take clinical practices under the guidance of their supervisors according to clinical rotation time or take clinical practices by dint of the cooperative platform of the school and the hospital to strength the development of clinical practical ability.

3. During the period of study, postgraduate students should actively participate in various forms of social practices based on the characteristics of the major, enhance their understanding of society, and cultivate the concept of better serving society.

VI Research Work and Dissertation

1. Project proposal report: International master's students should, under the guidance of their supervisors, familiarize themselves with the domestic and international research trends in their professional field through consulting and collecting professional literature, investigation and research, participating in scientific research, etc., determine the research project, and write literature reviews and project proposal report. According to the research progress of the international master's student, the supervisor should arrange for the postgraduate student to complete the project proposal report and listen to expert opinions before the end of the first month of third semester. After the project proposal report is approved, the international master's student should make periodic work reports at regular intervals according to the plan of the research project. The dissertation proposal shall conform to the requirements of the *Regulations of Shanghai University of Traditional Chinese Medicine on the Project Proposal Report for Postgraduate Dissertations/Theses*.

2. Mid-term evaluation: In order to standardize and strengthen the process management of international master's students, and to ensure and improve the education and training quality of the postgraduate students, a mid-term evaluation will be carried out. The contents of the mid-term evaluation will be formulated and supervised by the Graduate School, and each secondary training institute is responsible for organizing an evaluation team to carry out the evaluation. The mid-term evaluation should be completed before the end of the first month of the fifth semester, with a focus on the assessment of the comprehensive quality and ability of international master's students. It includes the assessment of professional quality, innovation quality, and physical and mental quality. Relevant requirements for the mid-term evaluation are provided in the *Regulations of Shanghai University of Traditional Chinese Medicine on the Mid-term Evaluation for Postgraduate Students*.

3. International master's students should complete their master's dissertations independently under the guidance of their supervisors, and make a detailed elaboration

on the research results. The dissertation should integrate theory with practice and should be concise, with clear arguments, detailed and sufficient data, a clear structure, and unique insights. The dissertation should also be of theoretical significance and practical value for the development of traditional Chinese medicine (discipline or professional field), and provide evidence to show that the author has the theoretical knowledge level and ability to participate in scientific research.

4. After the dissertation is finished, it will be reviewed by the supervisor and the supervising team for approval. Only after a pre-defense in the corresponding department or the teaching department can a final oral defense be recommended. Review of dissertations, presentation and oral defense, and review and approval of degree conferral will be carried out according to the relevant regulations.

5. International master's students who are taught in English can use English 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.

VII The cultivation of international postgraduate students shall strictly implement the *Degree Law of the People's Republic of China*, the *Regulations for the Education and Cultivation of Postgraduate Students for Master's and Doctoral Degrees*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Project Proposal Report for Postgraduate Dissertations/Theses*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Mid-term Evaluation for Postgraduate Students*, and the *Regulations of Shanghai University of Traditional Chinese Medicine on the Review of Postgraduate Theses*, among others.

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.

Shanghai University of Traditional Chinese Medicine
July 2026

上海中医药大学公共卫生专业外籍硕士研究生

培养工作若干细则

根据《中华人民共和国学位法》《学校招收和培养国际学生管理办法》和《国务院学位委员会关于普通高等学校授予来华留学生我国学位试行办法》等有关文件的精神，结合我校具体情况，为规范公共卫生专业（二级学科代码：105300）外籍硕士研究生培养工作，特制定本细则。

一、培养目标

培养能适应国际公共卫生事业发展需要，具有合作精神、创新精神和实际应用能力的高层次公共卫生专业人才。本方案的培养对象是全日制公共卫生硕士专业学位（Master of Public Health，MPH）。具体要求是：

1. 知识、能力、素质全面提高，遵守中国的法律法规和学校的校纪校规，了解与适应中国的跨文化环境。

2. 系统掌握公共卫生理论、知识和技能，了解本学科的发展历史、现状，以及所研究领域的最新学术动态，具备一定的临床和公共卫生思维能力，熟悉中医药在公共卫生中的作用，能独立开展疾病预防控制、健康管理和卫生应急等公共卫生实践，能够发现问题，找准原因，独立开展公共卫生干预措施的设计、实施和效果评估。

3. 具有独立开展以公共卫生问题为导向的应用型科研能力。学位论文应具有较为重要的学术意义或应用价值，并具有一定的创新性和实用性，能够为公共卫生政策的转化提供科学的决策依据。

4. 具备一定的沟通能力，能够有效开展政府、行业、媒体和大众的沟通，组织社会资源参与公共卫生活动。熟练掌握一门外语，能阅读本专业国内外文献，全面了解全球公共卫生进展，具有一定的写作和学术交流能力。

5. 具有健康的体格和良好的心理素质。

二、学制与培养时间安排

（一）学习年限为 3 年，用于课程学习的时间为一年，其余时间进行专业领域实践能力培养和课题研究。毕业课题参与时间不少于 6 个月，包括现场调查、资料整理分析、论文撰写等。学习年限最长可延长至 5 年。

（二）因特殊原因未能按时完成学习、研究任务或参加硕士论文答辩的，可由本人提前半年提出申请，导师签署意见，经相关学院同意报国际教育学院审核，可延长学习年限。延长学习应按规定办理相关手续。

三、导师、研究生培养计划

（一)外籍硕士研究生可在面试时或入学后的 1 个月内经师生互选确定导师。外籍硕士研究生的日常培养工作实行导师负责和导师指导小组共同培养相结合的方式。

（二）导师应全面负责研究生的日常培养教育工作。在培养过程中，如导师因故确不能履行职责，依照学校有 关规定进行导师变更程序。

（三）导师应根据本细则和学科专业培养方案，结合外籍博士研究生个人情况，在研究生入学报到（或确定导师）后 1 周内指导其确定学习课程，并在入学后 3 个月内指导其制定出切实可行的个人培养计划，明确研究课题要求，组织研究生导师指导小组成员，拟定临床及教学工作要求等。个人培养计划经导师审定签字后，一式三份，于论文开题前分别递交研究生院、二级学院（系）研究生教务办、国际教育学院存档。

四、课程设置与专业实践

公共卫生硕士专业学位研究生教育包括基础理论知识与专业技能等内容。根据专业发展需求，有关学习内容要突出知识的交叉融通，以及实用性和创新性的特点。

（一）课程设置

课程分学位课和非学位课。本专业学位设置流行病学和卫生统计、营养与食品卫生、卫生事业管理、中医健康管理、健康行为与健康促进等方向。

1、各专业方向**中文授课**硕士研究生的专业必修课为 6 门（13 学分），专业选修课至少选修 2 门。课程学习的总学分不少于 36 学分。课程设置表如下：

课程类别		课程名称	学时	学分	开课学期	备注
学位课	公共课（8.0）	中国概况	36	2.0	1	
		汉语	36	2.0	1	
		自然辩证法概论	18	1.0	1	
		公共卫生专业英语	36	2.0	2	
		科研诚信与学术道德	18	1.0	1/2	（研究生院）
	专业基础课（4.0）	论文学术规范与写作指导	36	2.0	2	（学科统一）
		公共卫生研究思路与方法	36	2.0	2	
	专业课（13.0）	生物统计学	54	3.0	1	
		高级流行病学	36	2.0	2	
		公共卫生理论与实践	36	2.0	1	
		环境健康科学概论	36	2.0	2	
		卫生政策与管理	36	2.0	2	
		中医药与公共健康	36	2.0	1	
	专业实践（4.0）	公共卫生专业实践	6 个月	4.0	3/4	
非学位课	专业选修课	循证医学	24	1.0	1	至少选修 2 门
		公共卫生操作技能	36	2.0	2	
		营养学进展	18	1.0	2	
		食品安全与食品卫生监督管理	18	1.0	2	
		现代医院管理	36	2.0	2	
		中医文化学	24	1.5	2	
		现代健康促进理论	36	2.0	1	
		SAS 统计软件及应用	27	1.5	2	
		医学信息检索与利用	36	2.0	1	
		生命科学前沿与技术	30	1.5	1	
		中医药营养学进展	36	2.0	1	
		医学心理学	36	2.0	2	
		卫生法学	36	2.0	2	
其它培养环节		文献阅读与综述*		3.0		
		学术进展讲座		2.0		

2、各专业方向**英文授课**硕士研究生专业课至少选修 3 门（≥7 学分，*为必选课程），专业选修课至少选修 1 门（≥3 学分）。课程学习总学分不得少于 27 学分。

课程设置表如下：

类别	课程名称	学时	学分	学期	备注
公共基础课（4.0）	中国概况	36	2.0	1	必修 学位课
	汉语	36	2.0	1	
专业基础课（4.0）	临床科研设计	24	1.5	1	必修 学位课
	中医药论文文献阅读与写作实践	48	2.5	1	
专业必修课（7.0）	生物统计学*	54	3.0	1	学位课 至少选修 3 门 （≥7 学分，*为必选课程）
	高级流行病学*	36	2.0	2	
	预防医学	54	3.0	1	
	卫生政策与管理	36	2.0	2	
专业选修课（3.0）	中医基础理论	56	1.5	1	至少选修 3 学分
	中医营养学	28	1.5	2	
	医学伦理学	42	2.5	1	
	临床心理学	21	1.0	2	
	医学术语	28	1.5	2	
	人文社会实践指导	28	1.5	2	
	人工智能与现代生物学技术发展及应用	18	1.0	1	
专业实践（4.0）	公共卫生专业实践	6 个月	4.0	3	必修
其他培养环节（5.0）	文献阅读与综述		3.0		必修
	讲座		2.0		

学位课程由管理部门统一组织课程并考试，上课方式采取分散与集中的方式进行，参加统一考试。

文献阅读与综述：文献阅读应体现作者对本课题领域内的国内外发展有充分的掌握，对重要文献资料应有全面的了解和评述，能够反映出学生在本课题领域掌握了较为坚实的基础理论和系统深入的专门知识。综述全文不少于 5000 字，至少包括如下部分：研究问题在人群健康的地位与作用、科学价值或对社会发展和学科发展的意义；研究问题的历史沿革或提出背景，阶段性进展或已有基础；尚未解决的问题及其原因与展望未来发展趋势的思路。由导师或导师小组评定成绩，计 3.0 学分。评定成绩填入研究生成绩报告单。

（二）专业实践

根据专业学位培养目标要求，MPH 专业学位研究生在校期间必须参加不少于6个月的专业实践，共计 4 学分。原则上应在完成全部课程学习后方可进入专业实践阶段。按照五个培养方向制定相应的实践手册及评价考核方式，学生应严格按照实践手册要求的内容完成专业实践。专业实践结束后，由培养单位统一组织汇报并进行考核。

五、学位论文要求

公共卫生硕士专业学位论文的研究课题应在导师的指导下拟定，并于第二学期末完成研究课题的文献综述，第三学期第一个月结束前完成学位论文开题工作。

公共卫生硕士专业学位的论文工作，应结合培养方向的实际需要进行选题，突出课题的创新性和应用价值。公共卫生硕士专业学位论文应符合以下基本要求：

1. 选题应紧密结合疾病控制、卫生应急、健康促进、医疗服务、卫生管理等公共卫生领域的现实问题，具有一定的学术价值和应用前景。选题应系统了解国内外该领域公共卫生历史与现状，结合公共卫生问题提出研究目标、内容，并确定研究技术路线。

2. 研究内容应具有一定针对性，围绕解决公共卫生主要问题。在充分查阅文献，了解国内外动态的基础上，针对所研究的问题，进行理论分析、现场调查、干预研究和提出针对性的政策建议等，研究须具有一定的工作量。

3. 研究方法应具有一定的先进性、实用性、可操作性，综合运用公共卫生理论与专业知识对所确定的研究假设开展研究设计，确定科学、合理的技术路线。 研究方法可采用历史资料的挖掘和利用、现场调查、病例对照研究、队列研究、 干预研究等定量和（或）定性的研究方法。研究数据翔实准确、研究资料真实可靠，分析过程严谨。

4. 研究结果应具有明确的分析结论，提出相应对策和建议，体现新观点或新见解，在公共卫生领域内具有一定的先进性和应用价值。

5. 英文授课外籍研究生可使用英语撰写学位论文，进行学位论文的开题、中期考核及答辩工作。另需撰写不少于 6000 汉字的中文大摘要，与英语学位论文合并装订上交。

学位论文完成后，须经导师及指导小组审核同意，进行预答辩。通过预答辩，并且专业实践考核合格，方可推荐答辩。按《中华人民共和国学位法》及其他补充规定，学院组织论文评审、答辩和学位授予的审核工作。

六、外籍研究生培养工作严格执行《中华人民共和国学位法》《上海中医药大学攻读硕博士学位研究生培养工作规定》、《上海中医药大学关于研究生学位论文开题报告的规定》、《上海中医药大学关于研究生中期考核的规定》和《上海中医药大学关于研究生学位论文评议的规定》等。

七、以上未尽事宜均执行学校的相关规定。本细则自公布之日起试行一年。

上海中医药大学

2026 年 7 月

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

In accordance with the spirit of relevant documents including the *Degree Law of the People's Republic of China, the Measures for the Enrollment and Cultivation of International Students by Schools,* and the *Provisional Measures of the Degree Committee of the State Council on the Conferral of Chinese Degrees to International Students in China by Regular Higher Education Institutions*, and in combination with the specific circumstances of the University, these detailed Rules are hereby formulated for the purpose of standardizing the cultivation work of international students in Program of Master of Public Health (discipline code: 105300) taught entirely in English.

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	
		Progress in Nutrition	18	1.0	2	
		Supervision and Administration of Food Safety and Food Hygiene	18	1.0	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 3 major courses (totaling at least 7 credits) and at least 1 optional major course (at least 3 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 Course （4.0）	Overview of China	36	2.0	1	Compulsory Degree Course
	Chinese Language	36	2.0	1	
Basic Major Course （4.0）	Clinical Research and Design	24	1.5	1	
	Practice of Reading and Writing Chinese Medicine Papers	48	2.5	1	
Major Course （7.0）	Biostatistics*	54	3.0	1	Choose at least 3 courses (≥7 credits) * Compulsory Degree Course
	Advanced Epidemiology*	36	2.0	2	
	Preventive Medicine	54	3.0	1	
	Health Policy and Management	36	2.0	2	
Optional Major Courses （3.0）	Fundamentals of TCM	56	1.5	1	At least 3 credits
	TCM Nutriology	28	1.5	2	
	Medical Ethics	42	2.5	1	
	Clinical Psychology	21	1.0	2	
	Medical Terminology	28	1.5	2	
	Guidance of Humanity Social Practice	28	1.5	2	
	AI and Development & Application of Modern Biotechnology	18	1.0	1	
Professional Practice （4.0）	Professional Practice of Public Health	6 Months	4.0	3	Compulsory
Others （5.0）	Literature Reading and Review		3.0		Compulsory
	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 *Degree Law of the People's Republic of China,* and the interim implementation measures, the university organizes the review of dissertation, oral defense, and the process for the degree awarding.

VI The cultivation of international postgraduate students shall strictly implement the *Degree Law of the People's Republic of China*, the *Regulations for the Education and Cultivation of Postgraduate Students for Master's and Doctoral Degrees*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Project Proposal Report for Postgraduate Dissertations/Theses*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Mid-term Evaluation for Postgraduate Students*, and the *Regulations of Shanghai University of Traditional Chinese Medicine on the Review of Postgraduate Theses*, among others.

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 2026

上海中医药大学护理学外籍硕士研究生培养工作若干细则
（试行）

根据《中华人民共和国学位法》《学校招收和培养国际学生管理办法》和《国务院学位委员会关于普通高等学校授予来华留学生我国学位试行办法》等有关文件的精神，结合我校实际情况，为规范护理学专业（一级学科代码：1011）外籍硕士研究生培养工作，特制定本细则。

一、培养目标

（一）知识、能力与素质全面发展，遵守中国法律法规及学校规章制度，适应中国跨文化环境。

（二）具有本学科坚实的基础理论和系统的专业知识，具备较强的分析和思维能力。熟悉本学科国内外发展动态，掌握本学科科学研究方法。掌握基础汉语。培养具有较高学术水平、专业能力以及一定科学研究能力的高级护理人才。

（三）具有健康的体格和良好的心理素质。

二、学制安排

（一）学制三年，可弹性学习至五年。

1. 课程集中学习时间原则上为两个学期。第三至第六学期进入相关学院（研究所/中心），在导师指导下开展课程学习、实践能力训练及科研能力培养。

2. 因特殊原因无法按期完成学习任务、研究工作或参加硕士论文答辩者，可提前半年提出申请，经导师签署意见、所在学院审核并报国际教育学院批准后，可延长学习年限。延长学习须按规定办理相关手续。

（二）培养方案

外籍硕士研究生培养方案按照《上海中医药大学攻读硕博士学位研究生培养工作规定》、《上海中医药大学研究生培养方案（2026 修订版）》，参照《国务院学位委员会关于普通高等学校授予来华留学生我国学位试行办法》制定。

三、培养计划

（一）外籍硕士研究生应在面试时或入学后 1 个月内完成师生互选确定导师。培养工作采取导师负责制与导师指导小组联合培养相结合的方式。。

（二）导师应全面负责研究生的日常培养教育工作。在培养过程中，如导师因故确不能履行职责，依照学校有关规定进行导师变更程序。

（三）导师应依据本细则及学科专业培养方案，结合外籍博士研究生实际情况，在研究生入学报到（或确定导师）后一周内指导其完成课程选定，并在入学三个月

内协助制定切实可行的个人培养计划。该计划需明确研究课题要求，组建导师指导小组，拟定临床与教学工作要求等内容。经导师审定签字后的个人培养计划应制作一式三份，并于论文开题前分别提交至二级学院（系）研究生教务办公室和国际教育学院备案存档。

四、课程设置

（一）课程学习实行学分制，分为必修课和选修课，其中必修课程包括学位课和非学位课程。必修课和选修课均列入培养计划。关于学位课程修读规定，参照《上海中医药大学研究生课程学习与考核管理规定》。

（二）课程设置

1.中文授课的硕士研究生课程学习总学分不低于 35 学分,要求学分必须在课题开题前修读完成。根据本学科培养目标的要求，课程设置如下：

类别	课程名称	学时	学分	必修或选修	备注
公共基础课	中国概况	36	2.0	必修、学位课	7 学分
	汉语	36	2.0		
	自然辩证法概论	18	1.0		
	医学英语应用	36	2.0		
专业基础课	科研诚信与学术道德	18	1.0	必修、学位课	12.5 学分
	护理研究（含护理论文学术规范与写作指导、学术伦理）	54	3.0		
	护理理论	36	2.0		
	医学统计学	60	3.5		
	中医文献学	54	3.0		
专业必修课	循证护理方法	54	3.0	必修、学位课	7 学分
	高级护理实践	36	2.0		
	中医护理理论与方法	36	2.0		
限选专业课	健康教育的理论与方法	36	2.0	选修	≥3.5 学分
	症状管理与研究	36	2.0		
	慢病护理管理研究进展	36	2.0		
	中医护理适宜技术研究与应用	36	2.0		
	中国传统文化与中医	18	1.0		
	中医基础专题研究	30	1.5		
	中医医家学说和学术思想史	40	2.5		
培养环节	文献阅读与读书报告	主讲至少 6 次文献报告			3 学分
	学术进展讲座	参加各类学术活动不少于 7 次			2 学分

2.英文授课的硕士研究生课程学习总学分不低于 28 学分，要求学分必须在课题开题前修读完成。根据本学科培养目标的要求，课程设置如下：

类别	课程名称	学分	学期	必修或选修	备注
公共基础课	中国概况	2.0	一	必修、学位课	4 学分
	汉语	2.0	一		
专业基础课	中医药论文阅读和写作实践	2.5	一	必修、学位课	10 学分
	临床科研设计	1.5	一		
	循证护理方法	3.0	一		
	护理研究	3.0	一		
限选专业课	健康教育的理论与方法	2.0	一	必修、学位课	限选 6 学分
	中医护理适宜技术	2.0	二		
	老年护理学	2.0	二		
	中医基础理论	3.0	一		
专业必修课	专业课（导师指导完成）	3.0	/	必修、学位课	3 学分
培养环节	文献阅读与读书报告	3.0	/	必修	5 学分
	学术进展讲座	2.0	/		

（三）“专业课（导师指导完成）”应包括导师指导专业实践、导师命题完成 1 篇文献综述和撰写学科相关读书报告数篇，由导师打分，在毕业论文开题之前完成。其内容应反映出本学科专业理论研究及应用新进展。

（四）硕士研究生于第二学期完成课程学习。课程教学采取课堂授课、自主学习、学术讲座、研讨、实践等多种形式，以全面夯实学生中西医护理基础理论、慢病护理、老年护理等专业知识和科研创新思维与能力为目标。研究生导师在培养计划中列出需阅读的文献，考核方式可采用文献阅读记录（反思性报告）或专业论文的形式。

（五）学术活动要求

学术报告会由二级学院（系）研究生教务办、实践基地和教研室为基本单位开展，由研究生指导老师定期主持，主讲至少 6 次文献报告，文献报告会应体现护理学专业领域国内外研究状况的最新进展。参加各类学术活动不少于 7 次，考核依据为讲座笔记。

（六）各门课程考试一律要求以百分制打分，满分为 100 分。高于或等于 60 分为及格，低于 60 分为不及格。不及格的学生经重修成绩及格以 60 分登记。学位课程仅一次重修机会。

（七）学生在入学后 1 周内按照选课流程在管理系统内选课，没有选课不能参加考试。已选定的课程，届时无故不参加考试，作缺考处理。

五、实践能力培养

硕士研究生实践学习包括护理教学实践和护理临床实践（具体实践学习要求详见《上海中医药大学护理硕士研究生实践学习大纲》），于第二学年完成。研究生应在科研工作的同时，在导师的指导下，开展临床实践和教学实践，不少于六个月。临床实践科室或内容与研究方向相关，要求硕士生能用护理理论指导临床实践，能运用相关理论和原理分析临床护理实践中的问题。护理教学实践要求研究生能熟练掌握护理教育理论与原则，并运用于护理课程设计、教学实施和教学评价中。

六、科研工作及学位论文要求

科研和学位论文是硕士研究生科研能力培养的重要环节，应在导师指导下独立完成。研究生通过科研活动和学位论文工作，培养查阅文献、独立收集资料、数据分析与处理、逻辑推理和论文写作能力。

（一）硕士学位论文选题要求：选题要密切结合当前社会健康需求和护理学科发展需要，反映慢性病护理、老年护理、中医护理等国内外研究领域的突出问题。选题具有先进性、创新性、科学性、可行性和实用性。导师在研究生入学后应立即指导其进行选题，明确研究的大致方向。

（二）硕士学位论文开题报告：硕士生与导师共同商议具体论文选题后，撰写开题报告，设计研究计划。在全部课程成绩合格并完成规定学分后进行开题论证报告，可自行确定时间，并于第三学期结束前完成开题报告论证。

（三）硕士学位论文中期考核：为规范和加强研究生的过程管理，保证和提高研究生的培养质量，实行中期考核（具体考核要求详见《上海中医药大学护理硕士研究生中期考核方案》）。即在开题报告通过后，研究生按期向导师和导师小组汇报课题进展，并在第四学期末进行中期考核汇报。

（四）硕士学位论文应研究目的明确；文献综述客观、条理清晰，具逻辑性；研究设计合理、严谨；资料分析客观准确；讨论和推理具有说服力；论文书写格式符合要求，有一定的理论与实践创新。论文完成后，须经导师及导师小组严格审阅和审核同意后，方可提交学院或研究生院开展学位论文学术不端检测。通过学位论文学术不端检测后，方可推荐答辩。答辩前教研室组织组织预答辩，研究生遵照建议修改论文，通过后，再进行正式答辩。

（五）英文授课外籍研究生可使用英语撰写学位论文，进行学位论文的开题、中期、考核及答辩工作。另需撰写不少于 6000 汉字的中文大摘要，与外语学位论文合并装订上交。

七、外籍研究生培养工作严格执行《中华人民共和国学位法》《上海中医药大学攻

读硕博士学位研究生培养工作规定》、《上海中医药大学关于研究生学位论文开题报告的规定》、《上海中医药大学关于研究生中期考核的规定》和《海中医药大学关于研究生学位论文评议的规定》等。

八、以上未尽事宜均执行学校的相关规定。本细则自公布之日起试行一年。

上海中医药大学

2026 年 7 月

Rules of Shanghai University of Traditional Chinese Medicine on Education and Training for International Master's students in Nursing Taught in English (Trial)

In accordance with the spirit of relevant documents including the *Degree Law of the People's Republic of China*, the *Measures for the Enrollment and Cultivation of International Students by Schools*, and the *Provisional Measures of the Degree Committee of the State Council on the Conferral of Chinese Degrees to International Students in China by Regular Higher Education Institutions*, and in combination with the specific circumstances of the University, these detailed Rules are hereby formulated for the purpose of standardizing the cultivation work of international master's postgraduates in Nursing (primary discipline code: 1011) taught in English.

I Education and Training Objectives

1. Students improve their knowledge, ability, and quality in an all-round way, abide by Chinese laws and regulations and university discipline, and understand and adapt to Chinese culture and environment.

2. Students possess a solid basic theory and systematic professional knowledge of the discipline, and have strong analytical and thinking abilities. The students are familiar with the Chinese and international development trends related to the discipline, and master the scientific research methods of the discipline. The students gain proficiency in basic Chinese language skills. The university trains and develops senior nursing talents with high academic levels, professional abilities and scientific research capabilities.

3. Students have a healthy physique and good psychological quality.

II Program Length and Training Schedule

1. The program typically spans three years; for those opting for a flexible training plan, it can be extended up to five years.

(1) In principle, the time for intensive training lasts for two semesters. From the third semester to the sixth semester, students will be assigned to related colleges (or institutions, centers) for training in courses, practical ability, and scientific research ability under the guidance of supervisors.

(2) If a 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.

2. Education and training program

The education and training programs for international Master's students are developed in accordance with *Regulations for the Education and Cultivation of Postgraduate Students for Master's and Doctoral Degrees,* and the *Postgraduate Education and Training Program of Shanghai University of Traditional Chinese Medicine (2026 Revision)*, with reference to the *Provisional Measures of the Degree Committee of the State Council on the Conferral of Chinese Degrees to International Students in China by Regular Higher Education Institutions.*

III Training Plan

1. International master's 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 master's 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 postgraduate 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 master's 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 clinical and teaching 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, the Graduate Academic Affairs Office of the secondary school (department), and International Education College for archiving.

IV Course Offerings and Requirements

1. A credit system is adopted for the study of courses. The courses are divided into compulsory courses and optional courses, and the compulsory courses include degree courses and non-degree courses. Both compulsory courses and optional courses are included in the training plan. For regulations on taking degree courses, please refer to the *Regulations of Shanghai University of Traditional Chinese Medicine on Graduate Course Study and Assessment Management*.

2. For Chinese-taught master's students, the total credits for a master's student for

graduation should be not less than 35 credits, which must be gained before the research project is proposed. The curriculum structure is as follows:

Category	Course Title	Hours	Credits	Compulsory or Optional	Note
General Course	Overview of China	36	2.0	Compulsory Degree course	7 credits
	Chinese Language	36	2.0		
	Introduction to Dialectics of Nature	18	1.0		
	Medical English Application	36	2.0		
Basic Major Course	Scientific Research Integrity and Academic Ethics	18	1.0	Compulsory Degree course	12.5 credits
	Nursing Research	54	3.0		
	Nursing Theory	36	2.0		
	Medical Statistics	60	3.5		
	Traditional Chinese Medicine Literature	54	3.0		
Major Course	Evidence-Based Nursing Methods	54	3.0	Compulsory Degree course	7 credits
	Advanced Nursing Practice	36	2.0		
	Traditional Chinese Medicine Nursing Theories and Methods	36	2.0		
Optional Major Course	Theory and Methods of Health Education	36	2.0	Optional	≥3.5 credits
	Symptom Management and Research	36	2.0		
	Syllabus of Research Progress of Chronic Disease Management	36	2.0		
	Research and Application of TCM Nursing Appropriate Techniques	36	2.0		
	Traditional Chinese Culture and Traditional Chinese Medicine	18	1.0		
	Monographic Studies on Fundamentals of Traditional Chinese Medicine	30	1.5		
	History of Doctrines and Academic Thoughts on Traditional Chinese Medicine	40	2.5		
Academic Activities	Literature reading and book report writing	Deliver a minimum of 6 literature presentations			3 credits
	lectures	Participate in no fewer than 7 academic events			2 credits

3. For English-taught master's students, the total credits for a master's student for graduation should be not less than 28 credits, which must be gained before the research project is proposed. The curriculum structure is as follows:

Category	Course Title	Credits	Semester	Compulsory or Optional	Notes
General Course	Overview of China	2.0	1	Compulsory	4 credits
	Chinese Language	2.0	1		
Basic Major Course	Practice of Reading and Writing Chinese Medicine Papers	2.5	1	Compulsory Degree course	10 credits
	Clinical Research and Design	1.5	1		
	Evidence-Based Nursing Methods	3.0	1		
	Nursing Research	3.0	1		
Conditional Major Course	Theory and Methods of Health Education	2.0	1	Compulsory Degree course	Optional 6 credits
	Research and Application of TCM Nursing Appropriate Techniques	2.0	2		
	Geriatric Nursing	2.0	2		
	Fundamentals of Traditional Chinese Medicine	3.0	1		
Major Course	Major course (to be completed under Supervising)	3.0	/	Compulsory Degree course	3 credits
Academic Activities	Literature reading and book report writing	3.0	/	Compulsory	5 credits
	Lecture on Academic Progress	2.0	/		

4. "Major courses to be completed under supervising" should include supervisor guided professional practice, the completion of one literature review on the topic proposed by the supervisor, and the writing of several discipline-related book reports, which will be scored by the supervisor and should be completed before the graduation dissertation is proposed. The literature review and book reports should reflect the new developments in theoretical research and application of the discipline.

5. Master's students complete their coursework by the second semester. The curriculum employs diverse teaching methods, including classroom lectures, independent study, academic seminars, workshops, and practical training, aiming to solidify students' foundational knowledge in both traditional Chinese and Western nursing theories, as well as specialized fields such as chronic disease care and geriatric nursing, while fostering scientific research innovation and critical thinking skills. Supervisors outline required literature in the training plan, and assessments may take the form of literature review logs (reflective reports) or academic papers.

6. Academic Activities

Academic Report Sessions are organized by the secondary school/department's postgraduate academic office, practice base, and teaching-research office as the primary units. These sessions are regularly presided over by postgraduate advisors, who must deliver at least six literature presentations. The presentations should reflect the latest advancements in domestic and international nursing research. Additionally, students are required to participate in no fewer than seven academic activities, with lecture notes serving as the basis for assessment.

7. All course exams are required to be scored on a hundred-mark system, with a full score of 100. A score above or equal to 60 is considered a 'pass', and a score below 60 is considered a 'fail'. Students who fail to pass the exam can retake the course, and if the student passes the re-exam, the score will be registered as 60 points. There is only one chance to retake the degree course.

8. Students should select the courses in the management system according to the course selection process within one week after enrollment. If they have not selected courses, they cannot take the exam. For any selected course, if the student does not take the exam for no reason at the appointed time, he/she will be treated as "absent".

V Training of Practical Ability

The practical training for Master's students comprises nursing teaching practice and nursing clinical practice (specific requirements are detailed in the Shanghai University of Traditional Chinese Medicine Nursing Master's Practical Training Outline), to be completed during the second academic year.

Under the guidance of their advisors, students must engage in no fewer than six months of combined clinical and teaching practice alongside their research work. The clinical practice departments or content should align with the student's research focus. Master's candidates are expected to:

- Apply nursing theories to guide clinical practice
- Utilize relevant principles to analyze issues in clinical nursing practice

For teaching practice, students must:

- Demonstrate proficiency in nursing education theories and principles
- Apply these competencies in nursing curriculum design, instructional implementation, and teaching evaluation

VI Research Work and Dissertation

Scientific research and thesis writing are crucial components of cultivating the research capabilities of master's students and should be completed independently under the guidance of supervisors. Through research activities and thesis work, graduate students will develop skills in literature review, independent data collection, data analysis

and processing, logical reasoning, and academic writing.

1. The thesis topic should be closely aligned with current societal health needs and the development of the nursing discipline, addressing critical issues in domestic and international research fields such as chronic disease care, geriatric nursing, and traditional Chinese medicine nursing. The selected topic must demonstrate advancement, innovation, scientific rigor, feasibility, and practical applicability.

Supervisors should guide students in selecting a topic soon after enrollment, helping them define the general research direction.

2. After finalizing the thesis topic in consultation with their supervisor, the student must prepare a written proposal outlining the research plan. The proposal defense should be conducted after completing all required courses and earning the necessary credits. Students may schedule the defense at their discretion, but it must be completed by the end of the third semester.

3. To standardize and strengthen the process management of graduate students while ensuring and enhancing the quality of training, a mid-term assessment will be conducted (specific requirements refer to the "Shanghai University of Traditional Chinese Medicine Nursing Master's Program Mid-term Assessment Guidelines").

After the thesis proposal is approved, students must regularly report their research progress to their supervisor and advisory committee. A formal mid-term assessment presentation must be completed by the end of the fourth semester.

4. The master's thesis must meet the following criteria:

Clearly defined research objectives;

Comprehensive and logically structured literature review;

Sound and rigorous research design;

Objective and accurate data analysis;

Persuasive discussion and reasoning;

Proper formatting with theoretical and practical innovations.

Thesis Submission and Review Process:

Upon completion, the thesis must undergo rigorous review and approval by both the supervisor and the advisory committee before submission to the college or graduate school for plagiarism detection. Only after passing the plagiarism check can the thesis be recommended for defense.

Defense Procedure:

Prior to the formal defense, the academic department will organize a preliminary defense. The candidate must incorporate all suggested revisions and obtain approval before proceeding to the final defense.

5. International master’s students who are taught in English can use English 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.

VII The cultivation of international postgraduate students shall strictly implement the *Degree Law of the People's Republic of China*, the *Regulations for the Education and Cultivation of Postgraduate Students for Master's and Doctoral Degrees*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Project Proposal Report for Postgraduate Dissertations/Theses*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Mid-term Evaluation for Postgraduate Students*, and the *Regulations of Shanghai University of Traditional Chinese Medicine on the Review of Postgraduate Theses*, among others.

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.

Shanghai University of Traditional Chinese Medicine
July 2026

关于其他专业外籍研究生培养工作的若干说明

根据《中华人民共和国学位法》《学校招收和培养国际学生管理办法》和《国务院学位委员会关于普通高等学校授予来华留学生我国学位试行办法》等国家教育部有关文件的精神，结合我校 2026 年发布的各专业研究生培养方案，现对我校其他专业外籍研究生培养工作，作几点说明：

1. 本说明<u>不适用</u>于以下一级学科包含的二级学科专业：

   中医学科学学位（一级学科代码：1005）

   中西医结合科学学位（一级学科代码：1006）

   所有专业学位（一级学科代码：1051 临床医学、1053 公共卫生、1054 护理、1056 中药学、1057 中医学）

2. 各专业外籍研究生培养方案与中国学生培养方案基本趋同。硕士研究生课程设置的公共基础课中，以“中国概况”（2.0 学分）替换“中国特色社会主义理论与实践研究”（2.0 学分），以“汉语”（2.0 学分）替换“公共英语”（3.0 学分）。

3. 博士研究生课程设置的公共基础课中，以“中国概况”（2.0 学分）替换“中国马克思主义与当代”（2.0 学分）。

4. 博士研究生须参加并通过学校组织的“汉语”考试，未通过者可免费参加汉语学习，直至通过补考。

5. 英语带教的各专业外籍研究生如因授课语言的问题无法选修研究生院或国际教育学院统一开设的专业课程，需由导师负责安排讲授同等要求的课程，并将所有课程计划于入学后三个月内报国际教育学院备案。

6. 允许外语带教的外籍研究生使用相应的外语撰写学位论文，进行学位论文的开题、中期检查及答辩工作。另需撰写不少于 6000 汉字的中文大摘要，与外语学位论文合并装订上交。

7. 培养过程中有关中期考核、科研工作及学位论文以及毕业论文等工作严格执行《中华人民共和国学位法》《上海中医药大学攻读硕博士学位研究生培养工作规定》《上海中医药大学关于研究生学位论文开题报告的规定》《上海中医药大学关于研究生中期考核的规定》和《上海中医药大学关于研究生学位论文评议的规定》等。

8. 未尽事宜均执行学校的相关规定。

上海中医药大学

2026 年 7 月修订

Explanations to the Education and Training for International Graduate Students in Other Majors

According to the *Degree Law of the People's Republic of China*, the *Measures for the Enrollment and Cultivation of International Students by Schools*, and the *Provisional Measures of the Degree Committee of the State Council on the Conferral of Chinese Degrees to International Students in China by Regular Higher Education Institutions*, and in combination with the graduate training programs for various majors posted by the university in 2026, we hereby list the explanations to the education of international graduate students of other majors in the university:

1. The Explanations **do not apply** to the secondary discipline majors included in the following primary disciplines:

Academic degree in Traditional Chinese medicine (primary discipline code: 1005)

Academic degree in Integrative Medicine (primary discipline code: 1006)

All professional degrees (primary discipline codes: 1051 for Clinical Medicine, 1053 for Public Health, 1054 for Nursing, 1056 for Chinese Materia Medica, and 1057 for Traditional Chinese Medicine)

2. The training programs for international graduate students in each major are basically the same as those for Chinese students. Among the basic general courses for master programs, the "Research on Theory and Practice of Socialism with Chinese Characteristics" (2.0 credits) will be replaced with "Overview of China" (2.0 credits), and "General English" (3.0 credits) will be replaced with "Chinese Language" (2.0 credits).

3. Among the basic general courses for doctoral programs, "Chinese Marxism and Contemporary" (2.0 credits) will be replaced with "Overview of China" (2.0 credits).

4. Doctoral students must take and pass the Chinese Language exam organized by International Education College. Those who fail can learn the Chinese language for free until they pass the make-up exam.

5. If an international graduate student of any major who is taught in English cannot take the major courses uniformly offered by the Graduate School or the International Education College due to failure to understand the teaching language, the supervisor shall be responsible for arranging alternative courses with the same requirements for the student, and all course plans should be reported to International Education College for recording within 3 month after admission.

6. International graduate students who are taught in English may use English 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.

7. During the education and training process, the work related to the mid-term evaluation, scientific research, academic dissertations and graduation dissertations shall be carried out in strict accordance with the *Degree Law of the People's Republic of China*, the *Regulations for the Education and Cultivation of Postgraduate Students for Master's and Doctoral Degrees*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Project Proposal Report for Postgraduate Dissertations/Theses*, the *Regulations of Shanghai University of Traditional Chinese Medicine on the Mid-term Evaluation for Postgraduate Students*, and the *Regulations of Shanghai University of Traditional Chinese Medicine on the Review of Postgraduate Theses*.

8. Matters not mentioned above shall be subject to the relevant regulations of the university.

Shanghai University of Traditional Chinese Medicine
July 2026

Course Curriculum for Chinese Materia Medica / Pharmacology
English Taught Students - Master Program
(Graduation Credits Requirement: no less than 28 credits)

	Category	Course Title	Hour	Credit	Semester	Tips
Degree Course	General Course (15 credits)	Overview of China	36	2.0	1	Offline
		Chinese Language	36	2.0	1	Offline
		Pharmaceutical International Academic English	36	2.0	1	Offline
		Scientific Research Integrity and Academic Morality	18	1.0	2	Online
		Literature Review, Topic Selection and Scientific Writing		3.0	3	Marked by Supervisor
		Academic Progress		5.0	2	Seminars & Lectures
	Fundamental Major Course (7 credits)	Pharmacology of Chinese Materia Medica	42	2.5	2	Compulsory
		Chinese Materia Medica	42	2.5	2	
		Research and Development of New Drugs Derived from TCM	36	2.0	2	
Non Degree Course	Optional Course (At least 6 credits)	Clinical Research and Design	24	1.5	1	Optional
		AI and the Development and Application of Modern	18	1.0	1	
		Fundamentals of Traditional Chinese Medicine	56	3.0	1	
		TCM Diagnostics	56	3.0	1	
		Basics of Immunology	35	2.0	1	
		Biostatistics	54	3.0	1	

Course Curriculum for Chinese Materia Medica / Pharmacology
English Taught Students - PhD Program
(Graduation Credits Requirement: no less than 20 credits)

	Category	Course Title	Hour	Credit	Semester	Tips
Degree Course	General Course (18 credits)	Overview of China	36	2.0	1	Offline
		Chinese Language	36	2.0	1	Offline
		Pharmaceutical International Academic English	36	2.0	1	Offline
		Scientific Research Integrity and Academic Morality	18	1.0	2	Online
		Literature Review, Topic Selection and Scientific Writing		3.0	2	Marked by Supervisor
		Academic Progress		5.0	2	Seminars & Lectures
		Innovative Research in Chinese Materia Medica with Multiple Disciplines	54	3.0	2	Marked by Supervisor
	Fundamental Major Course (2 credits)	Advanced Pharmacology	36	2.0	1	Compulsory Offline
Non Degree Course	Optional Course (No minimum credits required)	Pharmacology of Chinese Materia Medica	42	2.5	2	Optional
		AI and the Development and Application of Modern	18	1.0	1	
		Chinese Materia Medica	42	2.5	2	
		Research and Development of New Drugs Derived from TCM	36	2.0	2	