

HHPA 120 : TAI CHI/QIGONG

Transcript title

Tai Chi/Qigong

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Introduces the basic techniques of Tai Chi Yang style simplified form and three Qigong exercises, as well as theories and concepts for better health and relaxation through meditation in movement. Can accommodate all levels. Repeatable for credit.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices and fundamentals of Tai Chi to develop overall physical and mental fitness and enhance daily life activities (sports, movement, focus, balance, awareness).
3. Demonstrate the Yang-style 24 movement Tai Chi short form.
4. Demonstrate a basic understanding of the principles and benefits of chi cultivation and the ability to articulate/ demonstrate their personal experience with these phenomena.

Content outline

1. Intro to Tai Chi
2. History of Tai chi
3. Tai Chi Chuan practices
4. Qi Gong practices

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health