

# HHPA 120 : TAI CHI/QIGONG

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## 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.

## 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

- Intro to Tai Chi
- History of Tai chi
- Tai Chi Chuan practices
- 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