

COMMON COURSE OUTLINE:**A. Identifying Information**

1. Course Prefix: HLTH
2. Course Number: 1160
3. Theory & Practice of Tai Chi Ch'uan
4. Offered: Fall and Spring Semesters
5. 2 Credits
6. Prerequisite: None

Effective Review Date: January 2016

B. Course Description

This course provides the student with an introduction to the theory, applications, and postures of short forms of tai chi. Course emphasis is on understanding the principles and practice of tai chi as it relates to balance, flexibility, relaxation, and muscular strength in a lifetime wellness program.

Besides studying the short series of forms, students will explore the tai chi philosophy and system through warm-ups, sitting/standing meditation, qigong, push hands, breathing, and martial art applications.

C. Learning Objectives

Following completion of this course the student will be able to

1. Identify the physiological and psychological benefits of regular tai chi practice.
2. Compare and contrast tai chi and aerobic exercise as to their strengths and weaknesses.
3. Describe the significance and meaning of the Tai Chi Symbol, the Yin-Yang Theory, and the 5 Element Theory as reflected in the history and application of tai chi in the 21st century.
4. Recognize the influence of qi gong and martial arts in the tai chi forms.
5. Explain the relationship between Chinese philosophy and medicine, as reflected in the health related practices of tai chi postures and movements.
6. Apply Yang Cheng-Fu's "Ten Important Points For Tai Chi Ch'uan" to the practice of tai chi forms.
7. Demonstrate the correct sequence for the tai chi forms practiced in class..
8. Recognize the names and applications of various tai chi forms.
9. Describe personal insights, experiences and reactions to the learning and practice of tai chi.

D. Outline of Course Content

1. Basic footwork and postures
2. Breathing and standing meditation postures
3. Qi and qigong and the relationship to 'ai chi ch'uan
4. History of Yang Family Tai Ch'uan
5. Health benefits of practicing tai chi and qi gong
6. Short Tai Chi forms (yang, sun, and/or chen)
7. Yin & Yang philosophy
8. 5 Elements Theory
9. Meridians & Energy Channels
10. Tai chi ch'uan martial stances and applications
11. Introduction to push-hands

E. Recommended Entry Skills/Knowledge

The following placement test results are recommended for successful completion of this health course:

- Reading - READ 0960 - Reading & Stud
- Skills Writing - COMP 0900 - Preparation for College Writing

F. Methods for Evaluation of Student Learning

Course evaluation may include (but is not limited to): Objective/short answer examination or quizzes; practice/reaction journal; book/article reviews and critiques; practical examination; class attendance.

G. Special Information

Students are requested to wear loose and comfortable clothing, and flat, supportive footwear