

**NORMANDALE COMMUNITY COLLEGE**

**Common Course Outline for:**

HLTH 1170, Introduction to the Theories and Practice of Healing Qigong

**A. Course Description**

1. Number of credits: 3
2. Prerequisites: None

Catalogue Description:

This course is an overview of the ancient practice of qigong (qigong is the discipline of cultivating, gathering, circulating, and applying life force or energy) which has recently emerged from secrecy and obscurity to the forefront of China's health care system. Students will study theories, examine various qigong practices, and learn experientially how to influence their own energy (qi), as well as how to assist healing in others.

**B. Date last revised: January, 2016**

**C. Outline of Major Content Areas**

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2. Historical and Theoretical Foundations of Qigong
3. Breathing and Passive Qigong
4. Physical and Active Qigong
5. Lifestyle Changes and Qigong
6. Healing Self and Others

**D. Course Learning Objectives**

Upon completion of this course the student will be able to:

1. Trace the development of qigong from its origins in China to its current popularity in 21<sup>st</sup> Century America.
2. Compare and contrast the theories and emphasis of healing/medical qigong with the other 2 major schools of qigong thought (martial and spiritual).
3. Describe how the primary theories of TCM (Traditional Chinese Medicine) are related to the foundation and practice of qigong.
4. How the regular practice of qigong may counteract the detrimental effects of a stressful lifestyle.
5. Discuss the implications of integrating healing qigong into the Western Health Care System relative to both society and the individual.
6. Describe from a Western perspective how qigong may contribute to health and healing, and prevent or improve many of the age-related health challenges.
7. Devise a self-care regimen inclusive of qigong exercises, and share anecdotal information regarding how this program addressed personal health needs and concerns.

**E. Methods of Evaluation of Student Learning**

Course evaluation may include (but is not limited to): objective examinations, individual projects; group and individual presentations; research projects; journal/book reviews; critique/reaction papers; journal writing; personal assessments and summaries; class discussions; class attendance.

**F. Special Information**

Recommended Entry Skills/Knowledge

It is recommended that students have at least an interest, and preferably some knowledge, in Traditional Chinese Medicine, Qigong, T'ai Chi Ch'uan, or complimentary healing theories and practices. In addition, the following placement tests results are recommended for successful completion of this course:

Reading – READ 0960 – Reading & Study Skills

Writing – COMP 0900 – Preparation for College Reading