

**A. Identifying Information**

1. Course Prefix: HLTH
2. Course Number: 2160
3. Theory and Practice of Tai Chi Ch'uan
4. 2 Credits
5. Offered: Fall & Spring Semesters
6. Prerequisite: Successful completion of HLTH 1160 or instructor's approval.

**B. Course Description**

This course is a continuation of HLTH 1160, Theory and Practice of Tai Chi Ch'uan. It is designed for the student desiring to deepen her/his understanding and practice of tai chi through additional readings and work with beginning students. In addition to further study of the subject matter from health, instruction in advanced standing forms, qigong, push hands, and other tai chi forms will be taught. Each student will be assigned a small group of beginning students as part of the *In-service Component* of the class.

**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. Recognize the significance of Taoist thought in the Tai Chi Ch'uan system and how this applies to the 21st century.
3. Relate various qigong exercises to their specific health benefits to the practitioner.
4. Explain the relationship between Chinese philosophy and medicine, as reflected in the health related practices of tai chi forms and standing meditations.
5. Apply Yang Cheng-Fu's "Ten Important Points For Tai Chi Ch'uan" to the practice of the one's personal tai chi practice.
6. Demonstrate the correct sequence of postures for the tai chi forms taught in class.
7. Assist beginning tai chi students in learning the basic footwork and body positions for the forms taught in class.
8. Identify and name each of the postures of the forms taught during the semester.
9. Describe personal insights, experiences and learnings from one's personal practice.

**D. Outline of Course Content**

1. Teaching the basics to beginning tai chi students.
2. Continuing work on the short tai chi forms learned in class.
3. Taoist Philosophy
4. Qi and qigong applications to life.
5. Traditional Chinese Medicine.
6. In depth practice of the short forms learned in class.

**E. Recommended Entry Skills/Knowledge**

The following placement test results are recommended for successful completion of this health course:  
Reading - READ 0960 - Reading & Study 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; practice reaction journal; in-service assignment; research report; outside project; practical examination; class attendance.

**G. Special Information**

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