

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
NONCREDIT COURSE

(Use this form only for Noncredit courses)

COURSE NUMBER AND TITLE: CNED 555 Tai Chi

MINIMUM NUMBER OF SEMESTER HOURS: 16

SCOPE OF COURSE:

Often described as 'meditation in motion', Tai Chi incorporates a series of slow graceful movements that work every muscle in the body through an integrated approach that benefits the mind, as well as the body. Seeking to balance Chi, the life force energy, this ancient form of exercise does not exhaust the individual's energy, rather, Tai Chi replenishes it. Tai Chi promotes both physical and emotional well-being; it helps reduce stress and anxiety. Practicing Tai Chi will improve physical stamina, flexibility, agility, balance, and coordination. The pulmonary, circulatory, and immune systems will benefit immediately. Every muscle in the body is used to produce the series of 'postures' that comprise a Tai Chi sequence. This class is an effective hybrid of the five main styles of Tai Chi. Instruction may be modified for individuals with physical limitations.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. Analyze, practice, and demonstrate correct postures, breathing, and movement while learning the postures.
2. Learn the fundamental twelve postures that compose the first Tai Chi sequence.
3. Execute from memory the first sequence.
4. Understand the self-defense aspects incorporated in the first sequence that may prove useful.
5. Incorporate Tai Chi into a daily program of stress reduction and exercise.
6. Build from the first sequence to more advanced techniques and forms.
7. Continue to practice and refine form and movement.
8. Recognize personal stress triggers.
9. Choose to replace former negative patterns of response to stress with positive Tai Chi posture.
10. Cultivate internal energy.
11. Concentrate on proper body alignment during sequences.
12. Maintain a low center of gravity.
13. Perform smooth, slow, and steady movements without bobbing up and down.
14. Concentrate on pivoting from the waist.
15. Maintain a natural breathing rhythm to maintain abdominal breathing.
16. Practice rotation and graceful shifting of weight.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- A. Explore the history and culture related to martial arts.
- B. Develop an attitude of acceptance of self.
- C. Awareness of posture both at rest and in motion.
- D. Proper stretching for warm up and cool down periods.
- E. Breathing exercises to enhance performance.
- F. Self defense applications of the martial art of Tai Chi
- G. Tai Chi for stress reduction.
- H. How to maximize physical and mental health.
- I. Incorporating Tai Chi into a healthful daily living plan.
- J. Execution of Tai Chi sets from memory.

MATERIALS REQUIRED:

Students should wear loose, comfortable clothing and shoes that provide proper support for the arches; bring a water bottle and towel to class.

TEXTS RECOMMENDED OR REQUIRED:

Instructor will supply handouts with pictures of each form.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply.

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)

_____ Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

METHODS OF DETERMINING WHETHER THE STATED OBJECTIVES HAVE BEEN MET BY STUDENTS:

A basic tenet of Tai Chi is the memorization of the various postures within a specific sequence or form. Students need patience and practice to learn and develop smooth, graceful movements. To that purpose, each student's execution is monitored and corrected by the instructor during class to provide immediate feedback and assure ongoing improvement. In addition, the class completes each set or form together. The individual is, therefore, able to gauge and correct his/her execution within the context of the group. Pre-tests and post-tests give each student an objective measurement regarding individual progress.

CONTACT PERSON: Lee Kerckhove x2154

SIGNATURES ON FILE
