

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
NONCREDIT COURSE

(Use this form only for Noncredit courses)

COURSE NUMBER AND TITLE: CNED 658 Chinese Taoist Yoga

MINIMUM NUMBER OF SEMESTER HOURS: 16

SCOPE OF COURSE:

This course will teach participants gentle meditative, therapeutic exercise forms whose benefits include reduction of physical and emotional stress; increased mobility, flexibility, and endurance; improved immune and pulmonary function; and over-all enhancement of physical and mental well-being. The course content may be adapted to accommodate individuals with physical challenges.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. Analyze stress triggers.
2. Understand and incorporate basic techniques of stress reduction into daily life.
3. Practice, understand, and demonstrate each posture or pose.
4. Execute proper posture, breathing, and movement when executing each exercise.
5. Incorporate class exercise into daily wellness/exercise plan.
6. Gain increased mobility, flexibility, endurance, and strength.
7. Understand that pain is the signal to stop.
8. Experience increased pulmonary function and breath control.
9. Analyze how to improve health and well-being with new information.
10. Understand and practice proper warm-up and cool-down techniques to avoid injury.
11. Understand how to alleviate mild muscle pain.
12. Learn fundamental principles of meditation to increase relaxation.
13. Appreciate interaction of mind and body to either enhance or decrease feelings of well-being and health.
14. Be a proactive participant in decisions regarding his/her health.
15. Learn basic research techniques.
16. Actively participate in sharing health-related topics with group.
17. Demonstrate post-test improvement of abilities and function when compared with pre-test measures.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. History of Chinese Yoga
- II. Pre-test of Mobility, Flexibility, Endurance, Strength, Pulmonary Function, and Feelings of Well-Being
- III. Introduction, Demonstration, and Practice of the 'Set of Seven'

- IV. Introduction, Demonstration, and Practice of the 'Set of Thirty'
- V. Meditation Techniques to Reduce Stress and Increase Well-Being
- VI. Visualization Techniques to Enhance Kinesthetic Memory of Exercises
- VII. Foods that Enhance Health
- VIII. Healthy Food Preparation
- IX. Easy Ways to Integrate Chinese Yoga into Daily Living
- X. How to Self-Advocate for Improved Health Care XI. How to Evaluate Optimum Health
- XII. Research Techniques to Obtain Current Health-related Information
- XIII. Post-test Comparison
- XIV. Building on Success

MATERIALS REQUIRED:

Students should dress in loose, comfortable clothing that allows free range of motion and wear shoes that give proper arch support

TEXTS RECOMMENDED OR REQUIRED:

None required. Instructor will provide pictorial handouts for each sequence in the exercise series.

INSTRUCTIONAL METHODOLOGY:

Instructor will demonstrate each pose for the class. The class follows along with the instructor in executing the specific exercise sequence. The instructor will then circulate among the students to correct movements and stances as students continue to practice the given exercise unit.

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:

The basic tenet of Chinese Yoga is the memorization of the various movements that create 'forms' or 'poses' within a sequence of exercises. To that end, the instructor and students continually practice to incorporate the correct movements into individual kinesthetic memory. The instructor monitors, corrects, and provides immediate feedback to assure ongoing improvement until each student consistently executes the correct form. The students learn to be responsible for their own progress; it is not a competition. However, students assist each other with proper form and execution. Pre and post-tests give each student an objective measurement regarding individual progress. The student will determine degree of satisfaction toward the achieving his/her individual goal.

CONTACT PERSON: Lee Kerckhove x2154

SIGNATURES ON FILE