COMMON COURSE OUTLINE: Course discipline/number/title: PHED 1124: Tai Chi and Meditation

A. CATALOG DESCRIPTION
1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

Tai Chi sometimes referred to as “Meditation in Motion,” is a system of gentle and slow motion exercise for the mind/body connection. Tai Chi was originally developed by the Taoists about 600 years ago in China as a regimen for health and longevity. This course consists of three parts; Lectures, Tai Chi Form exercise, and Meditation. The lectures cover background knowledge about Tai Chi theories, history, philosophy and its health benefits. The students will learn a beginning level, simplified Tai Chi form. This course will also teach students several meditation techniques for stress management.

B. DATE LAST REVISED (Month, year): March, 2012

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Lectures
   a) Definitions: Tai Chi, Tai Chi Chuan, Qigong, etc.
   b) Yin-Yang Theory.
   c) Historical Development of Tai Chi
   d) Taoism as a Philosophy
   e) A brief over view of Traditional Chinese Medicine (TCM)
   f) Introduction to Meridian systems and Acupressure points
   g) Qigong as an “energy” cultivation exercise.
   h) Health benefits from practice
2. Meditation
   a) A survey of meditation traditions
   b) The Relaxation Response
   c) Mindfulness Based Meditation
   d) Meditation practice session
3. Exercise
   a) Simplified Tai Chi form
   b) Qigong warm-up exercises

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Learn and satisfactorily perform a basic Tai Chi routine.
2. Identify similarities and differences between the various forms of Tai Chi and Qigong.
3. Explain the history and principles underlying Tai Chi movements.
4. Define and list the benefits of regular practice.
5. Describe, demonstrate and practice several forms of meditation.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Learn and satisfactorily perform a basic Tai Chi routine
2. Identify similarities and differences between the various forms of Tai Chi and Qigong
3. Explain the history and principles underlying Tai Chi movements
4. Define and list the benefits of regular practice
5. Describe, demonstrate and practice several forms of meditation
G. RCTC CORE OUTCOME(S) Addressed:

- Communication
- Critical Thinking
- Global Awareness/Diversity
- Civic Responsibility
- Personal/Professional Accountability
- Aesthetic Response

H. SPECIAL INFORMATION (if any): None