

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. Other requirements:
 5. MnTC Goals (if any): NA
- B. COURSE DESCRIPTION: Tai Chi is a system of gentle and slow-motion exercise for the mind/body connection. This course will expose students to a beginning level of simplified Tai Chi form and several meditation techniques for stress management.
- C. DATE LAST REVISED (Month, year): February, 2021
- D. OUTLINE OF MAJOR CONTENT AREAS:
1. Terms, Practices, and Benefits
 - 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 overview 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
- E. 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.
- F. LEARNING OUTCOMES (MNTC): NA
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Participation / Attendance
 2. Written Journal
 3. Quizzes / Exam
 4. Practical Movement Exam
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None