

COURSE OUTLINE

HEED-140

The Philosophy and Practice of Tai Chi

3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with the skills necessary to instruct the martial art of Tai Chi. The student will be provided with the means of developing the physical and teaching skills needed to instruct the Beijing or Simplified Form of Tai Chi for fitness and stress management. (3 hours weekly)

Overall Course Objectives

Upon completion of the course the student will be able to:

1. Demonstrate the Beijing Short Form of Tai Chi.
2. Identify and describe each movement in the Beijing Short Form of Tai Chi.
3. Explain the name of each movement in the Beijing Short Form of Tai Chi.
4. Identify the principles important to the practice of Tai Chi.
5. Provide a description of the history of Tai Chi.
6. Describe how Tai Chi is practiced for fitness development and stress management.

Major Topics

1. The Practice of the Beijing Short Form of Tai Chi
2. The History of Tai Chi
3. Tai Chi as Exercise
4. Tai Chi for relaxation and stress management
5. Principles of Tai Chi
6. The Basics of Tai Chi Instruction
7. Developing a instructional curriculum for Tai Chi

Course Requirements

Grading and course requirements will be in the following areas:

Demonstration of the complete Beijing Tai Chi Form with excellent techniques

Teaching demonstration

Demonstration by an individual, from outside of class, who was instructed by the student

Written tests

Written assignments

Other Course Information

Philosophy and Practice of Tai Chi is an elective.

Also listed as PHIL-140.