

COURSE OUTLINE

LFIT-127

Tai Chi

1 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with a knowledge of and ability to perform the ancient Chinese martial art Tai Chi. The health aspects of Tai Chi practice will be emphasized. Students will also be presented with the history and philosophy of Tai Chi.

Overall Course Objectives

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

1. Perform aspects of the Tai Chi form.
2. Demonstrate the principles of correct Tai Chi practice.
3. Explain how Tai Chi practice promotes health/fitness.
4. Identify important historical aspects of Tai Chi.
5. Explain philosophical aspects of Tai Chi.
6. Compare and contrast Tai Chi to other martial arts.

Major Topics

1. Styles of Tai Chi
2. Practice of Tai Chi
3. History of Tai Chi
4. Philosophy of Tai Chi
5. The Martial Arts and Tai Chi

Course Requirements

Grading/exams:

Grading procedures will be determined by the individual faculty member but include the following.

Attendance
Participation
Performance of Tai Chi

Final grades will be based on attendance, and written and skill assessments.