

# **COURSE OUTLINE**

## **PHIL-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. (4 hours weekly) NOTE: Also listed as HEED-140.

### **Overall Course Objectives**

Upon completion of this 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**

- I. The Practice of the Beijing Short Form of Tai Chi
- II. The History of Tai Chi
- III. Tai Chi as Exercise
- IV. Tai Chi for Relaxation and Stress Management
- V. Principles of Tai Chi
- VI. The Basics of Tai Chi Instruction
- VII. Developing an 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.