

# Virginia Western Community College

## PED 170

### Tai Chi I

#### **Prerequisites**

None

#### **Course Description**

Develops an understanding of the Theories and practices of Tai Chi. Explores the energy of exercise that will tone muscles, improve circulation and increase flexibility and balance. Discusses history and philosophy of exercise and relaxation techniques for stress reduction. (VCCS MCR Description)

Develops and understanding of the theories and practices of Tai Chi. Explores the energy of exercise that will tone muscles, improve circulation and increase flexibility and balance. Discusses history and philosophy of exercise and relaxation techniques for stress reduction. (Additional Description added by the faculty)

**Semester Credits: 1**

**Lecture Hours: 0**

**Lab/Clinical/Internship Hours: 2**

#### **Required Materials**

##### **Textbook:**

None

##### **Supplementary Materials:**

#### **Course Outcomes**

**At the completion of this course, the student should be able to:**

- Perform and understand the proper warm up methods essential to completing Tai Chi movements
- Perform and understand the essential 24 movements of the Yan-24-Simplified Tai Chi for Health Form
- Perform and understand the proper cool down methods essential to Yang Tai Chi movements

**Topical Description**

1	Discussion of History of Tai Chi and Yang-24 Simplified Tai Chi for Health Form
2	Warm-up Techniques
3	24 Movements of Yang 24 Form
4	Benefits of Performing Tai Chi

**Note to Instructors**