

Virginia Western Community College

PED 270

Tai Chi II

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 an understanding of the Theories and practice of Tai Chi. Explores the energy of exercise that will tone muscles, improve circulation and increase flexibility and balance. Discusses the history and philosophy of exercise and relaxation techniques for stress reduction and Introduces the use of the sword as an extension of your energy and strength. (Additional Description added by the faculty)

Semester Credits: 1

Lecture Hours: 0

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

None

Other Required 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 42 movements of the 42 Combined Tai Chi Sword form
- Perform and understand the proper cool down methods essential to Yan Tai Chi movements

Topical Description

1	Theories and Practices of Tai Chi
2	History and Philosophy of Exercise and Relaxation for Stress Relief
3	Use of the Sword (provided in the class) as an Extension of Energy and Strength
4	Individual 42 Movements of the 42 Combined Tai Chi Sword Form
5	Benefits of Exercise and Participation for Individual Health

Note to Instructors