



ILLINOIS VALLEY COMMUNITY COLLEGE

COURSE OUTLINE

DIVISION: Health Professions

COURSE: ALH 1031 Tai Chi

Date: Spring 2024

Credit Hours: 2

Complete all that apply or mark "None" where appropriate:

Prerequisite(s): None

Enrollment by assessment or other measure? Yes No

If yes, please describe:

Corequisite(s): None

Pre- or Corequisite(s): None

Consent of Instructor: Yes No

Delivery Method:	<input checked="" type="checkbox"/> Lecture	1.5 Contact Hours (1 contact = 1 credit hour)
	<input type="checkbox"/> Seminar	0 Contact Hours (1 contact = 1 credit hour)
	<input checked="" type="checkbox"/> Lab	1 Contact Hours (2-3 contact = 1 credit hour)
	<input type="checkbox"/> Clinical	0 Contact Hours (3 contact = 1 credit hour)

Offered: **Fall** **Spring** **Summer**

CATALOG DESCRIPTION and IAI NUMBER (if applicable):

This beginning level course introduces students to Tai Chi movement, fundamental principles of Tai Chi, and Tai Chi meditation. The course employs experiential exercises that facilitate a sense of comfort and ease with movement, awareness of natural rhythms within the body, and interconnectedness with nature and the world around us. Stress reduction is examined from a holistic mind-body perspective. Students will learn to locate and nurture inner sources of strength, stability, calm, confidence, and energy. The course will include discussion of Tai Chi's health benefits as understood in the East and West. Students will learn about the historical origins and philosophical foundations of Tai Chi.

ACCREDITATION STATEMENTS AND COURSE NOTES:

None

COURSE TOPICS AND CONTENT REQUIREMENTS:

- I. Introduction and overview
- II. Breathing Exercises
- III. Posture; Warm-up Exercises, Chi Cultivating Exercises
- IV. Tai Chi Principles
- V. Tai Chi and Health
- VI. Tai Chi Forms
- VII. Qigong
- VIII. Chinese Philosophy as it relates to Tai Chi
- IX. History and Styles of Tai Chi

INSTRUCTIONAL METHODS:

Lecture
Demonstrations
Experiential Exercises
Handouts
Discussion

EVALUATION OF STUDENT ACHIEVEMENT:

Four (4) to six (6) written exams will be given. Exams will be short answer, essay, and multiple choice. If you miss an exam, it is your responsibility to contact your instructor to arrange make-up of the exam. If you miss an exam and have not contacted your instructor to arrange make-up within 7 days, your instructor reserves the right to refuse make-up. Your instructor also reserves the right to give a comparable but different make-up exam or to give an oral make-up exam. If you miss a class or classes prior to an exam, you are still responsible for all material on the exam.

In-class assignments or homework may be assigned from time to time. Students will be graded on the basis of compliance with instructions and demonstrated knowledge.

Students will be evaluated for competency in Tai Chi movements and other exercises, with allowances made for individual limitations where appropriate.

Students will be evaluated for class participation, including attentiveness and preparedness for class. For example, points will be subtracted for texting or other cell phone use once a class session has started. Preparedness includes bringing your own note-taking materials with you to class.

Grading scale (on the basis of total course points):

- A= 90-100 %
- B= 80-89%
- C= 70-79%
- D= 60-69%
- F= 0-59%

INSTRUCTIONAL MATERIALS:

Textbooks

Resources

Handouts

Videos

LEARNING OUTCOMES AND GOALS:

Institutional Learning Outcomes

- 1) Communication – to communicate effectively;
- 2) Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion;
- 3) Social Consciousness – to understand what it means to be a socially conscious person, locally and globally;
- 4) Responsibility – to recognize how personal choices affect self and society.

Course Outcomes and Competencies

1. Demonstrate a knowledge of the origins of Tai Chi.
2. Demonstrate a knowledge of the reasons why Tai Chi and other similar practices are beneficial.
3. Demonstrate a knowledge of Tai Chi principles.
4. Demonstrate a knowledge of Tai Chi practices.
5. Demonstrate a basic knowledge of the traditional oriental medical approach to health.
6. Demonstrate a knowledge of applicability to the practices and philosophy of Tai Chi to everyday life.