

Inver Hills Community College

PHED 1103: Tai Chi

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Presents a series of movements, which focus on balance, breathing, muscle control, and smooth motion. Tai Chi is an exercise used to promote physical, mental, and emotional health. The history of Tai Chi will be presented. This course may be taken for a maximum of three credits. This course is cross listed with HLTH 1129. A student may only earn credits for this course in one department, not both.

B. COURSE EFFECTIVE DATES: 08/23/2006 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Benefits of Tai Chi: 10%
2. History of Tai Chi: 10%
3. Physical Conditioning: 30%
4. Tai Chi Movements: 50%

D. LEARNING OUTCOMES (General)

1. Perform correct breathing techniques during the movements
2. Improve personal fitness through Tai Chi exercise
3. Discuss the relaxation benefits of Tai Chi
4. Describe the history of Tai Chi
5. Perform a series of Tai Chi movements

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted