

Anoka-Ramsey Community College

IHH 2106: Introduction to Qigong

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: IHH 1100

This course provides an understanding of Qigong. Qigong is a form of meditation exercises that help people increase self-awareness, build internal energy and develop a healthy body physically and spiritually. As part of this course, students will be able to describe the history, general principles, and three main elements of Qigong, as well as yin/yang philosophy, the study of the Universe, five keys to success, five causes of energy blockage, and demonstrate exercises to open energy blockages.

B. COURSE EFFECTIVE DATES: 01/16/2007 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. The history, general principles, and three main elements of Qigong, yin/yang philosophy, study of the universe, 5 keys to success, 5 causes of energy blockage
2. Exercises to open energy blockages
3. Practices to increase your own internal energy and to scan the body to find energy blockages, use "sword fingers" and "thunder palms" to treat pain, heal colds, etc., develop psychic energy and defend against negative energy as well as protect your energy from being drained or stolen
4. The basic theory of universal energy - the emptiness, purpose and techniques of fasting, long-distance energy blockage detecting and long-distance healing techniques
5. Practices to open the more serious physical and mental energy blockages, but not limited to: strokes, tumors, stones, anemia, depression, anxiety, stress, and thyroid issues

D. LEARNING OUTCOMES (General)

1. Describe the history of Qigong, general principles of Qigong, three main elements of Qigong, yin/yang philosophy, study of the universe, five keys to success, five causes of energy blockage
2. Demonstrate exercises to open energy blockages
3. Describe how to increase your own internal energy and to scan the body to find energy blockages, use "sword fingers" and "thunder palms" to treat pain, heal colds, etc., develop psychic energy and defend against negative energy as well as protect your energy from being drained or stolen
4. Describe the basic theory of universal energy - the emptiness, purpose and techniques of fasting, long-distance energy blockage detecting and long-distance healing techniques
5. Describe ways to open the more serious physical and mental energy blockages, but not limited to: strokes, tumors, stones, anemia, depression, anxiety, stress, and thyroid issues

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted