

Minnesota State College Southeast

IHHA 1220: Spring Forest Qigong

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides a working understanding of the study of universal energy known as Qigong. Qigong increases self-awareness, builds internal energy, and allows one to assist the physical and spiritual healing of themselves and others through movement, breath work, visualization, and sound. Students will increase their knowledge on the history of qigong, general principles of qigong, four main elements of qigong, yin/yang philosophy, study of the universe, six keys to success, and six causes of energy blockages. Active and sitting exercises to open energy blockages will be taught and techniques for assisting others in healing blockages will be shared. Students will learn healing for specific physiology and conditions of the body.(Prerequisite: None) (3 credits: 3 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 03/25/2010 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Describe the history of qigong, the three general principles of qigong, four main elements of qigong, yin/yang philosophy, study of the universe, six keys to success, six causes of energy blockages, six keys to success in healing, the fundamental healing process and healing techniques of Spring Forest Qigong
2. Demonstrate qigong active exercises and sitting meditations to open energy blockages
3. Describe the five energy systems, colors related to those systems, and potential issues created by blockages in those systems
4. Demonstrate 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
5. Demonstrate healing techniques for specific physiology and conditions of the body
6. Share and demonstrate the experience of healing sessions
7. Demonstrate and integrate that they are born with the gift of healing themselves and helping others to heal themselves

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted