

Minnesota State College Southeast

IHHA 1221: Spring Forest Qigong

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Spring Forest Qigong ("chee gong") is a simple, efficient and effective method for helping you experience your optimal health, wellness and happiness; helping you heal physical and emotional pain; enhancing the quality of your life and the lives of others. Come and learn the unpretentious and powerful practice of Spring Forest Qigong! (Prerequisite: none) (2 credits: 2 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 09/08/2016 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Demonstrate and integrate that they are born with the gift of healing themselves and helping others to heal themselves
2. Demonstrate healing techniques for specific physiology and conditions of the body
3. 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
4. Demonstrate qigong active exercises and sitting meditations to open energy blockages
5. Describe the five energy systems, colors related to those systems, and potential issues created by blockages in those systems
6. 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
7. Share and demonstrate the experience of healing sessions

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted