

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: PED 270

Credits: 2

Course Title: Tai Chi II

Course Description: Develops an understanding of the theories and practices of Tai Chi. Explores the energy of exercise that will tone muscles, improve circulation, and increase flexibility and balance. Discusses history and philosophy of exercise and relaxation techniques for stress reduction. Part II of II. Prerequisite: PED 170. Lecture 1 hour. Laboratory 2 hours.

General Course Purpose: This course is designed to provide the student with a knowledge of and ability to perform the ancient Chinese martial art Tai Chi.

Course Prerequisites and Co-requisites:

Prerequisite: PED 170

Course Objectives:

Upon completing the course, the student will be able to:

- a. Demonstrate correct Tai Chi form and Tai Chi practice;
- b. Summarize how Tai Chi practice promotes health/fitness;
- c. Describe important historical and philosophical aspects of Tai Chi;
- d. Compare and contrast Tai Chi to other martial arts; and
- e. Develop and/or identify personal wellness/exercise goals using the SMART planning method and focused on the improvement of Tai Chi practice.

Major Topics to Be Included:

- a. Styles of Tai Chi
- b. Practice of Tai Chi
- c. History of Tai Chi
- d. Philosophy of Tai Chi
- e. The Martial Arts and Tai Chi

Effective Date of Course Content Summary: September 2015