



Term Effective:

Spring	2009
Semester	Year

Title:

Tai Chi For Older Adults

(limit to 50 characters including spaces)

Course Number:

PEG 503

Initiator:

Frank Broadhead

Date Submitted:

11/6/2008

Units Min:

0.00

If this is a variable unit course, then the relationship between units and any difference in expected SLO's should be explained.

Units Max:

0.00

Lecture Hours:

0.00 to 0.00

Lab Hours:

0.00 to 0.00

Activity Hours:

0.00 to 0.00

Student Learning Outcomes: *(Enter the SLO's in an outline format. Use the Ctrl + Tab keys to indent for subtopics.)*

1. Demonstrate a working knowledge of Tai Chi history, principles and philosophy.
Includes knowledge of:
The Taoist roots of Tai Chi;
The different styles of Tai Chi;
Lineage of the form taught in class.
Tai Chi's underlying principle of keeping the mind interested and involved in the present moment; and
The philosophy of understanding change as a natural process.
Evaluation: Exam whose questions relate directly to the SLOs
2. Understand mental and physical balance while calming the spirit.
Includes knowledge of:
Introductory activities including warm-up exercises, stretches and meridian exercises;
Relaxing or eliminating unnecessary muscular tension;
Coordination of breath with movement; and
Movement from center.
Evaluation: Instructor evaluation of performance through observation.
3. Improve overall health and reduce the effects of stress in daily life.
Includes improved capabilities of:
Relaxing or elimination of unnecessary muscular tension;
Coordination of breath with movement;
Control of breath
Awareness of the body's posture, alignment and movement.
Flexibility and balance
Effects of intention;
Circulation of internal energy
Evaluation: Instructor evaluation of performance through observation and exam whose questions relate directly to SLOs.
4. Demonstrate the physical and mental skills necessary to independently perform movements from Section I

Course Level Student Learning Outcomes

of various forms of Tai Chi.

This includes the ability to perform Section I of a Tai Chi form while successfully demonstrating the underlying principles of Tai Chi.

Evaluation: Instructor evaluation of performance through observation.

Performance Evaluation:

Exemplary - 4 Consistently performs movements from a Tai Chi form correctly

Meet Expectation - 3 Performs movements of a Tai Chi form successfully most of the time.

Satisfactory - 2 Performs movements of a Tai Chi form correctly some of the time.

Needs Work - 1 Does not perform movements of a Tai Chi form correctly most of the time.

SIGNATURES / APPROVALS:

Instructor(s)

Signature

Date

Instructor(s)

Signature

Date