

**SEWARD COUNTY COMMUNITY COLLEGE
COURSE SYLLABUS**

I. TITLE OF COURSE: PE1291- Tai Chi

II. COURSE DESCRIPTION: 1 credit hours
0 credit hours of lecture and 1 credit hours of lab per week.

One credit hour and two hours of lab per week. Tai Chi consists of a series of slow, continuous movements designed to relax and develop the whole body. Increased balance, body awareness, muscle tone, flexibility, digestion and reduced stress are all part of Tai Chi. One of its great attractions is that no matter what your age you can practice its full range of movements. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: None

III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:

The Seward County Community College physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

IV. TEXTBOOK AND MATERIALS:

None

V. SCCC OUTCOMES

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

9: Exhibit workplace skills that include respect for others, teamwork competence, attendance/punctuality, decision making, conflict resolution, truthfulness/honesty, positive attitude, judgment, and responsibility

VI. COURSE OUTCOMES:

1. Improve flexibility and enhance body tone and definition.
2. Stress reduction and total relaxation.
3. Balance and harmonize mind, body, and spirit.
4. Students will learn a working knowledge of basic Tai Chi moves.
5. Students will learn the benefits of Tai Chi and how to apply it to their daily life.
6. Students will learn techniques of a Tai Chi form.

VII. COURSE OUTLINE:

1. Techniques of Tai Chi moves.
2. Tai Chi form.
3. Combined stretching and flexibility.

VIII. INSTRUCTIONAL METHODS:

1. Discussion
2. Demonstration

IX. INSTRUCTIONAL AND RESOURCE MATERIALS:

1. Music
2. Handouts

X. METHODS OF ASSESSMENT:

Methods of assessing the general course outcomes and the specific course competencies include attendance, and demonstration, skill testing, oral examinations, and performance.

SCCC Outcome #9 will be assessed and measured by class participation and attendance.

XI. ADA STATEMENT:

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 11/28/2018 14:51:06