

Course Outline

COURSE: AH 740 **DIVISION:** 90 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2013 **Inactive Course**

SHORT TITLE: TAI CHI ARTHRITIS

LONG TITLE: Tai Chi for Arthritis and Other Related Illnesses

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	18	Lecture:	0	0
		Lab:	1	18
		Other:	0	0
		Total:	1	18

COURSE DESCRIPTION:

This course is designed for the maintenance of the physical and mental well-being of an older adult with arthritis and other related illnesses. Instruction will focus on the postures and movements of Tai Chi, a Chinese exercise regimen that has a slow paced movement that improves balance, coordination, breathing and builds strength and stamina. Activities are included that promote self-care and health awareness.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: N - Non Credit

GRADING MODES

N - Non Credit

REPEATABILITY: R - Course may be repeated

Maximum of 99 times, 100 credit hours

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. The students will distinguish between Tai Chi as a form of exercise and other forms of martial arts and fitness programs and will identify the health benefits to their bodies.

ILO: 7,1,2, & 6

Measure: Oral Responses, Demonstration and Class Participation

2. The students will develop a basic understanding of the principles of chi, the historical premises of Tai Chi and how these beliefs produce relaxation, flexibility and physical strength to the body.

ILO: 2,7 & 1

Measure: Performance & Demonstration and Class Participation

3. The students will position their bodies to the Tai Chi postures that are appropriate and focus on the basic principles of exercise, correct body mechanics and protection.

ILO: 5,6,7 & 2

Measure: Demonstration

4. The students will demonstrate the skills of breathing and relaxation techniques, balance and coordination and body awareness using various postures of Tai Chi.

ILO: 5,7,1,2 & 6

Measure: Performance & Demonstration

5. Students will develop an individual self-care plan based on health education/information for their various illnesses and incorporate techniques of Tai Chi into their self-care plan.

ILO: 6,7,2 & 1

Measure: Performance & Demonstration

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 09/24/2012

WEEK 1 1 HOUR

The history, basic premises of the principles of Tai Chi Chuan, the term chi, the Yin/Yang/Tao and meditation will be introduced. The health benefits of Tai Chi will be examined. Basic warm-up exercises and the Tai Chi Walk will be demonstrated.

WEEK 2 1 HOUR

Students will review the basic premises of Tai Chi and begin preparation for learning Tai Chi Forms using the Heartbeat Listening Exercise. Five basic Tai Chi Forms will be demonstrated and each student will practice and be observed for mastery for each of the postures. Meditation exercises will also be introduced and practiced.

WEEK 3 1 HOUR

Students will begin the discovery of practicing Tai Chi as therapy for disabilities or ailments. Discussion will focus on the goal of Tai Chi, which is to move through a series of choreographed movements like a slow marital arts routine, but very slowly and in a state of absolute relaxation. Breathing techniques and meditations as a form of relaxation are also introduced. Students will perform and practice the five Tai Chi postures.

WEEK 4 1 HOUR

The impact of Tai Chi postures as a weight-bearing exercise for those with rheumatoid arthritis and its effect on bones and connective tissue will be examined. Students will be introduced to 5 Tai Chi postures for arthritis sufferers that do not aggravate joints, causing tenderness

or swelling. Students will practice these 5 new postures and incorporate them into the exercise regiment.

WEEK 5 1 HOUR

Discussion will focus on maintaining and preventing illness through the Taoist belief that illness is caused by emotional, physical and mental excesses and to improve health, the body must find peace through its natural balancing of the emotional, physical and mental activities.

The students are introduced to how the art of Tai Chi slows a person down so that they can tap into the natural, universal chi and absorb it into their whole being as a nurturing and balancing force. Students will be introduced to 5 new Tai Chi postures and incorporate them into their exercise regiment. Students will develop an individual self-care plan based on health education for their various illnesses and incorporate techniques of Tai Chi.

WEEK 6 1 HOUR

Students will participate in a progress review and complete a self-inventory to determine what have been positive health benefits of the Tai Chi postures.

WEEK 7-12 6 HOURS

Under supervision, the students will perform their warm-up exercises, meditations and their 20 minute Tai Chi workout. This workout is repetitive over the course of the semester. Five new Tai Chi postures will be introduced and practiced.

WEEK 13-17 5 HOUR

Students will continue their warm-up exercises, meditations and their 20 minute Tai Chi workout. Five new Tai Chi postures will be introduced and practiced.

WEEK 18 1 HOUR

Students will invite family and friends and perform their 20 minute Tai Chi workout using 15 of the 20 postures that were learned, participate in a class survey and a self-inventory.

METHODS OF INSTRUCTION:

The main method of instruction will be demonstrations of guided gentle exercises with some lecture through the regimen specifically designed for those with arthritis and other related illnesses.

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: L

Noncredit Category: H

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000235204

Sports/Physical Education Course: N

Taxonomy of Program: 083510