

## Course Description and Outline

<b>Course Title</b>	Get Started in Tai Chi (Yang Style) with Qi Gong		
<b>Level of Course</b>	Beginners	<b>Course Code</b>	A2270, B2271, C2272
<b>Duration in Weeks</b>	10		
<b>Brief Description of Course What will the course cover?</b>	Benefit from practising the gentle, graceful movements of this ancient oriental art. If you a beginner you will start with the short 8 form and if you have done some Tai Chi before you can develop your 16 form.		
<b>Entry Requirements</b>	Beginners - no experience required.		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:</b>			
<b>1</b>	Have a basic understanding of Tai Chi philosophy and practice		
<b>2</b>	Develop a basic understanding of Qi Gong including improvements in breathing techniques, posture and mental/spiritual focus		
<b>3</b>	Perform basic movements safely		
<b>4</b>	Demonstrate 5 element Qi Gong		
<b>5</b>	Perform 8 form		
<b>Equipment Required What will I need to bring to class?</b>	Comfortable clothing and flat training shoes		
<b>What courses can I go on to?</b>	Tai Chi (Yang Style) with Qi Gong - Intermediate		

**What examination or assessment will there be and what will it involve?**

There is no formal examination. Your tutor will provide ongoing assessment on 8 form and 5 element Qi Gong

**How will I know I am making progress?**

Your tutor will provide support and feedback throughout the course.

You will be asked to complete a Health Screening Questionnaire and an Individual Learning Plan to help monitor your progress

**Is there anything else I need to know?**

In general, we will not allow late enrolment to any course after the first two weeks. Learners are expected to arrive on time and attend every class.

Children are not allowed in our health & fitness courses unless they are specifically family learning classes. Please do not ask your tutor to give your child access as they do not have the authority to do this.

Health and Safety requirements demand that all learners participating in fitness classes must complete the warm up. Therefore, latecomers that miss the warm up will be refused entry to the session.

Students are encouraged to comment on the course. The tutor will distribute at least one student satisfaction survey where your views will feed back into the planning, teaching and learning of future courses.

**What if I want extra support? Contact the Learner Support & Advice Team**

The Learner Support & Advice Team can support learners achieve their education and employment goals. Information, advice & guidance is given on a range of issues including, financial support and support available for learners who are disabled and learners with learning difficulties, Come and see one of experienced and friendly advisors who can help you make the next step. For further information, text **IDEA** and your name to **07950 080 341** or email **ideastorelearning@towerhamlets.gov.uk** and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.