

Course Description and Outline

Course Title	Stand Still – Be Fit with Tai Chi		
Level of Course	Beginners	Course Code	A2593, B2594, C2595
Duration in Weeks	10		
Brief Description of Course	Learn how to practice Tai Chi exercises that you can do in a small space (kitchen, living room) which will help improve your posture as well as develop deeper breathing, strength, flexibility, co-ordination and balance. Based on health practices from the ancient Chinese way to keep fit.		
Entry Requirements	Beginners - no experience required, but if you have any medical condition, please inform your tutor at the first session. In some circumstances your tutor may require you to provide evidence that you are fit to take part in the class or suggest an alternative, more appropriate option		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Improve postural alignment		
2	Perform suitable warm-up and cool down		
3	Learn basic Qi Gong techniques		
4	Perform basic movements safely both seated and standing		
5	Develop functional strength, coordination and balance		
Equipment Required What will I need to bring to class?	Comfortable clothing and flat training shoes Please bring a pen on the first session to complete some basic paperwork		
What courses can I go on to?	Tai Chi (Yang Style) with Qi Gong		

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

There is no formal assessment but you will be asked to monitor your own progress during the course. For example, this includes you monitoring your own health and fitness via a simple questionnaire.

(Please note on all examination courses, it is a requirement that you provide photographic proof of ID. This is for external awarding body and internal invigilation authentication purposes.)

How will I know I am making progress?

The tutor will provide verbal feedback throughout the course.

Students are encouraged to monitor their progress and achievement using an Individual Learning Plan (ILP).

You will also gain more from the course if you commit time to it outside the classroom.

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?

Come and see one of our experienced and friendly advisors. For further information, email ideastore@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.

Course Outline V.7

