

Course Description and Outline

Course Title	Tai Chi (Yang Style) with Qi Gong – Intermediate		
Level of Course	Intermediate	Course Code	A2102, B2103, C2104
Duration in Weeks	10		
Brief Description of Course What will the course cover?	Suitable for students of all ages who have Yang style Tai Chi and Qi Gong experience or who have attended a /beginner's course. This course will provide the opportunity for students to develop their 24 technique.		
Entry Requirements	Completion of beginners level, achievement of 8 and 16 form.		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Perform suitable warm up and cool down safely.		
2	Explain aspects of Tai Chi philosophy and practice.		
3	Improve breathing techniques, posture and mental/spiritual focus in practise of Qi Gong.		
4	Demonstrate 8 Treasure Qi Gong and Ba Duan Jing.		
5	Demonstrate 24 form with good technique.		
Equipment Required What will I need to bring to class?	Comfortable clothing and flat training shoes.		
What courses can I go on to?	The tutor will advise about suitable progression to advanced Tai Chi courses		

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

There is no formal examination. Your tutor will provide ongoing assessment on 24 form, Treasure Qi Gong and Ba Duan Jing

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.