

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** PED 270

**Credits:** 2

**Course Title:** Tai Chi II

**Course Description (as it should appear in the catalog)**

Develops an understanding of the theories and practices of Tai Chi. Explores the energy of exercise that will tone muscles, improve circulation and increase flexibility and balance. Discusses history and philosophy of exercise and relaxation techniques for stress reduction. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

**General Course Purpose**

This course is designed to provide the student with a knowledge of and ability to perform the ancient Chinese martial art Tai Chi. The course satisfies the college's personal wellness general education requirement.

There are no pre-requisites for this course.

**Course Objectives** (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

1. Perform aspects of the Tai Chi form
2. Demonstrate the principles of correct Tai Chi practice
3. Explain how Tai Chi practice promotes health/fitness
4. Identify important historical aspects of Tai Chi
5. Explain philosophical aspects of Tai Chi
6. Compare and contrast Tai Chi to other martial arts

**Major Topics to be Included**

1. Styles of Tai Chi
2. Practice of Tai Chi
3. History of Tai Chi
4. Philosophy of Tai Chi
5. The Martial Arts and Tai Chi

**Effective Date of Course Content Summary (Month, Date Year):** May 23, 2011