

DUAL CREDIT INFORMATION TO SHARE WITH POTENTIAL STUDENTS

Course Name:	Tai Chi Chaun
Course Number:	GNED 1008
Course Level (i.e. first semester, second semester):	
Program Name(s):	
What other programs have this course as part of the curriculum?	Any two or three year college program that includes general education
Course is a General Education Course (Yes or No)	Yes
If this is a program specific course, how does it link into the program? For eg. Does it provide an overview to the subject area?	
Is there a hands-on component to the course? Please elaborate	<p>The practical/lab component to this course introduces students to the actual practice of Tai Chi through the Yang family short form of Tai Chi. Students also have the opportunity to investigate breathing exercises/chi kung in the course and experience the associated benefits in health, wellness and stress management.</p> <p>Several basic yoga poses are incorporated into the warm-up and cool-down components of class; enhancing the overall experience, mind-body connection and providing students with more relaxation strategies.</p> <p>Several basic self-defense techniques are introduced throughout the practical component of the course. These relate directly to the postures introduced in the Tai Chi form and for many students serve to reinforce the learning of the postures and form itself.</p>
Is there a textbook used with the course? If so, how much reading is required in the course?	<p>There is no textbook for the course; however excerpts from the Chinese Classics such as the Tao Te Ching, I Ching and Confucius' Analects are used to reinforce concepts learned in class.</p> <p>There are no required readings for this course.</p>

What are the required assignments within this course? (e.g. essays, group discussion, portfolio etc.)	There are three required written assignments within this course. Students will complete three works of Chinese calligraphy throughout the course. These are paintings of Chinese characters that relate to concepts learned in class. A short description, story or poem accompanies the work to help with understanding of the concepts.
How are tests, assignments and projects weighted?	45% Practical Skills Demonstration, 55% Assignments
What special resources, materials or teaching environment are required in order to run this course for dual credit students?	There are no special resources, materials or environment required for this course, however the use of a fitness room or multi-purpose room is beneficial to the learning of the practical component of the course.
What postsecondary program opportunities are associated with this course?	

You can find more info regarding this course at: www.centrallakes.ca
