

WEA Course Information Sheet 2017-18



Course title: Tai Chi, Qigong and Stretches		Course ID: C2338980
Start date: 09/04/2018	End date: 02/07/2018	Day(s)/time(s): Mon 10:00
Number of sessions: 11	Hours per session: 2	Tutor Terry Beevers
Additional hours:	Specific funder/partner requirements:	
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £84.70 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Quaker Friends Meeting House, 27 Ashgate Road, Chesterfield, Derbyshire, S40 4AG		
Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments The Theme(s) used in planning your course is/ are: 1. Health and Wellbeing 2.		

Course Aim
To give students a better understanding of the health benefits of all over body stretches, Qigong and Tai Chi movements to help with stress release and improve movement, mobility, balance, posture and general wellbeing and promote a healthy lifestyle

Course Description
We combine Tai Chi (Chen Man Ching short form) and Qigong movements with gentle stretching and strengthening exercises that benefit all parts of the body (i.e. neck, back, shoulders, hips, legs) to help to improve movement, mobility, balance, posture and general wellbeing. We discuss the importance of warm-up before starting to exercise as well as identifying the muscles being used and exploring the reasoning behind, and the health benefits of, the various stretches and movements covered. All welcome.

Do I need any particular skills or experience?

- No skills or experience needed
- This course is suitable for beginners and improvers
- **SAFETY:** If you have a medical condition, which may affect your ability to practise, please tell the tutor.

What will I achieve?
By the end of the course I will be able to:

1. work with an awareness of health and safety
2. identify the benefits of warmup before starting to exercise

3. perform various body stretches, Qigong movements and Tai Chi movements
4. identify the muscles being used
5. identify the benefits of the stretches and movements performed

What teaching methods will be used and will there be work outside of the class?

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning
- You may be asked to undertake additional work in your own time to support your learning

What kind of feedback can I expect from the tutor?

- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will have opportunities to discuss your progress with your tutor

What else do I need to know? Is there anything I need to bring?

- Wear suitable clothing for performing exercise in and you may like to bring a bottle of water.

Pre-course work, reading and information sources

- No pre reading or pre course work is required

Possible next steps after this course including career opportunities if appropriate

- Progress to another WEA course
- Progress to a course with another provider
- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept a Learning Agreement. Full details of the Learning Agreement can be found on our website at <http://www.wea.org.uk/about-us/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk

