

WEA Course Information Sheet 2017-18



Course title: Beginners' Tai Chi		Course ID: C3125906
Start date: 25/04/2018	End date: 04/07/2018	Day(s)/time(s): Wed 12:30
Number of sessions: 10	Hours per session: 2	Tutor Craig Swinnerton
Additional hours: 0	Specific funder/partner requirements:	
Awarding body (if any): Title of qualification to be gained:		Level: Entry 1
Fee: £75.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Ketley Community Centre, Holyhead Road, Ketley, Telford, West Midlands, TF1 5AN		
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 promote body awareness, body alignment and improved balance. To enhance confidence and give an understanding of some effects and control measures relating to stress.

Course Description

Tai Chi is an excellent way to exercise gently, reduce your stress levels, improve your physical and mental health and keep your brain active. It is suitable for people of all ages and can be adapted to accommodate most health conditions. It can also help with balance and mobility. This is a friendly class where you will start to learn the basics of Tai Chi

Do I need any particular skills or experience?

- No skills or experience needed
- This course is for beginners

What will I achieve?

By the end of the course I will be able to:

1. G1 form up to Single Whip, G2 form up to Cross Hands
2. Demonstrate postures Peng, Lu, Ji and An
3. Follow basic Qigong

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
- You will be encouraged to share your work with the group and discuss your learning
- You will be encouraged to consider other students work and give your opinions and suggestions

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

- It would be helpful if you had access to the internet (Mobile phone, tablet or computer at home or through a library etc.)
- Please bring a bottle of water and wear comfortable clothing. You don't need to wear sports clothing unless you wish to

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
- This course is progressive in nature, and the level you achieve will continue to develop on a follow on course.

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

