

# WEA Course information sheet

## 2019-20



Adult Learning  
Within Reach

<b>Course title:</b> Fitness: Tai Chi and Health Qigong		<b>Course ID:</b> C3530938
<b>Start date:</b> 07/01/2020	<b>End date:</b> 11/02/2020	<b>Day(s)/time(s):</b> Tue 10:30
<b>Number of sessions:</b> 6	<b>Hours per session:</b> 1.5	<b>Tutor</b> Lusia Green
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<b>Specific funder/partner requirements:</b>		
<b>Awarding body (if any):</b> <b>Title of qualification to be gained:</b>		<b>Level:</b> Level 2
<b>Fee:</b> £33.00 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded) <b>Accreditation Fee</b> (if applicable):		
<b>Venue:</b> Trinity United Reformed Church, Torr Lane, Plymouth, Devon, PL3 5NY		
<p><b>Theme(s):</b> The WEA has four themes it uses for planning its provision.  <b>Employability</b> – helping students to get a job or to make progress in their employment  <b>Health and Wellbeing</b> – making a positive contribution to their own or others health and wellbeing  <b>Community Engagement</b> – encouraging students to be positively involved in their communities  <b>Culture</b> – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. <b>Health and Wellbeing</b>                      2. <b>Culture Education</b></p>		

<p><b>Course Aim</b> To improve fitness and wellbeing through practicing Tai Chi and Health Qigong.</p>
<p><b>Course Description</b> Tai Chi and Qigong are practiced mainly for health benefits and overall wellbeing. Learning the routines combines low impact physical movement, relaxation, meditation and breathing which improves fitness, flexibility, posture and coordination.</p>
<p><b>Do I need any particular skills or experience?</b></p>
<p><b>What will I achieve?</b>  <b>By the end of the course I will be able to:</b></p> <p>1. Beginners Tai Chi - demonstrate coordination of arms and legs when performing routines.  Improvers Tai Chi - demonstrate smooth transitions when performing routines</p> <p>2. Beginners Tai Chi - correctly identify and demonstrate 3 Tai Chi stances - Bow stance, T Step and Empty stance.  Improvers Tai Chi - demonstrate weight transfer when performing routines.</p> <p>3. Beginners Qigong - perform Qigong routines using correct posture.  Improvers Qigong - perform Qigong routines using correct techniques.</p>

### **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

### **What kind of feedback can I expect from the tutor?**

- You will have opportunities to discuss your progress with your tutor
- Tutor observation and feedback.

Practice in small groups, student feedback.

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

- Loose comfortable clothing is recommended to enable ease of movement.

Comfortable flat shoes.

You may also wish to bring a drink with you.

### **Pre-course work, reading and information sources**

- No pre reading or pre course work is required
- Instructional DVDs are available to purchase to support learning out of class

A selection of books are available to purchase on Amazon  
(both of these are optional and not required)

### **Possible next steps after this course (including career opportunities if appropriate)**

- Progress to another WEA course
- Continue to develop practice as well as maintaining levels of fitness.

### **Learning with the WEA**

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your 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 our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/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](mailto:courseenquiries@wea.org.uk)



