

WEA Course information sheet 2020-21

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| Course title: Tai Chi & Chi Kung | | Course ID: C3745603 |
| Start date: 22/09/2020 | End date: 01/12/2020 | Day(s)/time(s): Tue 11:30 |
| Number of sessions: 10 | Hours per session: 1 | Tutor Hilary Thompson |
| Additional hours: | Online Learning Hours: 0 | |
| Specific funder/partner requirements: | | |
| Awarding body (if any): Title of qualification to be gained: | | Level: Level 1 |
| Fee: £32.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable): | | |
| Venue: Online Learning, Online, ZZ99 9ZZ | | |
| 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. Community Engagement | | |

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| Course Aim This course will introduce you to various exercises from Tai Chi and Chi Kung. It will NOT include learning a Tai Chi form (sequence of movements). |
| Course Description Each week you will be guided through a series of movements for general health and wellbeing. You will also learn some of the principles of Tai Chi and Chi Kung and you'll be able to bring some aspects into your daily life for ongoing benefit. People often notice improvements in their posture and sense of balance. The exercises are also good for calming and focussing the mind. |
| Do I need any particular skills or experience? |
| What will I achieve? By the end of the course I will be able to: 1. Practise standing and feeling an improved sense of balance. 2. Have a greater awareness of body posture. 3. Gain insights into how standing and body posture can affect health in your daily life. 4. Practise some exercises and movements on my own, whenever I wish, for ongoing health benefit. 5. Feel calmer, grounded and more at ease when I practise the exercises. |

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

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

- What you need: You will need an internet connection, speakers, a microphone and a webcam so that you can use our video learning platform, Zoom. If you'd like to understand more Zoom please visit: <http://bit.ly/ZoomSpec>
- You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
- Nothing else is needed
- You will need to be able to stand and move around freely so you'll need some clear space, around 2 meters square, where you can stretch up and swing your arms around. The floor should be clear so you don't trip.

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
- Tai Chi and Chi Kung can be life-long studies so you can always continue. You may also develop an interest in a related area of health, wellbeing, exercise, philosophy, history and other cultures.

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 most 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



Education & Skills
Funding Agency



European Union
European Social Fund

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