

Course title: Introduction to Tai Chi and Health Qigong Level 1		Course ID: C2344415
Start date: 14/01/2021	End date: 25/03/2021	Day(s)/time(s): Thu 09:00
Number of sessions: 10	Hours per session: 1.5	Tutor: Janette Jackson
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 2
Fee: £48.00 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		
<p>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</p> <p>The Theme(s) used in planning your course is/ are:</p> <ol style="list-style-type: none"> 1. Health and Wellbeing 2. 		

Course Aim

To aid relaxation and balance and improve general health with practicing Tai Chi and Health Qigong.

Through regular practice, progressing towards achieving many health benefits, including better posture and better stability in the body alignment.

Course Description

These forms of exercise combine body movements and mental stimulation. The gentle movements energise the body without putting undue strain on joints and muscles.

Practiced regularly these exercises will help to relieve stress and tension, helping body balance and increase a sense of well being.

Do I need any particular skills or experience?

What will I achieve?

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

1. Practice basic postures and mindfulness of Health Qigong.
2. Describe and demonstrate the basic movements of Yang Style Tai Chi.
3. Transfer the body weight between movements correctly to help align the body and movement.
4. Incorporate the breathing with the movements to achieve better health.
5. State how Health Qigong is used in the origin of Chinese Medicine.

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

- The WEA's digital learning platform, Canvas will be used to provide resources or to support lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
 - 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 will learn the forms and exercises by following the tutor, and with practice be encouraged to try them out for yourself.
- You will be encouraged to practice after the classes, what you have learnt in your own time.

What kind of feedback can I expect from the tutor?

- You will be able to keep a record of your progress and achievement using photos, audio, text or documents uploaded into the WEA's digital learning platform, WEA Canvas.
 - Your tutor will provide written, text and audio feedback recorded in WEA Canvas, WEA's digital learning platform.
 - 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
 - A file of work will be kept which will help to record your progress
 - The tutor will give encouragement and indications to the whole group and individuals if corrections are needed.
- The tutor may provide videos, diagrams, and or written text to help the students understand when appropriate.

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>
 - All materials will be provided
 - You will need to wear loose comfortable clothing that does not restrict your movements.
- You will need to wear soft flexible shoes, not socks or sandals as these could create a slip hazard. You may want to have a drink available.

Pre-course work, reading and information sources

- You will have access to course resources and links to wider learning through the WEA's digital learning platform, Canvas: <http://bit.ly/WEAonline>
- Further reading or videos that could help improve knowledge may be suggested by the tutor.

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

- Progress to another WEA course

- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member
- Become involved as a volunteer for a WEA partner or another organisation
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
- Continued practice will help maintain levels of fitness, and many health benefits.

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



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