

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: June 2012

I. Course Prefix and Number: PE 165

Course Name: Oriental Health Arts

Credit Hours and Contact Hours: 1 credit hour, 2 contact hours

Catalog Description including pre- and co-requisites: This course is designed to introduce an alternative health practice through Qi Gong (energy circulation) training. These techniques promote general health by teaching the student to cultivate energy and create a state of balance in the body. No prerequisites.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Discover the history of Qigong.
2. Demonstrate various sets of Qigong exercises to improve health and well-being.
3. Apply ancient methods of Chinese meditation to build energy and vitality in the body.
4. Articulate the basic concepts of Traditional Chinese Medicine as they apply to the Qigong forms. These include the Yin/Yang theory, the concept of Qi, and the five-phase theory.

Relationship to Academic Programs and Curriculum:

This course is an elective in the Physical Education Department, and a required course in the Therapeutic Massage/Integrated Health Care Program. It benefits anyone who is interested in learning Asian healing arts and gentle movement exercises to maintain health and well-being. The course is open to all students.

College Learning Outcomes Addressed by the Course:

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| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input checked="" type="checkbox"/> global concerns |
| <input type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

Instructor's handouts – as related to course materials

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

- Videos/DVD's
- Lecture/note taking
- Group Discussion
- Demonstrations of a variety of Qigong movement exercises
- Class participation of Qigong exercises

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and performance. Such assessments and related assignments will develop critical thinking techniques, reading along with developing ethics and values regarding an appreciation of lifetime physical wellness utilizing Chinese methodology.

V. General Outline of Topics Covered:

Each class will include a lecture and class discussion. Topics from the discussion will be applied to a specific Qigong movement/meditation session.

1. The History and Progression of Qigong (developed by Buddhist and Taoist monks, physicians, martial artists and philosophers).
2. Basic Traditional Chinese Medical Theories (including their application to specific Qigong forms).
3. Key Meridian Points for Healing and Balancing the Body.

Qigong Sets Introduced:

1. Fragrance Qigong
2. 18 therapies Qigong
3. Four Seasons Qigong
4. Rising Lotus Qigong
5. Tai Chi Ruler
6. Microcosmic Orbit
7. Five Elements Qigong
8. Eight Pieces of Brocade
9. I Ching Breathing
10. Six Healing Sounds
11. Eighteen Buddha Hand