

- I. Course Name: **TAI CHI FOR HEALTH PROMOTION**
- II. Type of course: Practical workshops
- III. Examination: graded credit
- IV. Semester in which classes will be conducted: winter semester
- V. Proposed number of hours: 15
- VI. Syllabus
 1. Basic principles of tai chi exercises: movement, posture, breathing, concentration
 2. Meditation in motion - the psychophysical aspect of the tai chi exercises
 3. Aesthetics, fluency and harmony of movement during tai chi exercises
 4. Customization of tai chi to the age and level of fitness
 5. Exercise standards for tai chi for afflicted and disabled
- VII. The effect of education:
 - Knowledge: The student knows the principles of tai chi exercises and their impact on the physical and mental realm
 - Skills: The student knows how to use health-related impact of tai chi in health promotion
 - Social competence: The student can apply tai chi exercises to improve his/her psychophysical fitness
- VIII. Qualification for 1st as well as 2nd degree of study (BSc, MSc)
- IX. Implementing entity subject: Faculty of Motor Rehabilitation, Institute of Applied Sciences, Section of Kinesitherapy
- X. Teacher realizing module: Agata Milert PhD
- XI. Conditions of the course (completed the first year of a degree in physiotherapy, physical education, sport, tourism and leisure)
- XII. ECTS: 3 points

Tai Chi is a traditional Chinese martial art. It combines deep diaphragmatic breathing and relaxation with soft and gentle movements. Due to how it is performed, tai chi has several scientifically proven benefits for a person practicing it on both a physical and psychological level. It can be practiced by people with different physical fitness and at any age with hardly any limitations, which makes Tai Chi an effective complement to traditional and modern forms of physiotherapy as well as recreation.