

# PE 182S : Tai Chi I

Explores this ancient form of gentle movement which emphasizes balance, concentration and coordination. Addresses traditional styles of Tai Chi, meditation and Yi (mind) development techniques in an easy to follow format.

The Tai Chi style taught may vary between instructors.

**Credits 1**

**Subject**

Physical Education

**Course Outcomes**

Upon completion of the course students should be able to:

- Apply basic movements and kinesthetic awareness utilizing beginning Tai Chi techniques.
- Incorporate the principles, language, and techniques of Tai Chi daily.