

## Course Information Sheet

### Qigong for Health & Relaxation Workshop

#### **Introduction**

Qigong uses slow, graceful movements and controlled breathing techniques to promote the circulation of Qi (energy) to enhance health and wellbeing. It can be practiced seated or standing.

#### **What are the course entry requirements?**

This workshop is suitable for all learners both beginners and beginners plus. You may wish to develop your knowledge and skills or may have attended a short course or worked at home without any guidance and wish to learn more about the techniques and develop your skills. During the workshop you will be taught how to improve posture, stance and Qigong techniques to enhance your own performance.

As with any exercise course you will be asked to complete a thorough health screening questionnaire. It is therefore advisable that you check with your GP should you have any serious medical problems which may impact upon your ability to take part in the practical side of this course.

To get the best from this course you should be able to follow verbal and written instructions in English, including numerical information.

#### **How long is the course?**

8 weeks – but may vary. See current brochure for details

#### **What will the course involve?**

The focus of the course is on developing the knowledge and technique of the learners and enabling them to practice their skills outside of the classroom.

#### **How will I be learning?**

Through physical participation in the activities demonstrated by the tutor. Extended learning may be available through the VLE.

#### **What equipment will I need?**

College mats are usually provided but please bring your own if you wish to. Wear loose fitting comfortable clothes with soft sole shoes or socks, no bare feet. Don't forget to bring a water bottle, you will need to keep hydrated.

***How will I know if I am making progress?***

Initial Assessment at the start of the course. Use of the Learner Portfolio and Tutor Feedback to track progress and personal achievement. During the course you will have the opportunity to discuss your progress with the tutor and you will receive feedback on a one to one basis on how well you are doing. Your progress will be checked using a variety of techniques including observation, question and answer and group discussion.

***What course work will I be expected to complete?***

Participation by demonstration of the tutor

***What can I expect to learn from this course?***

- Identify health and safety issues relating to safe and effective practice of Qigong. Maintain a safe working environment by wearing appropriate clothing and using correct techniques.
- Follow step by step instructions to perform and practice the movements and any progressions.
- Practice the Qigong techniques with tutor support, performing the forms with confidence and good technique.
- Describe the benefits of Qigong for health and relaxation

***Will I need to cover anything in addition to the course fee?***

No additional costs

***What other training programmes and progression opportunities are there?***

Other Exercise and Fitness Courses including: T'ai Chi, Yoga, Somatic Movement, Alexander Technique, Keep Fit, Fitness Pilates etc

If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website [www.lancashire.gov.uk/adultlearning](http://www.lancashire.gov.uk/adultlearning)