

**MODULE TITLE:**

Tai chi during Health Tourism

**RESPONSIBLE FOR THE MODULE:**

NAME	Emi Chatzipanagioti	
POSITION	Phd Student DUTH, SPESS	
SECTOR	Exercise and Health	
OFFICE	Laboratory of Therapeutic Exercise and Rehabilitation	
TEL. / E-MAIL		
CO-INSTRUCTORS		

**HOURS** (*per week*):
**LANGUAGE OF TEACHING:**

GREEK [ ]

ENGLISH [v]

**AIM OF THE MODULE** (*content and acquired skills*)

The aim of this module is to analyze the theory and practice of tai chi as these could be used from the part of the fitness instructors/trainers in order to design effective exercise protocols for tourists during health tourism. The topics of this module are an introduction to the theoretical principles of tai chi release and the demonstration and practical application. The students will gain an understanding on how to apply tai chi program in order to enhance the flexibility and balance of their clients.

**MODULE CONTENTS** (*outline – titles of lectures*)

1. Definition, aims and effectiveness of tai chi (Theory)
2. The technique of tai chi (Theory)
3. Contradictions (Theory)
4. Tai chi exercises for the whole body limbs (Theory and Practice)

**TEACHING METHOD** (*lectures – labs – practice etc*)

Lectures and practical application

**LEARNING OUTCOMES**

Upon the completion of this module the students will be able to:

1. To understand the Tai chi theory.
2. To design and apply exercise programs with the appropriate use of Tai chi exercises for enhancement of flexibility and balance.
3. To design and apply exercise programs to provide their clients safe and effective



exercise protocols.

4. To design and guide exercise programs for the whole body with the use of Tai chi exercises.

#### LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
The students will be able to understand the characteristics of the Tai chi exercises	Lecture, slides and discussion, study at home	Intermediate control tests and assignments	
The students will be well informed on the particularities of Tai chi exercises in order to provide their clients safe and effective exercise protocols.	Lecture, slides and discussion, study at home	Intermediate control tests and assignments	
The students will be able to design and guide Tai chi exercises programs for the whole body with the use of foam rollers.	Practical exercise, practice in groups and study at home	Intermediate control tests and assignments	
		<b>TOTAL</b>	