

Rehabilitative Qigong & Tai Chi Balance Enhancement Specialist Certification Syllabus

Course Outline (total 21 hours)

Day 1

8:00-8:30am

Registration

8:30-9:00am

Introductions

9:00-9:30am

RQTC principles review (lecture)

9:30-10:30am

Seated RQTC Balance form practice (lab)

- Flowing Motion
- Circling
- Squeezing the Sponge
- Cloud Hands
- Parting the Horses Mane
- Brush Knee

10:30-10:45am

Break

10:45-11:15am

RQTC Breathing Basics (lecture/lab)

- Physiology: energy, immune, lymph, ANS
- Essential breath
- Abdominal with Pursed Lip: long, slow, deep
- Coordinated, rooted, lymph, paced

11:15-12:00pm

RQTC Meditation/Mindfulness (lecture/lab)

- Physiology Review
- Mindfulness in Rehabilitation Policy Reform paper
- Mindfulness Practice

12:00-1:00pm

Lunch

1:00-1:30pm

Balance Components (lecture)

1:30-2:45pm

Standing RQTC Balance form practice (lab)

- Flowing Motion
- Circling
- Squeezing the Sponge
- Gathering Earth & Sky
- Cloud Hands
- Parting the Horses Mane
- Brush Knee
- Opening & Closing
- Crane

2:45-3:00pm

Break

3:00-3:45pm

Small group triad breakout

- Teaching 2 seated/2 standing gestures each

3:45-4:15pm

Research Discussion: Meta-analysis Tai Chi for Balance (lecture)

4:15-5:00pm

Principles Review: Silk Reeling (lecture/lab)

Day 2

8:00-8:30am

Tai Chi energetics (lecture/lab)

8:30-9:30am

RQTC Balance form practice (lab)

- Seated
- Standing

9:30-10:00am

RQTC Self Massage (lecture/lab)

- Physiologic Benefits
- Reflexology Theory
- Techniques (neck, hands, feet, ears)

10:00-10:15am

Break

10:15-11:15am

Tai Chi Handling: (lecture/lab)

- Seated
- Standing
- Sensing Hands rounds

11:15-12:00pm

Small group triad breakout

- Leading/handling practice 2 seated/2 standing

12:00-1:00pm

Lunch

1:00-1:45pm

Medical Qigong Continuum (lecture)

- Global, Distant, Local
- Self-Massage (holding, directing, tracing continuum)

1:45-2:45pm

RQTC Balance form practice (Lab)

- Standing
- Stepping
- All Components

2:45-3:00pm

Break

3:00-3:45pm

Small Group triad breakout

- Seated
- Standing
- Stepping
- Handling

3:45-4:30pm

Therapeutic Entrainment (Lecture)

4:30-5:00pm

RQTC Balance form practice (lab)

- Walking

Day 3

8:00-9:00am

RQTC Balance form practice (Lab)

- Standing
- Stepping
- Walking
- All Components

9:00-9:45am

Designing and Leading Successful QPH Programs (lecture)

- Organizing the components
- Appropriate progressions
- Coding/documentation
- HEP

9:45-10:15am

Research Discussion: Meta-analysis Tai Chi for Chronic Conditions

10:15-10:30am

Break

10:30-11:15am

Small Group triad breakout

- Seated
- Standing
- Stepping
- Handling
- All Components

11:15-12:00pm

Tai Chi Handling: Sensing Hands rounds (lab)

12:00-1:00pm

Lunch

1:00-1:45pm

Multiple Choice Certification Proficiency Examination

1:45-2:00pm

Break

2:00-3:30pm

Group Practicum (lab)

- Seated/Standing/Stepping/Walking
- Integrate all components

3:30-4:00pm

Course Wrap Up

- Student Self-Assessment
- Course Evaluation