

# PED1314: CHI RUNNING - ELEMENTARY

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## Effective Term

Semester A 2022/23

## Part I Course Overview

### Course Title

Chi Running - Elementary

### Subject Code

PED - SDS Physical Education

### Course Number

1314

### Academic Unit

Student Development Services (SDS)

### College/School

No Faculty Designation (00)

### Course Duration

Non-standard Duration

### Other Course Duration

8 hours

### Credit Units

0

### Level

A1, A2 - Associate Degree  
B1, B2, B3, B4 - Bachelor's Degree  
P5, P6 - Postgraduate Degree  
D8 - Professional Doctorate  
R8 - Research Degree

### Medium of Instruction

English

### Medium of Assessment

English

### Prerequisites

Generally healthy person

### Precursors

Nil

### Equivalent Courses

Nil

### Exclusive Courses

Nil

## Part II Course Details

### Abstract

The aim of the course is mainly to promote students' concept of applying Tai Chi principle of human movements to enhance the joy of running. Based upon posture alignment and relaxation in terms of the Tai Chi principle, Needle in the Cotton, students will run pain-free and with less effort. As the enjoyment of running naturally increases, students will turn running as their lifelong practice. Upon completion of the course, students should be able to: apply the knowledge of Tai Chi principle in running practice ; demonstrate the main four skills of Chi Running: posture, ankle lift & Chi Walking, lean and arm swing; demonstrate relaxation with Chi Running Looseners, Tai Chi exercise, belly and nasal breathing; demonstrate how to use metronome to identify optimal cadence, running gears and stride length; demonstrate Tai Chi drills to enhance engagement of core muscles and feeling of Dantien.

### Teaching and Learning Activities (TLAs)

	TLAs	Brief Description	CILO No.	Hours/week (if applicable)
1	Current mix of lecture / tutorial / laboratory, other	Practice, Theory, Activity and Game		

### Continuous Assessment (%)

0

### Additional Information for ATs

Grading Pattern: Pass / Not completed

A PASS grade will appear on student' s transcript for those who have achieved 80% (7 lessons) of attendance and passed the skill assessment of the course.

## Part III Other Information

### Keyword Syllabus

General knowledge of Chi Running e.g. Needle in the Cotton, Dantien, core muscles, running efficiency, injury prevention, relaxation, posture, ankle lift, lean & arm swing, belly breathing, strictly nasal breathing, gears, cadence, and stride length, etc.

### Reading List

#### Compulsory Readings

	Title
1	Nil

#### Additional Readings

	Title
1	Nil