

Tai Chi Fundamentals® Program

Professional Training Workshop: Levels 1 and 2

Saturday, March 5 & Sunday March 6, 2016

8:30 a.m. – 4:30 p.m. North Campus 141

USF PTA Program 2702 Spring Street Fort Wayne, IN 46808



COURSE DESCRIPTION:

This 2-day course provides the participant with the knowledge and skills to begin applying Tai Chi in daily practice. Tai Chi movement is introduced in a motor development progression and includes biomechanics analysis. The presenter integrates mind/body exercise components into instruction, including centering, breath awareness and sensory awareness. The course includes discussion on applications for therapeutic assessment and intervention as well as for group wellness settings.

Participants earn 13 contact hours for the two days. Upon completion of the course, certificates of attendance will be provided to all participants. The 13 contact hours qualify as Category I for continuing competence requirements for Indiana PTs and PTAs.

AUDIENCE:

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Nurses, Exercise Specialist, Activity Directors and Physical Education Instructors. Certification is not included in this course. To learn more about the certification process, please go to www.taichihealth.com.

INSTRUCTOR:

Diane Martin, PT, DPT is a practicing Physical Therapist since 1977. She has studied under Tricia Yu, founder of the TCF Program over the past 10 years, is an Advanced Certified Professional Training Instructor for TCF program and has presented numerous community and professional workshops. Diane has contributed in the development and training for the new Adapted Tai Chi Fundamentals® Program which is available through taichihealth.com. Currently, she is an adjunct professor in the PTA Program at USF, a practicing physical therapist with Mallers & Swoverland Physical Therapy and is a consultant for the use of the Tai Chi Fundamentals® Program for group along with private use.

COURSE OBJECTIVES:

Upon completion of this course, participants will be able to:

1. Demonstrate the 12 TCF Movement Patterns/Basic Moves.
2. Practice the first section of the TCF form.
3. Describe TCF's medical, biomechanical & functional benefits.
4. Apply tai chi as therapeutic exercise for rehabilitation and wellness programs.
5. Document tai chi as part of therapeutic treatment intervention.
6. Discuss integration of mind/body principles, such as centering, breathing and sensory awareness to promote well-being.

COURSE FEE:

Course fee includes breakfast both days, handouts and course related materials including an instructional book and DVD (valued at \$75).

\$350 per individual

\$300 for USF PTA Clinical Instructors*

\$125 student

**USF PTA Clinical Instructor is defined as the PT or PTA responsible for the clinical experiences of a USF PTA student. This is verified by the Clinical Instructor's signature on the USF Clinical Education I or II Assessment Form or on the CPI form for Clinical Education III or IV.*

For Registration go to:

<https://taichifundamentals2016.eventbrite.com>