

## ABOUT THE TRAINER

**Ms Jennifer Chung** is a Tai Chi trainer and Master Trainer selected by Dr. Paul Lam, a family physician in Sydney, Australia, who is a world leader in the field of Tai Chi for Health Improvement. She has been practising Tai Chi for over 15 years and was awarded a People's Association (PA) Trainer Portal Award in January 2013.

Based in Singapore, Jennifer conducts Instructor Training Workshops, teaches Tai Chi to many PA Community Clubs, Resident Committees (RC), private organisations and clubs. She also conducts many health talks, Tai Chi demonstrations at Hospitals, Libraries and private organisations. She also contributes a good part of her time at organisations like Parkinson Society Singapore and aged care homes.



For any enquiries, please contact:

**Cho Lai Har**

ILTC Manpower Development & Resourcing Division

**Agency for Integrated Care**

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## Enquiries



*"Stroke patients can also participate joyfully."*

*~Kwong Wai Shiu Hospital*

**Tai Chi for Health**

**A Training Course for**

**Healthcare Staff**

Scientific studies have shown that Tai Chi works to improve muscle strength, flexibility and fitness. Muscle strength is important for supporting and protecting joints and is essential for normal physical function. Flexibility enables people to move easier, and facilitates circulation of body fluids and blood, which enhances healing. Fitness is important for overall functioning of the heart, lungs, and muscles. In addition to these components, Tai Chi movements emphasise the importance of weight transference, which helps balance and prevents falls.

## WHAT IS TAI CHI FOR HEALTH?

This programme aims to enhance the skillset of Community Care providers through a “Train-the-Trainer” approach to learn the basics of Tai Chi so that participants are able to conduct this activity in their facilities to benefit clients (Category 3 RAF) in the following ways:

- Improving fitness
- Strengthening muscles and joints
- Improving range of motion and posture
- Relieving pain
- Promoting relaxation and concentration

The course will be conducted in English. Mandarin/ Hokkien/ Cantonese translation may be also be available.

## COURSE FEES

For healthcare VWOs and private nursing homes with portable subsidies under MOH:

S'poreans and SPRs:	\$55.07 per pax
Non-S'poreans and Non-SPRs:	\$269.18 per pax
Any other organisations (full fees):	\$483.28 per pax

Course fees stated are inclusive of GST.

Each facility should send a **minimum** of 2 staff to ensure programme sustainability within the care facility.

Materials will be given out to participants prior to course commencement. **Participants who have**

## PROGRAMME OUTLINE

### WORKSHOP DAY 1 (8 hours)

- Introduction
- Discussion – What is Tai Chi, “Sun” style Tai Chi and the feature of “Tai Chi for Health”
- Warm up exercises.
- Tai Chi movements 1 to 12
- Cooling down exercises.
- Discussion:
- How does “Tai Chi for Health” work for people with chronic condition?
- Recognised by Centers for Disease Control and Prevention, USA (CDC) as effective for falls prevention.
- Summary
- Encourage practice tonight.
- What is in store for tomorrow?

### WORKSHOP DAY 2 (8 hours)

- Summarise what we did the previous day.
- How to teach “Tai Chi for Health” safely?
- Revision or review and incorporating essential principles to the forms.
- Overview of effective teaching
- Role playing of the Stepwise Progressive Teaching Method
- Test
- Practice the whole set and revision of the movement.
- Discussion - How to teach “Tai Chi for Health” effectively – use the reference book “Teaching Tai Chi Effectively”

### COACHING SESSIONS (2 sessions x 1.5 Hours)

- At the coaching session, participants are expected to be *minimally facilitate ONE Tai Chi session* with their clients
- Trainer will observe and offer feedback to participants facilitating Tai Chi sessions with their clients for improvement.

## TARGET AUDIENCE

Staff of ILTC facilities. Participants should preferably be comfortable conducting group activities and able to give instructions in simple English.

## RESOURCES

Participants can choose to renew their certification after 2 years by signing up for refresher training. (For more information on the refresher course, please contact AIC)

Pre-reading materials will be given to participants to prepare for the classes prior to course commencement.

## DATES, TIME & VENUE

Workshop Dates	Time	Venue
1st Run- 1 & 2 Jun 17	9am to 5pm	Venue: <b>AIC Learning Institute (Improvement room), City Square Mall, 180 Kitchener Road, #06-05/06, Singapore 208539</b>
2nd Run-17 & 18 Jul 17		
3rd Run- 25 & 26 Sep 17		
(choose one)		
Coaching Session Dates	Time	Venue
2 sets of dates per participating organization.	10am to 1130am	Held at participating organizations' premise
	OR	
Coaching sessions are scheduled within 3-4 weeks of main workshop (Exact dates TBA later)	3pm to 430pm	