

SWOSU Offering Continuing Education Activities

01.03.2007

Southwestern Oklahoma State University is offering four continuing education activities during the first part of the 2007 spring semester on the Weatherford campus and four more during the latter part of the semester.

All eight are associated with Tai Chi and personal safety training. Activities and dates are:

- **Beginning Tai Chi for Life: Relaxation and Teacher Training**
 - # January 18-February 22, 7-8:30 p.m.
- **Intermediate Tai Chi for Life: Relaxation and Teacher Training**
 - # January 18-February 22, 7-8:30 p.m.
- **Beginning Tai Chi for Life: Relaxation and Teacher Training**
 - # March 1-April 19, 7-8:30 p.m.
- **Intermediate Tai Chi for Life: Relaxation and Teacher Training**
 - # March 1-April 19, 7-8:30 p.m.
- **Intermediate Personal Safety Training**
 - # January 16-March 6, 7-9 p.m.
- **Advanced Personal Safety Training**
 - # January 16-March 6, 7-9 p.m.
- **Beginning Personal Safety Training**
 - # March 13-May 8, 7-9 p.m.
- **Advanced Personal Safety Training**
 - # March 13-May 8, 7-9 p.m.

Beginning Tai Chi for Life is geared toward those who want to improve their flexibility, balance, muscle strength, and aid in injury avoidance (especially falling). The exercises are appropriate for individuals of all ages and have a long history of being effective in stress management.

Intermediate Tai Chi for Life will help improve on the postures that were practiced in Beginning Tai Chi, and additional postures will also be introduced. Beginning Tai Chi is a pre-requisite for the intermediate course. Dr. Robert (Sam) Lackey is the instructor for the Tai Chi for Life CE activities.

Beginning Personal Safety Training is geared towards working professionals and individuals in the helping professions and in customer relations. The CE activity provides an understanding of the critical need for awareness of common risks and dangers encountered in a person's professional and personal life. By implementing personal self defense tactics and techniques with on-the-job oriented training, participants will have a broad spectrum of responses geared to varied and often changing circumstances.

Intermediate Personal Safety Training and Advanced Personal Safety Training are geared toward the more advanced and skilled working professionals and individuals in the helping professions. These CE activities provide updated knowledge of the theory

and tactics covered in the beginning level, plus increased mobility and accuracy through practice with padded assailants.

Instructors for the Personal Safety Training CE activities are Lackey and Gene Foust.

SWOSU CE activity registration and participant fee information are available by phone, 580.774.7012, or in person at the SWOSU Office of Sponsored Programs, Room 209, Stafford Center, on the SWOSU Weatherford campus. Registration for CE activities is on a first-come, first-serve basis. Early registration is encouraged.

Anita Blankenship, director of the SWOSU Office of Sponsored Programs & Continuing Education, said additional information and the current activity schedule regarding CE activities at SWOSU may be found at the new SWOSU CE website at <http://www.swosu.edu/administration/osp/ce/index.asp>.