

Qi Gong and Daoism: Practical exercises and philosophy for personal resilience and business strategy

Course number:	new
Hours per week:	4
ECTS:	5
Scheduled:	Winter and summer semester
Format:	Practical workshop, seminar and experiential learning
Examination:	Short written report, presentation
Lecturer:	Prof. Dr. Oliver A. Hugo
Objectives:	<p>Knowledge:</p> <ul style="list-style-type: none"> ▪ Basics of Daoist and Qi Gong history and philosophy ▪ Insight into Daoism as an important source of Chinese culture ▪ Overview of scientific work in the field of Qi Gong ▪ Application of Qi Gong to develop personal resilience ▪ Application of Daoist thought to business strategy <p>Skills:</p> <ul style="list-style-type: none"> ▪ Ability to perform a sequence of 12 physical Qi Gong exercises ("Daoist Health Preservation Exercises") ▪ Ability to apply concepts based on Daoist thinking for personal and business advantage <p>Competence:</p> <ul style="list-style-type: none"> ▪ Through analysis, students are able to determine when the application of Daoist thinking and practice is beneficial ▪ Students have developed a better sense of and improved their cognitive and physical ability to learn exercise sequences
Contents:	<ul style="list-style-type: none"> ▪ History of Daoism and Qi Gong in China ▪ Daoist philosophy ▪ Key Daoist concepts ▪ Applications to business strategy ▪ Physical Qi Gong exercises: "Daoist Health Preservation" ▪ Scientific literature and research on Qi Gong and its effects ▪ Reflection on own learning process, obstacles and solutions <p>Note: A significant part of the course will be dedicated to learning and discussing the physical exercises.</p>
Pre-requisites	Normal physical mobility, no special fitness required. Interest in Chinese and Daoist culture.

Recommended Reading:	<p>Will be provided in the course. Among others:</p> <ul style="list-style-type: none"> ▪ Hennig, A. (2017) '<i>Daoism in Management</i>', <i>Philosophy of Management</i>, 16(2), pp. 161-182 ▪ Bourgeois, L.J., Eygenson, S. and Namasondhi, K. (2021) <i>The Tao of strategy: how seven ancient philosophies help solve twenty-first-century business challenges</i>. Charlottesville. University of Virginia Press. ▪ Henz, D. and Schöllhorn, W.I. (2017) 'EEG Brain Activity in Dynamic Health Qigong Training: Same Effects for Mental Practice and Physical Training?', <i>Frontiers in Psychology</i>, 8.
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