

## **PE 127 BEGINNING TAI CHI**

Location: Mezzanine  
Instructor: Dr. Bing Wei  
Phone Number: (770) 784-8371, On campus: 4-8371  
Office Room N0.: Gym 4A  
Office Hour: MWF 1:00-2:00 PM, MW 3:30-4:30 PM  
TT 11:00-12:00 PM, 2:00-3:00 PM

### **COURSE OBJECTIVES:**

- A. To acquire basic skills of the Simplified Tai Chi Chuan.
- B. To acquire a general knowledge of Eastern culture and philosophy.
- C. To develop and improve your level of coordination, flexibility and concentration.
- D. To acquire technique of stress reduction.

### **GRADING SCALES**

90%-100% A	80%-89% B	
70%-79% C	60%-69% D	0%-59% F

### **TOPICS TO BE COVERED**

A. Lectures: Given at the beginning of the class period  
The subjects included in the lectures are: Oriental culture and customs; history and development of Tai Chi Chuan; benefits of Tai Chi Chuan; characteristics of Tai Chi Chuan; the explanation of "Chi"; the ancient Chinese philosophy including the "Ying Yang" theory and its relationship with Tai Chi Chuan etc. Two written examinations will count fifty percent of your final grade.

B. Class work: Simplified Tai Chi Chuan

### **EXAMS**

#### **A. Skill tests**

- |                        |     |
|------------------------|-----|
| 1. test 1: forms 1-6   | 5%  |
| 2. test 2: forms 7-12  | 5%  |
| 3. test 3: forms 13-18 | 5%  |
| 4. test 4: forms 19-24 | 5%  |
| 5. Final skill test    | 20% |

#### **B. Written exams**

- |                 |     |
|-----------------|-----|
| 1. one mid-term | 25% |
| 2. final exam   | 25% |

Written exams will be based on the book, handouts and information presented in the class.

C. Homework

5%

Due date: Thursday, March 9, 2000

Find two Tai Chi Chuan related articles from various resources.

One of them must relate to Chinese philosophy. Read them and write two abstracts, one for each of the articles. Each abstract needs to be at least 2/3 of a page to one page in length, typed, double space, and at the regular margin. Turn in your original articles along with the abstracts.

D. Group Project and Presentation

5%

The purpose of this project is to develop an appreciation of different cultures. Toward the end of the semester, each group will give a seven to eight minute presentation on a chosen country's general information including geographic location, population, culture, custom, main religion, and sports. Any additional information regarding this country is strongly encouraged.

TEXT BOOK: Handbook of Tai Chi Chuan Exercises by Zhang Fuxing

**ATTENTION:**

Class activities may include vigorous exercise. If there is any medical condition which cause you undue risk or prevent your full participation in such activity, it is your responsibility to inform me immediately upon your knowledge of the condition. If you have condition which would limit your potential for fulfilling the requirements of this class you should have your physician immediately fax a letter to me stating 1) the nature of the limitation(s) and 2) his/her suggestions for activities which would help you meet the requirements of this course.

**ATTENDANCE**

1. A maximum of two(2) absences will be allowed without penalty for the semester.
2. Two(2) points will be deducted from the final grade on each of the absence thereafter.
3. Three(3) late arrivals(10 minutes or more) to class constitute an absence.

## PE 127 TT CLASS CALENDAR    SPRING, 2000

WEEK	DAY	DATE	ACTIVITIES	ASSIGNMENT
1.	Thurs.	1/20	Introduction	
2.	Tue. Thurs.	1/25 1/27	lecture, skill preparation, sit & reach test lecture, skill practice	
3.	Tue. Thurs.	2/1 2/3	lecture, skill practice lecture, skill practice	
4.	Tue. Thurs.	2/8 2/10	skill practice Test 1, forms 1-6	
5.	Tue. Thurs.	2/15 2/17	lecture, skill practice lecture, skill practice	
6.	Tue. Thurs.	2/22 2/24	skill practice Test 2, forms 7-12	
7.	Tue. Thurs.	2/29 3/2	Mid-term review, skill practice Mid-term Exam, 1st homework due	
8.	Tue. Thurs.	3/7 3/9	go over mid-term, skill practice lecture, skill practice	
9.	3/14, 3/16	Spring Break		
10.	Tue. Thurs.	3/21 3/23	Test 3, forms 13-18 no class, teacher goes to a conference	
11.	Tue. Thurs.	3/28 3/30	lecture, skill practice lecture, skill practice	
12.	Tue. Thurs.	4/4 4/6	slide show skill practice	
13.	Tue. Thurs.	4/11 4/13	Test 4, forms 19-24 Group presentations	
14.	Tue. Thurs.	4/18 4/20	final skill test review, sit & reach test final skill test, 1st group	
15.	Tue. Thurs.	4/25 4/27	final skill test, 2nd group final exam review, course evaluation	
16.	Tue.	5/2	final exam	