

## PE 127 BEGINNING TAI CHI

Location: Mezzanine  
Instructor: Dr. Bing Wei  
Phone Number: (770) 784-8371, On campus: 4-8371  
Office Room NO.: Trailer room 1  
Office Hour: MWF 11:00-12:00 PM, MW 1:00-2:00 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. Three 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	30%

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## B. Written exams

First exam	10%
Second exam	20%
Third exam	20%

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

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

## **HONOR CODE:**

Oxford College considers any academic misconduct such as cheating of any form on a quiz, examination or homework to be a very serious offense. Any student not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college.

## **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.

<b>PE 127 TT CLASS CALENDAR      SPRING, 2001</b>				
<b>WEEK</b>	<b>DAY</b>	<b>DATE</b>	<b>ACTIVITIES</b>	<b>ASSIGNMENT</b>
1.	Thurs.	1/18	Introduction	
2.	Tue.	1/23	lecture, skill preparation, sit & reach test	
	Thurs.	1/25	lecture, skill practice	
3.	Tue.	1/30	lecture, skill practice	
	Thurs.	2/1	lecture, skill practice	
4.	Tue.	2/6	skill practice	
	Thurs.	2/8	no class, teacher goes to conference	
5.	Tue.	2/13	Test 1, forms 1-6	
	Thurs.	2/15	first written exam	
6.	Tue.	2/20	go over 1 <sup>st</sup> exam, skill practice	
	Thurs.	2/22	lecture, skill practice	
7.	Tue.	2/27	lecture, skill practice	
	Thurs.	3/1	Test 2, forms 7-12	
8.	Tue.	3/6	lecture, skill practice	
	Thurs.	3/8	review for 2 <sup>nd</sup> exam, skill practice	
9.	3/13, 3/15	Spring Break		
10.	Tue.	3/20	second written exam	
	Thurs.	3/22	go over 2 <sup>nd</sup> exam, skill practice	
11.	Tue.	3/27	Test 3, form 13-18	
	Thurs.	3/29	lecture, skill practice	
12.	Tue.	4/3	lecture, skill practice	
	Thurs.	4/5	lecture, skill practice	
13.	Tue.	4/10	skill practice	
	Thurs.	4/12	Test 4, forms 19-24	
14.	Tue.	4/17	final skill test review, sit & reach test	
	Thurs.	4/19	final skill test, 1st group	
15.	Tue.	4/24	final skill test, 2nd group	
	Thurs.	4/26	final exam review, course evaluation	
16.	Tue.	5/1	final exam	