

**PE 127 BEGINNING TAI CHI CHUAN**  
**(Spring 2005, Tu. & Th. 11:30 to 12:45)**

**Instructor:** Dr. Yang, Guibao  
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**Office hour:** MWF: 1:00 to 2:00 pm  
**Also by appointment.**

**Office:** Gym 103 H  
**Fax:** 770-784-4677  
**Location:** Mezzanine  
**TTh:** 10:30 to 11:30 am

**Catalog Description:**

Through tai chi forms and movements, one develops coordination, flexibility, improvement of level of concentration, and acquires stress release techniques. Discussion of Eastern culture is included.

Tai Chi is a form of Chinese martial art and an exercise form that involves breathing exercise, meditation, slow, graceful, and precise body movements to enhance a balance of the internal and external environment, mental and muscular relaxation to improve individual health and wellness.

**Course Objectives:**

At the conclusion of the course, the student will:

1. Explain the philosophy of Tai Chi and its history.
2. Apply the fundamental terminology and principles for Tai Chi.
3. Demonstrate basic techniques such as stance, hand movement, body movement, punching, blocking, striking, and kicking.
4. Learn and use skills in relaxation, meditation, and deep concentration for mental wellness.
5. Improve the fitness components needed for better health.
6. Demonstrate fundamental technique formation.
7. Learn to apply the skill for self-defense purpose.

**Course Topics:**

- A. Lectures: Class orientation and general introduction; history, legend, styles and development of Tai Chi Chuan; principles, philosophy, and fundamental knowledge of Tai Chi; current research on Tai Chi and benefits of practicing Tai Chi; Ying Yang theory and its relationship with Tai Chi Chuan; features and characteristics of Tai Chi.
- B. Class Activity: Simplified 24 Form Tai Chi Chuan.
- C. Tai Chi Qi Gong meditation exercise.

## **Instructional Activities and Methodology:**

A developmental and systematic approach will be employed to the content of this course. Students will be provided with variety of practice sessions and activities to allow for improving their cognitive, social and psychomotor skills and fitness.

## **Evaluation:**

### **A. Skill Tests (35%) 350 points**

Test 1: Form 1-6	30
Test 2: Form 7-12	30
Test 3: Form 13-18	30
Test 4: Form 19-24	30
Final Skill Test: 24 form	230

### **B. Written Exams (35%) 350 points**

First Exam:	100
Second Exam:	100
Third Exam:	100
(The lowest exam grade will be dropped)	
Final Exam:	150

### **C. Participation (30 %) 300 points**

About one third of students' final grade will be based on participation. Students will gain 30 points toward their final grade if they are actively participating classes and do not miss more than two (2) classes.

### **D. Grading Summary:**

**A=900 – 1000 B=800 – 890 C=700 – 790 D=600 – 690 F=0 – 590**

## **Class Attendance Policy:**

- A. You are expected to attend class at scheduled times, thus tardy and absences will be counted and considered in your final evaluation. Maximum **two (2)** absences (one-week class) will be allowed without penalty for the semester. These are to be used for illness, emergencies, weddings, etc.
- B. After 2 absences, each consecutive absence will result deducted points from your participation grade. **50 points will be deducted in the Third**

**absence, 70 points in Fourth absence. 100 points will be deducted from Fifth absence there after.**

- C. Religious Holidays approved by the college may be excused if you inform me in advance of the holiday.
- D. **Three (3)** tardy will equal to one class absence.
- E. I may give some opportunities to let you make up one or two absence if I consider them to be reasonable. However you must communicate with me in advance.

### **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 students not adhering to the honor code policy will be subject to likely consequences of disciplinary probation, suspension, and/or dismissal from the college.

### **General Requirements and Information**

- A. No food, drinks, or gum chewing is allowed.
- B. Dress: Loose sports wear, t-shirts, shorts, sweat pants and so on are required and highly recommended. **No Jeans except Lecture time. Failure to wear proper Gym cloth may result in a penalty absence.**
- C. Try not to wear jewelry during classes and glasses worn should be secured.
- D. **Attention:** Class activities may include vigorous exercises. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform the instructor of its nature (e.g., weak knee joint, history fainting etc.). If you have a 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 a) the nature of the limitation(s) and b) his/her suggestions for activities which would help you meet the requirements of this course.

### **Text Book:**

Tai Chi Chuan: From Theory to Practice, Guibao Yang, Pearson.

## PE 127 Tai Chi Tu. & Thurs. Class Calendar, Spring 2005

Week	Day	Date	Activities
1.	Th	1/20	Introduction
2.	T Th	1/25 1/27	Introduction and flexibility test Lecture and skill practice
3.	T Th	2/1 2/3	Lecture and skill practice Lecture and skill practice
4.	T Th	2/8 2/10	Lecture and skill practice <b>No Class, Teacher goes to conference</b>
5.	T Th	2/15 2/17	Lecture and <b>Skill Test 1, Form 1-6</b> <b>First Written Exam</b> and skill practice
6.	T Th	2/22 2/24	Lecture and Skill practice Lecture and skill practice
7.	T Th	3/1 3/3	Lecture and skill practice Lecture and skill practice
8.	T Th	3/8 3/10	Lecture and <b>Skill Test 2, Form 7-12</b> <b>Second Written Exam</b> and skill practice
9.	M	3/14	<b>Spring Break!!!</b>
10.	T Th	3/22 3/24	Lecture and skill practice Lecture and skill practice
11.	T Th	3/29 3/31	Lecture and skill practice Lecture and <b>Skill Test 3, 13-18</b>
12.	T Th	4/5 4/7	Go over exam 2 and skill practice Lecture and skill practice
13.	T Th	4/12 4/14	Lecture and Skill practice Lecture and <b>Skill Test 4, 19-24</b>
14.	T Th	4/19 4/21	<b>Third Written Exam</b> and Skill practice Lecture and Skill practice
15.	T Th	4/26 4/28	Final Skill test reviewing, Flexibility post test <b>Final Skill Test</b> , Final Exam reviewing
16.	T	5/3	<b>Final Exam</b>