

Instructor: Dr. Yang, Guibao
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Office hour: MWF: 11:15 to 11:45 am
3:15 to 3:45 pm

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

Instructional Activities and Methodology:

A developmental and systematic approach will be employed for teaching this course. Students will be provided with a variety of practice sessions and activities to improve their cognitive knowledge and motor skills.

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 and Motivation (30 %) 300 points

Thirty percent of students' final grade will be based on their attendance and participation. Students will earn **200 points** toward their final grade if they do not miss more than **three (3)** classes. Students will earn **100 points if they are motivated and actively participating all of the activities of the class** (it is my subjective evaluations to each student).

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 the class at the scheduled times, thus tardy and absence will be counted and considered for your final grade. The Maximum **three (3)** absences (one-week class) will be allowed without penalty for the semester. **These three allowances are only to be used for illness and emergencies. There are no UNEXCUSED absences in this class.** It is strongly suggested that you communicate with me before and after you miss the class for whatever the reason you have.

- B. After 2 absences, each consecutive absence will result deducted points from your participation grade. **50 points will be deducted for the next two absences, and 100 points will be deducted from the Sixth absence and after.**
- C. Religious Holidays approved by the college may be excused if you inform me in advance of the holiday.
- D. Students are expected to come to the class on time. If you arrive after roll-call, you are late. You are allowed to be late two times. After two times, **10 points will be deducted automatically from each tardy.**
- E. Under the special circumstances, I may give opportunities to let a student to make his/her absences if I consider the absences to be reasonable for example, family emergency and accident etc. The student must give me the solid reasons why he/she misses each class.

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 in the class.
- 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 fax a letter immediately 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 MWF Class Calendar, Spring 2007

Week	Day	Date	Activities
1.	W	1/17	Introduction
	F	1/19	Skill preparation
2.	M	1/22	Skill practice
	W	1/24	Skill practice
	F	1/26	Skill practice
3.	M	1/29	Skill practice
	W	1/31	Lecture
	F	2/2	No class, teacher goes to conference
4.	M	2/5	Skill practice
	W	2/7	Lecture
	F	2/9	Skill practice
5.	M	2/12	Skill Test 1, Form 1-6
	W	2/14	First Written Exam and Lecture
	F	2/16	No class, teacher goes to conference
6.	M	2/19	Skill practice
	W	2/21	Go over First Written Exam and Lecture
	F	2/23	Skill practice
7.	M	2/26	Skill practice
	W	2/28	Lecture
	F	3/2	Skill Test 2, Form 7-12
8.	M	3/5	Skill Practice
	W	3/7	Second Written Exam
	F	3/9	Skill practice
9.	M	3/12-18	Spring Break
10.	M	3/19	Skill practice
	W	3/21	Go over Exam 2 and Lecture
	F	3/23	Skill practice
11.	M	3/26	Skill practice
	W	3/28	Lecture
	F	3/30	Skill Test 3, Form 13-18
12.	M	4/2	Skill practice
	W	4/4	Lecture
	F	4/6	Skill practice
13.	M	4/9	Skill practice
	W	4/11	Third Written Exam and Lecture
	F	4/13	Skill Test 4, Form 19-24
14.	M	4/16	Skill practice
	W	4/18	Lecture
	F	4/20	Skill Practice
15.	M	4/23	Final Skill Test Review
	W	4/25	Final Skill Test 24 Tai Chi Chuan Form
	F	4/27	Final Exam Review
16.	M	4/30	Final Exam

All dates and activities are subject to change. Instructor will give proper notice of such change(s).