

PE 127 BEGINNING TAI CHI CHUAN

Instructor: Dr. Yang, Guibao
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Office hour: MWF—9:30-10:30 am;

Office: Gym 103 H
on campus phone: 4-8371
Location: Mezzanine
TTh---12:00-1:00pm

Course Description:

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 well-being and health. Tai Chi focuses on a balance of the internal and external environment with many exercises to facilitate mental and muscular relaxation as well as flexibility.

The Goals of the Course

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 Content (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.

Instructional Activities and Methodology

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

Exams and Grading

A. Skill Tests

Test 1: Form 1-6	5%
Test 2: Form 7-12	5%
Test 3: Form 13-18	5%
Test 4: Form 19-24	5%
Final Skill Test: 24 form	30%

B. Written Exams

First Exam:	10%
Second Exam:	20%
Third Exam:	20%

C. Grading Summary:

A=90 – 100 B=80 – 89 C=70 – 79 D=60 – 69 F=0 – 59

Attendance Policy

Students are expected to attend class regularly and punctually. Classes will begin promptly at scheduled times, thus tardy and absences will be counted and considered in your final evaluation.

- A. Maximum three (3) absences will be allowed without penalty for the semester.
- B. Three (3) points will be deducted from the final grade on each of the absence thereafter.
- C. Three (3) tardiness (5 min or more) will equal to one class absence.

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. **Attire:** Gym clothing is required in the class.
- 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

Handbook of Tai Chi Chuan Exercise By Zhang Fuxing

THE DIVISION OF PHYSICAL EDUCATION AND DANCE

Students at Oxford College are required to enroll in three courses in the Division of Physical Education and Dance. The faculty of Oxford College has directed the students be acquainted with a capacity that is fundamental to all human beings. That capacity is one's physicality. Physicality pertains to the body and is linked to but differentiated from the mind and spirit. Physicality includes but is not wholly limited to:

1. The refinement of the senses.
2. The maintenance of health, physical strength and stamina.
3. The management and control of body based emotions.
4. An appreciation of kinesthetic awareness, which includes the joy of movement and exploration of human movement as a form of expression.
5. The acquisition and refinement of perceptual motor skills
6. Awareness that there is an intrinsic relationship between body, mind and spirit and those inadequacies in one of these affects the other two.

Each course offered by the Division of Physical Education and Dance emphasizes at least four of the elements of physicality with some elements being emphasized more than others. By enrolling in three different courses students will be exposed to all six elements of physicality to one degree or another.

Oxford College is and has always been committed to the liberal arts. The liberal arts curriculum for centuries has included the study of the body and its relationship to mind and spirit. From Plato's Academy to the present, institutions that espouse the study of the liberal arts make physical education and dance an integral part of the curriculum. Oxford College is no exception.

PE 127 MWF Class Calendar, Fall 2001

Week	Day	Date	Activities	Assignment
1.	F	8/31	Introduction	
2.	M	9/3	Labor Day	
	W	9/5	Introduction, flexibility test, and skill preparation	
	F	9/7	Skill practice	
3.	M	9/10	Skill practice	
	W	9/12	Lecture	
	F	9/14	Skill practice	
4.	M	9/17	Skill practice	
	W	9/19	Lecture	
	F	9/21	Test 1, Form 1-6	
5.	M	9/24	First Written Exam	
	W	9/26	Go over First Test and Exam, Skill practice	
	F	9/28	Skill practice	
6.	M	10/1	skill practice	
	W	10/3	No class, teacher goes to conference	
	F	10/5	No class, teacher goes to conference	
7.	M	10/8	Skill practice	
	W	10/10	Lecture	
	F	10/12	Skill practice	
8.	M	10/15	Mid-semester break	
	W	10/17	Test 2, Form 7-12	
	F	10/19	Lecture	
9.	M	10/22	Skill practice	
	W	10/24	Second Written Exam	
	F	10/26	Skill practice	
10.	M	10/29	Go over Exam 2, Skill practice	
	W	10/31	Lecture	
	F	11/2	Skill practice	
11.	M	11/5	Test 3, Form 13-18	
	W	11/7	Lecture	
	F	11/9	Skill practice	

12.	M	11/12	Skill practice
	W	11/14	Lecture
	F	11/16	Skill practice
13.	M	11/19	Test 4, Form 19-24
	W	11/21	Lecture
	F	11/23	Thanksgiving recess
14.	M	11/26	Skill practice
	W	11/28	Final Skill Test reviewing
	F	11/30	Final Skill Test reviewing, flexibility post test
15.	M	12/3	Final Skill Test
	W	12/5	Final Exam reviewing
	F	12/7	Final Exam reviewing
16.	M	12/10	Final Exam