

PE 124 Tai Chi Chuan and Qi Gong Meditation
(Fall 2014 T&Th 11:50 to 1:05 pm)

Instructor: Dr. Yang, Guibao
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Office hour: MWF: 12:50 to 1:50pm
Also by appointment.

Office: Gym 103 H
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Location: Aerobic Room, Gym 103
TTh: 11:15am to 11:50am, 1:05 to 1:40pm

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

Tai Chi Chuan is a form of Chinese martial arts and Qi Gong is a form of moving/nonmoving meditation. Both of these exercise forms involves breathing exercise, meditation, slow, graceful, and precise body movements to enhance a balance of the internal and external environment, body and mind connection, and mental and muscular relaxation to improve individual health and wellness.

Course Objectives:

At the conclusion of the course, students will:

1. Explain the philosophy and history of Tai Chi Chuan and Qi Gong.
2. Apply the terminology and basic principles of Tai Chi Chuan and Qi Gong.
3. Demonstrate basic techniques such as stance, hand movement, body movements, punching, blocking, striking, and kicking.
4. Learn how to relax, deeply concentrate and meditate.
Improve personal health and fitness.
5. Demonstrate Tai Chi Chuan Form and Qi Gong forms.
6. Learn to apply Tai Chi Chuan techniques for self-defense.

Course Topics:

- A. Lectures: Class orientation, general introduction; history, legend, styles and development of Tai Chi Chuan and Qi Gong; 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: Learning 16 Tai Chi Chuan Forms and 12 Yijinjing Qi Gong form.
- C. Tai Chi Chuan and Yijinjing Qi Gong meditation exercises.

Instructional Activities and Methodology:

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

Evaluation:

A. Skill Tests (40%) 400 points

Test 1: Qi Gong (Yijinjing) form 1-6	60
Test 2: Qi Gong (Yijinjing) form 7-12	60
Test 3: Tai Chi Form Chuan 1-9	50
Test 4: Tai Chi Form Chuan 10-18	50
Final Test: 16 Tai Chi Chuan Form and 12 Qi Gong forms	180

B. Written Exams (20%) 200 points

Midterm Written Exam:	100
Final Written Exam:	100

Participation and Motivation: 400 points (40 %)

Students may earn a total of 400 points for their final grade if they do not miss any class or do not miss more than three (3) classes for serious illness and emergencies, and actively participating class activities. Student participation is a key for success in this class. 0 to 10 points will be given each day depending on how actively you are participating the class, for example, if you come class on time and follow instructions and actively work out, you will earn 10 points or even more, however, if you are in class but not very active, you might just earn 5 points etc.

100 points of your participation and motivation grade is from my observations and subjective evaluation of how motivated and active you are in class.

Grading Summary:

A=920–1000 A-= 900-919 B+=880–899 B=820-879 B-800–819 C+=780–799
C=720-779 C-=700-719 D+=680-699 D=620–679 D-=600-619 F=0 – 599

Department Class Attendance Policy: MWF (3) TTH (2) attendance policy

a. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.

b. You are expected to attend all classes at the scheduled time; therefore tardiness and absences will affect your final grade. There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. A maximum of three (MWF)/two (TTH) absences for illness or emergencies maybe allowed with instructor's consent without penalty..

**If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.

c. Five percent (5%) on MWF classes and seven percent (7%) on TTH classes of your final grade maybe deducted from your participation grade if you miss the class without a good reason. After the three or two (3/2) allowed absences for emergencies or serious illness, each additional and following absence will result in a 5% or 7% reduction of your final grade. If a cumulated deduction of your participation grade is over 35%, your final grade is going to be an

automatic F.

d. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.

e. At the end of the semester, MAKE UP work may be provided at the instructor's discretion. For make-up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Late Arrivals

Students are expected to come to the class on time. If you arrive after roll-call, you are late. Three (3) late arrivals will be equivalent to one absence. If you are late, you must see me at the end of that class to remind me to change your absence to a late. If you do not, you may be counted absent even when you were in class.

Leaving class early

Leaving class early without instructor's consent will be considered as an absent.

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 sportswear, 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.
- 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.
- A.** Text Book: No textbook are required and I will give handouts. You are responsible to take notes.

PE 124		TTh	Tai Chi Chuan and Qi Gong Meditation
W		Day	Activities
	August		
1	28-Aug	Th	Introduction
	September		
2	2-Sep	Tues	Introduction and skill preparation
	4-Sep	Th	Skill practice
3	9-Sep	Tues	Lecture and Skill practice
	11-Sep	Th	Skill practice
4	16-Sep	Tues	Lecture and Skill practice
	18-Sep	Th	Lecture and Skill Test 1, Yijinjing Form 1-6
5	23-Sep	Tues	Written Exam 1 and Skill practice
	25-Sep	Th	Go over Exam 1 and Skill practice
	October		
6	30-Sep	Tues	Lecture and Skill practice
	2-Oct	Th	Skill practice
7	7-Oct	Tues	Lecture and Skill practice
	9-Oct	Th	Skill Test 2, Yijinjing Form 7-12
8	14-Oct	Tues	<i>Fall break – No class ☐</i>
	16-Oct	Th	Skill practice
9	21-Oct	Tues	Lecture and Skill practice
	23-Oct	Th	Skill practice
10	28-Oct	Tues	Written Exam 2 and Skill practice
	30-Oct	Th	Tai Chi Chuan Skill Test 3, Form 1-9
	November		
11	4-Nov	Tues	Lecture and Skill practice
	6-Nov	Th	Skill practice
12	11-Nov	Tues	Lecture and Skill practice
	13-Nov	Th	Skill practice
13	18-Nov	Tues	Written Exam 3 and Skill practice
	20-Nov	Th	Tai Chi Skill Test 4, Form 10 to 18
14	25-Nov	Tues	Final Skill Test and Exam Reviewing
	27-Nov	Th	Thanksgiving Day-no class
	December		
15	2-Dec	Tues	Final Skill Test and Exam Reviewing
	4-Dec	Th	Final Skill Test: 24 form of Tai Chuan
16	9-Dec	Tues	FINAL EXAM

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