

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: May 2012

I. Course Prefix and Number: PE 162

Course Name: Tai Chi Chuan I

Credit Hours and Contact Hours: 1 Credit Hour and 2 Contact Hours

Catalog Description including pre- and co-requisites: This course is an ancient health exercise system and martial art. It combines circular movements with coordinated breathing to promote blood circulation, muscle and joint action, and stimulation of the nervous system. Tai Chi is called meditation in motion. There is no pre-requisite required before taking this course.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Demonstrate qigong warm-ups, including the 18 therapies qigong set.
2. Implement the Yang style short form of Tai Chi. The first 15 postures (1st third of this form) will be studied and performed.
3. Identify basic principles of the Tai chi form. Discussion and application of these principles will be applied to formal practice.
4. Analyze spine alignment, accurate posture completion, and moving from center.
5. Evaluate skills through guided peer assessments and articulate basic principles while providing corrective feedback to others.

Relationship to Academic Programs and Curriculum:

This course can be used to fulfill one credit of the Physical Education requirement for all majors at FLCC. It is considered an introductory course and no prior knowledge of Tai Chi is required.

College Learning Outcomes Addressed by the Course:

- | | |
|---|---|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

Instructor's hand-outs. Tapes and text on this subject found in the FLCC Library.

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Lecture, discussions, demonstrations and physical participation in activity.

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and performance. Such assessments and related assignments will develop critical thinking techniques and reading, along with developing ethics and values regarding an appreciation of lifetime physical wellness.

V. General Outline of Topics Covered:

Each class will begin with a simple qigong warm-up. An awareness of feeling energy (or chi) will be developed and applied to formal practice. The history of tai chi, along with basic principles of the tai chi form will be taught. Students will be introduced to Master Cheng Man-ch'ing simplified Yang style t'ai chi.

Postures Introduced:

1. Preparation
2. Beginning
3. Left Ward-Off
4. Right Ward-Off
5. Roll-Back/Press/Push
6. Single Whip
7. Lift Hands
8. Shoulder Strike
9. White Crane
10. Brush Left Knee, Twist Step
11. Strumming the Guitar
12. Step Forward, Block, Parry, Punch
13. Sealing, Closing, Cross Hands