

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: May 2012

I. Course Prefix and Number: PE 163

Course Name: Tai Chi Chuan II

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. This advanced course refines form and incorporates the martial application of each posture. Prerequisite: PE 162.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Demonstrate simple qigong warm-ups, including the I-Ching breathing qigong set and 8 Pieces of Brocade qigong set.
2. Implement the Yang style short form (all 37 postures).
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. There is a pre-requisite to this course and it is Tai Chi I.

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:

1. Simple Qigong warm-ups will be introduced and practiced.
2. An awareness of feeling-energy (or chi) will be developed. This awareness will be applied to formal practice.
3. Tai Chi Principles will be taught and refined. These include: coining, rooting, and moving from center.
4. Students will complete Master Chen Man-chi'ing's 37-posture Yang style t'ai chi.
5. Emphasis will be placed on form corrections. Postures will be held longer to build muscular strength and endurance.
6. The practice of Push Hand skills will be introduced. This is a forerunner to developing fighting skills.