

# PEHR 1410 01: Tai Chi 25180

## Syllabus, Spring Semester, 2013

### Instructor and Course Information:

Instructor: Gary Whitehead  
Office: By appointment only

Email: [master-whitehead@q.com](mailto:master-whitehead@q.com) Phone: (435) 673-2260

Course Credits: 1

Location of class: Gym Room 201

Meeting times for class Mondays and Wednesdays at 9:00 – 9:50 am

Beginning/Ending dates for course: 01-07-2013 thru 05-01-2013

Pre/Co-requisites for this course: None

Required Publications, Textbook for class: None

### Course Description:

Tai Chi is an ancient Chinese exercise and martial art. This course is a beginning course in Tai Chi providing a foundation in Tai Chi philosophy and practice. Students through the practice of Tai Chi will learn how to achieve optimum health and wellness, as well as the martial art applications of Tai Chi. The class will focus on the history, philosophy, and training of Tai Chi.

### Department and Course Objectives:

All PEHR courses have the following objectives:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

### Course Objectives:

- A. Introduce Tai Chi history, philosophy, and health benefits
- B. Introduce the practice and training of old Yang style Tai Chi
- C. Practice Tai Chi in a safe and supervised environment
- D. Provide opportunities to allow students to show understanding of Tai Chi practice and philosophy
- E. Introduce martial art applications of Tai Chi
- F. Learn and show proficiency in Horse, Cat or Light, Bow or Archer, Drop, Modified Cat or Light, and Cross Leg stances.

**Grades are based on a percentage of total points earned in class:**

<b>Attendance</b>	<b>20 points per day</b>	<b>@ 580 pts.</b>
<b>Stances</b>	<b>10 points. each</b>	<b>@ 60 pts.</b>
<b>Final Exam</b>	<b>100 points</b>	<b>@ 100 pts.</b>
<b>Final Skill Exam</b>		<b>100 pts.</b>
<b>TOTAL POINTS</b>		<b>840 pts</b>

**The grade will be given based upon the following percentages:**

A = 95%-100%    B+ = 88-90%    C+ = 78-80%    D+ = 68-70%    F = Below 60%  
A- = 91%-94 %    B = 84-87%    C = 74-77%    D = 64-67%  
B- = 81-83%    C- = 71-73%    D- = 60-63%)

**Institutional and Class Policies**

**(sample)**

**ACADEMIC INTEGRITY:** Failure to comply with academic integrity, honesty, and behavior standards of Dixie College may result in course failure or administrative withdrawal from the class. Don't be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal.

**Attendance Policy-** There is no attendance requirement for the class. **However, you will find that if you don't attend, you will lose points, for classroom activities.** It's hard to get a good grade in this class without being there.

**Withdrawal for disruptive behavior policy-** Disruptive behavior in class may also lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written 'warning' letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

**Withdrawal from class-** If you decide to withdraw from the class, **it is your obligation to formally do so through the registrar's office to make sure you are not still on the roll for the class.**

**Important Dates for the Spring Semester**

Jan 7 Class work Starts  
Jan 10 Last Day to Waitlist  
Jan 11 Last Day to Add Without Signature  
Jan 14 Drop/Audit Fee Begins (\$10 per class)  
Jan 16 Residency Application Deadline  
Jan 21 Martin Luther King Jr. Day  
Jan 22 \$50 Late Registration/Payment Fee  
Jan 29 Pell Grant Census  
Jan 29 Last Day for Refund  
Jan 29 Last Day to drop without receiving a "W" grade  
Jan 30 Courses dropped for non-payment  
Feb 1 Last Day to Add/Audit  
Feb 1 Associate's degree Graduation Deadline - Spring 2013  
Feb 18 President's Day  
Feb 25 Mid-Term Grades Due  
Mar 1 Last Day to Drop Individual Class  
Mar 1 Bachelor's degree Graduation Deadline - Summer 2013  
Mar 11-15 Spring Break  
Mar 18 Fall 2013 Class schedule available online  
Mar 18 Summer Registration open to Seniors (90+ credits)  
Mar 19 Summer Registration open to Juniors (60+ credits)  
Mar 20 Summer Registration open to Sophomores (30+ credits)  
Mar 21 Summer Registration open to all students

Mar 29 Last Day for Complete Withdrawal  
Apr 1 Bachelor's degree Graduation Deadline – Fall 2013  
Apr 8 Fall Registration open to Seniors (90+ credits)  
Apr 9 Fall Registration open to Juniors (60+ credits)  
Apr 10 Fall Registration open to Sophomores (30+ credits)  
Apr 11 Fall Registration open to all students  
Apr 24 Class work Ends  
Apr 25 Reading Day  
Apr 26 – May 2 Final Exams  
May 1 Associate's degree Graduation Deadline - Summer 2013  
May 3 Commencement

**Written Final Exam Wednesday 5-01-2013 From 10:00 – 12:00 am**