



Physical Education Health and Recreation Department Syllabus

Course Name: Tai Chi

CRN: 45916

Semester/Year: Fall 2013

Instructor: Gary Whitehead

Email Address : master-whitehead@q.com

Office Hours: 10:00-10:20 and 11:30-12:00

Course Number: PEHR 1410-02

Meeting Days and Time: T/TH

Location: Room 201 SAC

DSU Email address:

gwhitehead@dixie.edu

Office Phone: 435-673-2260

Office Location: 2nd floor study rm.

Prerequisites: None

Lab and other fees: None

Course Description from Catalog:

An activity course in beginning Tai Chi, providing a foundation to Tai Chi philosophy and practice. Students will learn how to achieve optimum health and wellness, as well as the martial art applications of Tai Chi. The class will also focus on the history, philosophy and training of Tai Chi.

Required Textbook (s) /Recommended Books/other materials: Exercise Clothing, foot ware and a water bottle.

Department Objectives:

All PEHR courses have the following learning outcomes:

- 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.

Course Assignments and Assessments:

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

Attendance	20 points per day	@ 600 pts.
Stances	10 points. each	@ 70 pts.
Final Exam	100 points	100 pts.
Final Skill Exam		100 pts.
TOTAL POINTS		870 pts

Bonus points

Bonus Question	50 pts
Horse Stance for 1.5 minutes	60 pts

Instructor policy on late assignments, missed exams/quizzes, and unexcused absences:

Grading Scale:

A = 95-100 %	B- = 80-82%	D+ = 67-69%
A- = 90-94	C+ = 77-79	D = 64-66
B+ = 87-89	C = 74-76	D- = 60-63
B = 83-86	C- = 70-73	F = below 59

Important Semester Dates:

2013 Fall Semester

Aug 19	Class work Starts
Aug 22	Last Day to Waitlist
Aug 23	Last Day to Add Without Signature
Aug 28	Drop/Audit Fee Begins (\$10 per class)
Sep 2	Labor Day
Sep 3	\$50 Late Registration/Payment Fee
Sep 9	Pell Grant Census
Sep 9	Last Day for Refund
Sep 9	Last Day to drop without receiving a "W" grade
Sep 10	Courses dropped for non-payment
Sep 13	Last Day to Add/Audit
Oct 9	Mid-Term Grades Due
Oct 10-11	Semester Break
Oct 14	Last Day to Drop Individual Class
Oct 21	Spring and Summer 2014 class schedules available online
Nov 8	Last Day for Complete Withdrawal
Nov 11	Spring Registration open to Seniors (90+ credits)
Nov 12	Career Day
Nov 12	Spring Registration open to Juniors (60+ credits)
Nov 13	Spring Registration open to Sophomores (30+ credits)
Nov 14	Spring Registration Open to All Students
Nov 27-29	Thanksgiving Break
Dec 6	Class work Ends
Dec 9-13	Final Exams

Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.
- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

Policies and Statements

- Disability Statement:

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516.

- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.

Course Outline:

Tai Chi Chuan Old Yang Style Class Curriculum

Warm-Ups:

1. Touch sky touch earth	雙手托天理三焦	
2. Archer Shooting Arrow	左右開弓似射鵰	
3. Yin Yang Arm	調理脾胃舉單手	
4. Turning neck	五勞七傷向後瞧	
5. Lion	搖頭擺尾去心火	
6. Grabbing energy to punch	攢拳怒目增氣力	
7. Bird in flight	背後七顛百病消	
8. Open Sky Touch Earth	兩手攀足固腎腰	

Basic Exercises

Eight Section Brocade Exercises 老八段錦

1. Pushing Hands	推手	
2. Horse Stance	馬步	
3. Stretching Back for Longevity	活腰	
4. Base instrument stance	站樁	
5. bow stance	弓步	
6. cat stance	虛步	
7. drop stance	撲步	
8. cross leg sitting stance	坐盤步	

Tai Chi Form

Class #1		
1. Beginning Motion	預備式	
2. Fair Motion	公平式	
3. Jade Woman Catches Butterfly	玉女撲蝶	
Class #2		
4. Left Leg Lifted Movement	左提腿式	
5. Right Leg Lifted Movement	左提手上式	
6. Peacock Fanning His Tail	攬雀尾	
Class #3		
7. Single Whip Motion	單鞭	
8. Right Arm Closes with Left Hand	左合手	
9. Left Hand Lifted Right Leg lifted	右提腿式	

10. Right Hand Up Left Leg Kick	右提手上式	
Class #4		
11. White Cranes Glittering Wings 1	白鶴亮翅一	
12. White Cranes Glittering Wings 2	白鶴亮翅二	
13. White Cranes Glittering Wings 3	白鶴亮翅三	
Class #5		
14. Brush Knee Motion Pushing Palm	左擻膝推掌	
15. Cross Hands motion	下十字手	
Class #6		
16. Right Leg Up Folding Arms	右提腿抱肘	
17. Turn Body Pushing Palm	轉身推掌	
18. Hand Holding Bass Violin	手抱琵琶	
Class #7		
19. Closed Legged Stance Palms Together	并步雙推掌	
20. Left Leg Steps Double Pushing Palm	進步雙推掌	
21. Bring Back Both Hands Motion	雙帶手	
Class #8		
22. Bending to Catch the Tiger	揉身捕虎	
23. Brushing Knee Chopping Palm	擻膝刺掌	
24. Chopping Down Kick Right Leg	掌下加腳	
25. Chop Palm	連刺掌	
Class #9		
26. Flower Blossom, Sit Crossed Legged	坐盤生花	
27. Stand Up Step, Half Hammer	進步攔錘	

28. Yin-Yang Turn Over Palm	陰陽翻手	
Class #10		
29. Back of Head Sees the Moon	回頭望月	
30. Blocking, Closing Motion	如封似閉	
31. Catching The Tiger Left Side	左捕虎式	
32. Catching The Tiger Right Side	右捕虎式	
Class #11		
33. Hold Tiger Return To Mountain	抱虎歸山	
34. Turn Body, Cross Hands	轉身十字手	
35. Open Arms, Extend Right Leg	分手蹬腳	
Practice		
Self-defense techniques		
Practice		
Self-defense techniques		
Practice		
Self-defense techniques		
Practice		
Self-defense techniques		
Practice		

Self-defense techniques		
Practical final exam		
Practical final exam		
Practical final exam		
Practical final exam		
Practical final exam		
Practical final exam		
Practical final exam		
Practical final exam		
Written final exam	12-10-13	9:30 to 11:30

Class written Final 12-10-2013 from 9:30 - 11:30 noon