

Course Outline

COURSE: PE 701 **DIVISION:** 90 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2013 **Inactive Course**

SHORT TITLE: TAI CHI WELLNESS

LONG TITLE: Tai Chi for Wellness

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	18	Lecture:	0	0
		Lab:	1	18
		Other:	0	0
		Total:	1	18

COURSE DESCRIPTION:

This course will introduce the student to the thirty seven posture forms and movements of Tai Chi, an ancient Chinese practice that focuses on slow paced coordinated movements that improve balance, coordination, mobility and breathing. The students will also learn how to use this non-contact exercise program to reduce stress in their daily lives.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: N - Non Credit

GRADING MODES

N - Non Credit

REPEATABILITY: R - Course may be repeated

Maximum of 99 times, 100 credit hours

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. The students will distinguish between Tai Chi as a form of exercise and other forms of martial arts and fitness programs and identify health benefits to the physical, emotional and mental states of the individual.

ILO: 7, 1, 2, & 6

Measure: Oral response and participation

2. Students will develop a basic understanding of the principles of chi, the historical premises of Tai Chi and how these beliefs produce relaxation, flexibility and physical strength to the body.

ILO: 7, 2, & 1

Measure: Oral response and participation

3. Students will explain the importance of warm-up exercises and perform them in preparation for their Tai Chi workouts.

ILO: 1, 5, & 6

Measure: Oral Response and Performance

4. Students will be able to identify, perform and repeat the basic thirty-seven movements of Tai Chi which will form the basis for their self-paced exercise regiment.

ILO: 5, 6, 2, 4 & 7

Measure: Demonstration

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Inactive Course: 09/24/2012

WEEK 1 2 HOURS

Introduction, history and basic premises of the principles of Tai Chi Chuan, the term chi and the Yin/Yang/Tao. The health benefits of Tai Chi will also be examined. Basic warmup exercises and the Tai Chi Walk and their importance will be introduced and each student will master the techniques with practice time.

WEEK 2 2 HOURS

Students will review the basic premises of Tai Chi and begin the the preparation for learning Tai Chi Form using the Heartbeat Listening Exercise. Posture 1 & 2, Preparation and Beginning, are introduced. These are the first of the thirty-seven slow paced coordinated movements that improve balance, coordination, mobility and breathing. The detrimental effects of stress in our daily lives will be examined and explored. The Tai Chi River Mediation is used to counter the stress. Assignment is to practice the Heartbeat Learning Exercises and postures 1 & 2.

WEEK 3 2 HOURS

Postures 3-7 are introduced and practiced. They are: Grasp the Sparrow's Tail, Ward-Off Left, Ward-Off, Right, the Rollback, Grasp the Sparrow's Tail, Press and Grasp the Sparrow's Tail, Push. Homework: Practice the Grasp the Sparrow's Tail sequence for 15 minutes and record daily observations about everyday body movements.

WEEK 4 2 HOURS

Postures 8-11 are introduced and practiced. They are: Single Whip, Lift Hands and Hold Your Inner Baby/ Child Playing the Lute with Left Hand Sequence, Lean Forward/Shoulder Responsibility and Stork Spreads Wings. The meditations Tai Chi Tree and Be in Pre-Birth Chi Right Now are used during the introduction of these postures. Homework is to

practice the new movements and to write down any personal insights one has experienced while practicing the sequences. In addition, students will list 10 successful actions they have completed in the past month and list 10 mini-projects they would like to do over the next month and visualize their completion.

WEEK 5 2 HOURS

Introduction of Postures 11b, 12, 13A, 13B, 13C, 14, 15, 16A, & 16B.

They are Wheel Turning Sequence, Brush Left Knee and Twist Step, Lift Hands and Hold Your Inner Baby/Child Playing the Lute with Right Hand Sequence, Wheel Turning Sequence, Brush Left Knee and Twist Step, Step Forward, Deflect Downward, Parry and Punch, Withdraw and Push, Cross Hands. Homework: Go out into Nature and collect five things to represent the five elements of fire, water, metal, earth and wood. Do a sequence of the new postures and write down any personal insights in their journals.

WEEK 6 2 HOURS

Students will participate in a progress review. Introduction of postures 17-18: Embrace Tiger Return to Mountain and the Spiraling Punch Under the Elbow. Discussion of The True Self, A Journey Back to Her True Self, and guided practice of Spiraling Breathing. Homework to practice the two new postures for 15 minutes and the new breathing techniques learned in class.

WEEK 7 2 HOURS

Postures 19-23 are introduced and practiced. They are: Step Back and Play with Monkey, Right Side, Step Back and Play with Monkey, Left Side, Step Back and Play with Monkey, Right Side, Diagonal Flying, Wave Hands in Clouds, Right and Wave Hands in Clouds, Left. Meditation "Dance with the Clouds." Homework: Practice the movements for 15 minutes.

WEEK 8 2 HOURS

Postures 23c-28 are introduced and practiced. They are: Wave Hands into Single Whip/Snake Creeps Down, Squatting Single Whip, Golden Cock Stands on One Leg, Right, Golden Cock Stands on One Leg, Left, Separate Right Foot, the Sunburst Kick and Separate Left Foot. Homework to practice the sequences that were learned in the lesson for 15 minutes.

WEEK 9 2 HOURS

Postures 29A-32D are introduced and practiced. They are: Turn and Strike with the Heel, Brush Left Knee and Twist Step, Turn Torso to Spiral Arms Towards the Right, Step Forward, Descend and Strike with Fist, Grasp the Sparrow's Tail, Fair Lady Works At Shuttles, Right to North-East, Fair Lady Works at Shuttles Facing North-West, Fair Lady Works At Shuttles, Facing South-West, Fair Lady Works at Shuttles, Facing South-East and Grasp the Sparrow's Tail, Ward-Off, Left. Homework to perform the postures very slowly for 15 minutes. Meditate on the spiraling motion of the arms connecting to the tan-tien.

WEEK 10 2 HOURS

Postures 34-37 are introduced and practiced. They are: Step Forward to Greet and the Seven Stars, Step Back and Ride Tiger, Turn Body to

Sweep Lotus with Leg, Bend Bow and Shoot Tiger, Step Forward, Deflect Downward, Parry and Punch, Withdraw and Push, Cross Hands and Conclusion. Homework to perform the new postures for 15 minutes. Make a list of activities that help conserve chi energy and those that drain reserves to the body.

WEEK 11-17 2 HOURS

Under supervision, students will perform their daily routines of Tai Chi and listen to meditations. Partner exercises will be introduced: Letting Go of the Shoulders and Egos, Horizontal Circular River Exercises, Vertical Circular River Exercises, Horizontal Circle, Walking Partner Exercises and Vertical Circle Walking Partner Exercises.

WEEK 18 2 HOURS

A class performance will be videotaped of the students daily routine. The students will participate in a class survey and self-evaluation

METHODS OF INSTRUCTION:

Small group demonstration, lecture (mediations) and workout sessions.

METHODS OF EVALUATION:

N/A

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: L

Noncredit Category: D

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000198617

Sports/Physical Education Course: N

Taxonomy of Program: 083510