

**GEORGE MASON UNIVERSITY**  
School of Recreation, Health, and Tourism

PHED 149 5P1- Tai Chi(1)  
Fall 2013

DAY/TIME:	MW 3:00PM-4:15PM	LOCATION:
		Recreation & Athletic Complex 2002
INSTRUCTOR:	Master Xiaolin Lu	EMAIL: o_mei@yahoo.com
OFFICE LOCATION:	N/A	OFFICE HOURS: As needed
PHONE NUMBER:	(703)909-2854	
PREREQUISITES:	None	

**CATALOG DESCRIPTION**

This is a beginner level course designed to introduce students to the basic principles of Chi (energy) and Yin Yang (polarity) and how these apply to their bodies through the practice of Tai Chi movements.

**COURSE OBJECTIVES**

At the conclusion of the course, students should be able to:

1. Demonstrate all 24 movements and one pose in Tai Chi.
2. Define and explain Chi (intrinsic energy).
3. Define and explain polarity, or Yin Yang, and how it is used in our bodies.
4. Discuss the history of Tai Chi; where and how it originated.
5. Demonstrate movements using the basic principles of softness, continuity, and roundness.
6. Develop and document a personal daily Tai Chi regimen.

**COURSE INFORMATION**

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor at the beginning of the course
2. All communication will be through GMU e-mail.
3. Apparel/Equipment:
  - a. Loose comfortable clothing should be worn.
  - b. Students must wear either athletic shoes or go barefoot.

**NATURE OF COURSE DELIVERY:** Face-to-face

**REQUIRED READING:** Instructor will provide

**EVALUATION:**

1. Attendance (10%)
2. Final Exam (90%)
  - a. Paper exam of Tai Ji (20%).
  - b. Practical: Performance and demonstration of all 24 movements (70%)

**GRADING SCALE**

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

### COURSE OUTLINE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
M	August	26	Introduction, and demonstrate Taiji 24 forms. Learn 2 movements: Commencing position and Part the wild horse's mane to both sides	
W	August	28	Learn 3 movements: White Crane spreads its wings, Brush knee and twist hip on both sides and Hold the lute	
M	September	2	Learn 3 movements: Repulse the monkey (backward), Grasp the bird's tail: left side and Grasp the bird's tail: right side	
W	September	4	Define and explain Qi (intrinsic energy). Learn 2 movements: Single whip and Wave hands like clouds	
M	September	9	Learn 3 movements: Single whip, High pat on horse and Kick with the right heel	
W	September	11	Learn how to use Qi(energy) in the body. Learn 2 movements: Twin dragon searches for the pearl and Turn and kick with the left heel	
M	September	16	Learn 3 movements: Snake creeps down: left side, Snake creeps down: right side and A fair maiden works at the shuttles: Both sides	
W	September	18	Discuss the history of Tai Ji; where and how it originated. Review the movements learnt before	
M	September	23	Learn 3 movements: Pluck needle from the sea bottom, Flash the arm and Turn, deflect. parry and punch, Pluck needle from the sea bottom	
W	September	25	Learn 2 movements: Flash the arm and Turn, deflect. parry and punch	
M	September	30	Learn 2 movements: Apparent close-up Cross hands <b>Closing form</b>	

DATE			TOPIC	READINGS/ASSIGNMENT DUE
w	October	2	Review all movements	
	October	7	Review all movements	
	October	9	Final Exam	

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

**CORE VALUES COMMITMENT:** The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

