

GEORGE MASON UNIVERSITY
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 184 (001) Tai Chi: Introduction (1)
1 Credit,
Spring 2017
MW 9 :00-10 :15am /RAC,Rm2002 – Fairfax Campus

INSTRUCTOR: Dante Gilmer
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PHONE NUMBER: 703.862.2192
OFFICE HOURS: As needed
LOCATION: RAC, Rm 2002 (Fairfax Campus)

Prerequisites/Corequisites:

None

University Catalog Course Description:

Increase awareness of the mind and body. Introduce basic principles of Chi (energy) and Yin Yang (polarity) and how they apply to the body through practicing the Tai Chi movements.

Course Overview

None.

Course Delivery Method

This course will be delivered using a face-to-face format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Demonstrate the warm-up exercises - Carry Tiger, Roll downs, Spiraling left and right, and kicking stretch
2. Demonstrate all 19 movements of the Tai Chi solo form.
3. Define and explain Chi (intrinsic energy).
4. Define the Dan Tien and how it is used in Tai Chi
5. Define and explain polarity, or Yin Yang, and how it is used in our bodies.
6. Define Rooting, Connectedness and Alignment and how it is used in the Tai Chi form
7. Explain the eight basic movements of the Tai Chi solo form
8. Explain the five main movement principles used in the Tai Chi solo form
9. Explain and demonstrate - good structure, yielding and expansion in partner exercises
10. 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.
Apparel/Equipment:
 - a. Loose comfortable clothing should be worn.
 - b. Students must wear either athletic shoes or go barefoot.

Professional Standards N/A

Upon completion of this course, students will have met the following Professional standards: N/A

Required Texts

Will be provided by instructor when needed

Course Performance Evaluation

- Final Exam
 - Written: Multiple choice exam of Tai Chi (20%).
 - Practical: Demonstration of all 19 movements (70%)
- Other Requirements
 - Attendance (10%) 5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. Assuming the total possible points available is 60, your lab exercise score will be the number of points you gained each day divided by 60 and then multiplied by 10%. If you attend, are on time, each day, and participate as scheduled, you'll receive the full 5 points for that day. Unexcused absences, late arrivals, and lackadaisical performance could significantly affect the grade.

Course Performance Evaluation Weighting

Attendance – 10%
Final Exam – 90%

Grading Policies

A = 94 – 100	I = 88 – 89	= 78 – 79	D = 60 – 69
A- = 90 – 93	I = 84 – 87	= 74 – 77	F = 0 – 59

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

COURSE SCHEDULE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
M	Jan	23	Introduction, and demonstrate Cheng style Tai Chi form. Define Dan Tien and chi, learn warm-up exercise Spiraling left and right and roll downs, learn movements up to Ward-off	
W	Jan	25	Learn movements: Ward-off right and Roll Back, Explain Cheng's five main principles, learn warm-up exercise "kicking stretch"	
M	Jan	30	Learn movements: Press and Push, Learn warm-up exercise Carry Tiger To The Mountain, explain Yin and Yang	
W	Feb	1	Learn movements: Single Whip and Lift Hands, explain Tai Chi root, connectedness and alignment	
M	Feb	6	Learn movements: Pull Down and Shoulder Strike.	
W	Feb	8	Discuss the history/lineage of Tai Chi; Learn movements Pull Down and Elbow Strike	
M	Feb	13	Learn movements: Parry down and Punch	
W	Feb	15	Learn movements: Withdraw and Push	
M	Feb	20	Learn movement: Carry Tiger, Cross Hands and closing the form	

W	Feb	22	Review form for corrections and detail	
M	Feb	27	Review form for corrections and detail	
W	Feb	1	Review form for corrections and detail	
M	Feb	6	Final Exam	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://course support.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/>).

- 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 Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.