

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

RECR 184 (001) Tai Chi: Introduction (1)

Spring 2019

MW 9 :00-10 :15am 1/22/19 - 3/10/19 Fairfax, Recreation/Athletic Complex 2002

Faculty

Name: Dante Gilmer

Phone Number: 703.862.2192

Office location: before and after class.

Email: dgilmer@gmu.edu

Prerequisites/Corequisites None

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:

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.

Course Delivery Method

This course is an activity course.

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 Tian 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 - the Tai Chi form with flow and proper structure
10. Develop and document a personal daily Tai Chi regimen.

Required Texts

none

Will be provided by instructor when needed

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

- **Assignments and/or Examinations**

1. 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. Absences are excused with a doctor's note only. Emails, phone calls, and texts do not excuse an absence. Doctor's notes must be presented immediately upon return to class or scanned and emailed to the instructor.

2. Final Exam (90%)

- a. Written: Multiple choice exam of Tai Chi (20%).
- b. Practical: Demonstration of all 19 movements (70%)

Grading Scale:

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

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

COURSE SCHEDULE

DATE	TOPIC	READINGS/AS-SIGNMENT DUE
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W	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	
M	Jan	28	Learn movements: Ward-off right and Roll Back, Explain Cheng's five main principles, learn warm-up exercise "kicking stretch"	
W	Jan	30	Learn movements: Press and Push, Learn warm-up exercise Carry Tiger To The Mountain, explain Yin and Yang	
M	Feb	4	Learn movements: Single Whip and Lift Hands, explain Tai Chi root, connectedness and alignment	
W	Feb	6	Learn movements: Pull Down and Shoulder Strike.	
M	Feb	11	Discuss the history/lineage of Tai Chi; Learn movements Pull Down and Elbow Strike	
W	Feb	13	Learn movements: Parry down and Punch	
M	Feb	18	Learn movements: Withdraw and Push	
W	Feb	20	Learn movement: Carry Tiger, Cross Hands and closing the form	
M	Feb	25	Review form for corrections and detail	
W	Feb	27	Review form for corrections and detail	
M	Mar	4	Review form for corrections and detail	
W	Mar	6	Final Exam	

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 <https://catalog.gmu.edu/policies/honor-code-system/>)
- 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 silence all sound emitting devices 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://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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