

George Mason University
College of Education and Human Development
Physical Education for Lifetime Wellness

RECR 184 Tai Chi: Introduction
1 Credit, Fall 2024
MW 9:00 - 10:15 RAC - Rm. 2201

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Increase awareness of the mind/body connection. 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 email.
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.

Learning Outcomes

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
2. Demonstrate all 19 basic 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 five main movement principles used in the Tai Chi solo form
8. Explain and demonstrate - the Tai Chi form with flow and proper structure
9. Develop and document a personal daily Tai Chi regimen.

Professional Standards

Not applicable

Required Texts

None

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor.

- **Assignments and/or Examinations**

- 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.

- Final Exam (70%)

- Written: Multiple choice exam of Tai Chi (30%).

- Practical: Demonstration of all 19 movements (40%)

- **Other Requirements**

None

- **Grading**

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	

Use of Generative AI

Not applicable

Professional Dispositions (CEHD Student Guide)

Throughout study in the College of Education and Human Development, students are expected to demonstrate behaviors that reflect the positive dispositions of a professional. See

<https://cehd.gmu.edu/current-students/cehd-student-guide>.

Class Schedule

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

DATE			TOPIC	READINGS/ASSIGNMENT DUE
M	Aug	26	Introduction, and demonstrate Cheng style Tai Chi form. Define Dan Tien, yin & yang and chi, learn warm-up exercise Spiraling left and right and roll downs	
W	Aug	28	Learn Carry Tiger To The Mountain and Energetic cleansing	
W	Sep	4	Learn Tai Chi movements from beginning through Preparation, Explain Cheng's five main principles	
M	Sep	9	Learn movements: Ward-off Left, Explain 8 basic energies of Tai Chi Chuan	
W	Sep	11	Learn movements: Ward-off Right	
M	Sep	16	Learn movements: Roll Back, Press	
W	Sep	18	Learn movements: Evade and Push	
M	Sep	23	Discuss the history/lineage of Tai Chi	
W	Sep	25	Learn movements: Control From Above, Turn And Throw	
M	Sep	30	Learn movements: Hold The Ball, Form The Hook	
W	Oct	2	Learn Single Whip	
M	Oct	7	Learn Close The Form	
W	Oct	9	Final Exam	

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CEHD Commitments

The College of Education and Human Development is committed to fostering collaboration and community, promoting justice and equity, and advancing research-informed practice. Students are expected to adhere to, and contribute to, these commitments, the CEHD Mission, and Core Values of George Mason University. More information can be found here:

<https://cehd.gmu.edu/about/culture/>

GMU Policies and Resources for Students

Policies

- Students must adhere to Mason’s Academic Standards (see <https://catalog.gmu.edu/policies/academic-standards/>)
- Students must follow the university policy for Responsible Use of Computing (see <https://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 <https://ds.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 VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments>.
- Questions or concerns regarding use of your LMS should be directed to:
 - Blackboard Learn: <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>
 - Canvas: <https://its.gmu.edu/service/canvas/>
- For information on student support resources on campus, see:
 - TimelyCare: <https://caps.gmu.edu/timelycare-services/>

- Writing Center: <https://writingcenter.gmu.edu/>
- For additional information on the College of Education and Human Development’s Student Success Resources, please visit: <https://cehd.gmu.edu/students/>.

Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, interpersonal violence, and stalking to Mason’s Title IX Coordinator per [University Policy 1202](#). If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as [Student Support and Advocacy Center](#) (SSAC) at 703-380-1434 or [Counseling and Psychological Services](#) (CAPS) at 703-993-2380. You may also seek assistance or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

[Additional Program or Division content, supplemental materials, instructions, and graphics may be placed here, as appropriate.]