TIME: T TH 8:00am – 9:15am

PLACE: Physical Education Center Rm# 215

INSTRUCTOR: John Di Giovanni

PHONE: 843-478-4537

E-MAIL: digiovannij@cofc.edu
       obliquemagazine@yahoo.com

DISABILITY STATEMENT: The College will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center for Disability Services/SNAP located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations are responsible for notifying me as soon as possible and for contacting me one week before accommodation is needed.

HONOR STATEMENT: As members of the college community, students are expected to evidence a high standard of personal conduct and to respect the rights of other students, faculty, staff members, community neighbors, and visitors on campus. Students are also expected to adhere to all federal, state, and local laws.

COURSE DESCRIPTION: A course designed to cover a variety of topics not otherwise offered in the basic physical education activity program. Popular activities representing both traditional and non-traditional activities will be offered on a random basis according to interest shown in the activity.

STUDENT LEARNING OBJECTIVE: As a result of participating in PEAC120-01, students will learn and understand the movements and adaptation of the traditional Yang Style Tai Chi. Students will learn how to limber the body through warm up and stretching, quiet the mind with meditation and breathing exercises and move through the postures of Tai Chi with flow and meaning. The practice of this ancient art will give the participating students the ability to carry and cultivate a relaxed and focused mindset through other aspects of their lives.
REQUIREMENTS: Written assignments 20%
Midterm Practical 20%
Participation & Effort 10%
Final Practical 50%

ATTENDANCE: This is a participation class and attendance is extremely important to keep up with the material. Role is taken each class. You must see the instructor if three or more classes are missed. Excessive absences could lead to failure of the course. Tardiness is not accepted. Class will begin at 8:00 sharp! Come dressed out and prepared to start on time.

DRESS CODE: It is recommended that comfortable clothing be worn. Student has choice of wearing sneakers or going barefoot.

GRADING: 93-100 = A
90-92 = A-
88-89 = B+
83-87 = B
80-82 = B-
78-79 = C+
74-77 = C
72-73 = C-
70-71 = D+
68-69 = D
66-67 = D-
<66 = F

DATES TOPICS:
Tu. Aug 23 Introduction and expectations of class.
Th. Aug 25 Preparation, Beginning,
Tu. Aug 30 Ward-Off Left
Grasp Sparrow’s Tail

Th. Sep 01  Single Whip  Raise Hands, Shoulder Strike
Tu. Sep 06  Whit Crane Spreads Wings  Brush Left Knee, step up  Play Lute
Th. Sep 08  Brush Left Knee  Brush Right Knee  Brush Left Knee  Play Lute  Brush Left Knee,
Tu. Sep 13  Step, Block, Parry and Punch
Th. Sep 15  Apparent Close, Cross Hands
Tu. Sep 20  Review
Th. Sep 22  Carry Tiger to Mountain  Ward Off, Single Whip
Tu. Sep 27  Turn/step to Fist Under elbow
Th. Sep 29  Repulse Monkey Right  Repulse Monkey Left  Repulse Monkey Right  Diagonal Flying
Tu. Oct 04  Raise hands, shoulder strike
Th. Oct 06  Crane spreads wings, Brush Knee left  Needle at Sea Bottom
Tu. Oct 11  Midterm Exam
Th. Oct 13  Fan through back, turn, chop strike
Tu. Oct 18  Step up, block parry punch  
Ward-off left Grasp Sparrow’s Tail, single whip
Th. Oct 20  Wave Hands like Clouds  
Single whip
Tu. Oct 25  High Pat on horse  
Kick Right, Kick left
Th. Oct 27  Turn to kick with Left heel  
Brush Knee Left Step  
Brush Knee Right, Step and Strike downward
Tu. Nov 01  Turn, block strike  
Step, block, parry punch  
Kick with Right heel
Th. Nov 03  Strike Tiger left  
Strike Tiger Right  
Kick with Right Heel
Th. Nov 10  Adjust, double strike ears  
Kick left heel  
Turn kick right heel
Tu. Nov 15  Step block parry punch  
Apparent close, Cross hands
Th. Nov 17  Review
Tu. Nov 22  Review
Tu. Nov 29  Review
Th. Dec 01  Final