Tai Chi Syllabus

COURSE: PEAC120-10_DiGiovanni_Spring2017

TIME: TTH 9:25AM – 10:40
PLACE PHYSICAL EDUCATION CENTER Rm. 215
INSTRUCTOR John Di Giovanni
PHONE: 843-478-4537
E-MAIL: digiovannij@cofc.edu
           obliquemagazine@yahoo.com
OFFICE HOURS: By Appointment
COURSE TEXT: N/A

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 nontraditional activities will be offered on a random basis according to interest shown in the activity.

STUDENT LEARNING OBJECTIVE: As a result of participating in PEAC120-10, 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:**

- Midterm Practical-20%
- Pop Quiz-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 9:30 sharp! Come dressed out and prepared to start on time. Please bring small notebook to each class.

**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:

Thur. Jan. 12
Introduction and expectations of class. Stance, breathing and meditation.

Tues. Jan. 17
Preparation. Beginning. Ward-off left. Discussion: Principle #1 Head is naturally suspended. Principle #2 Keep the Chest relaxed while slightly stretching up the back.

Thur. Jan. 19

Tues. Jan. 24

Thur. Jan. 26

Tues. Jan. 31

Thur. Feb. 2
Reverse kick, Block/punch/parry punch. Apparent close (turn back/push). Cross hands.

Tues. Feb. 7
Review

Thur. Feb. 9
Carry tiger to mountain. Ward off. Single whip to fist under elbow.

Tues. Feb. 14
Repulse monkey right. Repulse monkey left. Repulse monkey right.

Thur. Feb. 16
Midterm exam
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Thur. Feb 23</td>
<td>Needle at sea bottom. Fan-thru back.</td>
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<td><strong>Spring Break</strong></td>
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<tr>
<td>Thur. Mar. 30</td>
<td>Strike Tiger left. Strike Tiger right</td>
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<tr>
<td>Tues. Apr. 4</td>
<td>Adjust, double strike ears. Kick left heel. Turn, kick right heel.</td>
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<tr>
<td>Tues. Apr. 12</td>
<td>Review</td>
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<td>Thur. Apr. 14</td>
<td>Review</td>
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<tr>
<td>Tues. Apr. 19</td>
<td>Review</td>
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<tr>
<td>Thur. Apr. 21</td>
<td>Review</td>
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<tr>
<td>Tues. Apr. 25</td>
<td>Final exam</td>
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