Course Information

Division: Health & Physical Education
Course Number: HPE 101AL
Title: Beginning T'ai Chi Ch’uan I
Credits: 1
Developed by: Susan Lederman/Revised by Jim Bagnall
Lecture/Lab Ratio: 0 Lecture/2 Lab
Transfer Status:

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<th>ASU</th>
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<td>KIN 105, EXW 105</td>
<td>FIT 100</td>
<td>PE Dept. Elective, PE Activity Credit limit of three units</td>
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Activity Course: Yes
CIP Code: 31.0501
Assessment Mode: Portfolio
Semester Taught: Upon Request
GE Category: AAS degree only
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No
Diversity and Inclusion Course: No

Prerequisites
None

Educational Value
All ages seeking good health and tolls for physical and emotional well being. Safe and gentle for everyone.

Description
An introduction to the ancient Chinese exercise form T’ai Chi Ch’uan, and the oriental philosophies on which it is based.

Supplies
Loose, soft clothing
Soft, flat, comfortable shoes
Competencies and Performance Standards

1. **Explain the oriental concept of the energy systems as embodied in the T’ai Chi symbol.**

   **Learning objectives**
   
   What you will learn as you master the competency:
   
   a. Discuss the concept that all existence is basically energy.
   
   b. Explain the complimentary forces of yin and yang.
   
   c. Discuss that meridian conduct (circulate) the energy through the body.
   
   d. Discuss that energy moves by thought and by movement.
   
   e. List the five elements and their qualities (movements): fire, water, metal, earth, and wood.

   **Performance Standards**

   Competence will be demonstrated:
   
   o by correctly responding to the appropriate questions in the portfolio

   Criteria - Performance will be satisfactory when:
   
   o learner explains the concept that all existence is basically energy
   
   o learner explains the complimentary forces of yin and yang
   
   o learner discusses meridian conduct (circulate) the energy through the body
   
   o learner discusses energy moves by thought and by movement
   
   o learner identifies five elements and their qualities (movements): fire, water, metal, earth, and wood

2. **Practice abdominal breathing technique.**

   **Learning objectives**

   What you will learn as you master the competency:
   
   a. Demonstrate and maintain correct breathing during physical final.
   
   b. Explain specific questions in the portfolio.

   **Performance Standards**

   Competence will be demonstrated:
   
   o by calm, relaxed breathing while participating in the T’ain Tien
   
   o by correctly responding to the appropriate questions in the portfolio

   Criteria - Performance will be satisfactory when:
   
   o learner demonstrates and maintains correct breathing during physical final
   
   o learner explains specific questions in the portfolio

3. **Practice correct posture.**

   **Learning objectives**

   What you will learn as you master the competency:
   
   a. Demonstrate and maintain proper stance during performance of the ch’uan.
   
   b. Explain specific questions in the portfolio.

   **Performance Standards**

   Competence will be demonstrated:
   
   o with proper posture stance throughout the ch’uan
4. Demonstrate a successful performance of the beginning series of T'ai Chi Chu'an.

Learning objectives

What you will learn as you master the competency:

a. Demonstrate proper abdominal breathing.
b. Demonstrate proper posture.
c. Demonstrate shift of weight.
d. Demonstrate spinning silk.
e. Demonstrate several forms and their transitions.
f. Demonstrate focus on the material.

Performance Standards

Competence will be demonstrated:

Criteria - Performance will be satisfactory when:

- learner demonstrates and maintains the proper stance during performance of the ch'uan
- learner explains specific questions in the portfolio

by correctly responding to the appropriate questions in the portfolio

by practical demonstrations

- learner demonstrates proper abdominal breathing
- learner demonstrates proper posture
- learner demonstrates shift of weight
- learner demonstrates spinning silk
- learner demonstrates several forms and transitions
- learner demonstrates focus on material

Types of Instruction

Classroom Presentation and Demonstration

Grading Information

Grading Rationale

50% Tests and quizzes
40% Skill
10% Portfolio

Grading Scale

Pass 70% or above using evaluation method
Fail Below 70% using evaluation method