

# EASTERN ARIZONA COLLEGE

## Beginning T'ai Chi Ch'uan I

Course Design  
2018-2019

**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**

ASU	NAU	UA
KIN 105, EXW 105	FIT 100	PE Dept. Elective, PE Activity Credit limit of three units

**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

- o by correctly responding to the appropriate questions in the portfolio

*Criteria - Performance will be satisfactory when:*

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

#### **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:*

- o by correctly responding to the appropriate questions in the portfolio
- o by practical demonstrations

*Criteria - Performance will be satisfactory when:*

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