NORTH LAKE COLLEGE
5001 N. MacArthur Blvd.
Irving, Texas 75038-3899
DALLAS COUNTY COMMUNITY COLLEGE DISTRICT

COURSE SYLLABUS
Tai Chi Chuan (PHED 1120/1142 71202; PHEZ 1000 72001)
FALL SEMESTER 2019

Physical Education, Athletics, Kinesiology Division
Location: F200
Telephone: 972-273-3518,
Hours: Mon-Thu 8:00 a – 8.30 p, Fri 8a – 4.30p.

This course syllabus is intended as a set of guidelines for credit PHED 1120/PHED 1142 (Tai Chi) and PHEZ 1000 (Tai Chi). Both North Lake College and your instructor reserve the right to make modifications in content, schedule, and requirements as necessary to promote the best education possible within prevailing conditions affecting this course.

Instructor’s Information:

Dr. Henry Su       Shirley Thompson
Email: hsu@dcccd.edu  sthompson@dcccd.edu
Office Phone Number: 972-273-3513
Office Location: C303G
Office Hours by Appointment

Course Information

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Wu Style Tai Chi Chuan (Self-defense)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Number</td>
<td>PHED 1120/1142 PHEZ 1000</td>
</tr>
<tr>
<td>Section Number</td>
<td>Credit 71202; Continuing Education section # is 72001</td>
</tr>
<tr>
<td>Credit Hours</td>
<td>1</td>
</tr>
<tr>
<td>Class meeting time</td>
<td>TR 2:00– 3:20 pm in F105 (Downstairs in the gym)</td>
</tr>
<tr>
<td>Course Description</td>
<td>Wu Style Tai Chi Chuan is introduced. The history and philosophy of the martial arts is explored. The student should progress from no previous experience in self-defense to an adequate skill level covering basic self-defense situations. Both mental and physical aspects of the arts are stressed. Uniform is required.</td>
</tr>
</tbody>
</table>

Course Prerequisites

None for PHED 1120 or PHEZ 1000. PHED 1120 is required for PHED 1142 or permission from the instructor.
Required or Recommended Textbooks and Materials

Uniform: Long pants that are non-restricting must be worn for the classes. No textbook.

Course Objectives
This is an introductory course to the practice of Tai Chi Chuan, a form of defensive and healing exercise based on Chinese martial arts and medicine. Tai Chi Chuan incorporates slow, continuous, circular and gentle movements for the benefit of mind and body. Practice of this art develops flexibility, strength, agility, and coordination and promotes self-healing. Students will be taught the principles and steps of the graceful movements of this art to experience the internal healing energy in the practice of Tai Chi Chuan. Chinese history and culture as it pertains to the martial arts of Tai Chi Chuan will also be presented.

Specific Course Learning Outcomes
Students should
1. Demonstrate the basic principles and philosophy of Wu Style Tai Chi Chuan in written and physical practice.
2. Demonstrate an understanding of the history of this art of self-defense as demonstrated through written and oral exams.
3. Demonstrate an understanding of the benefits received from the training of Tai Chi as measured through a written exam.
4. Be able to perform & continue to practice the basic Wu Style Tai Chi 13 Golden Postures form to maintain a healthy lifestyle.

Lecture Course Weekly Outline
Week 1. Class introduction, Syllabus, introduction to warm-ups
Week 2. Intro to Basic warm ups, stretches, balance and relaxation
Week 3. Warmups, Intro to QiGong
Week 4. Further into the QiGong, tai chi walk, rooting & centering
Week 5. QiGong exercise, Tai Chi stances/walk
Week 6. QiGong cont. Tai Chi walk, basic Tai Chi stances, 13 postures intro
Week 7. History of Wu style Tai Chi Chuan, 13 postures
Week 8. History of Wu style review. QiGong, Tai Chi walk, 13 postures
Week 9. Written exam for beginner class, QiGong, Tai Chi walk, 13 postures
Week 10. More layers, QiGong, Tai Chi walk, 13 postures
Week 11. More layers, Wu style Tai Chi Chuan form: 13 postures
Week 12. Sensing & Push hands
Week 13. QiGong, Tai Chi walk, 13 postures
Week 14. QiGong, Tai Chi walk, 13 postures
Week 15 Performance test on 13 postures
Week 16 Performance test on 13 postures
(Note: Schedule is subject to change by the instructor).

Means of Assessment of Course Learning Outcomes
1. Written Exams: Short answers and Multiple choice
2. In-class Participation
3. Form Performance
**Evaluation Procedures**

Grade Breakdown
- Out of 100%
- Participation/Attendance: 40%
- Performance Exam: 50%
- Written Exam: 10%
- Students in PHED 1142 or PHEZ 1000: No written exam. Participation = 50%

**Exams and Assignments**

1. Written exam will cover the history, philosophy and benefits of Tai Chi Chuan. Presentation of information will be via lecture and handouts.
2. Performance of the basic techniques in the Wu Style Tai Chi Form - 13 Golden Postures

**Grading Scale**

A = 90% and above; B = 80% to 89%; C = 70% to 79%; D = 60% to 69%; F = 59% and below. *(Grades are earned, and not open for negotiations!!!)*

**Discipline/ Course/ Department/Policies**

*Late Paper/Test (Assignment) Policy:* A 10% deduction will be automatically assessed for late Test/Paper.

**Student Responsibilities:**

1. Successful performance in all tests.
2. Punctual and full attendance of all classes.
3. Practicing the forms out of class
4. Active participation in class exercises.
5. Take responsibility for your education.

*Classroom Etiquette:* You are expected to focus on learning in this college class. Disruptive behavior (behavior or activity that affects the learning/teaching of the class, such as uncalled-for talking, teasing or harassment of other students) will not be tolerated. Disrespectful or Disruptive students will be dismissed from the class. Use of cell-phones or pagers are prohibited in the class. Turn the ringers off.

**Martial Arts School contacts**

- **Wu Yi Shaolin Martial Arts Center**
  - 773 S. MacArthur Blvd., Suite 209
  - Coppell, TX 75019
  - Phone: 972-393-9931
- **Lee's White Leopard Kung Fu Schools**
  - (Kung Fu and Tai Chi Center)
  - 6959 Arapaho Road, Suite #589
  - Dallas, TX 75248 Phone: 972-991-1088

**IMPORTANT SPRING 2018 DATES**

- **Monday, August 26**
  - Semester starts
- **Tuesday, August 27**
  - First Class Day
- **Monday, September 9**
  - Certification / Lock Date
- **Thursday, November 14**
  - Last Day to Withdraw with “W”
- **Thursday, November 28**
  - Holiday begins
- **Monday, December 2nd**
  - Classes resume
- **Monday, December 9, 2019**
  - Finals Week begins
- **Thursday, December 12, 2019**
  - Fall semester Ends
INSTITUTIONAL POLICIES

Use the link below to access all institutional policies (things such as: Academic Dishonesty; Religious Holidays; Financial Aid; International Office; 6 Drop Rule etc.

www.northlakecollege.edu/syllabipolicies

DCCCD EMERGENCY OPERATING PROCEDURES
http://video.dcccd.edu/rtv/DO/emergency_dcccd.wmv

TESTING CENTER (Library Building)
Monday-Thursday: 8:30 a.m. – 8:00 p.m.
   No tests will be issued after 7:00 p.m. Other cut-off times may be in effect for specific exams by the instructor’s direction. All exams collected at 8:00 p.m.
Friday-Saturday: 8:30 a.m.-3:30 p.m.
   No tests will be issued after 2:30 p.m. Other cut-off times may be in effect for specific exams by the instructor’s direction. All exams collected at 3:30 p.m.
Sunday – CLOSED

If you instructor requires you to complete an exam in the Testing Center, be sure to have the following information when you request you test:
1. Instructor’s name
2. Subject, course number, and section number (exp: Speech 1311.7011)
3. Exam number (1st, 2nd, 3rd, etc.) (Tai Chi Test is what you ask for, for this class)
4. Exam deadline (Get this information from your instructor. The testing staff cannot look up this information on computers).

You should also bring the following supplies:
1. Pencil
2. Scantron answer sheet (NOT NEEDED FOR THIS CLASS)
3. A Test Request Form must be completed before entering the Testing Center.
5. Government or school issued photo identification is required & enforced.

You may not bring personal items into the Testing Center. This includes bags, cell phones, and pagers.

Please show courteous and cooperative behavior while using the services provided by the Testing Center.

DO NOT bring children to the Testing Center. You must make arrangements for the care of your children prior to your exam date. The police department will be notified of any unattended children.

DO NOT take any testing materials with you when you leave the Testing Center. This includes the test, answers, charts, scratch paper. These items will be attached to your test.

Questions? Please visit the Testing Center (Library Building) or call 972-273-3160.