

Syllabus
Physical Education 131 – Tai Chi Chuan
FALL 2012

Instructor: Lee Miller Parks, Ph.D.

Office: Sierra Nevada, Room 100, Office #3

Telephone: (818) 240-1000 X 5557 (Please leave a message!)

e-mail Address: lparks@glendale.edu

Teaching Assistants: David Fell, Alvart Markarian, and Mike Geiger

RULES AND PROCEDURES:

1. Class meets from 12:20 noon to 1:25 pm: **Monday and Wednesday**, in SN-102
2. Lockers are provided for you in the locker rooms. Please see the instructor for a locker. Because of the nature of self-defense movement, the classroom must be kept clear of backpacks, purses, etc.
3. While in class and on campus, students are expected to follow the GCC Standards of Student Conduct listed in the GCC Catalog. **Students who are disruptive will be asked to leave and the behavior will be reported to the Program Manager of the Center for Students with Disabilities and/or the Dean of Student Affairs.**
4. Please turn in a **Medical Report form** (if not currently on file) no later than **by the end of the second week of class.**
5. **Many students and staff are allergic to fragrances,** such as those found in perfume, cologne, hair products, soap, and laundry products. **It is essential that ALL people attending this class minimize/eliminate their use of fragrance items.** Please be mindful of others and their needs.
6. **Cell phone use during class is prohibited.**

CLASS INSTRUCTION:

T'ai Chi Ch'uan is an art of self-defense and a self-discipline practice. It is a soft form of martial arts. Instruction builds on a progression of movements; a choreography of hand and foot work. Students will learn the T'ai Chi form through repetition and progression. **Therefore, it is essential that students attend each and every class.** This is not a class that students can skip occasionally and pick up later. It is unfair to the rest of the class, for the instructor to regress in

instruction to bring one student up to class level. Therefore, please let the instructor know of illness and other pressing excuses,(Dr.s' appointments, SSI appointments, ETC.)

Because students must be able to assimilate and demonstrate the "Choreography", T'ai Chi proves to be challenging to some students with retention problems. Students will demonstrate competencies through individual performance of the form, after each set is taught. Students will be videotaped and their performance critiqued by the instructor and themselves. Performance grades will be given after each test.

Because T'ai Chi Chuan also is a philosophy and mental discipline, students will be assigned, read and provide a written critique of video tapes articles and books dealing with Tai Chi. The written critique must be typed and handed in by the set deadlines. No late papers will be accepted. The instructor will hand out guidelines for the writing of the papers when assignments are given to the student. Students will also be expected to participate in class discussions and question and answer exchanges. Points will be given for participation in these.

Tai Chi is learned and performed in a quiet atmosphere. Students are required to arrive on time and participate in complete silence for long periods of time (only background music playing). Disruption of the Tai Chi classroom will not be permitted and the student will be dismissed from class for disruptive behavior.

Because T'ai Chi is taught in a slow, calm, non-aggressive manner, it proves to be boring to some students. If you find that this describes you, please talk to the instructor.

GRADING:

1. Roll is taken every class. Each class will be worth 4 points (1 for attendance + 0-3 for participation). **Excused absences will receive a maximum of 1 point. Unexcused absences will receive 0 points.** Communication with the instructor: 1) in person **before the day of the absence**; 2) by phone or by e-mail before the absence OR the day of the absence; or 3) by verified documentation (e.g. from a doctor) if you are incapacitated, may be considered by the instructor for excused status. It is to the instructor's discretion to determine whether an absence is excused or unexcused.
2. Tardiness: each tardy impacts your daily participation grade; three (3) tardies will equal one (1) unexcused absence.
3. If you have or develop a condition that will prevent you from participating regularly, please consult with the instructor **IMMEDIATELY**, as this will have an impact on your grade.
4. Your final grade will be compiled from:
 - a. Attendance
 - b. Written paper assignments
 - c. Demonstration of T'ai Chi form

- d. Video tape analysis of your performance
- e. Written analysis of these performances by the instructor and you
- f. Participation in group discussions and activities
- g. Outside reading projects with quizzes on reading materials
- h. Outside research and papers
- i. Mid-term exam
- j. Final exam

PE 131 Student Learning Outcomes:

Upon successful completion of the required coursework, the student will be able to:

1. Demonstrate sensitivity and awareness of individual differences and needs of peers while interacting with others during performance of Tai Chi forms
2. Practice Tai Chi Yang Long Style Form skills in a safe manner while utilizing any necessary adaptations (e.g. techniques, equipment, etc.)
3. Relate his/her understanding of the value and significance of physical activity for improving his/her fitness, health, and quality of life.

IMPORTANT NOTES:

1. I am teaching this class because I have been trained to work with people with disabilities. **This class is not for me**, it is for you. I will be available to you if or when you have additional questions or needs (make sure you leave me a message!)
2. It is **YOUR** responsibility to inform the instructor if you have any condition(s) or limitation(s) that might **significantly impact your ability to participate safely** in this class (e.g. heart conditions, seizure disorders, medications, etc.). It is your responsibility to discuss any desired accommodations or alternatives with the instructor immediately.
3. **The DEADLINE to WITHDRAW** from this class with a “W” notation is **November 24, 2012**. This is **YOUR** responsibility, so if **YOU** do not drop by this date you will be assigned a grade accordingly. The instructors will attempt to notify you via your GCC e-mail only if you are in jeopardy of failing the class. It is your responsibility to check your GCC e-mail account and make the necessary decision(s).
5. All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

IMPORTANT DATES TO REMEMBER – FALL 2012 PE131 SN 102 M and W

**WEEKS 1 & 2: Due by Monday, September 17th
COMPLETE & TURN IN THE FOLLOWING:**

1. Initial Skills Survey & Assessment Forms
 2. If needed, Medical Report form (requested once PER YEAR – not per semester)
-

APPROXIMATELY EVERY FOUR WEEKS

You will be videotaped as the end of each set has been finished. Dates will be announced during the class.

WEEK 6: Monday 10/8/12 and Wednesday 10/10/12 The instructor be away at a Conference. Review sessions by TA's may held .

Week 12: FINAL DROP DATE NOVEMBER 24, 2012

**** THIS IS YOUR RESPONSIBILITY!****

WEEK 15: Wednesday, 12/10/12 LAST DAY IN Tai Chi

WEEK 16; FINAL EXAM –to be determined

Wednesday December 12, 1012 10:30AM -1:00 PM