

Syllabus
Physical Education 131 – Tai Chi Chuan
Ticket Number 1663
Spring 2013

Instructor: Lee Miller Parks, Ph.D.

Office: Sierra Nevada, Room 100, Office #3

Office Hours: Immediately before or after class or as posted on office in SN 100.

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

e-mail Address: lparks@glendale.edu

Teaching Assistants: David Fell, Alvar Markarian, Mike Geiger

Course Description: This is a 1.5 unit course that includes instruction in Wang Style Tai Chi Chuan modified for students with disabilities.

IMPORTANT NOTE: This course includes a required hybrid on-line Moodle component. Students should possess basic computer skills and have access to the Internet, either from home or from the computer labs on campus.

Course Objectives

The student will strive to complete all required work as scheduled in order to improve his/her skills in T'ai Chi Chu'an, utilizing any necessary adapted strategies.

TEXTBOOK AND SUPPLIES: The instructor will provide any necessary reading materials for this class – keep all handouts, as you will be tested on the content. Students will be expected to access the majority of handouts online via Moodle. Please inform instructor immediately if you need materials in an alternate format.

RULES AND PROCEDURES:

1. Class meets from 12:20 PM to 1:25 pm on Monday and 12:20 PM to 1:10 on Wednesday in SN-102.

2. **First Day Drop Policy:** The instructor reserve the right to drop no-shows after the first hour of the first class meeting, if no prior arrangements were made for the absence.
3. 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.
4. While in class, students are expected to follow the GCC Standards of Student Conduct and the GCC Honesty Policy 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.**
5. Please turn in a **Medical Report form** (if not currently on file) no later than **by the end of the second week of class.**
6. **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.

IMPORTANT NOTES:

1. This class is a hybrid class and has an on-line component to it. Students will use Moodle to complete on-line assignments either on their home computers or on a GCC campus lab computer. You must log into Moodle each week to complete required on-line content (not necessarily listed here).
2. We are teaching this class because we have been trained to work with people with disabilities. **This class is not for us**, it is for you. We will be available to you if or when you have additional questions or needs (make sure you leave us a message!)
3. It is **YOUR** responsibility to inform the instructors 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 instructors immediately.

4. **The DEADLINE to WITHDRAW** from this class with a “W” notation is **May 18, 2013**. This is YOUR responsibility, so if you do not drop by this date you will be assigned a grade accordingly.
5. **Cell phone use during class is prohibited.** Talk with the instructor(s) about any exception.
6. **Disabled Students: All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.**

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. Hybrid (Moodle) section will have a series of class activities/homework/quizzes to be submitted to instructor.
2. Roll is taken in every physical activity portion of the class. Each of these classes 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.**
3. Tardiness: each tardy impacts your daily participation grade; three (3) tardies will equal one (1) unexcused absence.
4. 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.
5. Approximate breakdown of your final grade will be compiled from the following areas:
 - a. Attendance/Participation- You can not increase your knowledge or achieve proficiency if you are not in class. (35%)
 - b. Assessments (quizzes, midterm, and Moodle assignments. (25%)
 - c. Demonstration and performance of T'ai Chi skills. (30%)
 - d. Final exam (10%)

Make-up Policy: MAKE-UP WORK: this is an activity class, active participation is paramount to your success, and we have limited access to the facility. Thus, make-up work is not readily available. This is the student's responsibility and all such issues will be dealt with on a case-by-case basis.

Issues or Complaints: Please address any issues you may have that are relative to this course with the instructor, either in person during our office hours, by e-mail, or by telephone as early in the semester as possible. If you and the instructor cannot resolve the issue, we will refer you to the Program Manager of DSPS.

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 DATES TO REMEMBER – Spring 2013
PE131 SN 102 M and W**

WEEKS 1 & 2: Due by Wednesday, February 27, 2013

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.

Spring Break: April 15 through April 19, 2013

Week 12: FINAL DROP DATE May 18, 2013

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

WEEK 15: Wednesday, 6/3/13 LAST DAY IN Tai Chi

WEEK 16; FINAL EXAM – to be determined

Wednesday June 5, 30, 2013 10:30 AM – 1:00 PM