

**Syllabus**  
**Physical Education 131 – Tai Chi Chuan**  
**Ticket Number #3242**  
**Spring 2017**

**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

**Time & Location:** 12:10 PM – 1:35 PM Monday and Wednesday

**Course Description:** This is a 1 unit course that includes instruction in Yang Style Tai Chi Chuan, with specific consideration of each student's ability level and any necessary adapted strategies for successful participation.

**IMPORTANT NOTE: This course includes a 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.

**Attendance**

Students are required to attend all class sessions. 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.**

## **Attendance (cont.)**

**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.

Missing more than 3 class meetings may jeopardize a student's grade and could, without prior arrangements made with the instructor, make him/her subject to being dropped from the course.

Please 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, balance limitations, etc.). It is **your responsibility** to discuss any desired accommodations or alternatives with the instructor immediately.

Tardiness: each tardy impacts your daily participation grade; three (3) tardies will equal one (1) unexcused absence.

## **First Day Drop Policy**

The instructor reserves the right to drop no-shows after the first hour of the first class meeting if no prior arrangements were made for the absence.

## **Examination/Evaluation Procedures**

Progress in specific skill areas may be assessed by:

- Attendance and observation of **active and safe participation** in class activities and discussions (4 points / day x 27 possible days = 108 pts.)
- Initial vs. Final Vital Statistics
- Assessment of Skills and Individual Goal(s): To be designated upon ENTRY into class and monitored throughout semester - as indicated by pre- and post- testing.
- Completion of ALL paperwork and online Moodle assignments: For example, Vital Statistics forms, Learner Survey, etc. **FAILURE TO TURN IN ASSIGNED PAPERWORK ON TIME WILL SIGNIFICANTLY IMPACT YOUR GRADE.** See Important Dates to Remember

## **Make-up Policy**

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 instructors, either in person during our office hours, by e-mail, or by telephone as early in the semester as possible. If you and the instructors cannot resolve the issue, we will refer you to the Program Manager of DSPS.

### **Grading Policy**

**Approximate** breakdown of your final course grade:

Class Attendance and Active Effort / Participation	35%
Written Assessments (vital measurements, quizzes, <b>Moodle assignments</b> )	25%
Skills Assessments demonstration of Tai Chi form, midterm and final)	30%
Final Exam	10%

### **RULES AND PROCEDURES:**

1. Class meets from 12:10 PM to 1:35 pm on Monday and Wednesday in SN-102.
2. **First Day Drop Policy:** The instructor reserves 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
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. **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.

IMPORTANT NOTES:

1. This class 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. 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!)
3. 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 instructors immediately.
4. **The DEADLINE to WITHDRAW** from this class with a “W” notation is **May 20, 2017**. This is YOUR responsibility, so if you do not drop by this date you will be assigned a grade accordingly. The instructor 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 you GCC e-mail** account and make the necessary decision(s).
5. **Disabled Students: All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.**
6. **Students must use their GCC student email, as this is the only official communication method used by the instructor (and the college). Failure to check your GCC student email is not an acceptable excuse for missing any vital content, information, or deadlines.**

## **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 Moodle projects and some outside projects. All written work 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.

## 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 2017 PE131 SN 102 M and W**

**WEEKS 1 & 2: Due by Wednesday, February 27th  
COMPLETE & TURN IN THE FOLLOWING:**

1. Initial Skills Survey & Assessment Forms
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### **APPROXIMATELY EVERY FOUR WEEKS**

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

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Week 9: Spring Break- April 17-21, 2017

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Week 12: **FINAL DROP DATE May 20, 2017**  
**\*\* THIS IS YOUR RESPONSIBILITY!\*\***

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**WEEK 15: Wednesday, June 5, 2017 LAST DAY IN Tai Chi**

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**WEEK 16: FINAL EXAM – Wednesday, June 7, 2017 11:50 – 2:10 to be confirmed**

