

**George Mason University**  
**College of Education and Human Development**  
**Physical Activity For Lifetime Wellness**

RECR 184 (DL1) Tai Chi: Introduction (1)  
1 Credits, Fall 2020  
MW 9:00 - 10:15 Online

**Faculty**

Name: Dante Gilmer  
Office Hours: By Appointment  
Office Location: RAC  
Office Phone: 703-862-2192  
Email Address: dgilmer@gmu.edu

**Prerequisites/Corequisites**

None

**University Catalog Course Description**

Increase awareness of the mind and body. Introduce basic principles of Chi (energy) and Yin Yang (polarity) and how they apply to the body through practicing the Tai Chi movements.

**Course Overview**

1. Students with injuries or pre-existing conditions that may affect performance must inform the instructor at the beginning of the course
1. All communication will be through GMU e-mail.
2. Apparel/Equipment:
  - a. Loose comfortable clothing should be worn.
  - b. Students must wear either athletic shoes or go barefoot.
3. Students must have a working camera for all Zoom classes.

**Course Delivery Method**

This course will be delivered online (76% or more) using [select either a synchronous or an asynchronous] format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on 21 Sept 5 pm.

**Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face**

**class meeting, such online participation requires undivided attention to course content and communication.**

### *Technical Requirements*

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#supported-browsers](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers)

To get a list of supported operation systems on different devices see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#tested-devices-and-operating-systems](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems)

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool. [Delete this sentence if not applicable.]
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
  - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
  - Windows Media Player: <https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
  - Apple Quick Time Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

### *Expectations*

- Course Week:  
Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes.
- Log-in Frequency:  
Students must log-in for all scheduled online synchronous meetings.

#### Participation:

Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.

- Technical Competence:  
Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

- Technical Issues:  
Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:  
Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- Instructor Support:  
Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
- Netiquette:  
The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- Accommodations:  
Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

### **Learner Outcomes or Objectives**

This course is designed to enable students to do the following:

1. Demonstrate the warm-up exercises - Carry Tiger, Roll downs, Spiraling left and right, and kicking stretch
2. Demonstrate all 19 movements of the Tai Chi solo form.
3. Define and explain Chi (intrinsic energy)
4. Define the Dan Tian and how it is used in Tai Chi
5. Define and explain polarity, or Yin Yang, and how it is used in our bodies.
6. Define Rooting, Connectedness and Alignment and how it is used in the Tai Chi form
7. Explain the eight basic movements of the Tai Chi solo form
8. Explain the five main movement principles used in the Tai Chi solo form
9. Explain and demonstrate - the Tai Chi form with flow and proper structure
10. Develop and document a personal daily Tai Chi regimen.

### **Required Texts**

None

Will be provided by the instructor when needed.

### **Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

- **Assignments and/or Examinations**

1. Attendance (10%)

5 points will be given each day with a deduction of 1 point for each five-minutes that a student is late. Students must attend the entire class period and participate in the daily activities to receive full credit for the class. Assuming the total possible points available is 60, your lab exercise score will be the number of points you gained each day divided by 60 and then multiplied by 10%. If you attend, are on time, each day, and participate as scheduled, you'll receive the full 5 points for that day. Unexcused absences, late arrivals, and lackadaisical performance could significantly affect the grade. Absences are excused with a doctor's note only. Emails, phone calls, and texts do not excuse an absence. Doctor's notes must be presented immediately upon return to class or scanned and emailed to the instructor. Students are expected to log into Zoom with a working camera on time. Attendance will be taken before and after class.

1. Final Exam (90%)

- a. Written: Multiple choice exam of Tai Chi (20%).
- a. Practical: Demonstration of all 19 movements (70%)

**Grading Scale:**

A = 94 – 100	I = 88 – 89	= 78 – 79	D = 60 – 69
A- = 90 – 93	I = 84 – 87	= 74 – 77	F = 0 – 59
	I = 80 – 83	= 70 – 73	
	-		

**Professional Dispositions**

See <https://cehd.gmu.edu/students/polices-procedures/>

[Additional course or program specific language may be added.]

**Class Schedule**

**COURSE SCHEDULE**

DATE			TOPIC	READINGS/ASSIGNMENT DUE
M	Aug	24	Introduction, and demonstrate Cheng style Tai Chi form. Define Dan Tien and chi, learn warm-up exercise Spiraling left and right and roll downs, learn movements up to Ward-off	
W	Aug	26	Learn movements: Ward-off right and Roll Back, Explain Cheng's five main principles, learn warm-up exercise "kicking stretch"	
M	Aug	31	Learn movements: Press and Push, Learn warm-up exercise Carry Tiger To The Mountain, explain Yin and Yang	
W	Sep	2	Learn movements: Single Whip and Lift Hands, explain Tai Chi root, connectedness and alignment	
W	Sep	9	Learn movements: Pull Down and Shoulder Strike.	
M	Sep	14	Discuss the history/lineage of Tai Chi; Learn movements Pull Down and Elbow Strike	
W	Sep	16	Learn movements: Parry down and Punch	
M	Sep	21	Learn movements: Withdraw and Push	
W	Sep	23	Learn movement: Carry Tiger, Cross Hands and closing the form	
M	Sep	28	Review form for corrections and detail	
W	Sep	30	Review form for corrections and detail	

M	Oct	5	Review form for corrections and detail	
W	Oct	7	Final Exam	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

### Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

### GMU Policies and Resources for Students

#### 1. GMU Policies and Resources for students

##### *Policies*

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- d. Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu>).
- e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

##### *Campus Resources*

1. Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
2. Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking: As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling

and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason's Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .**