

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

RECR 184 Tai Chi: Introduction (1)
1 Credit, Spring 2022
MW 9:00 - 10:15 RAC 2002
1/24-3/13

Faculty

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Office Hours: By Appointment
Office Location: RAC
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Prerequisites/Corequisites

None

University Catalog Course Description

Increase awareness of the mind/body connection. 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
2. All communication will be through GMU email.
3. Apparel/Equipment:
 - a. Loose comfortable clothing should be worn.
 - b. Students must wear either athletic shoes or go barefoot.

Course Delivery Method

This course is an activity course.

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 Zhuang Zhuan
2. Demonstrate all 19 basic 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**

- 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.

Assignments (30%)

- Final Exam (60%)

- Written: Multiple choice exam of Tai Chi (20%).
- Practical: Demonstration of all 19 movements (40%)

Grading Scale:

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

Professional Dispositions

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

Class Schedule

COURSE SCHEDULE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
M	Jan	24	Introduction, and demonstrate Cheng style Tai Chi form. Define Dan Tien, yin & yang and chi, learn dan tien breathing, warm-up exercise Spiraling left and right and roll downs	
W	Jan	26	Learn movements through Turn and Hold The Ball	
F	Jan	28		<p>Assignment #1 Submit via email a 2-3 min video demonstrating Spiraling left and right and roll downs and the Tai Chi form. The video must show the entire body from head to feet. Show the movements with a side view and front view.</p> <p>Assignment #2 Short essay - Why did you take Tai Chi and what do you hope to get out of the class?</p>
M	Jan	31	Learn: Zhang Zhuan Learn movements: Ward-off, Explain Cheng's five main principles	
W	Feb	2	Learn movements: Ward-off Right, Roll-back and Press, Explain 8 basic energies of Tai Chi Chuan	
F	Feb	4		<p>Assignment #3 Submit via email a 3-5 min video demonstrating Spiraling left and right, roll downs, Zhang Zhuan and the Tai Chi form. The video must show the entire body from head to</p>

				feet. Show the movements with a side view and front view.
M	Feb	7	Learn: Carry Tiger To The Mountain Learn movements: Push and transition to Single Whip	
W	Feb	9	Learn movements: Single Whip and Apparent Closure	
F	Feb	11		Assignment #4 Submit via email an approximately 5 min video demonstrating Spiraling left and right, roll downs, Zhang Zhuan, Carry Tiger and the Tai Chi form. The video must show the entire body from head to feet. Show the movements with a side view and front view.
M	Feb	14	Learn movements: Lift Hands, Pluck and Shoulder Stroke	
W	Feb	16	Discuss the history/lineage of Tai Chi, Learn movement: White Crane Cools Its Wings	
F	Feb	18		Assignment #5 Submit via email an approximately 5 min video demonstrating Spiraling left and right, roll downs, Zhang Zhuan, Carry Tiger and the Tai Chi form. The video must show the entire body from head to feet. Show the movements with a side view and front view.
M	Feb	21	Learn movements: Brush Knee, Play Guitar, 2nd Brush Knee	
W	Feb	23	Learn movements: Transition to Elbow Stroke and Parry Down	
F	Feb	25		Assignment #6 Submit via email an approximately 5 min video

				demonstrating Spiraling left and right, roll downs, Zhang Zhuan, Carry Tiger, and the Tai Chi form. The video must show the entire body from head to feet. Show the movements with a side view and front view.
M	Feb	28	QUIZ: Review of Tai Chi concepts and principles Learn movements: Punch, Withdraw and Push	
W	Mar	2	Learn movements: Carry Tiger and Close The Form	
Fri	Mar	5		Assignment #7 Submit via email an approximately 5 min video demonstrating Spiraling left and right, roll downs, Zhang Zhuan, Carry Tiger and the Tai Chi form. The video must show the entire body from head to feet. Show the movements with a side view and front view.
M	Mar	7	Review Tai Chi form and all concepts and principles	
W	Mar	9	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

- GMU Policies and Resources for students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- 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.
- 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>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to 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/>.
- 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.
- For information on student support resources on campus, see <https://ctf.gmu.edu/teaching/student-support-resources-on-campus> HYPERLINK "https://ctfe.gmu.edu/teaching/student-support-resources-on-campus".e.gmu.edu/teaching/student-support-resources-on-campus
- For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.

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