

# **Common Course Outline**

## **PELF 102**

### **Tai Chi Chuan I**

**1 Semester Hour**

## **The Community College of Baltimore County**

### **Description**

Introduction to and practice of Chinese movement forms known as Tai Chi Chuan. This flowing form of exercise emphasizes weight shifts, total body movement, and coordinated breathing. Appropriate for all ages, this activity provides opportunities to increase fitness, relaxation and a heightened sense of well being. NOTE: credit may be earned for DANC 102 or PELF 102, but not for both.

### **Overall Course Objectives**

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

1. Express a basic knowledge of Chinese history and philosophy as they apply to the development of the art of Tai Chi Chuan;
2. Demonstrate effective warm-up techniques;
3. Perform movement forms one and two of the Yang style Tai Chi Chuan with correct sequencing and appropriate expressive technique;
4. Demonstrate basic “push hands” technique with a partner;
5. Comprehend and execute basic offensive Tai Chi Chuan techniques;
6. Comprehend and execute basic defensive Tai Chi Chuan techniques;
7. Discuss the movement principles necessary for performing Tai Chi Chuan;
8. Establish a basic routine for health and well being that can be practiced daily;
9. Demonstrate enhanced fitness in the areas of muscular strength, endurance, and flexibility;
10. Demonstrate increased capacity for balance, total body control, and concentration.

### **Major Topics**

1. The purpose and benefits of Tai Chi Chuan
2. The philosophical foundation of Tai Chi Chuan
3. The principles of Tai Chi Chuan
4. Warm-up techniques
5. Form one Yang style Tai Chi Chuan

6. Form two Yang style Tai Chi Chuan
7. Push hands technique

### **Course Requirements**

Specific assignments and procedures for evaluating student performance in this course will be described in the individual class syllabus, but will include the following:

1. Attendance and active participation in all class activities
2. At least two Tai Chi Chuan practice evaluations throughout the semester
3. Three written assignments to deepen understanding of the principles of Tai Chi Chuan and its philosophical foundations

### **Other Course Information**

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending classes, completing all homework and other assignments, participating in class activities and preparing for tests.

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvement of CCBC's courses and programs.