**Curriculum Committee Course Change Form**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Course Prefix / Number:** | | | | | | | PEHR 1411 | | | | | | | | | | **Course Title:** | | | | | | | | | | | Intermediate Tai Chi | | | | | | | | | | | | | |
| **Date Submitted:** | | | | | | | 8/24/2011 | | | | | | | | | | **Effective Semester:** | | | | | | | | | | | Spring 2012 | | | | | | | | | | | | | |
| **Course Change:** | | | | | | | Addition | | | | | | | | | | **Specify:** | | | | | | | | | | |  | | | | | | | | | | | | | |
| **Credit(s):** | 1 | | | **Workload Factors:** | | | | 1.5 | **Grade Type:** | | | | | Reg | | | **Instructor Permission:** | | | | N | | | **GE Status Requested:** | | | N | **GE Area:** | | | | | | **Repeatable for Credit:** | No | | | **Maximum Repeat Credits:** | |  | |
|  | | | | | |
| **Prerequisite(s):** | | | | PEHR 1410 | | | | | | | | | | | | | **Grade:** | | | | |  | **Corequisite(s):** | | | | | | |  | | | | | | | | | | | |
| **Course/Lab Fee:** | | | |  | | | **Index Code:** | | | | | Fed100 | | | | | **Fee Justification:** | | | |  | | | | | | | | | | | | | | | | | | | | |
| **Catalog Description:** | | | An activity course for students interested in more advanced Tai Chi skills and training. Students will learn more advanced skills in martial art applications of Tai Chi. Designed to improve student's health and wellness as well as provide activity. Prerequisite: PEHR 1410. FA, SP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Hours/**  **Week:** | | 2 | | | | **Instruction**  **Type:** | | | | Lab w/credit | | | | | **Hours/**  **Week:** | | |  | | **Instruction**  **Type:** | | | | |  | | | | **Hours/**  **Week:** | |  | | **Instruction Type:** | | | |  | | **Hours/ Week:** | |  |
| **Library Resources Adequate:** | | | | | Yes | | | | | | | | **Explain:** | | |  | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Tech Resources Adequate:** | | | | | Yes | | | | | | | | **Explain:** | | |  | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Justification:** | | | | | Students will benefit physically from learning intermediate Tai Chi skills and participating in this activity class. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Comparable Courses** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Institution** | | | | | | | | | | | **Prefix/Number** | | | | | | | | **Credit(s)** | | | | | | | **Course Title** | | | | | | | | | | | | | | | |
| University of Utah | | | | | | | | | | | PE 1411 | | | | | | | | 1 | | | | | | | Tai Chi II | | | | | | | | | | | | | | | |
| Weber State University | | | | | | | | | | | PE 1411 | | | | | | | | 1 | | | | | | | Tai Chi, Level II | | | | | | | | | | | | | | | |
|  | | | | | | | | | | |  | | | | | | | |  | | | | | | |  | | | | | | | | | | | | | | | |
| **Submitted by:** | | | | | | | L. Wright | | | | | | | | | | | | | **Technical Review:** | | | | | | | | 9/7/2011 | | | | **GE approval:** | | | | NA | | | | | |
| **Dean’s approval date:** | | | | | | | 09/16/2011 | | | | | | | | | | | | | **Dean/Associate Dean:** | | | | | | | | Brenda Sabey | | | | | | | | | | | | | |
| **Curriculum approval:** | | | | | | | 09/20/2011 | | | | | | | | | | | | | **Academic Council approval:** | | | | | | | |  | | | | | | | | | | | | | |

**\*Technical Review Notes:**

PEHR Tai Chi 2

**Proposed Spring Syllabus**

**Instructor and Course Information:**

**Instructor: Gary Whitehead Email:** [**master-whitehead@q.com**](mailto:master-whitehead@q.com) **Phone: (435) 673-2260**

**Office: By appointment only**

**Course Credits: 1**

**Location of class: Gym**

**Meeting times for class:**

**Beginning/Ending dates for course:**

**Pre/Co-requisites for this course: Tai Chi 1 Class**

**Required Publications, Textbook for class:**  None Handouts will be provided

**Course Description:**

Tai Chi is an ancient Chinese exercise and martial art. This course is advanced course in Tai Chi providing a foundation in Tai Chi philosophy and practice. Students through the practice of Tai Chi will learn how to achieve optimum health and wellness, as well as the martial art applications of Tai Chi. The class will review the history, philosophy, and training of Tai Chi.

**Department and Course Objectives:**

All PEHR courses have the following objectives:

1. Enhance development of physical, mental, social, and emotional well-being through physical education;
2. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
3. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
4. Demonstrate an understanding of physiology that promotes safety in physical exercise;
5. Develop a fitness plan pertinent to the physical activity of the course, as applicable

**Course Objectives:**

1. Review Tai Chi history, philosophy, and health benefits
2. Practice Old Yang style Tai Chi form (108 moves)
3. Practice Tai Chi in a safe and supervised environment
4. Provide opportunities to allow students to show understanding of Tai Chi practice and philosophy
5. Review martial art applications of Tai Chi for self defense

F. Show proficiency in Horse, Cat or Light, Bow or Archer, Drop, Modified Cat or Light, and

Cross Leg stances.

**Grades are based on a percentage of total points earned in class:**

**Attendance 30 points per day @ 870 pts.**

**Stances 10 points. each @ 60 pts.**

**Final Exam 100 points @ 100 pts.**

**TOTAL POINTS 1030 pts**

**The grade will be given based upon the following percentages:**

A = 95%-100% B+ = 88-90% C+ = 78-80% D+ = 68-70% F= Below 60%

A-= 91%-94 % B = 84-87% C = 74-77% D = 64-67%

B- = 81-83% C-= 71-73% D- = 60-63%)

# Institutional and Class Policies

**(sample)**

**ACADEMIC INTEGRITY:** Failure to comply with academic integrity, honesty, and behavior standards of Dixie College may result in course failure or administrative withdrawal from the class. Don’t be cheating. Inappropriate classroom behavior may also result in an administrative withdrawal.

**Attendance Policy-** There is no attendance requirement for the class. **However, you will find that if you don’t attend, you will lose points, for classroom activities.**  It’s hard to get a good grade in this class without being there.

**Withdrawal for disruptive behavior policy-** Disruptive behavior in class may also lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher’s ability to teach or the learning of other students. You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.

2. One written ‘warning’ letting you know that you have not made the required behavioral adjustment.

1. Administrative withdrawal.

**Withdrawal from class-** If you decide to withdraw from the class, **it is your obligation to formally do so through the registrar’s office to make sure you are not still on the roll for the class**.

**Important Dates for the Spring Semester**

**Class written Final \*\*-\*\*-\*\* from \*:\*\* – \*\*:00 am**