

North Central Michigan College

NCMC MASTER COURSE SYLLABUS

Last Date Revised _2003_____

INSTRUCTIONAL AREA: Wellness

DEPARTMENT: Nursing and Wellness Programs

ASSOCIATE DEAN: Mary Miles

ORIGINATOR: Mary Miles

DEAN OF INSTRUCTION: Christine Hammond, Ph.D.

COURSE ALPHA/NUMBER: PE 111

COURSE TITLE: Tai Chi Chuan I

HOURS OF INSTRUCTION:

Credit hours: 1

Lecture: 0

Lab: 2

Clinical: 0

Variable Hours: 0

Total Hours of Instruction: 35.2

Total Contact Hours: 2

(Total Contact Hours Formula: (lecture hours + lab hours + clinical hours) x 17.6

CATALOG DESCRIPTION: This course is an introduction to the study and practice of T'ai Chi Ch'uan. Discussion will include history and philosophical principles. Practice will involve Chi Kung exercises and the first 3 sections of the Yang long form. This course also incorporates understanding of the physical and philosophical practices of T'ai Chi.

PREREQUISITE(S): none

COREQUISITE(S):

GENERAL EDUCATION DISTRIBUTION AREA:

Communications, Writing

Natural Science Group A

Communications, Communications

Natural Science Group B

Humanities Group A

Social Science Group A

Humanities Group B

Social Science Group B

Mathematics

Non Applicable

GENERAL EDUCATION OUTCOMES:

Write and Speak Effectively

Think Critically & Analytically

Write & Speak Effectively and Think Critically & Analytically

Non Applicable

COURSE OBJECTIVES AND OUTCOMES:**Course Objectives:**

1. To learn and demonstrate the Yang Long Form(sections 1-3)
 2. To improve core strength
 3. To improve Balance-Physical, mental, and emotional
 4. To improve stamina
 5. To create body awareness
 6. To learn practical/functional skills to relax the body, mind, and soul
 7. To increase and improve body function
 8. To increase coordination- Physical and mental
 9. To ultimately improve the quality of life of the practitioner
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METHODS OF INSTRUCTION: Lecture, demonstration and practice

METHODS OF EVALUATION: Attendance and return demonstration of postures.

REQUIRED TEXT AT TIME OF COURSE ADOPTION/REVISION:

TEXTS:none

OPTIONAL SUPPLEMENTARY MATERIALS:none

Reasonable accommodations can be provided for students with documented disabilities.

Please contact Learning Support Services for assistance: (231)348-6817.

SUGGESTED TIME ALLOWANCE AND SEQUENCE OF INSTRUCTION:*(List general content description of what is being covered each week)**(If you need more than one line for a week, hit enter at the end of row; second line will begin)*

WEEK 1	Daily practice of basic structures and stances
WEEK 2	Daily practice of basic structures and stances
WEEK 3	Daily practice of basic structures and stances
WEEK 4	Daily practice of basic structures and stances
WEEK 5	Daily practice of basic structures and stances
WEEK 6	Daily practice of basic structures and stances
WEEK 7	Daily practice of basic structures and stances
WEEK 8	Daily practice of basic structures and stances
WEEK 9	Daily practice of basic structures and stances
WEEK 10	Daily practice of basic structures and stances
WEEK 11	Daily practice of basic structures and stances
WEEK 12	Daily practice of basic structures and stances
WEEK 13	Daily practice of basic structures and stances
WEEK 14	Daily practice of basic structures and stances

WEEK 15	Daily practice of basic structures and stances
WEEK 16	Daily practice of basic structures and stances

APPROVED FOR ADOPTION/REVISION BY THE CRD/AP COMMITTEE ON ____03/07/12_____