

Northern Marianas College

CURRICULUM ACTION REQUEST

Course: PE115 Tai Chi

Effective Semester / Session: Fall 2022

Type of Action:

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

Course Alpha and Number: PE115

Course Title: Tai Chi

Reason for initiating, revising, or canceling:

This course guide is being periodically modified.

Barry Wicksman *Barry Wicksman* 5/2/2022

Proposer *Velma C. Deleon Guerrero* Date

Velma C. Deleon Guerrero 5/2/2022

Department Chair Date

Adam Walsh *Adam Walsh* 04.28.22

Language & Format Review Specialist Date

Ajani Burrell *Ajani Burrell* 04.28.22

Academic Council Chair Date

Vilma S. Reyes *Vilma S. Reyes* May 3, 2022

Interim-Dean of Academic Programs and Services Date

Course: PE115 Tai Chi

1. Department

Science, Mathematics, Health & Athletics

2. Purpose

PE115 is designed to introduce students to the world of martial arts. Tai Chi, as a martial art, is not just kicking and punching; it is much more than that. The central purpose of Tai Chi is the development of human beings with sound minds and bodies who find or create peace and harmony in their lives and the world around them. It is an ongoing test of mental and physical fitness, of stamina, perseverance, courage, and creativity. The Tai Chi tradition is imparting a way of life to those who study it. It teaches self-confidence through discipline and patience. As a philosophy and a way of life, it is concerned with a better understanding of self through meditation, commitment, concentration, focus, achievement, and evaluation.

3. Description

A. Required/Recommended Textbook(s) and Related Materials

Required: None

Recommended: None

B. Contact Hours

1. **Lecture:** 2 per week / 30 per semester
2. **Lab:** None
3. **Other:** None

C. Credits

1. **Number:** 1
2. **Type:** Regular Degree Credits

D. Catalogue Course Description

Tai Chi is an ancient Chinese martial art that consists of working through a series of structured positions. Its practice consists of slow, deliberate, sequential choreographed movements called forms. By practicing these forms, students develop agility, balance, and flexibility. Mental focus and concentration are needed to work through a form in precise order. Anecdotal evidence regarding martial arts pilot programs in schools suggests that students develop better attitudes toward school and learning as reflected by improved grades and decreased absenteeism. Moreover, students take the positive skills learned in Tai Chi and apply them in a constructive manner when dealing with peers. Students will come away with a greater feeling of self-worth and confidence because of their participation in an activity emphasizing commitment to disciplined growth and a healthy lifestyle. Prerequisite: None. (Offered Fall and Spring)

Course: PE115 Tai Chi

E. Degree or Certificate Requirements Met by Course

A passing grade in this class will fulfill the physical education requirement for all degree programs that require a physical education course.

F. Course Activities and Design

This is a 10-week course that meets 3 days per week in order to comply with US guidelines for physical activity. Activities will include instruction, demonstrations, and videotapes on Tai Chi skills, fundamentals, and strategies, as well as health related subjects like nutrition, stretching, proper warm-up and cool-down exercises. Practical instruction will entail the teaching of various Tai Chi skills, and students will practice these skills through a variety of drills. The emphasis will be placed on basic skill mechanics.

4. Course Prerequisite(s); Concurrent Course Enrollment

Prerequisites: None

Concurrent Course Enrollment: None

Required English/Mathematics Proficiency Level(s)

English Placement Level: EN073/074

Mathematics Placement Level: None

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 1-credit course and related institutional fees.

Cost to the College: Instructor's salary (2 credits for full-time SMHA faculty) and cost of instructional resources.

Instructional resources needed for this course include: 5-pound to 10-pound free weights, general gym equipment (cones, jump ropes, and mats), stopwatch, scale, white board and markers, recorded materials, device to play and/or project said materials.

6. Method of Evaluation

Student learning will be evaluated on the basis of class participation in daily work-outs, completion of daily work-out journals, fitness testing, knowledge and ability to perform the techniques taught, oral examination, and a brief written examination, pre and post physical fitness test performances, and attendance. NMC's grading and attendance policies will be followed.

Course: PE115 Tai Chi

7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Introduction

- 1.1 What is Tai Chi
- 1.2 History of Tai Chi
- 1.3 Tai Chi Philosophy
- 1.4 What is Yin and Yang

2.0 Forms

- 2.1 Preliminary exercises
- 2.2 "Grasp Sparrow's Tail" in four directions
- 2.3 Simplified Yang style Tai Chi form
- 2.4 Basic sensing hands practice

3.0 Ten Essentials of Tai Chi

- 3.1 Straightening the head
- 3.2 Correct position of chest and back
- 3.3 Relaxation of waist
- 3.4 Solid and empty stance
- 3.5 Sinking of shoulders and elbows
- 3.6 Using the mind instead of force
- 3.7 Coordination of upper and lower parts
- 3.8 Harmony between the internal and external parts
- 3.9 Importance of continuity
- 3.10 Tranquility in movement

Course: PE115 Tai Chi

8. Instructional Goals

The course will introduce students to:

- 1.0 The way of Tai Chi;
- 2.0 The limitless spirit of the internal martial arts;
- 3.0 An overall view of martial arts;
- 4.0 The difference between the hard and soft styles of martial arts;
- 5.0 The philosophy of martial arts;
- 6.0 Proper stances and forms;
- 7.0 Increased flexibility, agility, balance, and self-awareness;
- 8.0 Tai Chi's history; and
- 9.0 Correct mental attitude to learn a martial art.

Course: PE115 Tai Chi

9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Explain the 5 principles of Yang Style Tai Chi;
- 2.0 Demonstrate several basic Tai Chi forms;
- 3.0 Explain the philosophy of Tai Chi;
- 4.0 Explain the benefits of Tai Chi practice to other areas in one's life; and
- 5.0 Perform a short form of Tai Chi exercise postures—solo.

10. Assessment Measures of Student Learning Outcomes

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Journals;
- 2.0 Demonstrations;
- 3.0 Midterm; and
- 4.0 Final Exam.






PE115_updated

Final Audit Report

2022-05-02

Created:	2022-05-02
By:	Rita Duan (lili.duan@marianas.edu)
Status:	Signed
Transaction ID:	CBJCHBCAABAAqvzER_Hq2u70XKfvML1DQjgif-QP9aqI

"PE115_updated" History

-  Document created by Rita Duan (lili.duan@marianas.edu)
2022-05-02 - 11:05:36 PM GMT
-  Document emailed to Vilma Reyes (vilma.reyes@marianas.edu) for signature
2022-05-02 - 11:06:02 PM GMT
-  Email viewed by Vilma Reyes (vilma.reyes@marianas.edu)
2022-05-02 - 11:44:34 PM GMT
-  Document e-signed by Vilma Reyes (vilma.reyes@marianas.edu)
Signature Date: 2022-05-02 - 11:44:55 PM GMT - Time Source: server
-  Agreement completed.
2022-05-02 - 11:44:55 PM GMT