GROSSMONT COLLEGE

Official Course Outline

EXERCISE SCIENCE 027C – ADVANCED T’AI CHI CH’UAN

1. Course Number Course Title Semester Units Semester Hours

ES 027C Advanced 1.0 1 hour lecture: 16-18 hours

T’ai Chi Ch’uan 1 hour lab: 16-18 hours

32-36 outside-of-class

hours for lecture

64-72 total hours

2. Course Prerequisites

None.

Corequisite

None

Recommended Preparation

A “C” grade or higher or “Pass” in ES 027B or equivalent or specified skill competencies.

3. Catalog Description

This course introduces advanced concepts of T’ai Chi Ch’uan. This ancient Chinese exercise consists of a series of classical martial arts postures which gracefully flow together in slow motion. T’ai Chi Ch’uan benefits health and wellness by emphasizing mental tranquility, inner awareness, relaxation, stress reduction, muscle control and flexibility. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

4. Course Objectives

The student will:

1. Compose practices of T’ai Chi Ch’uan as an excellent form of integrating mind and body for the purpose of stress relief and achieving balance, both mental and physical.

b. Theorize and design advanced concepts of T’ai Chi Ch’uan breathing exercises and postures to improve relaxation, concentration, mental focus, balance, flexibility and coordination.

c. Formulate opportunities to discover how the body, mind and spirit can work together to help integrate themselves as a whole person.

d. Customize and model principles of physical fitness as well as healthy life-style choices and evaluate their impact on an individual’s health and well-being.

5. Instructional Facilities

Classroom or grass area

6. Special Materials Required of Student

a. Shoes which provide adequate support.

b. Loose fitting clothing.

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7. Course Content

a. Push hands partner training.

b. Advanced terminology and philosophies of T’ai Chi Ch’uan.

c. Postures/Forms (Yang Short Form Cheng Man-Ching).

d. Breathing method (Chi Kung).

e. Principles of stretching and preparation for exercises.

f. T’ai Chi Ch’uan 37-Posture Form (Postures 27 – 37).

g. Stress reduction, relaxation, mental focus, balance and coordination through T’ai Chi Ch’uan.

h. Parameters of physical fitness as well as healthy lifestyle choices and their implications to life-long health and well-being.

8. Method of Instruction

1. Lecture/Discussion
2. Demonstration

c. Individual practice and participation and group exercises.

d. Correction of postures and techniques.

9. Methods of Evaluating Student Performance

1. Advanced level T’ai Chi Ch’uan postures, forms, and breathing techniques.
2. Written final exam (knowledge and core)
3. Practical testing on various postures, forms, and breathing techniques.
4. Monitor and adjustment of various postures, forms, and breathing techniques.
5. Evaluation of outside class assignments utilizing the course text.

10. Outside Class Assignments

1. Inclusion of at least one additional day of prescribed exercise to meet minimum frequency and training standards needed to gain fitness.
2. Weekly reading assignments and/or practicing advanced T’ai Chi Ch’uan techniques utilizing the components or physical fitness and healthy life-styles.

11. Texts

a. Required Text(s):

Department of Exercise Science and Wellness. *The Way to a Long and Healthy Life*. El Cajon, CA: Grossmont College, 6th edition, 2017.

b. Supplementary texts and workbooks:

(1) Man-Ch’ing, Cheng. *Master Cheng’s New Method of T’ai Chi Ch’uan Self-Cultivation*. Berkeley, CA: Blue Snake Books, 1999.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

a. Demonstrate knowledge and appreciation of Exercise Science principles.

b. Identify the basic core principles for maintaining an active and healthy lifestyle.

c. Illustrate the skill/skills used in Exercise Science Fitness/Activity.

Date approved by the Governing Board: May 19, 2020