

ILLINOIS VALLEY COMMUNITY COLLEGE



Course Syllabus

Division: Health Professions
Course: ALH - 1031 Tai Chi

Date: Fall 2006
Semester Hours: 2.0
Lecture hours per week: 1
Lab hours per week: 1
Seminar hours per week: 0
Other hours: 0
Prerequisite: None
Semester Offered: Fall, Spring
Instructor(s): Daniel Retoff
Phone: 224-2720. After the recorded voice says "If you know your party's extension, please dial it now," dial 6202#. Then, after the voice says "Express messaging to mailbox..." dial 6278#. You will then hear my voice followed by the invitation, "Please leave your message after the tone."
Office hours: A 318 Available by appointment
email: dretoff@ivcc.edu

I. CATALOG DESCRIPTION:

This beginning level course introduces students to Tai Chi, its historical origins and philosophical foundations, fundamental principles, the Chen Style Form, and Tai Chi meditation. The course will include exercises geared toward gaining a sense of comfort and ease with body movement and toward developing sensitivity to natural rhythms of movement in the body and in nature. Students will learn to locate and nurture inner sources of strength, stability, calm, confidence, and energy and to understand, appreciate, and respect their interconnectedness with Earth, mind, spirit, and people in their lives. The course will include discussion of Tai Chi's beneficial effects on health and well being as understood from the Eastern and Western perspectives. The course will include regular demonstrations and training in Qigong (energy cultivating meditation). Students will have ample opportunity to practice and study Tai Chi experientially and will be expected to practice outside of class.

II. EXPECTED LEARNING OUTCOMES AND RELATED COMPETENCIES:

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

1. Demonstrate a knowledge of the origins of Tai Chi
 - 1.1_ Give the meaning of Tai Chi
 - 1.2 Give a basic description of some fundamental principles of Taoist

II. EXPECTED LEARNING OUTCOMES AND RELATED COMPETENCIES:(con=t)

- 1.3 Place the practice of T=ai Chi within the context of Taoist thought
- 1.4 List four different styles of T=ai Chi
2. Demonstrate a knowledge of the reasons why T=ai Chi and other similar practices are beneficial.
 - 2.1 Discuss T=ai Chi using the following terminology: stress, fight-or flight -response, relaxation response, proper breathing, meditation, cognitive appraisal (Perceived meaning of situations),
 - 2.2 Discuss thoracic, and abdominal (diaphragmatic) breathing as they relate to corresponding psychoemotional states and demonstrate each type of breathing
 - 2.3 Students will be able to discuss the significance of lifestyle and moral-ethical principles to the holistic picture of health and well being
3. Demonstrate a knowledge of T=ai Chi principles
 - 3.1 Name, discuss, and demonstrate selected T=ai Chi principles
4. Demonstrate a knowledge of T=ai Chi practices
 - 4.1 Demonstrate and discuss key points of T=ai Chi posture
 - 4.2 Do selected Silk Reeling and Chi cultivating exercises
 - 4.3 Do selected T=ai Chi forms
 - 4.4 Demonstrate and discuss correct postures for Qigong
 - 4.5 Discuss and demonstrate proper breathing in Qigong
 - 4.6 Give the defining characteristics of meditation
 - 4.7 Discuss mental disposition and focus in Qigong
5. Demonstrate a basic knowledge of the traditional oriental medical approach to health
 - 5.1 Correctly use the terms Chi, Meridian, Accupuncture, Balance, Dan Tien, Chi Circulation, Yin, Yang
 - 5.2 Demonstrate knowledge of some overlaps between Western and Traditional Oriental Medicine approaches to health and well being
6. Demonstrate a knowledge of applicability to the practices and philosophy of T=ai Chi to everyday life
 - 6.1 Students will be able to discuss the application of T=ai Chi toward improving one's own health, being, and efficacy

III. COURSE CONTENT:

Introduction and overview; defining T=ai Chi; health and well being East and West

Breathing Exercises

Posture; Warm-up Exercises, Qi Cultivating Exercises

III. COURSE CONTENT: (con=t)

T=ai Chi Principles

- Shifting weight and rotation of waist
- Opening from Dan Tien
- Softness and smoothness
- Relaxing
- Leg position
- Uniting upper and lower, inner and outer

Mind-Body Connection

- Relationship between stress and physical well being
- Fight-or-flight responses
- Relaxation responses
- T=ai Chi as a mind-body modality

T=ai Chi Forms

- Preparatory Form
- Warrior Attendant Pounds Mortar
- Lazy About Tying Coat
- Six Sealing, Four Closing
- Single Whip
- White Crane Spreads Its Wings

Qigong (Standing Wuji Meditation)

Discussion of Yin and Yang

IV. INSTRUCTIONAL METHOD:

Lecture

Demonstrations

Handouts, Transparencies

Exams

V. INSTRUCTIONAL MATERIALS:

Handouts

Transparencies

VI. STUDENT REQUIREMENTS AND METHODS OF EVALUATION:

1. Students are expected to attend all classes and arrive on time. After (2) classes are missed, the final point total will be lowered by 5 points for each absence. If a student is late for more than two (2) classes, the instructor reserves the right to deduct points from the final point total.
2. Two written exams will be given.

VI. STUDENT REQUIREMENTS AND METHODS OF EVALUATION: (Con=t)

3. Students will be evaluated for competency in forms and other exercises, with allowances made for individual limitations where appropriate.
4. Grading scale (on the basis of total course points):
 - A = 90 - 100%
 - B = 80 - 89%
 - C = 70 - 79%
 - D = 60 - 69%
 - F = 59% or lower
5. Health Professions Students must maintain a 70% average.

VII. REFERENCES:

Bloefeld, John. Taoism. 1985. Shambhala, Boston, Massachusetts

Chen Pan-ling. Chen Pan-ling=s Original Tai Chi Chuan Textbook. (Y.W. Chang and Ann Carruthers, Trans.). 1963. Blitz!Design, New Orleans, Louisiana

Chen Style Taijiquan. 1984. Hai Feng Publishing, Hong Kong & Zhaohua Publishing House, Beijing, China

Chen Xinnong (Ed.). Chinese Acupuncture and Moxibustion (Rev. Ed.). (Li Yachan and others, Trans.). 1999. Foreign Languages Press, Beijing, China

Di Ling. Acupuncture, Meridian Theory, and Acupuncture Points. (You benlin and Wang Zhaorong, Trans.). 1992. China Books & Periodicals, Inc., San Francisco, California