

**Northern Marianas College  
CURRICULUM ACTION REQUEST**

**Effective Semester / Session:** Spring 2003

**Type of Action:**

- X **New**
- Modification**
- Cancellation**

**Course Alpha and Number:** PE 115

**Course Title:** Tai Chi

**Reason for initiating, modifying, or canceling course, or other pertinent comment:**

This course is designed to introduce the student to the philosophy of the martial arts and to teach the basic techniques of Tai Chi. Proper physical and mental conditioning will be taught in conjunction with learning the self-defense techniques of Tai Chi.

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*Boony W. Nelson*  
Proposer

5/9/03  
Date

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*[Signature]*  
Department Chair

4/30/03  
Date

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*Shirley Colón*  
English and Format Reviewer

4/28/03  
Date

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*Sally Saklan*  
Academic Council Chair

4.28.03  
Date

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*[Signature]*  
Dean of Academic Programs and Services

05/29/2003  
Date

Course: PE 115 Tai Chi

**1. Department**

Human Performance and Athletics

**2. Purpose**

PE 115 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:**

None

**B. Contact Hours**

1. **Lecture:**
2. **Lab:**
3. **Other:** 2 per week/ 30 per semester

**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. (English Placement Level: EN 073/074)

**E. Degree or Certificate Requirements Met by Course:**

This class fulfills the Physical Education elective under General Education requirements for a Liberal Arts Degree.

**Course Guide**

Course: PE 115 Tai Chi

**F. Course Activities and Design:**

The class will be taught in a gym-type facility. Activities will include instruction, demonstrations, and videotapes on Tai Chi skills, fundamentals, and strategies, as well as health related subjects such as nutrition, stretching and proper warm-up and cool-down exercises. Practical instruction will entail the teaching of various Tai Chi skills, and the students will practice these skills in a variety of drills. The emphasis will be placed on basic skill mechanics.

**4. Course Prerequisite(s); Concurrent Course Enrollment:****Required English/Mathematics Placement Level(s)**

English Proficiency Level: EN 073/074

**5. Estimated Cost of Course; Instructional Resources Needed**

Cost to Student: Tuition for a 1 - credit course and a physical education activity fee.

Cost to NMC: Instructor's salary

Instructional resources needed for this course include TV/VCR and videotaped programs and mats.

**6. Method of Evaluation**

Student learning will be evaluated on the basis of class participation, attendance, fitness testing, knowledge and ability to perform the techniques taught, oral examination, and a brief written examination. NMC's letter grading and attendance policies will be followed.

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## 7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material is 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 Sparrows 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

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### 8. Instructional Goals

This course will introduce students to:

- 1.0 The way of Tai Chi;
- 2.0 The limitless spirit of the martial arts;
- 3.0 Overall view of the martial arts;
- 4.0 Differences between the hard and soft styles of martial arts;
- 5.0 Philosophy of the 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.

### 9. Student Competencies

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

- 1.0 Explain the way of Tai Chi;
- 2.0 Explain the limitless spirit of the martial arts;
- 3.0 Describe an overall view of the martial arts;
- 4.0 Demonstrate the differences between the hard and soft styles of martial arts;
- 5.0 Explain the philosophy of the martial arts;
- 6.0 Demonstrate proper stances and forms;
- 7.0 Demonstrate increased flexibility, agility, balance, and self-awareness;
- 8.0 Delineate Tai Chi's history; and
- 9.0 Demonstrate and practice the correct mental attitude to learn a martial art.