DE ANZA COLLEGE
PHYSICAL EDUCATION AND ATHLETICS DIVISION

PE 2Q  Beginning Tai Chi, (meets General Education requirements)  .5 units  (24 class hours)
Instructor:  Coleen Lee-Wheat   Phone 408 864-8744
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Office Hours: before or after class or by appt

Class Description: An introduction to the discipline of Physical Education through the ancient exercise of Tai Chi. Emphasis is on the well-known short form, Yang Style 24 postures. Simple Chi Kung exercises will also be introduced. Principles of rooting, centering, balance, alignment, breath and mind intent, yin and yang relationships and an introduction to meridian theory will be made. The benefits of Tai Chi exercise relative to age, gender, and environmental conditions will be studied. Basic exercise physiology, nutrition, strength development, flexibility techniques as related to Tai Chi, health and wellness will be covered. A global and historical examination of the Taoist philosophy and the development of various forms of Tai Chi will be explored.

Attendance Policy:
Everyone is expected to participate in the warm-up exercises. Excess tardiness is unacceptable. A student can miss two class hours without penalty. A grade penalty of 2.5% will be imposed starting the third absence. You should call me at the above number if you have or will be expecting a long term absence. You can make-up classes - see me about the details.

Every student is responsible for the paperwork processes relative to dropping the class. An “F” grade may result if procedures are not followed

Attire and equipment: Exercise attire or tee-shirts (no tank tops or spandex shorts) and comfortable shorts or sweats. Shoes that do not mark the floor and can slide slowly on the floor are recommended. Locker room and shower facilities are located in the pool complex. Students are required to bring their own locks, towels, soap etc. See attendants in the locker rooms for an assigned locker space.

Grading Scale:
100-88 % = A  87-78 % = B  77-68 % = C  67-58% = D  below 58% = F

60% of the grade = attendance  10% of the grade = skills evaluation
30% of the grade = reading and written assignments, midterm and final
Required Texts:

Please note:
if you have a current medical problem (joints, illness, seizures etc) you should inform the instructor.
A CURRENT EMAIL ADDRESS MUST BE ON FILE WITH THE ADMISSIONS OFFICE.