

COCONINO COMMUNITY COLLEGE  
COURSE OUTLINE

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Status: Permanent  
Effective Term: Fall 2017

January 14, 2009  
February 6, 2017

A. Identification

1. Subject Area: Fitness (FIT)  
Previously Dance (DAN)
2. Course Number: 155
3. Course Title: Tai Chi Chuan
4. Credit Hours: 3
5. Course Description: An introduction to the basic philosophy and movements of Tai Chi Chuan (Yang Style Long Form). May be taken for S/U credit. Three lecture. Fall, Spring.

B. Course Goals: Tai Chi Chuan introduces the student to the basic movements of this centuries old martial arts form. Each semester the student will learn either Part I & II or Part III of the Yang Style Long Form, which all together consists of 108 movements. To learn and experience the benefits of regular practice of Tai Chi Chuan and Yang Cheng-Fu's 10 important points of Tai Chi Chuan.

C. Course Outcomes

Upon successful completion of this course, student will:

1. demonstrate an awareness of basic anatomical alignment. "Standing on your bones";
2. demonstrate the following basic movements:
  - a. Qigong warming up movements
  - b. part I of Yang Style Long Form;
  - c. part II of Yang Style Long Form;
  - d. and part III of Yang Style Long Form.

D. Course Outcomes Assessment will include:

1. course grades determined by the instructor as outlined in the course syllabus;
2. and in-class discussion, evaluation and assessment of Tai Chi Chuan movements.

E. Course Content will include:

1. warm up and Qigong;
2. history, development and philosophical background of Tai Chi Chuan;
3. mindfulness, awareness and movement meditation;
4. basic movements:
  - a. Qigong warming up movements;
  - b. part I of Yang Style Long Form;
  - c. part II of Yang Style Long Form;
  - d. and part III of Yang Style Long Form.