

**CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS  
NEW COURSE PROPOSAL  
PROGRAM AREA: Liberal Studies**

**1. Catalog Description of the Course.** [Include the course prefix, number, full title, and units. Provide a course narrative including prerequisites and corequisites. If any of the following apply, include in the description: Repeatability (May be repeated to a maximum of \_\_\_ units); time distribution (Lecture \_\_\_ hours, laboratory \_\_\_ hours); non-traditional grading system (Graded CR/NC, ABC/NC). Follow accepted catalog format.]

**PHED 102 SEMINAR IN TRADITIONAL MARTIAL ARTS: TAI JI (1)**

2 Hours Activity per week

This course provides instruction in the traditional Chinese art of Tai Ji. In addition to learning to perform the movements, students will learn about Daoist philosophy, and history of Chinese martial arts. Traditional Chinese health principles will also be covered. Repeatable.

GenEd: E

|  | <b>Units:</b> | <b>Hrs/Unit</b> | <b>Benchmark Enrollment</b> |
|--|---------------|-----------------|-----------------------------|
| <b>2. Mode of Instruction</b> Activity | 1             | 2               | 25                          |

**3. Justification and Learning Objectives for the Course. (Indicate whether required or elective, and whether it meets University Writing, and/or Language requirements) [Use as much space as necessary]**

This course introduces students the traditional Chinese Art of Tai Ji. Student completing this course will be able to do the following:

Develop movement-based Tai Ji skills that foster sensitivity and expand self-knowledge.

Demonstrate the ability to reflect on the experience of engaging in Tai Ji exercise and find meaning in it.

Develop an experiential understanding of themselves in a traditional Chinese cultural context

Demonstrate conflict resolution skills through the practice of Tai Ji

Demonstrate understanding of the importance of life-long learning in Tai Ji.

**4. Is this a General Education Course? If Yes, indicate GE category:**    Yes

**5. Course Content in Outline Form**

The history of martial arts in China.  
The foundations of Tai Ji  
Tai Ji Principles of movement  
The Tai Ji Form  
Daoist philosophy and Tai Ji  
Tai Ji Two Person Exercises  
Taditional chinese Medicine and Tai Ji

**6. References.**

Wei-Ming, C. (1929). T'ai Chi Ch'uan Ta Wen: Questions and Answers on Tai Chi Chuan. Berkeley, CA: North Atlantic Books.  
Chung, T.C. (1994). Sunzi Speaks: The Art of War. New York: Doubleday.  
Chow, D., & Spangler, R. (1982). Kung Fu: History, Philosophy, And Technique. Burbank CA: Unique Publications  
Nelson, R.F. (1989). The Overlook Martial Arts reader: Classic Writings on Philosophy and technique. Woodstock, NY: Overlook Press.  
Kohn, L. (2001). Daoism and Culture. Cambridge, MA: Three Pines Press

**7. Qualified Faculty** Kevin Volkan

|                     | <b>Fall Semester:</b> | <b>Spring Semester:</b> | <b>Summer Semester:</b> |
|---------------------|-----------------------|-------------------------|-------------------------|
| <b>8. Frequency</b> | Yes                   | Yes                     | Yes                     |

**9. New Resources Required.** None

**10. Consultation** *Attach consultation sheet from all program areas, Library, and others (if necessary)*

**11. If this new course will alter any degree, credential, certificate, or minor in oyur program, attach a program modification**

**Proposer of Course:** Kevin Volkan

**Date:** Friday, January 10, 2003