# COURSE DETAIL

| TAIJI AND HEALTH PRESERVING THROUGH CHINESE CHARACTERS |
| --- |
| **Country**<br>China |
| **Host Institution**<br>Peking University, Beijing |
| **Program(s)**<br>Peking University |
| **UCEAP Course Level**<br>Lower Division |
| **UCEAP Subject Area(s)**<br>Physical Education |
| **UCEAP Course Number**<br>1 |
| **UCEAP Course Suffix** |
| **UCEAP Official Title**<br>TAIJI AND HEALTH PRESERVING THROUGH CHINESE CHARACTERS |
| **UCEAP Transcript Title**<br>TAIJI AND CHINESE |
| **UCEAP Quarter Units**<br>1.50 |
| **UCEAP Semester Units**<br>1.00 |

**Course Description**

1. Introduction of the course

i. The Chinese character Tai Chi is based on Taiji, according to the rise, fall, opening and closing of human body hardware, the fluctuation of software breath and the retraction of consciousness, with Yin and Yang transformation as the general principles. To achieve the dynamic balance of body, heart, spirit and wisdom, and achieve the eye, ear, nose, tongue, body, consciousness six normalization harmonious state. Chinese character Tai Chi combines culture, self-cultivation, music and innovation. It is a traditional sport with cultural, philosophical and artistic characteristics. This course consists of teaching by word and example. Teaching by words: read classics 25 minutes before each class. Textbooks: classics, such as The Great Learning, Tao Te Ching, Diamond Sutra, and Heart Sutra. After reading, students discuss 5 minutes for each chapter. Students should combine their study and life in the process of discussion. Teachers ask questions for 5 minutes, and the whole students discuss them together. Teaching by examples: The teacher teaches the structure of the body, and the teacher kneads skeleton for each student. Teaching the basic movements of Chinese character Tai Chi (hand, eye, body, method, step, basic stroke, simple Chinese character, basic strokes of Chinese characters and coordination of hand, eye, body, method and step). Through the study of Chinese character Tai Chi and the course of health care, the students can understand the relationship between the words and examples, understand the traditional sports, and combine the students' morality, intelligence, body and beauty, so as to achieve the purpose of cultivation. Through the study of Chinese character Tai Chi and the course of health care, the students can set up a correct outlook on life and values and grasp the state of their own life, enable students to realize that "without desire to observe things to small to micro, with desire to observe their laws and purposes" and its application in life. Through the study of Chinese character Tai Chi and the course of health care, it can improve the flexibility, coordination and suppleness of the students' body, and achieve the purpose of improving health, stimulating vitality and pleasing the body and mind. Through the study of Chinese character Tai Chi and the course of health care, students

can write different Chinese characters and practice different routines every day according to their own emotional changes. So that everyone can combine their own physiological conditions and characteristics to find their own form of movement.

ii. Safety Precautions

a) Wear loose clothing (e.g., traditional health clothes or sportswear)

b) Students are required to pay attention to their physical safety, such as chest tightness, panic, headache and other physiological conditions. The teacher arranges it according to the situation

2. Curriculum Task

i. Cultivate students' sense of lifelong physical education, grasp the concept of traditional national sports and culture system of Chinese characters

ii. Practice and grasp accurately and effectively.

iii. Improve self-cultivation and improve personal personality

**Language(s) of Instruction**
Chinese

**Host Institution Course Number**
04130630

**Host Institution Course Title**
TAIJI AND HEALTH PRESERVING THROUGH CHINESE CHARACTERS

**Host Institution Course Details**

**Host Institution Campus**

**Host Institution Faculty**

**Host Institution Degree**

**Host Institution Department**

**Course Last Reviewed**
2023-2024

Print