

## GE CRITERIA APPROVAL FORM

**Course Number and Title:** PHED 102 Seminar in traditional Martial Arts: Tai Ji

**Faculty Member(s) Proposing Course:** Kevin Volkan

**Indicate which of the following categories would be satisfied by this course by marking an "X" on the appropriate lines. Courses may be placed in up to two GE categories as appropriate. Upper Division Interdisciplinary GE courses may be placed in two categories plus the UDIGE category.**

E (Human Psychological & Physiological Perspectives)

**Lab Included?** Yes ☐ No ☒

**Please provide a brief explanation of how the proposed course meets each of the criteria for the selected General Education categories.**

This course satisfies Category E by teaching students movement related to maintaining their health. Philosophical and psychological perspectives will also be introduced.

Learning Objectives:

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.

Students should gain 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.