

Chinese Kungfu

Department: Fudan International Summer Session 2025

Course Code	PEDU170002		
Course Title	Chinese Kungfu		
Credit	2	Credit Hours	18 credit hours (one credit hour is 45 minutes)
Course Nature	<input type="checkbox"/> Specific General Education Courses <input type="checkbox"/> Core Courses <input checked="" type="checkbox"/> General Education Elective Courses <input type="checkbox"/> Basic Courses in General Discipline <input type="checkbox"/> Professional Compulsory Courses <input type="checkbox"/> Professional Elective Courses <input type="checkbox"/> Others		
Course Objectives	Let international exchange students get to know Chinese excellent traditional culture through TaiCHI teaching.		
Course Description	The teaching contents of this course is TaiCHI, TaiCHI is one of the representative event in Chinese martial arts. For this course, we will study the 24 style TaiCHI, it is easy to learn and has a very significant effect on students health.		
Course Requirements: (Pre-reqs) Students should wear Loose clothes and comfortable shoes on the classes, should not be late and quit before the class is finished.			
Teaching Methods: On the class ,we will comprehensively use methods of demonstration, expository, experience and so on.			
Instructor's Academic Background: The instructor got his doctoral degree from Beijing sports university, majoring in Chinese traditional sports.			
Course Schedule 1. The first to the fourth class, finish all the teaching task of the basic techniques of 24 style TaiCHI. 2. The fifth to the sixth class, prepare for the class finishing ceremony performance.			

The design of class discussion or exercise, practice, experience and so on:

1. Warm up
2. Stretching
3. Learning
4. Practicing
5. Relaxing

Grading & Evaluation:

6. To evaluate students learning by exam, students practice the whole 24style Tlchi routine one by one, and two teachers to give each student a score, the final score is averaged.

Teaching Materials & References (Including Author, Title, Publisher and Publishing time):

Qiu pi xiang.Chinese martial arts course[M].Beijing:higher Education Press,2004.