

Department of kinesiology  
San Jose State University

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Office Hours: Monday & Wednesday 4:20pm –5pm

## **KIN 50 - Tai Chi**

### **Description**

An introduction to the history, philosophy, principles and application of its relationship to health, well-being, meditation, self-awareness, relaxation and fitness. People of different ages or levels of skill, physical condition will all benefit from doing Tai-chi.

### **Purpose**

This course will provide an opportunity for students to learn and practice the essential practical techniques and a Tai chi Simplified Form as a lifetime exercise for health and well-being.

### **Objectives**

Upon successful completion of the course, students should be able to:

1. Perform the series of Tai Chi movements smoothly and accurately
2. Demonstrate proper breathing technique in combination with the movements
3. Understand the concept of Chi (vital energy) and its application to Tai Chi movements.
4. Apply the philosophy and principles of Tai chi to stress reduction and improvement of health and wellness.
5. The student will demonstrate knowledge of the philosophy and cultural implications related to Tai chi.
6. Learn the way to develop it into a lifetime exercise.

### **Content:**

1. Knowledge
  - a. History and contemporary status of Tai Chi
  - b. Philosophy of Tai Chi
  - c. Principles of Tai Chi
  - d. Classification of Tai Chi
  - e. Purposes and application of Tai Chi:
    - \*as a life-exercise
    - \*as a concentration and meditation
    - \*as a therapy
    - \*as a way to shaping personality
    - \*other functions
  - f. Tai Chi and Chinese culture

2. Performance
  - a. Movements
  - b. Movement of Chi (meditation)
  - c. Breathing technique

### Methodology

1. Practice physical skills
2. Lecture and demonstration
3. Reading assignments
4. Group discussions
5. Watching videos

### Course Requirement

1. Participate and practice of skills - this is essential for development of skills.
2. Wear loose fitting clothes and indoor court shoes.
3. Follow the class rules provided on department web site.
4. Read assigned readings.
5. Complete quizzes and written examinations and assignments.

### Evaluation

1. Demonstration of skills.....40%
2. Daily quiz and in class active participation / practice.....40%
3. Written assignment/Final exam.....20%

### Textbook and References

1. Instructor's handouts
2. The Essence of Practical Tai-chi DVD and poster by TC Meadia([www.taichimonkey.com](http://www.taichimonkey.com))
3. Cardio Tai-chi Official Cardio Tai-chi Textbook by C.D. Weng, M. J. Wong & N. Masi([www.huntertextbooks.com](http://www.huntertextbooks.com))