

Department of Kinesiology, SJSU  
Class time: MW 3:30PM- 4:20PM Rm: SPX44B  
Instructor: Chi-hsiu D.Weng, PhD  
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Office Hours: MW 3:00PM-3:20pm, or by appointment

Spring 2012

## **KIN 50-02 --TAI CHI Act 24585**

An introduction to Tai Chi's history, philosophy, principles, techniques, and applications of its relationships to health, wellness, meditation, body-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 Tai Chi techniques and a 24 movement Tai Chi Simplified Short Form as a lifetime exercise for health and well-being.

### **Objectives and Student Learning Outcomes:**

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

1. demonstrate proper breathing technique in combination with the movements, and perform the series of Tai Chi movements smoothly and accurately,
2. demonstrate an understanding of the basic terminology, applicable history, rules, etiquette, safety, tactics, strategies, current research and practice, and applications of these cognitive knowledge in Tai Chi events and practice,
3. demonstrate an understanding of physical and mental benefits of participation in Tai Chi for diverse populations,
4. demonstrate a positive change in the components such as, cardiovascular endurance, muscular strength, muscular endurance, flexibility and total fitness,
5. understand the concept of Chi (vital energy) and its application to Tai Chi techniques,
6. apply the philosophy and principles of Tai Chi to stress reduction and improvement of health and wellness
7. the student will demonstrate knowledge of the philosophical and cultural implications related to Tai Chi,

8. learn the way to develop it into a lifetime exercise.

## Content

### 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 moving meditation
  - \*as a therapy
  - \*as a way to shaping personality
  - \*other functions
- f. Tai Chi and Chinese culture

### Performance

- a. Movements and techniques of Tai Chi Simplified Short Form
- b. Movement of Chi (meditation)
- c. Breathing techniques
- d. Patterns of footwork and hand exercises
- e. Patterns of Joint-hands-operation

### Methodology

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

### Textbook

1. Weng, Chi-hsiu D. 1988, Chang's Style Short Form Tai-chi-chuan. Taipei: Chinese Culture University (**Required** textbook, Available at Maple Press Inc. 481 E San Carlos St. San Jose, Ca 95112 Tel: 408-297-1000)
2. Weng, Chi-hsiu D., Wong, Mark. J., and Masi, Nicolas. 2006. Cardio Tai-chi Official Cardio Tai-chi Textbook. Winston-Salem ([www.huntertextbooks.com](http://www.huntertextbooks.com))

3. Fahey Thomas D., Insel Paul M., and Roth Walton T. 2009. *Fit & Well Core Concept and Lab in Physical Fitness and Wellness*. 8<sup>th</sup> ed. New York: McGraw-Hill

### 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.

### Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at [http://www.sjsu.edu/academic\\_programs/calendars/academic\\_calendar/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/). The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

### Evaluation

1. Skill test.....40%  
--no make-up for missing tests except in extreme cases
2. Class active participation / practice.....25%
3. Written midterm.....15%
4. Written assignment/Final exam.....20%
5. Grading: A =90%-100% B =80%-89% C =70%-79% D =60%-69% F =59% or lower

### University Policies

#### Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at [http://www.sa.sjsu.edu/judicial\\_affairs/index.html](http://www.sa.sjsu.edu/judicial_affairs/index.html).

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise

specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Tentative Course Schedule

<b>Week</b>	<b>Skills</b>	<b>Knowledge</b>
1	Training postures(1-3);warm-up Breathing techniques and Chi flow(3-5)	Green-sheet, policies Tai Chi philosophy and movements
2	Training postures(3-6); stretching Footwork and hand techniques(1-5)	Tai Chi for Wellness and total fitness, concepts and methods
3	Training postures(6-9) Simplified Short Form of Tai Chi(SSFTC)(1-8)	Alignment of body and joints and applying that to movement of Tai Chi
4	Eye- hand coordination of Tai Chi techniques; speed control and breathing	Centering control of breathing and techniques complying with Tai Chi
5	Joint- hands- operation patterns (1-4) Fast pace footwork and hand techniques	Relationship between sizes of Tai Chi arms movement range and footwork
6	Rhythmic movements in performing Tai Chi Form; SSFTC(1-12)	Tai Chi for healing and preventive medicine
7	Training postures (1-12)	Midterm(written)

<b>Week</b>	<b>Skills</b>	<b>Knowledge</b>
8	Tai Chi exercises on floor for absorbing and yielding(1-4) and fitness	Tai Chi principle of following, returning continuity and balance
9	SSFTC(1-15); connecting movements with Chi control	Principle of Tai Chi form designs; Rules of Tai Chi form competitions
10	Joint-hands-operation patterns with footwork	Rules of Joint-hands-operation competition
11	SSFTC(1-18) Tai Chi techniques of prevention of falling(1-8)	Concept of balance in Tai Chi and wellness/wellbeing
12	SSFTC(1-22) Tai Chi techniques of both side training	Chi flow, force delivering and body movements awareness principles
13	SSFTC(1-24) Tai Chi techniques of different styles	Comparison of major styles of Tai Chi
14	Skill test preparations	Assigned paper discussion
15	Final test	



