San José State University

Kinesiology
Spring 2020, KIN 050-02 (25627) Tai Chi
Contact Information
Instructor:
Chi-hsiu D Weng, PhD
Office Location:
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Email: chi-hsiu.weng@sjsu.edu
Office Hours: M & W: 3pm
Class Meeting time & location M & W 3:30pm Spartan Complex Central Rm 107B

Link to new syllabi policy: http://www.sjsu.edu/senate/docs/S16-9.pdf

Course Description
Emphasis on knowledge and skill, development of the standard Simplified Tai Chi Form and applications of Tai Chi for life. It is assumed that students enrolled in the class have had little or no experience in Tai Chi.

Course Goals and Student Learning Objectives
Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

• Knowledge of fundamental skills, technique of Tai Chi.
• Proficiency in execution of the Tai Chi skills covered.
• An understanding of the history, rules, strategies, current research, safety and etiquette associated with Tai Chi.
• An understanding of the mental and physical health benefits to be derived from Tai Chi.
• An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.
• Well recognized evidence approved Therapeutic Tai Chi concepts and methods.

Activity Program Learning Outcomes
After completion of the physical activity graduation requirement, students shall be able to:

• Demonstrate proficiency in the execution of the motor/sport skills appropriate to the Tai Chi activities completed.
• Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the Tai Chi activities completed.
• Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings
5. Companion DVD to the textbook as well as the Chart: www.shuai-chiao.org
    product also available at Maple Press

Course Notes
Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
• Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
• Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
• If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
• Report any accidents to the instructor immediately.

Course Requirements, Assignments, and Grading -
Tests:
• Skills Test:
  1) Training postures (6-8), Footwork with breathing control matching Tai Chi techniques (5-8)
  2) Demonstration of Simplified Tai Chi Form

Written Exam/Quizzes information/explanation:
Midterm quiz or field trip report

Assignments/Projects:
  Term paper
  Final Test

Grading
Using percentage weights totals.

Explanations:
30% Skills Test I
30% Skills Test II
20% Assignment/Project
20% Written Exam
1) Field trip/Assignment or In-class discussion/Pop Quizzes will be counted for 20% altogether
2) Skill test I held in midterm and Skill test II held at Final will be counted for 30% for each one.

Grading Scale used to determine letter grade for each component above.
Grading Scale used to determine final course grade.

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<th>Percentage</th>
<th>Equivalent Grade</th>
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<td>93% - 96%</td>
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University Policies
Information pertaining to university programs and policies designed to facilitate student success can be found here: http://www.sjsu.edu/gup/syllabusinfo/

Course Calendar (subject to change with fair notice by announcement in class and/or email)

1) classes begin
2) 1/27, 29 Green Sheet discussion, Training postures (3) and Qi Gong exercise(3)
3) 2/3,5 Tai Chi philosophy, history, and applications for wellness and total fitness. Warming up and Calisthenics exercises, Training Postures(1-5), foot-works(2)
4) 2/10,12 Therapeutic Tai Chi history and development, Training poster (1-8), Foot works (4) associate with techniques(Rooster, Monkey, Cloud Hands, and Horse)
5) 2/17,19 Centering control of breathing complying with movement, Classified Tai Chi techniques for healing and preventive medicine
6) 2/24,26 Returning principle in Tai Chi used for Joined Hand-operation, Foot works (1-5) with techniques applications.
7) 3/2,4 Tai Chi form designed for learning and performance, Simplified Tai Chi form(1-8)
8) 3/9,11 Mid-term quiz test/report and performance of Training postures(8) and foot works(7)
9) 3/16,18 Tai Chi principle applied in daily activity( prevention of falls and minimizing injury), healing exercises, body sculpting
10) 3/23,25 Rules of Tai Chi event, Simplified form (1-14), Joined Hand-operation patterns(1-4)
11) Spring Break
12) 4/6,8 Concept and methods of Cardio Tai Chi for fitness and weight loss
14) 4/20,22 Simplified Tai Chi form completion
15) 4/20,22 Review of theories and methods of Tai Chi learned. Size of motion range difference in Tai Chi applications
16) 4/27, 29 Dr.Weng’s Progressive Tai-chi Self Learning Chart method. Practice of performing on both sides of Tai Chi Forms
17) 5/4, 6, Practice of form design for multiple purpose
18) 5/11 Final day of class; 5/13 (?). Term Paper submission and Final Exam