

Department of Kinesiology, SJSU

Fall 2009

Instructor: Dr. Gong Chen, Professor

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Office Hours: MW 8-10:00am, TR9:30-10:30am, F 7:30-8:20am, or by appointment

KIN 50 TAI CHI

DESCRIPTION : Emphasis on knowledge and skill (movement, breathing, meditation) development of the standard Simplified Taichi Form, and applications of Taichi for health. It is assumed that students enrolled in the class have had little or no experience in Taichi.

OBJECTIVES: Upon successful completion of course requirement students will:

- a. demonstrate the ability to perform the standard Simplified Taichi form smoothly & accurately.
- b. demonstrate the ability to combine movement, breathing, and meditation in performance.
- c. demonstrate the ability to perform one style of Chigong exercise smoothly & accurately.
- d. demonstrate an overall understanding of taichi.
- e. demonstrated the knowledge of carryon of taichi for diverse population.

CONTENT

Knowledge:

- a. Concepts, brief history, and contemporary status of Taichi
- b. Basic etiquette and traditions
- c. Taichi styles and features
- d. Benefits of Taichi
- e. Philosophy and principles
- f. Taichi and Chigong, Taichi and self-defense, Taichi and Chinese Medicine
- g. Taichi and Yangsheng
- h. Guidelines for performing
- i. Taichi for diverse populations
- j. Take care of your inner health
- k. Taichi as a lifetime activity

Performance:

- a. Standard 24-Form Taichi (left and right forms)
- b. Breathing exercise (standing, sitting)
- c. Meditation exercise
- d. Chigong forms (stationary, chigong for lungs, and chigong for joints)
- e. Combination for personalized routines.

Attitude: Positive feeling toward the contributions of Tai Chi to a healthy lifestyle and willingness to continue performing Tai Chi as a lifetime activity.

METHODOLOGY:

Group lecture/demonstration, individual feedback, directed drills and practice, discussion, assigned readings, written examination and skill test.

COURSE REQUIREMENTS

- a. Active participation in all class activities, including lectures, practice, discussion, quizzes, written examinations, skill test, and assignment, etc..
- b. Attend classes in the timely manner.
- c. Loose fitting clothes and sport shoes for ease of movement and safety.
- d. Good etiquette is expected in the class.
- e. The last class meet will be the last day of the class before the “DEAD DAY” for the semester. All tests and exams will be conducted before the Dead Day. This class (and all activity classes) will not follow the university testing schedule.

EVALUATIONS

- a. Health self-evaluation.....5%
 - b. Skill test.....40%
 - individual test on standard 24-form Taichi
 - evaluated by subjective observation
 - no make-up for missing tests except in extreme cases
 - c. Midterm written examinations.....25%
 - based on the textbook
 - no make-up for missing tests except in extreme cases
 - d. Workout and design/conduction of a personal Taichi workout plan.....25%
 - e. Final Written quiz.....5%
- e. Criteria: A = 90%--100% B = 80%--89% C = 70%--79%
 D = 60%--69% F = 59% or lower

TEXTBOOK (Required)

Chen, G. (2006). Taichi for health. XanEdu Publishing Company, at Spartan Bookstore.

UNIVERSITY POLICIES

1. Academic integrity statement (from Office of Judicial Affairs): “Your own commitment to learning, as evidenced by your enrollment at San José State University and the University’s Academic Integrity Policy, 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 policy on academic integrity can be found at http://sa.sjsu.edu/student_conduct.

2. Campus policy in compliance with the Americans with Disabilities Act: “If you need course adaptations or accommodations because of a disability, or if you need 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 register with DRC to establish a record of their disability.”

Tentative Schedule

| Date | Skills | Knowledge | Reading |
|------|---|--|--------------------|
| 1 | | Green-sheet, policy-sheet Health self-evaluation | chap 1 |
| 2 | Footwork, leg motions, Arm motions, breathing/ Meditation exercise, form 1-4 | Names, definition, classification, Brief history | chap 2 chap 6/7 |
| 3 | Breathing/meditation exercise Form 5-6 | Benefits and applications | chap 3 chap 7 |
| 4 | Breathing/meditation exercise Form 7-11 | Features of taichi movements | |
| 5 | Form 12-16 | Taichi and Chinese Traditional Medicine | chap 4 |
| 6 | Form 17-20 Form 18-24 | Taichi, martial art, and self-defense Philosophy and principles | chap 10 |
| 7 | Catch the correct form, smooth form, breathing and meditation with the form Sign up for skill test | Procedures of practicing taichi Yangsheng and inner health | chap 9 chap 10 |
| 8-9 | Practice Skill test on left form taichi | | |
| 10 | The right 24-form | Answer questions for written exam Midterm written exam | |
| 11 | Chigong Workout | Definition, history, terms, styles, benefits Comparison of taichi and chigong | chap 5 |
| 12 | Workout | Design/conduct personal workout | |
| 13 | Workout | Carry-on of taichi and chigong | chap 11 |
| 14 | Workout | Answer questions for written quiz | |
| 15 | Workout | Final written quiz | |

Appendix 1. HHS Announces Physical Activity Guidelines for Americans October 7, 2008

Adults gain substantial health benefits from two and a half hours a week of moderate aerobic physical activity, and children benefit from an hour or more of physical activity a day, according to the new Physical Activity Guidelines for Americans. The comprehensive set of recommendations for people of all ages and physical conditions was released today by the U.S. Department of Health and Human Services.

The guidelines are designed so people can easily fit physical activity into their daily plan and incorporate activities they enjoy.

“It’s important for all Americans to be active, and the guidelines are a roadmap to include physical activity in their daily routine,” HHS Secretary Mike Leavitt said. “The evidence is clear -- regular physical activity over months and years produces long-term health benefits and reduces the risk of many diseases. The more physically active you are, the more health benefits you gain.”

Regular physical activity reduces the risk in adults of early death; coronary heart disease, stroke, high blood pressure, type 2 diabetes, colon and breast cancer, and depression. It can improve thinking ability in older adults and the ability to engage in activities needed for daily living. The recommended amount of physical activity in children and adolescents improves cardiorespiratory and muscular fitness as well as bone health, and contributes to favorable body composition.

The Physical Activity Guidelines for Americans are the most comprehensive of their kind. They are based on the first thorough review of scientific research about physical activity and health in more than a decade.

Adults -- Adults gain substantial health benefits from two and one half hours a week of moderate intensity aerobic physical activity, or one hour and 15 minutes of vigorous physical activity. Walking briskly, water aerobics, ballroom dancing and general gardening are examples of moderate intensity aerobic activities. Vigorous intensity aerobic activities include racewalking, jogging or running, swimming laps, jumping rope and hiking uphill or with a heavy backpack. Aerobic activity should be performed in episodes of at least 10 minutes. For more extensive health benefits, adults should increase their aerobic physical activity to five hours a week moderate-intensity or two and one half hours a week of vigorous-intensity aerobic physical activity. Adults should incorporate muscle strengthening activities, such as weight training, push-ups, sit-ups and carrying heavy loads or heavy gardening, at least two days a week.

For more information about the “Physical Activity Guidelines for Americans,” visit www.hhs.gov or www.health.gov/paguidelines.

Appendix 2. More tips for practicing Taichi and Chigong

Dr. Gong Chen

1. Practice at places with clean air.
2. Practice near trees, lawns, and water.
3. Practice in quiet places without interference.
4. Safe from falling objects (such as pinecones) or falling (uneven ground).
5. Practice at places with people so that criminals won't act when you meditate.
6. Do not practice in very hot, cold, or windy weather.
7. Exercise 24-40 minutes everyday or every other day.
8. Early morning is good since the air is clean and taichi becomes your first activity.
9. Do it anytime during the day whenever you are available.
9. Develop a routine and change it to keep it fresh and interesting.
10. Use different formats (partner, group, lead a workout, music).
11. Wear comfortable clothing and shoes.
12. Design your workout based on your needs.
13. Focus more on the three-in-one combination (breathing, meditation, and movement).
14. Use a lower stance for more intensity.
15. Treat taichi and ching as a part of your daily life.
16. Use taichi and chigong as an investment for your health and longevity.