

San José State University
Kinesiology
Fall 2018, KIN 50 - 1 Tai Chi

Contact Information

Instructor:	Gong Chen, Dr., Professor
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Office Hours:	MW 8:30-10:00am TR 13:30-14:20pm Or by appointment
Class Meetings & location	MW 10:30-11:20, SPX 107B
Prerequisites:	None

FYI - not included in syllabus: 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.

<http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

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,

- **Proficiency in execution and application of tai chi forms, breathing, meditation and combination of all three elements in tai chi practice and exercise.**
- **An understanding of the basic terminology, applicable history, etiquette, safety, current research and practice, and applications of the cognitive knowledge in tai chi practice and exercise.**
- **An understanding of the mental and physical health benefits to be derived from tai chi and relevant exercises.**

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 specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

Text/Readings

1. The main contents of the following book are located in the course reader on Canvas, the following book is used as optional reference only, **not required**.

Chen, G. (2006). Taichi for health. XanEdu Publishing Company, or on-line at www.xanedu.com, ISBN 1-59399-209-2.

2. Classroom posters

Course Notes

- 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 or broken facility/equipment to the instructor immediately.
- 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. Class manner guidelines must be followed for the entire semester.
- Sport shoes are required and sportswear is strongly recommended for all class sessions except written exams.
- A warm-up period is required before any skill practice. Class safety guidelines must be followed for the entire semester.
- It is everybody's responsibility to watch their own personal belongings and take their trash with them.

- No food and drink or wheels are allowed in the gym except water.
- 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.
- Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.

Course Requirements, Assignments, and Grading

Grading Plan

- 40% Skills Test
- 25% Written Exam
- 30% Workout Assignment
- 5% Reflection assignment

Explanation

- **Skill Tests:** The skill test will focus on the standard 24-form tai chi. It will be evaluated based on accuracy of forms, smooth and continuous transition, combination of three elements especially eye focus, relaxed form, and overall tai chi sense. A review guide will be provided before the test.
- **Workout Assignments:** The assignments will include different tai chi and chigong workout, and the design of a personal tai chi/chigong workout routine. It will be evaluated based on the percentage of completed workout and quality that requires correct forms and complete focus, fulltime participation, non-cellphone play, and non-irrelevant socials.
- **Written Exam:** The written exam will cover basic knowledge of tai chi, and benefits and importance of physical activity/tai chi. A review guide will be provided before the test.
- **Reflection assignment:**
 - Choice 1: Each student summarizes his/her personal learning experience, based on 1) skills and applications in daily life, 2) knowledge and applications in daily life, and 3) carry-on plan of Taichi and general physical activities for an active lifestyle. This is a one-page reflection paper.
 - Choice 2: Each student evaluates the usefulness of each lecture topic and each types of taichi and relevant exercise to their fitness, health, wellness, and overall life.

Other information:

- Students may make up skill test or game assignment if they have emergency or pre-

arrange with the instructor upon the time limit.

- Written Exam cannot be made up except documented emergency only.

Grading Scale used to determine final course grade.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

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)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Policy sheet, green-sheet, self-evaluation of knowledge on health
2	Basic stance, meditation, breathing, basic movement. Names, definition, classifications, brief history and status
3	24-form taichi: commencing, horse mane, flash wings, brush knees. Brief history, features of taichi
4	24-form taichi: strum the lute, curl arms, grasp bird's tail. Benefits and applications of taichi
5	24-form taichi: single whip, cloud hands, single whip. Taichi and Chinese traditional medicine, Chinese martial arts, self-defense
6	24-form taichi: pat horse, right kick, ears, left kick, left push-down. Taichi principles, Taichi and Yangsheng
7	24-form taichi: Right push-down, shuttles. Practice guidelines
8	24-form taichi: Back fist, Bruce Lee punch, brush-off, cross palms, closing form.
9	Practice for skill test
10	Practice for skill test, Skill test, workout
11	Skill test, workout
12	Skill test, workout
13	Skill test, workout, written exam , workout
14	Mirror 24-form taichi, Stationary taichi, workout
15	Design personal taichi/chigong routine, workout Workout with personal routine
16	Reflection assignment