

**San José State University
Department of Kinesiology
KIN 50-1 Tai Chi, Spring 2012**

Instructor: Gong Chen
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Office Hours: MW 8:30-9:30am
TR 11:30am-12:30pm
F 7:30-8:20am
Class Days/Time: TR 10:30-11:20am
Classroom: SPX 44A

Course 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.

Course Goals and Student Learning Objectives

Upon successful completion of course requirements students will be able to:

1. demonstrate an understanding of physical and mental benefits of participation in Taichi for diverse populations,
2. demonstrate an understanding of the basic terminology, applicable history, etiquette, safety, current research and practice, and applications of these cognitive knowledge in Taichi practice and exercise,
3. demonstrate the acquisition and application of Taichi forms, breathing, meditation and combination of all three elements in Taichi practice and exercise, and
4. achieve light to moderate exercise intensity during practice and exercise.

Required Texts/Readings

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

Classroom Protocol

- 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 “STUDY DAY” for the semester. All tests and exams will be conducted before the Study Day. This class (and all activity classes) will not follow the university testing schedule.

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/. 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/>.

Assignments and Grading Policy

- 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 exam.....5%
- f. Criteria: 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.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

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.

KIN 50 – 1 Tai Chi, Spring 2012 Course Schedule

Table 1 Course Schedule

| Week | Date | Topics, Readings, Assignments, Deadlines |
|-------------|--------------|---|
| 1 | 1/26 | Policy sheet, green-sheet, self-evaluation of knowledge on health |
| 2 | 1/31 2/2 | Basic stance, meditation, breathing, basic movement. Names, definition, classifications, brief history and status |
| 3 | 2/7 2/9 | 24-form taichi: commencing, horse mane, flash wings, brush knees. Brief history, features of taichi |
| 4 | 2/14 2/16 | 24-form taichi: strum the lute, curl arms, grasp bird's tail. Benefits and applications of taichi |
| 5 | 2/21 2/23 | 24-form taichi: single whip, cloud hands, single whip. Taichi and Chinese traditional medicine, Chinese martial arts, self-defense |
| 6 | 2/28 3/1 | 24-form taichi: pat horse, right kick, ears, left kick, left push-down. Taichi principles, Taichi and Yangsheng |
| 7 | 3/6 3/8 | 24-form taichi: Right push-down, shuttles. Practice guidelines |
| 8 | 3/13 3/14 | 24-form taichi: Back fist, Bruce Lee punch, brush-off, cross palms, closing form. |
| 9 | 3/20 3/22 | Practice for skill test |
| 10 | 4/3 4/5 | Practice for skill test, Skill test, workout |
| 11 | 4/10 4/12 | Skill test, workout |
| 12 | 4/17 4/19 | Skill test, workout, Midterm written exam , workout |
| 13 | 4/24 4/26 | Mirror 24-form taichi, Stationary taichi, workout |
| 14 | 5/1 5/3 | Taichi chigong, Crane chigong, workout |
| 15 | 5/8 5/10 | Design personal taichi/chigong routine, workout |
| 16 | 5/15 | Final written assignment , last workout, summary |

| Week | Date | Topics, Readings, Assignments, Deadlines |
|---------------|-------------|---|
| | | |
| Final Exam | | |