

San José State University

Kinesiology

Spring 2021 KIN 050-01 (20956) **Tai Chi**

Contact Information

Instructor:

Chi-hsiu D Weng, PhD

Office Location:

SPX Rm 170

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Office Hours: TBA

Class Meetings & location : TBA

Zoom Monday and Wednesday (by appointment):

link:

<https://sjsu.zoom.us/j/7716622594?pwd=Zi9Jd0pQUVVkY3M0UkhwVHhCVGU1dz09>

Meeting ID: 771 662 2594

Password: 2m150t

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

Course Description

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 Format: Online Class requiring computer and sufficient space for work-out.

Course Goals and Student Learning Objectives

Upon successful completion of this course, 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

1. Wayne, Peter M., Fuerst, Mark L. 2013. The Harvard Medical School Guide to Tai Chi. Boston: Shambhala Publications
2. Fahey Thomas D., Insel Paul M., and Roth Walton T.2009.Fit & Well Core Concept and Lab in Physical Fitness and Wellness.8th ed. New York: McGraw-Hill
3. Weng, Chi-hsiu D., Wong ,Mark. J., and Masi, Nicolas. 2006.Cardio Tai-chi Official Cardio Tai-chi Textbook. Winston-Salem
- 4.Weng, Chi-hsiu D.1988.Chang's Style Short Form Tai-chi-chuan. Taipei: Chinese Culture University—**required textbook** , ISBN 13:9781930137011 available at Maple Press: 330 South 10th Street , San Jose [408-297-1000](https://maplepress.net/readers/product/kin-50-wang/) (information on canvas) or ordering from www.usashuaijiao.org
5. Companion DVD to the textbook : www.usashuaijiao.org

Requirements and Assignments

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.
- Written Exam cannot be made up.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course.

Course Requirements, Assignments

" Success in this course is based on the expectation that students spend, for each unit of credit, a minimum of 45 hours over the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internship, labs, and clinical practice. Other course structures will have equivalent workload expectations as described in the syllabus."

Final Examination or Evaluation

Tests: Skills Test:

- 1) Training postures(6-8), Footwork with breathing control matching Tai Chi techniques(5-8)
- 2) Demonstration of assigned movements in Simplified Tai Chi Form

Written Exam/Quizzes information/explanation here:

Midterm quiz or field trip report

Assignments/Projects:

Term Paper

Final Test

Grading

Using percentage weights totals.

Explanations:

Grading Plan

30% Skills Test 1

40% Skills Test II

15% Assignment/Project

15% Written Exam

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

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
below 60%	F

Classroom Protocol

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Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

Course Number / Title, Semester, Course Schedule

the schedule is subject to change with fair notice by email

Course Schedule

Week/Lesson /	Date	Topics, Readings, Assignments, Deadlines	
1			
1	1/27	Green Sheet discussion, The Pyramid of Study of Tai Chi; The Essence of Tai Chi.	
2	2/1	Tai Chi philosophy, history, and applications for wellness and total fitness .Warming up and calisthenics exercises	
2	2/3	Training Postures(1-5),foot-works(2)	
3	2/8	Foot works (4) associated with techniques(Rooster, Monkey, Cloud Hands, and Horse)	
3	2/10	Therapeutic Tai Chi history and development, Training postures (1-8)	
4	2/15	24 <i>simplified</i> Tai Chi Form ; learning movements 1-10	
4	2/17	Concept and methods of Cardio Tai Chi for fitness and weight loss part I	
5	2/22	Benefits of Tai Chi in self -defense and health maintenance.	
5	2/24	Designing Tai Chi routine for self needs.	
6	3/1	Tai Chi principle applied in daily activity(prevention of falls and minimizing injury), healing exercises , body sculpting	
6	3/3	Designing Tai Chi routine for individual needs.	
7	3/8	Mid-term quiz test/report and performance of Training postures(8) and foot works(5)	

7	3/10	Joined Hand-operation patterns(1-4)	
8	3/15	Simplified form (10-14)	
8	3/17	Concept and methods of Cardio Tai Chi for fitness and weight loss Part II	
9	3/22	Designing Tai Chi routine for self needs.	
9	3/24	Tai Chi Technique	
10	3/29	Simplified form (11-14)	
10	3/31	Simplified form (11-16)	
11	4/5	Tai Chi principle applied in safe landing for prevention of injury(I)	
11	4/7	Tai Chi principle applied in safe landing (II)	
12	4/12	Simplified form (17-20)	
12	4/14	Therapeutic Tai Chi (I)	
13	4/19	Therapeutic Tai Chi (II)	
13	4/21	Benefits of Tai Chi in self -defense and health maintenance from Cardio Tai Chi design Part I	
14	4/26	Benefits of Tai Chi in self -defense and health maintenance from Cardio Tai Chi design part II	
14	4/28	Simplified form (21-24)	
15	5/3	Dr.Weng's Progressive Tai-chi Self Learning Chart(I)	
15	5/5	Dr.Weng's Progressive Tai-chi Self Learning Chart (II)	
16	5/10	Performing on both sides of Tai Chi Forms	
Final Exam	5/12	Term Paper submission , and Final Exam (TBA)	