

**San José State University**  
**CHHS/Kinesiology**  
**KIN 50, Taichi - 3, Spring 2021**

Instructor(s):	Gong Chen
Office Location:	Online
Telephone:	Use Zoom, Meet, or email
Email:	<a href="mailto:gong.chen@sjsu.edu">gong.chen@sjsu.edu</a>
Office Hours:	MW 10:30-11:20 am, or by appointment
Class Days/Time:	MW 8:30-9:20 am
Classroom:	Canvas

### **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-dbggen/catalog/departments/KIN-courses.html>

### **Course Learning Outcomes (CLO)**

Upon successful completion of this course, students will be able to:

- Develop proficiency in execution and application of taichi forms, breathing, meditation and combination of all three elements in taichi practice and exercise.
- Develop an understanding of taichi knowledge system and applications of the taichi knowledge in taichi practice and exercise for a healthy lifestyle.
- Develop an understanding of the mental and physical health benefits to be derived from taichi and relevant exercises.

**Course Format: Online Course Asynchronously, a computer and a cellphone (for filming) are required.**

*All course materials such as syllabus, handouts, notes, assignment instructions, etc. will be on [Canvas Learning Management System course login website](#) at <http://sjsu.instructure.com>. **For help with using Canvas see [Canvas Student Resources page](#)** ([http://www.sjsu.edu/ecampus/teaching-tools/canvas/student\\_resources](http://www.sjsu.edu/ecampus/teaching-tools/canvas/student_resources))*

**Required Readings/Videos: All on class Canvas under appropriate locations below:**

- |                                    |   |
|------------------------------------|---|
| 1. Course syllabus:                | Under <b>Syllabus</b>                     |
| 2. Weekly plan:                    | Under <b>Announcement</b> for each week   |
| 3. Answer questions/communication: | Under <b>Discussion</b> during class time |
| 4. Assignments and tests:          | Under <b>Assignments</b>                  |
| 5. Reader for knowledge topics:    | Under <b>File</b>                         |
| 6. Reader for skills:              | Under <b>File</b>                         |
| 7. Instructional/Demo Videos*:     | Under <b>Modules</b>                      |

## **Instruction, learning, and tests/assignments in this class**

**1. Instruction:** Due to possible and unexpected blackouts, internet problems, and computer problems, this class will be conducted asynchronously on Canvas. Course contents each week will include two parts: taichi knowledge topic(s) and taichi forms.

The weekly plan on discussion topic(s) and skills will be posed on Canvas Announcement before each Monday. The weekly announcement also provides guides on locations of assigned reading materials and video clips, and suggests methods of practice.

**2. Learning:** Students are expected to 1) read assigned weekly knowledge topic(s) to understand taichi, and 2) read skill reader(s) and watch weekly skill videos to learn and practice taichi forms (skills) by self during that week. Students can learn skills and knowledge at their available time during the week. They do not have to learn or practice during the scheduled class time.

### **2A. Learning Taichi knowledge:**

- Read the weekly plan to find what to learn under **Announcement**.
- Read assigned weekly topic(s) in the reader under **File**, starting from #11.
- Briefly discuss and summarize the knowledge discussed and how the contents may help understand taichi and apply to enhance your health and life. You can discuss other thoughts or comments as long as it is relevant to the topic.
- Type your summary/discussion in a paragraph in the weekly journal under **Knowledge (Subheading 1)**. The paragraph should have a minimum of 100 words.

### **2B. Learning Taichi forms (skills):**

- Read the weekly plan to find what to learn under **Announcement**.
- Watch assigned weekly form(s) in the video clips under **Modules**.
- Read assigned weekly form(s) in the reader under **File**, starting from #1.
- Practice and master assigned forms with breathing and meditation. You can practice by self, or with a partner to film your performance as feedback.
- Add the new form(s) to the forms that you have learned in the previous weeks with smooth and continuous transitions.
- Briefly describe your hands-on experience learning and practicing the weekly forms in terms of forms, breathing, meditation of each form, and type in a paragraph in the weekly journal under **Forms (Subheading 2)**. This part should have a minimum of 100 words.

**3. Weekly Journal, starting week 2/1-3 though the last topic and skill:** Students are expected to write the Weekly Written Journal that includes both knowledge and forms learned in that week, as indicated in 2A and 2B above. However, they do not submit the journal weekly. The journal is due by the end of the semester as a whole journal. This is the final written assignment to assess their learning of taichi knowledge and learning experience of taichi skills.

**4. Skill Tests:** There will be a midterm skill test and a final skill test on the 24-form Taichi. Students are expected to submit a video clip of their performance of required forms for each test on Canvas **Assignment**.

**5. Answer questions or sharing ideas:** The instructor will be on Canvas Discussion during MW scheduled class time to answer questions. Students can also share ideas or learning experience at this platform. Students are encouraged to attend the daily discussion if they have any questions/problems, ideas, learning experience, or need for help, but participation is not required. Students can schedule a visual meeting if needed via Meet or Zoom, or they can email me any time if they cannot attend the daily discussion due to time conflicts.

\*I am sorry that I had to use homemade video due to lack of proper equipment, facility, and photographer in the COVID-19 time.

## Grading Plan

- |    |                                 |           |                    |
|----|---------------------------------|-----------|--------------------|
| 1. | SJSU Liability Form submission: | 10 points | under Assignment 1 |
| 2. | Midterm skill test (form 1-11): | 30 points | under Assignment 2 |
| 3. | Final skill test (form 12-24):  | 30 points | under Assignment 3 |
| 4. | Final written weekly journal:   | 30 points | under Assignment 4 |

## Grading Explanation

1. **Liability Form:** All student must read and sign the Liability Form, and submit by the due date. This is a university requirement for all SJSU activity classes.
2. **Midterm Skill Test:** The midterm skill test will evaluate Form 1-11 of the 24-form Taichi on accuracy of forms and smoothness of the performance. Students film their performance and submit their video clip on Canvas Assignment by the due date. A filming guide and due date will be posted on Canvas before the test.
3. **Final Skill Test:** The final skill test will evaluate Form 12-24 of the 24-form Taichi on accuracy of forms and smoothness of the performance. Students are expected to film their performance and submit their video clip on Canvas by the due date. A filming guide and due date will be posted on Canvas before the test.
4. **Final Written Weekly Journal:** The written weekly journal must have two parts: **Knowledge** and **Skill**. Students should complete their written journal weekly at their available time during the week, and submit the complete journal by the end of the semester (not weekly). The journal will be evaluated on 1) good summary/discussion on learned weekly knowledge and forms both, 2) comprehensive records of all weeks, 3) timely submission, and 4) a clear format as showed in the example below. This is an example of the weekly journal (from a previous class) for one week as a reference only. Students can write in their own styles. The journal must start from the second week (2/1-3) and add on every week as the class goes on. Use the week as the heading and use knowledge and skills as subheadings.

## *Example of the weekly journal*

**2/22-24**

### **Knowledge: Relationship of taichi and three disciplines**

*It was the first time for me to learn the relationship between taichi and other stuff. I thought taichi was a slow motion exercise for grandpas and grandmas since I saw a bunch of old people doing taichi in a park near my house. It is nice to know what I am learning can be used as a preventive activity for health problems and even as a therapy. I will do my best learning and doing the forms for my benefits now and in the future. I definitely will teach taichi to my grandparent too. My friend told me that her instructor said she could learn taichi as an exercise and self-defense in ten hours in her class. I never thought about these slow motions could be used as a martial art for fighting and for self-defense*

*purpose. I choose to believe professor Chen since what he said seems more reasonable. Taichi should be for health, not for self-defense. I cannot kill two birds with one stone in such a short time.*

**Forms/skills: Brush knee and strum the lute**

*I had a hard time getting my brush-knee form right at the beginning since it has too many movements and turning motions. Putting my footwork together with hand motions was even more difficult (I felt awkward), much less the breathing and meditation with the form. By watching the video many times and repeated practice, I finally got this form, especially got my turning motion correctly. Now I don't put weight on my knee anymore when I do the turning, and my balance is better since I can walk zigzag way instead of standing on a balance beam. By the end of the week, I can combine breathing and meditation with my forms, and I am more relaxed when I do the form. The strum the lute was easy to learn and I can combine all three taichi elements in that form. I practiced form 1-5 together and I have five forms now. Wow!*

**Other critical information**

- **Health problems:** If you have pre-existing medical or physical problem you should consult your physician before participating in this class and alert the instructor to any required limitations.
- **Intellectual property:** Course materials developed by the instructor (e.g. videos, readers, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's permission based on SJSU policy.
- **Success in this course** is based on the expectation that students will spend, for each unit of credit, a minimum of 30 hours over the length of the course (normally two hours per unit per week) for instruction, preparation/studying, or course related activities.

**Course Tentative Schedule (subject to changes with fair notice via Announcement on Canvas)**

Week	Course Content (Assignments, Exams/Quizzes, ...)
1 1/27	<i>Zoom meeting: Syllabus</i> Skills: Skills: warmup video and try
2 2/1-3	<i>Topic 1: Manners and Safety for taichi practitioners</i> Skill unit 1: Basic postures and moves
3 2/8-10	<i>Topic 2: Tips for learning taichi</i> Skill unit 2: Breathing, meditation, and moves in a stationary posture
4 2/15-17	<i>Topic 3: Introduction</i> Skill unit 3: 24-form Taichi: 01 Commencing form 02 Horse manes 03 Flash wings
5	<i>Topic 4: Relationship of Taichi and Chinese traditional medicine</i>

Week	Course Content (Assignments, Exams/Quizzes, ...)
2/22-24	<p><i>Topic 5: Taichi and Chinese martial art</i>  <i>Topic 6: Taichi and self-defense</i>  Skill unit 3: 24-form Taichi:  04 Brush knees  05 Strum the lute</p>
6 3/1-3	<p><i>Topic 7: Main function of taichi in overall health/life protection</i>  Skill unit 3: 24-form Taichi:  06 Curl arms  07 Left grasp bird's tail  08 Right grasp bird's tail</p>
7 3/8-10	<p><i>Topic 8: Specific function of taichi and three life-threatening factors</i>  Skill unit 3: 24-form Taichi:  09 Single whip  10 Cloud hands  11 Single whip</p>
8 3/15-17	<p><i>Topic: Not assigned due to skill midterm</i>  Skill unit 3: 24-form Taichi:  Review form 1-11  <b>Midterm Skill Test: Submit a video on Form 1-11 on Canvas</b></p>
9 3/22-24	<p><i>Topic 9: Taichi's philosophy: Balance of Yin and Yang</i>  Skill unit 3: 24-form Taichi:  12 Pat the horse  13 Right Kick  14 Strike ears</p>
10 4/5-7	<p><i>Topic 10: Benefits of Taichi</i>  Skill unit 3: 24-form Taichi:  Left kick  16 Left push down  17 Right push down</p>
11 4/12-14	<p><i>Topic 11: Benefits and rationale of general physical activities</i>  Skill unit 3: 24-form Taichi:  18 Shuttles  19 Needle in the sea  20 Flash arms</p>
12 4/19-21	<p><i>Topic 12: Rationale of physical activity for college students</i>  Skill unit 3: 24-form Taichi:  21 Turn, parry, punch  22 Close up  23 Cross palms</p>

Week	Course Content (Assignments, Exams/Quizzes, ...)
	24 Closing form
13 4/26-28	<i>Topic: 13. Establish active lifestyles</i> <i>Topic: 14: Lifetime learning and application of Taichi</i> Skill unit 3: 24-form Taichi: Review and practice for the final skill test
14 5/3-5	Skill unit 3: 24-form Taichi: <b>Submit a video on Form 12-24 as the Final Skill Test on Canvas</b>
15 5/10-12	Skill unit 4: Stationary Taichi Skill unit 5: Mirror 24-form Taichi
16 5/17	<b>Submit your Written Weekly Journal on Canvas (the last day)</b>