

San José State University
Kinesiology
Fall 2015, KIN050-02(#40612), Tai Chi

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| Instructor | Chi-hsiu D Weng, PhD |
| Office Location | SPX 170 |
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| Office Hours | 15:00-15:25 MW |
| Class Meetings | 15:30-16:20 M&W Place: SPX 107B |

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/catalogdepartment/kin-courses.html>

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- *Knowledge of fundamental skills, technique, philosophy, and benefits of Tai Chi.
- *Proficiency in execution of the 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 with moving meditation effectiveness.
- *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.
- *An understanding of Tai Chi applied in daily activities including healing, cultivation of body and mind.

Activity Program Learning Outcomes

After completion of the physical activity graduation requirement students shall be able to:

- Demonstrate the acquisition and application of motor skills appropriate to Tai Chi
- Demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette appropriate to Tai Chi
- Demonstrate an understanding of the benefits of Tai Chi as it relates to physical and mental health
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

Course Required 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 (www.huntertextbooks.com)
4. Weng, Chi-hsiu D. 1988. Chang's Style Short Form Tai-chi-chuan. Taipei: Chinese Culture University—**required textbook**, available at Maple Press: 330 South 10th Street, San Jose 408-297-1000 or ordering from www.shuai-chiao.org
5. Companion DVD and Chart also available at Maple Press

Notes

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 material developed by the instructor(e.g. exam/quiz items, videos, lecture notes) are the instructor's intellectual property and can not be shared or uploaded in any form publicly without the instructor's approval.

*Written Exam cannot be made up.

*Drop requests will not be accepted after the SJSU drop deadline.

Course Requirements and Grading Policy -

Grading Plan

35% Skills Test 1
35% Skills Test 1
15% Assignment/Project
15% Written Exam/field trip report

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

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|----------|----|
| 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 – 69% | D- |
| < 60% | F |

Tests:

Midterm—

- 1)-12 Training postures and breathing control with 7 basic footwork patterns**
- 2) Assignments/Projects: *Midterm-Written test or a report from a field trip interviewing a Tai Chi related subject.***

Final ----- Assigned term paper and demonstration of form and applications.

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Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

Calendar (subject to change with fair notice by announcement in class and/or email)

Tentative Course Schedule

| (Week) | Skills | Knowledge |
|----------------------------|--|--|
| (1) 8/24,26 | Training postures(1-3);warm-up Breathing techniques and Chi flow(3-5) | Green-sheet, policies Tai Chi philosophy and history |
| (2) 8/31 9/2 | Training postures(3-6); stretching Footwork and hand techniques(1-5) | Tai Chi for Wellness and total fitness, concepts and methods |
| (3) 9/7,9 | Classified Tai-chi techniques for healing and preventive medicine | Therapeutic Tai-chi history and development |
| (4) 9/14,16 | Eye- hand coordination of Tai Chi techniques; speed control and breathing | Centering control of breathing and techniques complying with Tai Chi |
| (5) 9/21,23 | Joint- hands- operation patterns (1-4) Fast pace footwork and hand techniques | Relationship between sizes of Tai Chi arms movement range and footwork |
| (6) 9/28,30 | Rhythmic movements in performing Tai Chi Form; SSFTC(1-12) | Circular revolting movements of Tai- chi; guideline of arm movement range and footwork |
| (7) 10/5,7 | Midterm test: Training postures (1-12); Footwork (7) | Midterm(written) / Field trip report |
| (8) 10/12, 14 | Tai Chi exercises on floor for absorbing and yielding(1-4) and fitness | Tai Chi principle of following, returning continuity and balance |
| (9) 10/19 ,21 | SSFTC(1-15); connecting movements with Chi control | Principle of Tai Chi form designs; Rules of Tai Chi form competitions |
| (10) 10/26 28 | Spring Break | |
| (11) 11/2,4 | SSFTC(1-18) Tai Chi techniques of prevention of falling(1-8) | Dr.Weng's Progressive Tai-chi Self - Learning Chart |
| (12) | SSFTC (1-22) Tai-chi form for both | Principle of designing Tai Chi set for |

| (Week) | Skills | Knowledge |
|--|---|---|
| 11/9,11 | right and left sides practice | fitness and wellness |
| (13) 11/16, 18 | SSFTC(1-24) Tai Chi techniques of different styles | Comparison of major styles of Tai Chi |
| (14) 11/23, 25 | Speedy Tai Chi movements for aerobic training | Tai-chi principles used in self defense Designing drills of Tai Chi techniques for fitness |
| ----- (15) 11/30, 12/2 | ----- | ----- |
| (16) | Final Test | ----- Assigned paper discussion |

University Policies

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 section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at http://www.sjsu.edu/provost/services/academic_calendars/. The Late Drop 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 at <http://www.sjsu.edu/advising/>.

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, 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 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 Integrity Policy S07-2 requires approval of instructors. Note: outings completed for another class cannot be counted for this course.

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 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.