

## San José State University

### **Kinesiology**

Fall 2017, KIN 050-02 (40438) **Tai Chi**

Contact Information

Instructor:

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SPX Rm 170

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Office Hours: M & W: 3pm

Class Meetings & location      SPX Rm 178

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 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,

- 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 ([www.huntertextbooks.com](http://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](tel:408-297-1000) or ordering from [www.shuai-chiao.org](http://www.shuai-chiao.org)
5. Companion DVD and Chart also available at Maple Press

#### Course 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 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.
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- 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, and Grading -

##### Tests:

- Skills Test:
- 1) Training postures(6-8), Footwork with breathing control matching Tai Chi techniques(5-8)
  - 2) Demonstration of Simplified Tai Chi Form

Written Exam/Quizzes information/explanation here:

Midterm quiz or field trip report

##### Assignments/Projects:

Term paper

##### Grading

Using percentage weights totals.

##### Grading Plan

30% Skills Test 1

40% Skills Test 1

15% Assignment/Project

15% Written Exam

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

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) 8/23 Green Sheet discussion, Training postures(3) and Qi Gong exercise(3)
- 2) 8/28,30 Tai Chi philosophy, history, and applications for wellness and total fitness .Warming up and calisthenics exercises, Training Postures(1-5),foot-works(2)
- 3) 9/6 Therapeutic Tai Chi history and development, Training poster (1-8), Foot works (4) associate with techniques(Rooster, Monkey, Cloud Hands, and Horse)
- 4) 9/11,13 Centering control of breathing complying with movement, Classified Tai Chi techniques for healing and preventive medicine
- 5) 9/18,20 Returning principle in Tai Chi used for Joined Hand-operation, Foot works (1-5) with techniques applications.
- 6) 9/25,27 Tai Chi form designed for learning and performance, Simplified Tai Chi form(1-8)
- 7)10/2,4 Mid-term quiz test/report and performance of Training postures(8) and foot works(7)
- 8)10/9,11 Tai Chi principle applied in daily activity( prevention of falls and minimizing injury), healing exercises, body sculpting
- 9) 10/16,18 Rules of Tai Chi event, Simplified form (1-14), Joined Hand-operation patterns(1-4)
- 10) 10/23,25 Concept and methods of Cardio Tai Chi for fitness and weight loss
- 11) 10/30,11/1 Benefits of Tai Chi in self -defense and health maintenance. Designing Tai Chi routine for self
- 12)11/6,8 Simplified Tai Chi form completion
- 13)11/13,15 Review of theories and methods of Tai Chi learned. Size of motion range difference in Tai Chi applications
- 14)11/20, 22 Dr.Weng's Progressive Tai-chi Self Learning Chart method. Performing on both sides of Tai Chi Forms
- 15)11/27,29 Comparison of major Styles of Tai Chi ( Yang, Chen, Sun, Wu, Zheng, and Chang), Preparation of Final test
- 16)12/4,6 Final Exam and Term Paper submission
- 17) 12/11 Review form/applications and suggestions on class matter