

San José State University
Kinesiology
Fall 2015, *KIN 50A Beginning Tai Chi (Non-combative)* - 1

Contact Information

Instructor:	Dr. Gong Chen, Professor
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Office Hours:	MW 12:30-13:30pm TR 8:00-9:00AM Or by appointment
Class Meetings & location:	SPX 107A TR 9:30-10:20am

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. Link: <http://info.sjsu.edu/web-dbgen/catalog/departments/KIN-courses.html>

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](https://sjsu.instructure.com) at <https://sjsu.instructure.com>. You are responsible for regularly checking the Canvas board and email for information and messages. Login using your mysjsu username and password.

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,

- Proficiency in execution and application of tai chi forms, breathing, meditation and combination of all three elements in tai chi practice and exercise.
- An understanding of the basic terminology, applicable history, etiquette, safety, current research and practice, and applications of the cognitive knowledge in tai chi practice and exercise.

- **An understanding of the mental and physical health benefits to be derived from tai chi and relevant exercises.**

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 specific activities completed.**
- **Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.**
- **Identify and/or explain the benefits of physical activity as related to physical and mental health.**

Text/Readings (the main contents are located in the course reader on Canvas, the following book is used as optional reference only, **not required**)

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

Course Notes

Class protocol:

- Active participation in all class activities, including lectures, practice, discussion, quizzes, written examinations, skill test, games and tournament, and assignment, etc..
 - Attending classes in a timely manner.
 - Loose fitting clothes and sport shoes for ease of movement and safety, no jeans or other street clothes/shoes in classroom.
 - Cooperation and mature behavior are expected in the class.
 - A warm-up period is required before any skill practice.
 - No food and drink are allowed in the gym except water.
 - DON'T bring bike into the gym.
 - 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.
- **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.**

Other information:

- **Students may make up skill test or game assignment if they have emergency or pre-arrange with the instructor upon the time limit.**
- **Written Exam cannot be made up except documented emergency only.**

Course Requirements and Grading Policy -

Grading Plan

- 40% Skills Test**
- 25% Workout Assignment**
- 25% Written Midterm**
- 5% Written Final Exam**
- 5% Self-evaluation**

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
60% - 62%	D-
below 60%	F

Skill Tests: The skill test will focus on the standard 24-form tai chi. It will be evaluated based on accuracy of forms, smooth and continuous transition, combination of three elements especially eye focus, relaxed form, and overall tai chi sense.

Written Midterm: The midterm will cover basic knowledge of tai chi and chigong, and benefits and importance of physical activity/tai chi.

Written Final: The written final will cover knowledge of chigong and applications of tai chi/chigong in daily life after class.

Assignments/Projects: The assignments will include different tai chi and chigong workout, and the design of a personal tai chi/chigong workout routine.

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. 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.

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 in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. 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/>.

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) 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](http://www.sjsu.edu/studentconduct/) website 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](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> 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>.

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

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Policy sheet, green-sheet, self-evaluation of knowledge on health
2	Basic stance, meditation, breathing, basic movement. Names, definition, classifications, brief history and status
3	24-form taichi: commencing, horse mane, flash wings, brush knees. Brief history, features of taichi
4	24-form taichi: strum the lute, curl arms, grasp bird's tail. Benefits and applications of taichi
5	24-form taichi: single whip, cloud hands, single whip. Taichi and Chinese traditional medicine, Chinese martial arts, self-defense
6	24-form taichi: pat horse, right kick, ears, left kick, left push-down. Taichi principles, Taichi and Yangsheng
7	24-form taichi: Right push-down, shuttles.

Week	Course Content (Assignments, Exams/Quizzes, ...)
	Practice guidelines
8	24-form taichi: Back fist, Bruce Lee punch, brush-off, cross palms, closing form.
9	Practice for skill test
10	Practice for skill test, Skill test, workout
11	Skill test, workout
12	Skill test, workout
13	Skill test, workout, Midterm written exam , workout
14	Mirror 24-form taichi, Stationary taichi, workout
15	Design personal taichi/chigong routine, workout Workout with personal routine
16	Final written assignment , workout, makeup