

# P22: KIN-50 Sec 02 - Tai Chi

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**San José State University**

**Kinesiology**

## **Spring 2022 KIN 050-02 (23368) Tai Chi**

Contact Information

Instructor:

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Office Hours: 3:00 pm-3:20 pm Mon, Wed

Class Meetings & location : 3:30 pm- 4:20 pm Mon & Wed

Room 170 B Spartan Complex Central

Class will be held online till 2/13

KIN 50-02 Tai Chi

Zoom ID#5275834889。 password:AUcK7v

For the first class meeting 1/26: Synchronous class online

For after 1/26 class meeting till 2/13 : Asynchronous class online

\*\*Please submit your signed course waiver of liability form before second class meeting!!

## **Course Description**

1 Unit 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.

## **Web Resource**

Course materials may be found on the e-campus Canvas learning management system at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the

Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

### **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  
( information on canvas) or ordering from <https://maplepress.net/readers/product/kin-50-wang/>

5. Companion DVD to the textbook : [www.usashuaijiao.org](http://www.usashuaijiao.org) ([Links to an external site.](#))

### **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.
- 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 grades will be pasted on Canvas by the end of finals week.**

**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."

**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

35% Skills Test 1

35% Skills Test II

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
below 60%	F

## Campus Resources

Per University Policy S16-9

(<http://www.sjsu.edu/senate/docs/S16-9.pdf>) , relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodation, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on the Syllabus information web page(<http://www.sjsu.edu/curriculum/course/syllabus-info.php>). Make sure to visit this page to review and be aware of these university policies and resources.

**SJSU Technical Support:**

Email: [itservicedesk@sjsu.edu](mailto:itservicedesk@sjsu.edu)

phone:(408) 924-1530

Web: <http://www.sjsu.edu/it/support/service-desk/index.php>

## Course Calendar

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

Week	date	Course Content ( Assignment, Exams/ Quizzes,---)
1	1/26/2022	Course syllabus discussion, Assigned handouts and reference study Basic training stances /movements of Tai Chi
2	1/31; 2/2	The Pyramid of Study of Tai Chi; The Essence of Tai Chi. Tai Chi and Qigong
3	2/7,9	Tai Chi philosophy, history, and applications for wellness and total fitness .Warming up and calisthenics exercises
4	2/14, 16	Training Postures(1-5),foot-works(2), traditional Qigong set learning
5	2/21, 23	Foot works (4) associated with techniques(Rooster, Monkey, Cloud Hands, Playing the Fiddle and Horse)
6	2/28; 3/2	Therapeutic Tai Chi history and development, Training postures (6-12)

7	3/7,9	24 <i>simplified</i> Tai Chi Form ; learning movements 1-14
8	3/14, 16	Mid-term quiz test/report and performance of Training postures(8) and foot works(5)
9	3/21, 23	Benefits of Tai Chi in self -defense and health maintenance.
10	3/28, 30	Designing Tai Chi routine for self needs. Simplified Tai Chi Form 15-20
11	4/4,6	Tai Chi principle applied in daily activity( prevention of falls and minimizing injury), healing exercises , body sculpting
12	4/11, 13	Designing Tai Chi routine for individual needs.
13	4/18, 20	Concept and methods of Cardio Tai Chi for fitness and weight loss
14	4/25, 27	Joined Hand-operation patterns(1-4) and self defense strategy in Tai Chi
15	5/2,4	Simplified Tai Chi form (20-24);
16	5/9,11	Review of 24 Simplified Tai Chi Form and preparing for final exam/test ;submission of term paper
17	5/16	Get ready for Final class and final Exam