

San José State University
Kinesiology
Spring 2022, KIN 50A - 1 Beginning Tai Chi

Contact Information

Instructor:	Gong Chen, Dr., Professor
Office Location:	SPX 109
Telephone:	
Email:	gong.chen@sjsu.edu
Office Hours:	MW 10:30-11:20 am via emails Or by appointment via MEET
Class Meetings & location	MW 9:30-10:20, SPX 107B
Prerequisites:	None

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/catalog/departments/KIN-courses.html>

Web Resource

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) 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

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

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.

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.

Readings/Videos: All on class Canvas under following locations:

- | | |
|----------------------------------|---|
| 1. Course syllabus: | Under Syllabus/File 002 |
| 2. Weekly plan: | Under Announcement for relevant week |
| 3. Assignments and tests: | Under Assignments |
| 4. Reader for skills: | Under File, starting from 1 |
| 5. Reader for discussion topics: | Under File, starting from 11 |
| 6. Instructional/Demo Videos*: | Under Modules |

*Homemade videos for the class (not professional quality).

COVID-19 safety

- Students must strictly follow CDC and SJSU COVID-19 safety guidelines in order to safeguard the health and wellbeing of you and the class.
- If you have COVID-19 symptoms, report to the university immediately. Do not come to the class.
- All students must wear a facemask that fully covers mouth and nose in the gym all time. Pulling the mask below the nose is NOT acceptable in the class.
- It is strongly recommended to keep a safe distance of 6-feet in the gym all time.

Notes

- 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 or broken facility/equipment to the instructor immediately.
- 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 main information

Refer to the Classroom Protocol under **File 11**

Course Requirements, Assignments, and Grading*

* The grading plans and requirements below are subject to changes if the university changes the instruction modes and policies due to the changing situation of the COVID-19 pandemic.

Grading Plan

5 points: Liability form	the grade will be posted on Canvas
60 points: Final skill test	the grades will be distributed in class
25 points: Written exam	the grade will be distributed in class
10 points: Reflection paper	the grade will be posted on Canvas

Explanation

- **Liability Form:** Students must sign this form at the beginning of the semester before the submission deadline and upload on Canvas. It is required by the university.
- **Final skill test:** The final skill test will evaluate form 1-24. The details of the test will be posted in the test guidelines.
- **Written examination:** The written exam will cover basic skills and applications, knowledge from reading materials and lectures, and benefits of taichi and physical activities. Review guides will be posted (or distributed) before the exam.
- **Final reflection paper:** Briefly summarizes your learning experience and your plan to carry on for a healthy lifestyle. This paper should be uploaded on Canvas during the re-scheduled final exam time.

Other information:

- **Sickness with a note from the doctor:** Students must provide the note to the instructor.
- **Athletes' missing test/assignment due to official competitions must provide official schedule and a letter from the coach.**
- **Missed tournament assignment can be made up for emergency or pre-arrangement with the instructor upon the time limit. Usually the class may have time for making up several matches.**
- **Written Exam cannot be made up except emergency or pre-arrangement with the instructor.**
- **All tests/assignments/makeups must be completed by the last day of the class.**
- **Missing tests or assignments will result in lowering the grade.**

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

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, accommodations, 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 (<https://www.sjsu.edu/curriculum/courses/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

Phone: (408) 924-1530

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

University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

Tentative Course Calendar (subject to change with fair notice by announcement on Canvas)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1 1/26	Zoom meeting: syllabus
2 1/31-2/2	(Self-learning and practice, NO class meet) Topic 1: Manner, safety Skill unit 1: Basic postures and moves
3 2/7-9	(Self-learning and practice, NO class meet) Topic 2: Tips for learning taichi Skill unit 2: Breathing, meditation, and posture in the stationary taichi meditation form
4 2/14-16	In class from this week Topic 3: Introduction Skill: 24-form Taichi: 01 Commencing form 02 Horse manes 03 Flash wings
5 2/21-23	Topic 4: Relationship of Taichi and Chinese traditional medicine Topic 5: Taichi and Chinese martial art Topic 6: Taichi and self-defense Skill: 24-form Taichi: 04 Brush knees 05 Strum the lute
6 2/28-3/2	Topic 7: Main function of taichi in overall health/life protection Skill: 24-form Taichi: 06 Curl arms 07 Left grasp bird's tail 08 Right grasp bird's tail
7 3/7-9	Topic 8: Specific function of taichi and three life-threatening factors Skill: Review form 1-11 24-form Taichi: 09 Single whip 10 Cloud hands 11 Single whip
8 3/14-16	Topic 9: Taichi's philosophy: Balance of Yin and Yang Skills: 24-form taichi: 12 Pat the horse

Week	Course Content (Assignments, Exams/Quizzes, ...)
	13 Right Kick 14 Strike ears
9 3/21-23	Topic 10: Taichi practice tips Topic 11: Benefits of Taichi Skill: 24-form Taichi: 15 Left kick 16 Left push down 17 Right push down
10 4/4-6	Topic 12: Benefits and rationale of general physical activities Skill: 24-form Taichi: 18 Shuttles 19 Needle in the sea 20 Flash arms
11 4/11-13	Topic 13: Rationale of physical activity for college students Skill: 24-form Taichi: Review form 1-24 21 Turn, parry, punch 22 Close up 23 Cross palms 24 Closing form Form 1-24
12 4/18-20	Topic: 14. Establish active lifestyles Topic: 15: Lifetime learning and application of Taichi Skill: 24-form Taichi: Review form 1-24
13 4/25-27	Skill test: 24-form taichi
14 5/2-4	Skill test: 24-form taichi
15 5/9-11	Written examination Skill: Stationary Taichi
16 5/16	Skill: Mirror 24-form taichi Try different applications
17 Final	Reflection paper due