

San José State University
Health and Human Sciences/Kinesiology
Fall 2024, KIN 50-1, Tai Chi

Course and Contact Information

Instructor(s): Gong Chen
Office Location: SPX 109
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Email: gong.chen@sjsu.edu
Office Hours: MW 9:30-10:20 am
Class Days/Time: MW 10:30-11:20 am
Classroom: 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/catalog/departments/KIN-courses.html>

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:

- 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.

Required Texts/Readings

- | | |
|--------------------------------|---|
| 1. Course syllabus: | Under File and Syllabus |
| 2. Information for class: | Under Announcement for relevant week |
| 3. Assignment: | Under Assignments |
| 4. Test/exam guides: | Under File |
| 5. Reference reading materials | Under File |
| 6. Reference videos: | Under Modules |

COVID-19 safety

- Students must strictly follow CDC and SJSU COVID-19 safety guidelines in order to safeguard the health and wellbeing of all students in class.
- If you have COVID-19 symptoms, report to the university and the instructor immediately. Do not come to the class.
- Students can choose to wear a mask or not.
- Keep a safe distance in the gym all time.

Course 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.

[University Policy S16-9](#), *Course Syllabi requires the following language to be included in the syllabus:*

“Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.

Classroom Protocol

A. Dress, equipment, facility

- Wear sport shoes for all class meets except the written exam.
- No bike in the building. No wheels rolling on the floor in the gym.
- No cell/earphone in class except emergencies (active shooting, earthquake, or medical, etc.).
- No trash in the gym.

B. Lecture, demonstration, practice

- Students should arrive on time and participate fully in all activities in the class.
- Do your best during learning, and practice.
- Be considerate and help each other.
- Control your temper. Do not get mad or use improper language in class.

Course Requirements, Assignments, and Grading

Grading Information

2 points: Liability form	Grades will be posted on Canvas
34 points: participation in learning forms in class	Grades will be distributed in class
36 points: Final skill test	Grades will be distributed in class
20 points: Written exam	Grades will be distributed in class
6 points: Learning stationary and mirror forms	Grades will be distributed in class
2 points: Reflection paper	Grades 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.
- **Participation in learning forms in class:** Students are expected to participate in 15 out of 17 hands-on learning sessions before the skill test. There will be two points for each participation.
- **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/distributed before the exam.
- **Stationary/Mirror form assignment:** Learn both forms in the scheduled week. Three points for each.
- **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. Any changes will be announced in class.

Other information:

- Students must provide a doctor's note to the instructor for missing a test or assignment. Students should enroll in the Accessible Education Center if the sickness or injury lasts more than two weeks. However, a doctor's note does not replace test or assignment. Students should arrange with the instructor for makeups based on time availability. All tests/assignments/makeups must be completed by the last day of the class.

- Athletes' missing test/assignment due to official competitions/travels must provide official schedule and a letter from the coach with the student's name on it. Students should communicate with the instructor for makeup arrangement based on time availability.
- Students cannot make up missed written exam, skill test, or assignments except documented emergency or pre-arrangement with the instructor.
- An email to the instructor for undocumented excuses does not replace any test or assignment. Students need to discuss with the instructor for makeups based on time availability.
- 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^{SEP}

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

University Policies

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Tentative Course Calendar (the contents of each day may be adjusted based on students' progress, any changes on tests will be announced on Canvas)

Week	Course Content (Assignments, Exams/Quizzes, ...)
1. 8/21	Syllabus and class procedures Topic 1: Manner, safety
2. 8/26-28	Skill: Breathing, meditation, and posture in the stationary taichi meditation Topic 2: Tips for learning taichi Skills: Review 3-in-1 combo Taichi basic moves
3. 9/2-4	9/2 No class (campus closed) Topic 3: Introduction Skill: 24-form Taichi: 01 Commencing form 02 Horse manes
4. 9/9-11	Topic 4: Relationship of Taichi and Chinese traditional medicine Skill: 24-form Taichi: 03 Flash wings 04 Brush knees
5. 9/16-18	Topic 5: Taichi and martial art Topic 6: Taichi and self-defense Skill: 24-form Taichi: 05 Strum the lute 06 Curl arms 07 Left grasp bird's tail 08 Right grasp bird's tail
6. 9/23-25	Topic 7: Main function of taichi in overall health/life protection Topic 8: Specific function of taichi and three life-threatening factors Skill: 24-form Taichi: 09 Single whip 10 Cloud hands 11 Single whip
7. 9/30-10/2	Topic 9: Taichi's philosophy: Balance of Yin and Yang Skills: 24-form taichi: 12 Pat the horse 13 Right Kick 14 Strike ears
8.	Topic 10: Benefits of Taichi

Week	Course Content (Assignments, Exams/Quizzes, ...)
10/7-9	Skill: 24-form Taichi: 15 Left kick 16 Left push down 17 Right push down
9. 10/14-16	Topic 11: Benefits and rationale of general physical activities Skill: 24-form Taichi: 18 Shuttles 19 Needle in the sea 20 Flash arms
10. 10/21-23	Topic 12: Rationale of physical activity for college students Skill: 24-form Taichi: 21 Turn, parry, punch 22 Close up 23 Cross palms 24 Closing form
11. 10/28-30	Topic: 13. Establish active lifestyles Skill: 24-form Taichi: Review form 1-24 Sign up for skill test
12. 11/4-6	Topic: 14: Lifetime learning and application of Taichi Skill: Review form 1-24 Skill test: 24-form taichi day one
13. 11/11-13	11/11 No class (campus closed) Skill test: 24-form taichi day two
14. 11/18-20	Skill test: 24-form taichi day three Written examination
15. 11/25-27	Skill test: Make-up skill test day four 11/27 No class (university policy)
16. 12/2-4	Skill: Stationary Taichi Mirror 24-form taichi
17. 12/9	Skill: Try different applications
18. Final	Reflection paper due

