

Tai Chi (Non-Combative) Section 03

KIN 50

Fall 2024 1 Unit(s) 08/21/2024 to 12/09/2024 Modified 08/29/2024

Contact Information

Instructor: Chi-hsiu D Weng, PhD

Office Location: SPX East Rm 170

Telephone: 408-836-3459

Email: chi-hsiu.weng@sjsu.edu

Office Hours: 2:40-3:10 Monday

Class Meetings & location: SPX East Rm 178

Class hour: Monday, Wednesday 4:30PM - 5:20PM

Prerequisites: none

Instructor : Dr. Chi-Hsiu Weng

Email: chi-hsiu.weng@sjsu.edu

Office: SPX East Room 170

Phone: 4088363459

Office Hours

2:40-3:10 Monday

SPX East Room 170

Course Information

Web Resource

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

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>[Links to an external site.](#) (<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>

Course Description and Requisites

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.

Letter Graded

* Classroom Protocols

Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn the cell phone off and put it 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.

Others

1. 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
2. Report any accidents to the instructor immediately.

3. Written Exam cannot be made up
4. Drop requests will not be accepted after the SJSU drop deadline.
5. Outings/assignments completed for another class cannot be counted for this course.
6. Course grades will be pasted on Canvas by the end of finals week.

Course Goals

Following activities and assigned readings, 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 skills Tai Chi, Mat work covered.

An understanding of the history, rules, strategies, current research, safety and etiquette associated with Tai Chi event

An understanding of the mental and physical health benefits to be derived from Tai Chi theory and techniques.

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.

Course Learning Outcomes (CLOs)

Physical Education Requirement

SJSU's physical education graduation requirement reflects the conviction that educating the whole student, both mind and body, is critical. This two-unit requirement is designed to enhance learning and student success while laying a foundation for lifelong health and well-being. Students may satisfy this requirement by taking two distinct 1-unit activity courses or by taking a single activity course of two or more units.

Physical Education Learning Outcomes

Upon successful completion of the PE requirement, students should 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.

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.

Course Materials

Text/Readings

1. 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/>
2. Fahey Thomas D., Insel Paul M., and Roth Walton T.2009.Fit & Well Core Concept
3. Weng, Chi-hsiu D., Wong ,Mark. J., and Masi, Nicolas. 2006.Cardio Tai-chi Official Cardio Tai-chi Textbook. Winston-Salem*
4. Wayne, Peter M., Fuerst, Mark L. 2013. The Harvard Medical School Guide to Tai Chi. Boston: Shambhala Publications
5. Companion DVD to the textbook : www.usashuaijiao.org (Links to an external site)
6. Dr weng's kungfu and wellness: youtube materials listed recorded since 1980.
7. <https://www.youtube.com/@DrWengsKungfuWellness>

Course Requirements and Assignments

Skills Test/Written Test information/explanation here:

- > Training postures(6-8), Footwork with breathing control matching Tai Chi techniques(5-8)
- > Demonstration of assigned movements of Tai Chi.
- > Landing safely with Tai Chi principle as well as skills (fall to front, side, rear, kneeling, squatting, standing position)
- > Self Defense application of Tai Chi for different distance and controls. (upper, lower body and Limbs, close, middle and far ranges)
- > Cardio Tai Chi Techniques: various footwork and hand movements
- > Written Exam/Quizzes information/explanation here: Written Exam/Quizzes information/explanation here:Midterm quiz or field trip report

Assignments/Projects

Term Paper

Final Test

Assigned Report

Field Trip

✓ Grading Information

Grading Using percentage weights totals. Explanations:

Grading Plan

- 35% Skills Test I (Mid-term)
- 35% Skills Test II (Final exam)
- 15% Assignment/Project (Mid-term)
- 15% Written Exam (Final exam)

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

Percentage	Equivalent Grade	Percentage	Equivalent Grade
98-100%	A+	73-77%	C
93-97%	A	70-72%	C-
90-92%	A-	68-69%	D+
88-89%	B+	63-67%	D
83-87%	B	60-62%	D-
80-82%	B-	below 60%	F
78-79%	C+		

Per [University Policy S16-9 \(PDF\)](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<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](https://www.sjsu.edu/curriculum/courses/syllabus-info.php) (<https://www.sjsu.edu/curriculum/courses/syllabus-info.php>) web page. Make sure to visit this page to review and be aware of these university policies and resources.

Course Schedule

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

#	Week Date	Course Content (Assignments, Exams/Quizzes, ...) Assignment due by the following weekend
1	08/21	Course syllabus discussion, Assigned handouts and reference study, Basic training stances /movements of Tai Chi and Qigong
2	08/26, 28	The Pyramid of Study of Tai Chi; The Essence of Tai Chi. Tai Chi and Qigong ; the Five Steps form Safe landing with Tai Chi skills
3	09/02,04	Tai Chi philosophy, history, and applications for wellness and total fitness Warming up and calisthenics exercises
4	09/09,11	Training Postures(1-5),foot-works(2), traditional Qigong set learning
5	09/16,18	Foot works (4) associated with techniques(Rooster, Monkey, Cloud Hands, Playing the Fiddle and Horse)
6	09/23,25	Therapeutic Tai Chi history and development, Training postures (6-12)
7	09/30, 10/02	Traditional Tai Chi Form ; learning movements 1-15(section 1)
8	10/07,09	Mid-term quiz test/report and performance of Training postures(8) and foot works(5)
9	10/14,16	Benefits of Tai Chi in self -defense and health maintenance.
10	10/21,23	Designing Tai Chi routine for self needs. Traditional Tai Chi Form 15-30; Tai Chi principle applied in daily activity(prevention of falls and minimizing injury), healing exercises , body sculpting)

11	10/28,30	Spring Recess
12	11/04,06	Concept and methods of Cardio Tai Chi for fitness and weight loss
13	11/11,13	Joined Hand-operation patterns(1-4) and self defense strategy in Tai Chi
14	11/18,20	Tai Chi form (31-57)(section 2)
15	11/25,27	Implementations on benefits of Tai Chi in self -defense and health maintenance
16	12/02,04	Review of Tai Chi and Qigong forms, Final Exam, submission of term paper
17	12/09	Last class