

CATALOG INFORMATION

Dept and Nbr: PHYED 36      Title: TAI CHI  
Full Title: Tai Chi  
Last Reviewed: 4/13/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	17	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 22 - 4 Times in any Comb of Levels  
Also Listed As:  
Formerly:

**Catalog Description:**  
This class is designed for individuals of all fitness levels who want to improve balance, concentration, focus, flexibility, breathing, and mind/body awareness through practicing Tai Chi form. Everyday applications of Tai Chi principles will be covered as well. Students will be introduced to Tai Chi Chuan Yang Style, a series of movements developed primarily from observation of nature.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: This class is designed for individuals of all fitness levels who want to improve balance, concentration, focus, flexibility, breathing, and mind/body awareness through practicing Tai Chi form. Everyday applications of Tai Chi principles will be covered as well. Students will be introduced to Tai Chi Chuan Yang Style. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Spring 2008	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Spring 2008	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the course, the student will be able to:

1. Demonstrate the complete Tai Chi form.
2. Perform Tai Chi positions with proper breathing in tandem with positions.
3. Demonstrate an understanding of breath integration with Tai Chi positions.
4. Assess and evaluate personal experience with Tai Chi.
5. Describe the history, principles, and processes of Tai Chi.
6. Discuss various approaches to Tai Chi.
7. Compare and contrast traditional Tai Chi to forms currently practiced in the West.

### **Topics and Scope:**

- I. Theoretical Information
  - A. History of Tai Chi
    1. Origins of development in China
    2. Connection with Taoism and Buddhism
    3. Current styles and approaches to Tai Chi in the United States
  - B. Tai Chi philosophy
    1. Integration of the five elements in the Tai Chi process (wood, fire, earth, metal and water)
    2. Seven principles of Tai Chi:
      - a. quieting the mind
      - b. mental detachment

- c. integration of breathing into postures
  - d. intention of purpose
  - e. slowing the pace
  - f. increasing physical limits
  - g. connection (both physical and body/mind/spirit)
- 3. Tai Chi compared/contrasted to current American Tai Chi cultural trends/standards
- II. Tai Chi fundamentals
  - A. Balance
  - B. Flexibility
  - C. Tai Chi breathing techniques
  - D. Fluidity of movement
- III. The Complete Tai Chi Form (Meditative series of movements that, upon completion, is like a slow, choreographed dance.)
- IV. Life integration of Tai Chi
  - A. Diet and nutrition
  - B. Adaptation of form as required by:
    - 1. Body type
    - 2. Level of fitness
    - 3. Injuries
    - 4. Exercise or personal goals
  - C. Tai Chi as a benefit to other forms of exercise
  - D. Developing a personal practice
  - E. Application to activities of daily living
  - F. Stress reduction and meditation applications

### **Assignment:**

- 1. Written assignments to be determined by instructor such as:
  - a. Written assessment of personal growth and experience in Tai Chi class
  - b. Reflective journal
  - c. Personal practice plan
- 2. Skill demonstrations to be determined by instructor such as:
  - a. Class performances demonstrating knowledge of the complete Tai Chi form
  - b. One or two performance exams of learned Tai Chi positions
- 3. One objective exam

### **Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Self-assessment, journal, personal practice plan
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Writing 5 - 10%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Class performances, Performance exams	Skill Demonstrations 20 - 40%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Completion, Short answer, essay	Exams 5 - 15%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
Attendance and participation	Other Category 40 - 60%

**Representative Textbooks and Materials:**

Instructor prepared materials  
Tao Te Ching, translated by Gia Fu Feng, 1972  
The Mindful Hiker by Stephen Altschuler, 2004