

Spring 2024 TAI CHI- Yang Style (KCOMB 1.2) SYLLABUS

Course Title: TAI CHI - Yang Style

T/TH 1:30 -3:00pm

INSTRUCTOR: Justin A Eggert

E-MAIL: Jeggert@SantaRosa.edu

OFFICE HOURS: TBA

PHONE: 707-338-2233

(Office hours are available by request)

COURSE 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 Yang Style Tai Chi. Applications of Tai Chi principles and Qigong breathing techniques will be covered. Students will be introduced to Yang Style Tai Chi form, a series of flowing movements developed for personal cultivation, health improvement, and self defense.

APPROPRIATE ATTIRE:

- 1) Wear appropriate and comfortable loose fitting clothes that allow freedom of movement. Dress according to weather and temperature. If you are cold in class please wear warmer clothing. If you are too hot, dress accordingly and rest when appropriate.
- 2) **All students should wear shoes**, please no high heels, sandals, or any other footwear that may be dangerous while running or balancing on one foot.

EXAMS AND TESTS:

There will be One (1) MID-TERM EXAM, and one (1) FINAL EXAM. Both exams based primarily on skills demonstration, and final exam is Cumulative.

Final Exam: Wednesday, May 22nd, 1:00pm - 3:45pm

METHODS OF EVALUATION:

- 1) Participation 70% 2) Mid Term evaluation 10% 3) Final Exam 20%

PERCENTAGE BREAKDOWN:

90-100 A

80-89 B

70-79 C

60-69 D

59 & lower F

EXTRA CREDIT:

Extra credit assignments may be available, but only by instructor's prior approval.

DROP POLICY: It is the student's responsibility, not the instructor's responsibility to drop a class and/ or withdraw from college. Students who have more than 5 absences may be dropped at the instructor's discretion.

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1.) Your Syllabus for this class is your Contract between the instructor and yourself. Read it. Follow it. Understand it. Do not lose it. It is your responsibility to know what is expected and required from you for this class.

2) ATTENDANCE: Attendance is very important in this class as we will be meeting two days a week and moving through significant amounts of material in class. Also, class participation represents a portion of your grade, so all students are expected to complete the assigned readings, writing assignments, and be ready to participate in class and on responses. Reading responses, class writes, quizzes, and class participation missed due to absences **may not** be made up. There will be no distinction between “excused” or “unexcused” absences, with the exception of an emergency or death in the family. Your professor has been around long enough to surmise that poor attendance is almost always related to poor performance in class. It is definitely in your best interest to attend faithfully. If you have an emergency which precludes you from attending class, please arrange to get notes from a classmate. To this end, I recommend you get the phone number/email of someone in this class on whom you may depend.

3) ACADEMIC DISHONESTY: Any student who employs dishonest tactics shall be subject to action ranging from severe reprimand to a grade of “F.” Academic work is evaluated on the assumption that the work presented is the student’s own newly composed, unless designated otherwise. Plagiarism (including self-plagiarism), cheating, and other forms of academic dishonesty or facilitating any such act are not acceptable conduct at Santa Rosa Junior College. Every student is responsible for understanding the categories as listed in the SRJC Student Handbook

4) CELL PHONES/LAPTOPS/MP3 PLAYERS/GUM CHEWING: It is the professor’s expectation that each and every student, and the professor, will take into consideration respect for the learning environment by turning off all devices with noise and limiting use within the class time. Regarding gum, it has proved to be a major distraction; therefore it is not allowed in the classroom at any time. If an emergency exists that precludes adherence to this request, special permission may be granted by the professor to keep a device on a vibration setting. ***The penalty for breach of this mandate is simple and swift; the offending party will graciously provide a healthy treat for the entire class at the next scheduled class session.***

5) **SOCIAL UTILITY USE: Be aware that the professor is also on social networking sites and checks in often to those sites to be attuned to what is going on and stay in touch. Please know that what is posted on these types of pages is viewed by a wide array of people. Use wise judgment when posting.

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***STUDENT CONDUCT**

We will conduct ourselves in a manner which reflects our awareness of common standards of decency and the rights of others. All students are expected to know the Student Conduct Code (http://www.santarosa.edu/for_students/rules-regulations/scs/section1.shtml) and adhere to it in this class. Students who violate the code may be suspended from two (2) classes and referred to Vice President of Student Services for discipline.

SRJC CAMPUSES: Please remember that SRJC is not crime free. Please practice safety awareness procedures such as using the buddy system and being vigilant in all closed areas (restrooms/locker rooms) and in parking lots when coming or going from your car. In case of Emergency: **CALL CAMPUS POLICE AT 527-1000 (just the extension 1000 from an on-campus phone) or call the POLICE at 911.**

***RESPECT**

The best way to learn is through active participation; therefore, we respect others when talking by being on-time, listening actively, and by being polite even when we disagree with another's viewpoint. Please turn off all electronic devices. If you use a laptop for note taking, please sit in the front row with the sound off. No food in class please.

***ACADEMIC INTEGRITY**

All written work is to be original; plagiarism of any kind will result in a failing grade on that assignment. Students who plagiarize or cheat may be suspended [for one or two class meetings by the instructor] and referred to the Vice President of Student Services for discipline sanction, in cases of egregious violation. Please read the college policy/procedure on academic integrity at: <http://www.santarosa.edu/polman/3acadpro/3.11P.pdf>

***EMERGENCY EVACUATION PLAN**

In the event of an emergency during class that requires evacuation of the building, please leave the class immediately, but calmly. Our class will meet at to make sure everyone got out of the building safely and to receive further instructions. (*If the class is on a second or higher floor, provide clear directions to the stairs*). If you are a student with a disability who may need assistance in an evacuation, please see me during my office hours as soon as possible so we can discuss an evacuation plan.

In the event of instances which involve the presence of blood and/or other body fluids, universal precautions will be followed. These precautions include: using gloves, careful waste disposal, adequate disinfections, modification of CPR, and hand washing.

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***ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES**

If you need disability related accommodations for this class, such as a note taker, test taking services, special furniture, etc., please provide the Authorization for Academic Accommodations (AAA letter) from the Disability Resources Department (DRD) to the instructor as soon as possible. You may also speak with the instructor privately during office hours about your accommodations. If you have not received authorization from DRD, it is recommended that you contact them directly. DRD is located in Analay Village on the Santa Rosa campus, and Jacobs Hall on the Petaluma Campus.

If you have medical concerns or any other personal problem which may be a factor in your performance within this class structure, please feel welcome to **confidentially** discuss this with your instructor.

*** TOLERANCE** Santa Rosa Junior College is committed to providing equal opportunities for all students, employees, and applicants regardless of race, color, sex, age, religion, marital status, sexual orientation, disability or national origin. SRJC Students are expected and required to abide by the **Student Conduct Standards**. Violation of the Standards is basis for disciplinary sanction, including dismissal from class or from the college. For more info: http://www.santarosa.edu/for_students/rules-regulations/student-conduct.shtml

***** Important dates for students to know for Spring 2024*****

thursday, February 15, 2024 *no class (professional development day)
March 18 - 24, 2024 *SRJC Spring Break (No classes)
Wednesday, May 22th, 2024 *Tai Chi Final Examinations (1:00pm - 3:45pm)

***This syllabus may be changed at anytime**