

PHYED 36 Course Outline as of Fall 2011**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	3	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: 34 - 4 Enrollments Total

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. 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. 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. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Spring 2008	Inactive:
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UC Transfer:	Transferable	Effective:	Spring 2008	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

1. Perform Tai Chi positions with proper breathing in tandem with positions.
2. Demonstrate an understanding of breath integration with Tai Chi positions.
3. Assess and evaluate personal experience with Tai Chi.
4. Describe the history, principles, and processes of Tai Chi.
5. Discuss various approaches to Tai Chi.
6. Compare and contrast traditional Tai Chi to forms currently practiced in the West.
7. Describe the history, philosophy, principles, processes and approaches of Tai Chi, including traditional forms and current practices.
8. Integrate tai chi as part of their everyday life.
9. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Topics and Scope:

- I. Tai chi positions
- II. Breathing and breath integration
- III. Personal experiences with Tai Chi
- IV. History of Tai Chi
 - a. Origins of development in China
 - b. Connection with Taoism and Buddhism
 - c. Current styles and approaches to Tai Chi in the United States
- V. Tai Chi philosophy
 - a. Integration of the five elements in the Tai Chi process (wood, fire, earth, metal and water)
 - b. Seven principles of Tai Chi

- c. Tai Chi compared/contrasted to current American Tai Chi cultural trends/standards
- VI. Tai Chi fundamentals
 - a. Balance
 - b. Flexibility
 - c. Tai Chi breathing techniques
 - d. Fluidity of movement
- VII. The Complete Tai Chi Form
- VIII. 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
- IX. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Assignment:

- 1. Written assignments to be determined by instructor such as:
 - a. 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
- 4. Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

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%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving 0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations
20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

One objective exam, completion, short answer, and essay

Exams
5 - 15%

Other: 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 (classic)

The Mindful Hiker by Stephen Altschuler, 2004