

**KCOMB 1.1 Course Outline as of Fall 2016****CATALOG INFORMATION**

Dept and Nbr: KCOMB 1.1 Title: TAI CHI - CHEN STYLE

Full Title: Tai Chi - Chen Style

Last Reviewed: 4/13/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: KCOMB 1

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

**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 Chen Tai Chi. Applications of Tai Chi principles and Qigong breathing techniques will be covered. Students will be introduced to Chen Tai Chi form, a series of flowing movements

developed for personal cultivation, health improvement, and self defense. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **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:
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<b>CSU Transfer:</b>	Transferable	Effective:	Spring 2008	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Spring 2008	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Demonstrate the movements of Chen Tai Chi covered with proper posture and breathing integration.
2. Demonstrate understanding of basic Chen Tai Chi history, philosophies, and approaches.
3. Assess and evaluate personal experience with ChenTai Chi.

### **Objectives:**

Students will be able to:

1. Perform ChenTai Chi positions with proper breathing in tandem with positions.
2. Demonstrate an understanding of breath integration with ChenTai Chi positions.
3. Assess and evaluate personal experience with Chen Tai Chi.
4. Discuss various approaches to ChenTai Chi.
5. Compare and contrast traditional ChenTai Chi to forms currently practiced in the West.
6. Describe the history, philosophy, principles, processes and approaches ofChen Tai Chi, including traditional forms and current practices.
7. Integrate Tai Chi as part of everyday life.

### **Topics and Scope:**

- I. Chen Tai Chi Positions
- II. Breathing and Breath Integration
- III. Personal Experiences with Chen Tai Chi
- IV. History of Chen Tai Chi
  - A. Origins of development in China

- B. Connection with Taoism and Buddhism
- C. Current styles and approaches to Tai Chi around the world
- V. Chen Tai Chi Philosophy
  - A. Yin/Yang “Taiji” theory
  - B. Traditional Chinese Medical “Jingluo” meridian theories
  - C. Chen Tai Chi compared/contrasted to other martial arts and health exercises.
- VI. Chen Tai Chi Fundamentals
  - A. Balance
  - B. Flexibility
  - C. Chen Tai Chi breathing techniques
  - D. Fluidity of movement
  - E. Posture
- VII. The Complete Chen 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. Chen 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. 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
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Problem solving 0 - 0%
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**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:**

Tai Chi Illustrated. Master Piziong Qiu and Zhu, Weimo. Human Kinetics. 2013 (classic)  
Instructor prepared materials