I. CATALOG INFORMATION
   A. Discipline: KINESIOLOGY (Formerly PE)
   B. Subject Code and Number: KIN M53
   C. Course Title: T'ai Chi Ch'uan
   D. Credit Course units:
      Units: 1 ________
      Lecture Hours per week: 0 ________
      Lab Hours per week: 3 ________
      Variable Units: No ________
   E. Student Learning Hours:
      Lecture Hours:
      Classroom hours: 0 - 0 ________
      Laboratory/Activity Hours:
      Laboratory/Activity Hours 52.5 - 52.5
      Total Combined Hours in a 17.5 week term: 52.5 - 52.5
   F. Non-Credit Course hours per week ________
   G. May be taken a total of: X 1 □ 2 □ 3 □ 4 time(s) for credit
   H. Is the course co-designated (same as) another course: No □ Yes X
      If YES, designate course Subject Code & Number: ________
   I. Course Description:
      Introduces the study and practice of T'ai Chi Ch'uan, an internal martial art
designed to increase physical and mental strength by incorporating energy
circulation, breathing, and mindfulness. Focuses on stances and movement
sequences that improve agility, postural alignment, balance, and relaxation to
rejuvenate the body, reduce stress, and improve health.
   J. Entrance Skills
      *Prerequisite: No X Yes □ Course(s)
      *Corequisite: No X Yes □ Course(s)
      Limitation on Enrollment: No X Yes □
      Recommended Preparation: No X Yes □ Course(s)
      Other: No X Yes □
K. Other Catalog Information:
(Formerly PE M35.)

Course Credit Limitation:
UC - maximum credit of 4 units if combined with DANC M18 and any or all other ICA/KIN/PE Activity courses.

II. COURSE OBJECTIVES

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

<table>
<thead>
<tr>
<th>Methods of evaluation will be consistent with, but not limited by, the following types or examples.</th>
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<tbody>
<tr>
<td>Written Exam, paper or presentation</td>
</tr>
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III. COURSE CONTENT

<table>
<thead>
<tr>
<th>Estimated %</th>
<th>Topic</th>
<th>Learning Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.50%</td>
<td>Introduce the history and cultural development of T'ai Chi Ch'uan.</td>
<td>1, 2</td>
</tr>
<tr>
<td>15.00%</td>
<td>Demonstrate and practice basic stances, transitions, postures, and specific choreographic movement patterns of the T'ai Chi Ch'uan form.</td>
<td>1, 2, 3, 4, 5, 6</td>
</tr>
<tr>
<td>20.00%</td>
<td>Apply the integral concepts of breath and circulation, opposites in balance (yin and yang), mental focus (meditation), energy flow (chi), and grounding the feet (rooting) to movement.</td>
<td>1, 2, 3, 4, 5, 6</td>
</tr>
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</table>

Lecture (must total 100%)

Lab (must total 100%)
IV. TYPICAL ASSIGNMENTS

A. Writing assignments

Writing assignments are required. Possible assignments may include, but are not limited to:

1. journaling or tracking personal progress, including goals that reflect desired outcomes and action plan designed to achieve goals.

2. self or peer evaluation of psychomotor and affective skills related to T'ai Chi Ch'uan.

3. quizzes and/or worksheets assessing comprehension of concepts introduced in the course.

4. written personal response to specific movement tasks and course content.

5. research paper and/or presentation of special topics related to T'ai Chi Ch'uan.

B. Critical thinking assignments

Critical thinking assignments are required. Possible assignments may include, but are not limited to:

1. analyze movement patterns to understand the martial arts application of T'ai Chi Ch'uan.

2. compare and contrast the psychological and physiological health benefits of regular T'ai Chi Ch'uan practice.

3. compare and contrast various T'ai Chi Ch'uan techniques, videos, books or demonstrations.

4. evaluate current publications (books, videos, etc.), scientific research, and Internet resources related to course content.

V. METHODS OF INSTRUCTION
Methods of instruction may include, but are not limited to:

- Distance Education – When any portion of class contact hours is replaced by distance education delivery mode (Complete DE Addendum, Section XV)
- Lecture/Discussion
- Laboratory/Activity
- Other (Specify)  
  Daily warm-ups involving stance, balance, flexibility and movement; skill and technique development in preparation for progressive drills and integrated movement patterns.

- Optional Field Trips
- Required Field Trips

VI. METHODS OF EVALUATION

Methods of evaluation may include, but are not limited to:

- Essay Exam
- Problem Solving Exam
- Objective Exams
- Classroom Discussion
- Reports/Papers/Journals
- Projects
- Skill Demonstration
- Participation
- Other (specify)  
  Participation, written exams, skill/technique testing, written assignments (i.e. history, philosophy, comments on reading assignments, evaluation of ones development, etc.)

VII. REPRESENTATIVE TEXTS AND OTHER COURSE MATERIALS


Liang, Shou-Yu and Wu Wen-Ching.  T'ai Chi Ch'uan: 24 & 48 Postures with Martial Applications.  2nd ed.  YMAA, 1996.


United States Dept. of Agriculture  
http://www.usda.gov/wps/portal/usda/usdahome

dotFIT http://www.dotfit.com/

VIII. STUDENT MATERIALS FEES

- No
- Yes

IX. PARALLEL COURSES

<table>
<thead>
<tr>
<th>College</th>
<th>Course Number</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
</table>

X. MINIMUM QUALIFICATIONS

Courses Requiring a Masters Degree:
Master’s in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR Bachelor’s in any of the above AND Master’s in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent.

XI. ARTICULATION INFORMATION

A. Title V Course Classification:
1. This course is designed to be taken either:
   - Pass/No Pass only (no letter grade possible); or
   - X Letter grade (P/NP possible at student option)

2. Degree status:
   - Either X Associate Degree Applicable; or
   - Non-associate Degree Applicable

B. Moorpark College General Education:
1. Do you recommend this course for inclusion on the Associate Degree General Education list?
   - Yes: X No: If YES, what section(s)?
     - A1 - Natural Sciences - Biological Science
     - A2 - Natural Sciences - Physical Science
     - B1 - Social and Behavioral Sciences - American History/Institutions
     - B2 - Social and Behavioral Sciences - Other Social Behavioral Science
     - C1 - Humanities - Fine or Performing Arts
     - C2 - Humanities - Other Humanities
     - D1 - Language and Rationality - English Composition
     - D2 - Language and Rationality - Communication and Analytical Thinking
     - E1 - Health/Physical Education
     - X E2 - PE or Dance
     - F - Ethnic/Gender Studies

C. California State University(CSU) Articulation:
1. Do you recommend this course for transfer credit to CSU? Yes: X No:

2. If YES do you recommend this course for inclusion on the CSU General Education list?
   - Yes: X No: If YES, which area(s)?
     - A1
     - A2
     - A3
     - B1
     - B2
     - B3
     - B4
D. University of California (UC) Articulation:

1. Do you recommend this course for transfer to the UC?  Yes: ☒  No: □

2. If YES do you recommend this course for the Intersegmental General Education Transfer Curriculum (IGETC)?  Yes: □  No: ☒

**IGETC Area 1: English Communication**

- English Composition
- Critical Thinking-English Composition
- Oral Communication

**IGETC Area 2: Mathematical Concepts and Quantitative Reasoning**

- Mathematical Concepts

**IGETC Area 3: Arts and Humanities**

- Arts
- Humanities

**IGETC Area 4: Social and Behavioral Sciences**

- Anthropology and Archaeology
- Economics
- Ethnic Studies
- Gender Studies
- Geography
- History
- Interdisciplinary, Social & Behavioral Sciences
- Political Science, Government & Legal Institutions
- Psychology
- Sociology & Criminology

**IGETC Area 5: Physical and Biological Sciences (mark all that apply)**

- Physical Science Lab or Physical Science Lab only (none-sequence)
- Physical Science Lecture only (non-sequence)
- Biological Science
- Physical Science Courses
- Physical Science Lab or Biological Science Lab Only (non-sequence)
- Biological Science Courses
- Biological Science Lab course
First Science course in a Special sequence
Second Science course in a Special Sequence
Laboratory Activity
Physical Sciences

IGETC Area 6: Language other than English

- Languages other than English (UC Requirement Only)
- U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)
- U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)

XII. REVIEW OF LIBRARY RESOURCES

A. What planned assignment(s) will require library resources and use?

The following assignments require library resources:
Acquire background information on topics relevant to the course by reading current articles in health and fitness periodicals located through the Library’s print and online resources or by consulting departmental resources or reputable websites.

B. Are the currently held library resources sufficient to support the course assignment?

YES: ❑ NO: ❑

If NO, please list additional library resources needed to support this course.
See Representative Texts.

XIII. PREREQUISITE AND/OR COREQUISITE JUSTIFICATION

KIN M53: Not Applicable

XIV. WORKPLACE PREPARATION

KIN M53: Not Applicable

XV. DISTANCE LEARNING COURSE OUTLINE ADDENDUM

KIN M53: Not Applicable

XVI. GENERAL EDUCATION COURSE OUTLINE ADDENDUM

General Education Division of Learning [check all applicable boxes]:

- Natural Sciences
  - Biological Science
  - Physical Science
- Social and Behavioral Sciences
  - American History/Institutions
  - Other Social Science
- Humanities
Check either Option 1 or Option 2

X OPTION #1: Moorpark College has already received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. Note: This option applies only to technical revisions and updated courses.

☐ OPTION #2: Moorpark College has not received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. This option applies to all new and substantively revised courses.

XVII. STUDENT MATERIALS FEE ADDENDUM

KIN M53: Not Applicable

XVIII. REPEATABILITY JUSTIFICATION TITLE 5, SECTION 55041

KIN M53: Not Applicable

XIX. CURRICULUM APPROVAL

Course Information:

- Discipline: KINESIOLOGY (Formerly PE)
- Discipline Code and Number: KIN M53
- Course Revision Category: Outline Update

Course Proposed By:
- Originating Faculty: Delbert Parker 12/04/2013
- Faculty Peer: Traycie Kephart 12/04/2013
- Curriculum Rep: Jerry Mansfield 12/13/2013
- Department Chair: Delbert Parker 12/04/2013
- Division Dean: Lisa Putnam 12/05/2013

Approved By:
- Curriculum Chair: Jerry Mansfield 02/06/2014
- Executive Vice President: Lori Bennett 02/07/2014
- Articulation Officer: Letrisha Mai 01/17/2014
- Librarian: Mary LaBarge 01/17/2014
Implementation Term and Year: Fall 2014

Approval Dates:
Approved by Moorpark College Curriculum Committee: 02/04/2014
Approved by Board of Trustees (if applicable): ________
Approved by State (if applicable): ________