

# KIN M53: T'AI CHI

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**Originator**

vmanakas

**College**

Moorpark College

**Discipline (CB01A)**

KIN - Kinesiology

**Course Number (CB01B)**

M53

**Course Title (CB02)**

T'ai Chi

**Banner/Short Title**

T'ai Chi

**Credit Type**

Credit

**Start Term**

Spring 2021

**Formerly**

PE M35

**Catalog Course Description**

Introduces the study and practice of T'ai Chi and Qigong, an internal martial art designed to increase physical and mental strength by incorporating energy circulation, breathing, and mindfulness. Focuses on stances, footwork, and whole body movement sequences that improve agility, postural alignment, balance, and relaxation to rejuvenate the body, reduce stress, and improve health.

**Taxonomy of Programs (TOP) Code (CB03)**

0835.00 - Physical Education

**Course Credit Status (CB04)**

D (Credit - Degree Applicable)

**Course Transfer Status (CB05) (select one only)**

A (Transferable to both UC and CSU)

**Course Basic Skills Status (CB08)**

N - The Course is Not a Basic Skills Course

**SAM Priority Code (CB09)**

E - Non-Occupational

**Course Cooperative Work Experience Education Status (CB10)**

N - Is Not Part of a Cooperative Work Experience Education Program

**Course Classification Status (CB11)**

Y - Credit Course

**Educational Assistance Class Instruction (Approved Special Class) (CB13)**

N - The Course is Not an Approved Special Class

**Course Prior to Transfer Level (CB21)**

Y - Not Applicable

**Course Noncredit Category (CB22)**

Y - Credit Course

**Funding Agency Category (CB23)**

Y - Not Applicable (Funding Not Used)

**Course Program Status (CB24)**

1 - Program Applicable

**General Education Status (CB25)**

Y - Not Applicable

**Support Course Status (CB26)**

N - Course is not a support course

**Field trips**

Will not be required

**Grading method**

(L) Letter Graded

**Alternate grading methods**

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

**Does this course require an instructional materials fee?**

No

**Repeatable for Credit**

No

**Is this course part of a family?**

No

**Units and Hours**

**Carnegie Unit Override**

No

**In-Class**

**Lecture**

**Activity**

**Laboratory**

**Minimum Contact/In-Class Laboratory Hours**

52.5

**Maximum Contact/In-Class Laboratory Hours**

52.5

**Total in-Class**

**Total in-Class**

**Total Minimum Contact/In-Class Hours**

52.5

**Total Maximum Contact/In-Class Hours**

52.5

## Outside-of-Class

### Internship/Cooperative Work Experience

Paid

Unpaid

### Total Outside-of-Class

Total Outside-of-Class

## Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

## Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

1	apply learned fundamental skills of Tai Chi.
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## Course Objectives

Upon satisfactory completion of the course, students will be able to:

1	describe the historical origins and cultural evolution of T'ai Chi and Qigong.
2	recognize and identify basic terminology and apply integral principles of the technique of movement.
3	develop kinesthetic awareness, mind-body connectivity, neuromuscular conditioning, and stress reduction via practice of T'ai Chi and Qigong sequences.
4	demonstrate the proper breathing, body alignment, balance, and coordination while connecting the movements.
5	discuss the theoretical and scientific health benefits, and martial arts applications of T'ai Chi.
6	identify and define the core topics of kinesiology as they apply to T'ai Chi.

## Course Content

### Lecture/Course Content

NA

### Laboratory or Activity Content

1. (2%) **Introduce the history and cultural development of Qigong and T'ai Chi**
2. (15%) **Demonstrate and practice basic stances, transitions, postures, and specific choreographic movement patterns of basic Qigong and/or T'ai Chi forms**
3. (15%) **Apply the integral concepts to Tai Chi movement**
  - breath and circulation
  - opposites in balance (yin and yang)
  - mental focus (meditation)
  - energy flow (chi)
  - grounding the feet (rooting)
4. (15%) **Integrate proper kinesthetic awareness, postural alignment, mind-body connection, and martial arts applications with movement sequences**

5. (20%) **Develop and refine specific skills, techniques, movement patterns, flexibility, strength, endurance, variations, transitions, and progressions**
6. (15%) **Practice varied guided and self-guided sequences to experience the psychological and physiological benefits of regular Tai Chi practice**
7. (8%) **Group, partner, and individual practice in a variety of indoor and outdoor settings**
8. (5%) **Introduce to the application of mindfulness to promote healthy life choice behaviors**
9. (5%) **Discuss basic bioenergetics, healthy eating, physical activity, lifelong fitness and enhanced well-being**

## Methods of Evaluation

**Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):**

Skills demonstrations  
Written expression

**Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):**

Classroom Discussion  
Group projects  
Individual projects  
Journals  
Objective exams  
Projects  
Participation  
Portfolios  
Quizzes  
Reports/Papers/Journals  
Skills demonstrations

## Instructional Methodology

**Specify the methods of instruction that may be employed in this course**

Class activities  
Class discussions  
Distance Education  
Demonstrations  
Group discussions  
Small group activities

**Describe specific examples of the methods the instructor will use:**

1. Verbal explanation of concepts and application to skills.
2. Visual demonstrations of physical skills, supplemented with verbal and or physical cues for various actions, muscle activation, body sensations, and mental awareness.
3. Verbal cueing for guiding and providing feedback of exercises for the whole group or individuals without the presence of visual demonstrations.

## Representative Course Assignments

### Writing Assignments

1. Keep a journal or tracking personal progress, including goals that reflect desired outcomes and action plan designed to achieve goals.
2. Write a paper and/or presentation that investigates a special topic related to Tai Chi or to the application of martial arts techniques in movements studied in class.
3. Write a personal response to specific movement tasks involving martial arts applications discussed in class.
4. Write answers to questions on worksheets assessing comprehension of concepts introduced in the course.
5. Compose a self-evaluation of psychomotor and affective skills related to Tai Chi.

### Critical Thinking Assignments

1. Evaluate current publications (books, videos, etc.), scientific research, and Internet resources related to course content.
2. Compare and contrast various Tai Chi techniques, videos, books or demonstrations.

3. Compare and contrast the psychological and physiological health benefits of regular T'ai Chi practice.
4. Analyze movement patterns to understand the martial arts application of T'ai Chi.

### Reading Assignments

1. Read printed educational supplements, or the electronic equivalent, provided through a web-based learning management system.
2. Review specific articles from library resources or the Internet having to do with topics such as the connection between meditation and exercise or the physiological health benefits of Tai Chi.

### Skills Demonstrations

1. Perform a selection of individual moves or movement sequences from any of the varied forms of Tai Chi or Qigong.
2. Perform a creative freestyle sequence integrating breath, mental focus, and slow controlled movement.

### Outside Assignments

#### Articulation

##### Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
CSU Northridge	KIN 133A	T'ai Chi Ch'uan	1
Humboldt State University	PE 140	T'ai Chi Ch'uan Beginning	1
CSU Long Beach	KIN 198G	T'ai Chi Ch'uan	1
CSU Fullerton	KNES 156	Tai Chi	1
CSU Fresno	KAC 47	Tai Chi	1

##### Comparable Courses within the VCCCD

KIN V76A - Tai Chi I

### District General Education

#### A. Natural Sciences

#### B. Social and Behavioral Sciences

#### C. Humanities

#### D. Language and Rationality

#### E. Health and Physical Education/Kinesiology

##### E2. Physical Education

Approved

#### F. Ethnic Studies/Gender Studies

##### Course is CSU transferable

Yes

##### CSU Baccalaureate List effective term:

Fall 2003

**CSU GE-Breadth**

**Area A: English Language Communication and Critical Thinking**

**Area B: Scientific Inquiry and Quantitative Reasoning**

**Area C: Arts and Humanities**

**Area D: Social Sciences**

**Area E: Lifelong Learning and Self-Development**

E Lifelong Learning and Self-Development

Approved

**Area F: Ethnic Studies**

**CSU Graduation Requirement in U.S. History, Constitution and American Ideals:**

**UC TCA**

UC TCA

Approved

**IGETC**

**Area 1: English Communication**

**Area 2A: Mathematical Concepts & Quantitative Reasoning**

**Area 3: Arts and Humanities**

**Area 4: Social and Behavioral Sciences**

**Area 5: Physical and Biological Sciences**

**Area 6: Languages Other than English (LOTE)**

**Textbooks and Lab Manuals**

**Resource Type**

Textbook

**Classic Textbook**

No

**Description**

Cavel, Paul. *The Tai Chi Space: How to Move in Tai Chi and Qi Gong*. AEON Books, 2017.

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**Resource Type**

Textbook

**Description**

Yang, Jwing-Ming. *T'ai Chi Secrets of the Yang Style: Chinese Classics, Translations, Commentary*. YMAA Publication Center, 2001.

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**Resource Type**

Textbook

**Description**

Wayne, Peter M. and Mark L. Fuerst. *The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind*. Shambhala; 2013.

**Resource Type**

Websites

**Description**

United States Dept. of Agriculture: <https://www.usda.gov/topics/food-and-nutrition>

Description: Site provides information on topics including food safety, public health concerns, and research projects.

**Resource Type**

Other Resource Type

**Description**

dotFIT: <http://www.dotfit.com>

Description: a site with referenced articles, videos, and podcasts concerned with fitness and nutrition.

**Library Resources****Assignments requiring 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.

**Example of Assignments Requiring Library Resources**

Using the Library's print and online resources, research material for a paper on such topics as the theoretical and scientific health benefits and martial arts applications of T'ai Chi.

or

Review articles from Library's print and online resources having to do with topics such as the connection between meditation and exercise or the physiological health benefits of Tai Chi.

**Distance Education Addendum****Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

**Faculty Certifications**

**Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.**

Yes

**Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.**

Yes

## Regular Effective/Substantive Contact

### Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Lab time will offer student-student interaction and time to ask question of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.

### Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Lab time will offer student-student interaction and time to ask question of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.

### 100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.



E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Lab time will offer student-student interaction and time to ask question of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.

## Examinations

### Hybrid (1%–50% online) Modality

Online  
On campus

### Hybrid (51%–99% online) Modality

Online  
On campus

## Primary Minimum Qualification

PHYSICAL EDUCATION

## Review and Approval Dates

### Department Chair

09/30/2020

### Dean

10/15/2020

### Technical Review

10/30/2020

### Curriculum Committee

MM/DD/YYYY

### DTRW-I

MM/DD/YYYY

### Curriculum Committee

11/3/2020

### Board

MM/DD/YYYY

### CCCCO

11/19/2020

### Control Number

CCC000524543

### DOE/accreditation approval date

MM/DD/YYYY