

KIN A129: T'AI CHI CHIH

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	.5-2 Total Units
Hours	18-72 Total Hours (Lecture Hours 4.5-18; Lab Hours 13.5-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

The study and practice of Tai Chi Chih, a newly developed system of the Qigong discipline based upon ancient principles. It consists of 20 movement patterns designed to generate, circulate and harmonize internal energy flows for health enhancement. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Participate in solo and group performances of T'ai Chi Chih.
2. Explain how the T'ai Chi Chih movements and breathing promote health and healing.
3. Describe personal growth in the awareness of and experience with the chi.

Course Objectives

- 1. Detail the history of Tai Chi Chih, its origins and relevance to the Western culture.
- 2. Explain the philosophy of Tai Chi Chih, including specific therapeutic benefits associated with its practice.
- 3. Perform Tai Chi Chih movement patterns and selected Qigong exercises appropriate to performance level.
- 4. Demonstrate the ancient principles of yin/yang in reference to the practice of Tai Chi Chih and selected Qigong exercises.
- 5. Apply selected Tai Chi Chih techniques for stress reduction and health enhancement.
- 6. Distinguish between selected Qigong disciplines.
- 7. Recall terms used in Tai Chi Chih and define each term correctly.
- 8. Analyze their own movement patterns in the mirror and make self corrections.

Lecture Content

Tai Chi Chih is a system of Qigong discipline developed by Justine Stone in 1974. The 20 movement patterns are particularly suited to a Western audience. Orientation i) Overview of class ii) Course objectives iii) Student goals iv) Course requirements and procedures Activity - Warm up Qigong exercises preparing the body for Tai Chi Chih will be presented each session. i) Brief history and philosophy ii) Therapeutic benefits iii) Yin/Yang of Leg Motion iv) Demonstration and instruction in movements 1 through 10 v) Qigong (the study of chi) vi) Explanation of terminology vii) Mirror Work viii) Performance of all ten movements ix) Written exam on terminology x) Video: Tai Chi Chih (last 10 movements) Evaluation i) Demonstration of first ten movements

Lab Content

Listed under course content

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Demonstration of techniques Lecture Discussion
Instructor feedback Work with mirrored walls for feedback on movements Paired student activities Video feedback

Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self directed readings related to the topic. Assigned from textbook, articles

Writing Assignments

The student will write: Two article critiques A self-assessment paper Journal entries for home practice session

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings. Two article critiques, self-assessment paper

Demonstration of Critical Thinking

The student will write: Two article critiques A self-assessment paper

Required Writing, Problem Solving, Skills Demonstration

The student will write: Two article critiques A self-assessment paper Journal entries for home practice session

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Textbooks Resources

1. Required Stone, J. Tai Chi Chih - Joy Through Movement, ed. Boston: Good Karma Publishing, 2012