

# KIN C115: TAI CHI

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Item	Value
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 27)
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)
Local General Education (GE)	• CL Option 1 Self-Development (CE1)

## Course Description

A Chinese art of gentle movement that teaches coordination of mind, emotions, and body harmonized in a unity through physical action. A focus on movement, balance, and concentration for greater health and well-being. Enrollment Limitation: PE C115; students who complete KIN C115 may not enroll in or receive credit for PE C115. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these PE Activity courses combined: maximum credit, 4 units.

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## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)