

# KIN C116: TAI CHI INTERMEDIATE

Item	Value
Curriculum Committee Approval Date	10/04/2024
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
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Self-Development (CE1)

## Course Description

A Chinese art of movement that teaches coordination of mind, emotions, and body harmonized in a unity through physical action. An intermediate level of Tai Chi skills including movement, balance, and concentration. Enrollment Limitation: PE C116; students who complete KIN C116 may not enroll in or receive credit for PE C116. Transfer Credit: CSU; UC: Credit Limitation: PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Apply major theories and principles of Tai Chi to everyday life.
2. Utilize appropriate posture, breathing, coordination, and balance in performing Tai Chi movements.
3. Apply knowledge of Tai Chi movements in other sports and activities for improved performance.

## Course Objectives

- 1. Demonstrate intermediate ability to perform movements with appropriate posture, breathing, coordination, and balance.
- 2. Assess physical movements and determine incorrect physical movements that may lead to stress or injury.
- 3. Demonstrate mastery of more complex movements and integrate them into a plan for improving overall wellness.

## Lecture Content

Intermediate warm-up exercises for stretching and balance. Intermediate level posture and stances Intermediate level exercises for developing awareness, objectivity, and ability to analyze internal and external conditions. Health, diet and exercise

## Lab Content

Perform warm up exercises Practice intermediate Posture and Stances. Perform intermediate level exercises for developing awareness and

objectivity. Learn the importance of diet and exercise to one's overall health.

## 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)

## Instructional Techniques

The course includes demonstrations, lecture, question and answer sessions, corrections of postures while students participate; hand-outs and/or interaction.

## Reading Assignments

Read textbook and do library research assignments, group and individual projects, preparation for discussions and/or demonstrations.

## Writing Assignments

Provide examples of incorporating activities into everyday life. Application of movement theory to practice of Tai Chi.

## Out-of-class Assignments

Textbook reading and written assignments; research assignments; preparation of content and/or demonstrations to share with the class and responses to content presented; analysis of case studies; and/or self-assessments.

## Demonstration of Critical Thinking

Application of movement theory to a variety of posture and balance issues. Demonstration of correct posture, stance, and movement patterns.

## Required Writing, Problem Solving, Skills Demonstration

Students will demonstrate postures and transitions between postures individually during the course.

## Eligible Disciplines

Health: Master's degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelor's degree in any of the above AND master's degree in public health, or any biological science OR the equivalent. Master's degree required. Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

### **Textbooks Resources**

1. Required Stone, Justin F. Joy Through Movement, 3rd ed. Good Karma Publishing, Inc, 2015 Rationale: - Legacy Textbook Transfer Data: Legacy text

### **Other Resources**

1. Coastline Library