

# PE C115: TAI CHI BEGINNING

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)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## 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: KIN C115; students who complete PE C115 may not enroll in or receive credit for KIN C115. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these 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.

## Course Objectives

- 1. Demonstrate basic 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. Apply knowledge of the history and background of this ancient Chinese practice to their demonstration of movements.

## Lecture Content

History of Tai Chi Basic warm-up exercises for balance, toning the body, loosening joints Postures and stances Exercises for developing awareness, objectivity, and ability to analyze internal and external conditions Components of body/mind Consciousness Energy Spirit

## Lab Content

Apply the History of Tai Chi to performing movements. Perform warm-up exercises. Practice Posture and Stances. Demonstrate increased awareness and the ability to analyze one's environment, as well as

internal feelings. Demonstrate and explain consciousness, energy and spirit.

## 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 the textbook and do library assignments, sharing news and journal reports, practice of movements.

## Writing Assignments

Provide examples of incorporating activities into everyday life.

## Out-of-class Assignments

Examples include: perform individual activity and analyze movements; read articles and discuss experiences with practice outside of the classroom; prepare for discussion with peers; prepare for question and answer sessions.

## Demonstration of Critical Thinking

Ability to recognize and perform correct postures.

## 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, 2014 Rationale: - Legacy Textbook Transfer Data: Legacy text

## **Other Resources**

1. Coastline Library