

Las Positas College  
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## Course Outline for KIN TCC

### TAI CHI CHUAN

Effective: Spring 2015

#### I. CATALOG DESCRIPTION:

KIN TCC — TAI CHI CHUAN — 1.00 - 2.00 units

A Chinese health practice which combines exercise and mediation with an emphasis on breathing and relaxation. Its gentle flowing movements can nourish and energize the body producing optimal health and well-being.

1.00 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Demonstrate smoothness, strength and control in prescribed movement patterns;
- B. Demonstrate ability to perform a series of learned movement sequences;
- C. Discuss the physical and mental benefits of tai chi;
- D. Use tai chi for personal meditation and relaxation.

#### V. CONTENT:

- A. The historical aspect of tai chi as an ancient form of martial arts
- B. The benefits that are gained from the practice of this exercise system
- C. Movement patterns emphasizing the focus on internal strength and balance
- D. Learning a prescribed tai chi set

#### VI. METHODS OF INSTRUCTION:

- A. Individual assistance given when necessary
- B. Student participation in a class group and in small groups
- C. Verbal explanation accompanied by demonstration

#### VII. TYPICAL ASSIGNMENTS:

A. Keep a journal of the meditative benefits of slow, controlled, purposeful movements. B. Individual practice on maintaining balance while moving. C. Practice with partners to coordinate the pace of sequence movements.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Class Participation
- 2. Other:
  - a. Student participation will be evaluated daily
  - b. Demonstration of learned movements
  - c. Student's self-evaluation

##### B. **Frequency**

- 1. Participation
  - a. Daily
- 2. Exams
  - a. 1-2 per semester
- 3. Class Performance
  - a. 2-4 per semester

#### IX. TYPICAL TEXTS:

1. Qiu, Pixiang, and Weimo Zhu . *Tai Chi Illustrated.*, Human Kinetics, 2013.
2. Wayne, Peter, and Mark Fuerst. *The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart and Sharp Mind*, Shambhala Publications, Inc., 2012.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will need to wear attire appropriate for freedom of movement.