

## DEPARTMENTAL COURSE SYLLABUS

Department: Kinesiology/Dance

Revision Date: April 2009

San Antonio College \* 1300 San Pedro \* San Antonio, TX \* 78212-4299

Course Number and Title: KINE 1133, Tai Chi I

Credit Hours: 1

Office: 131B

Instructor: Varies

Phone: (210)486-1010 Fax: (210)486-1745

Email: [wrichardson@mail.accd.edu](mailto:wrichardson@mail.accd.edu)

Web Address (URL): <http://www.accd.edu/sac/kine>

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- I. Catalog Description: This course will introduce the student to a classical style of Tai Chi Chuan. The history, philosophy, and the theory of movement as it relates to performing various routines will be systemically learned by the student. Students will also learn practical methods of relaxation, centering, and mental clarity as it relates to the practices of these routines.
- II. Pre-requisites, co-requisites and other requirements: None
- III. Text: None
- IV. Instruction will consist of: Lecture in relation to principles and philosophy of the Traditional Yang Family Tai Chi Chuan (TCC), correct body mechanics, and how to practice. Demonstration and participation in the postures and movements of TCC are also included.
- V. Course Content:
  - \*The first session of the 103 posture TCC form as developed by the Yang Family
  - \*The Ten Essentials of Traditional Yang Family Style TCC
  - \*Relaxation
  - \*Interaction between the body/mind functions and the relationship to health
- VI. Learning Outcomes and Performances Objectives with their methods of measurements as used to determine the students' mastery of those outcomes.

**Learning Outcome 1:** The students will be able to perform the successive postures of the first session of the 103 posture Yang Style Tai Chi Chuan and be able to recall the names of each posture.

**Performance Objectives/Method(s) of measurement for each objective:**

1. The students will demonstrate the ability to perform the entire sequence of the Tai Chi set from posture one through posture 16. They will be able to perform them without prompting from the instructor. Measured by participation, demonstration and skill testing.
2. When asked to perform a particular posture by name, the student will be able to demonstrate the posture. Measured by performance and the ability to demonstrate skill improvement. (rating scale 0-5)

**Learning Outcome 2:** The students will be able to explain the 10 Essentials, their purpose and how they are applied in the body/mind concept. The students will be cognizant of the importance of relaxation within oneself and how it is applied to the practice of TCC.

**Performance Objectives/Method(s) of Measurement for each Objective:**

1. The students will be able to name the 10 Essentials in order. Oral quiz or written test.

2. The students will be able to demonstrate proper body alignment based on the 10 Essentials. Measured by a skill test.
3. The students will be able to explain the purpose of each of the 10 Essentials. Measured by written or oral examinations.
4. The students will be able to recall and explain how a calm mind and relaxed body improves health. Measured by oral quizzes or written test.
5. The students will be able to recall and explain how stress adversely affects health and how they may attain relaxation within oneself when applying the practice of Tai Chi Chuan. Measure by participation, performance and written tests.

VII. Course requirements and grade computation.

A. College Requirements:

A written, comprehensive final examination, not to exceed three hours in length, shall be given at the end of each semester for each course at the regular scheduled time. Any exceptions to these requirements must be approved by the appropriate dean. Other examinations are given at the discretion of the instructor.

A student who must be absent from the final examination should petition that instructor for permission to postpone the examination. **A student absent without permission from a final examination is graded “F.”** Postponed examinations result in a grade of “I.” The final exam must be taken within 120 calendar days from the end of the semester or the grade automatically becomes an “F.” (San Antonio College Bulletin, Faculty Handbook – January 1995)

- B. Department Requirements: Health Questionnaire completed and furnish your own lock. The 1-hour Kinesiology and Dance activity classes typically are dismissed 10 minutes prior to the scheduled time for student’s personal hygiene purposes.
- C. Instructor Requirements: This syllabus is subject to change at the instructor's discretion.

VIII. College Policies:

- A. San Antonio College does not discriminate on the basis of race, religion, color, national origin, sex, age, or disability with respect to access, employment programs or services.
- B. Students are urged not to bring children to either a class or lab. Minors under the age of twelve (12) must not be left unattended on campus. College Academic Council – April, 1998
- C. ADA Statement: “As per section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, if accommodations is needed contact the Office of DisABILITY Support Services, CAC 124C, Phone: (210) 486-0020.
- D. A Rapid Response Team exists for the purpose of responding to emergencies. If you have a disability that will require assistance in the event of a building evacuation, notify Disability Support Services, Chance Academic Center 124C, Phone: (210) 486-0020.
- E. Academic Dishonesty: Students may be subject to disciplinary proceedings resulting in an academic penalty or disciplinary penalty for academic dishonesty. Academic Dishonesty includes, but is not limited to, cheating on a test, plagiarism and collusion. For additional information refer to the “Student Code of Conduct” in the San Antonio College Bulletin.

- F. Students are required to silence all electronic devices (e.g., pagers, cellular phones, etc.) when in classrooms, laboratories and library. College Academic Council, 01/2000.
- G. San Antonio College Attendance Policy: Regular and punctual attendance is required. A student absent for any reason is responsible for all work missed. Absences are recorded from the first day of class. A student absent the equivalent of two weeks of instruction, may be dropped by the instructor with a grade of “W.” Both tardiness and early departure from class are forms of absenteeism. The instructor establishes the policy with regards for each.
- H. San Antonio College is a smoke free campus.
- I. Alamo Colleges Department of Public Safety Emergency Number (210)222-0911  
  
AC DPS 24 hour Dispatch (210)485-0099  
  
AC DPS Weather Line (210)485-0189
- J. Students must also abide by the policies, procedures, and rules set forth in the “Student Code of Conduct” and all other policies set forth in the San Antonio College Bulletin.  
<http://mysaccatalog.alamo.edu/>