

## 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 1134, Tai Chi II

Credit Hours: 1

Office: 131B

Instructor: Varies

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

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- I. Catalog Description: This course is a reaffirmation of the principles and the introduction to the secondary parts of the form and will move the students toward the intermediate level. Self defense applications of each movement will be learned.
- II. Pre-requisites, co-requisites and other requirements: KINE 1133, Tai Chi
- 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.
- V. Course Content:
  - \*17-40 movements of the posture TCC form as developed by the Yang Family
  - \*Review of the Ten Essentials of Traditional Yang Family Style TCC
  - \*Relaxation
  - \*Continued information about how the body/mind functions and the relationship to overall 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 Tai Chi I and follow the 17-40 movements of the posture TCC form as developed by the Yang Family.

**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 40. They will be able execute each posture without prompting from the instructor. Measured by a performance test.
2. Each student will be able to demonstrate a particular posture when requested. Measured by performance and participation.

**Learning Outcome 2.** The students will be able to explain, in depth, and in technical terms, each of the 10 Essentials and their purpose.

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

1. The students will be able to name the 10 Essentials. Measured by oral quiz or written test.
2. The students will demonstrate proper body alignment based on the 10 Essentials. Measured by performance and skill testing.
3. The students will be able to recall and explain the purpose of the 10 Essentials for health and

the martial arts. Measured by oral quizzes and or written tests.

**Learning Outcome 3:** The students will be able to discuss and explain the practical ways in which the mind and body are connected in relation to movement, stress management and health.

**Performance Objectives/Methods(s) of Measurement for each objective:**

1. The students will be able to distinguish and demonstrate when they are using too much effort in their mind to perform a particular effort. Measured by student feedback and individuals' perceived effort.
2. The students will be able to sense their effort through bio-feedback. Measured by individuals' perceived level of effort.

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/>