

Kinesiology 133A

## T'AI CHI CHUAN

### Course Syllabus

Instructor: SUSAN D. SNYDER

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Class Hours:	13073 – TUESDAY, 5:00-6:40pm, Redwood Hall, Rm. 231
Class Hours:	18041 - THURSDAY, 7:00-8:40pm, Redwood Hall, Rm B1
Office Hours:	TUESDAY 6:40 – 7:00pm, Redwood Hall Rm 231
Office Hours:	THURSDAY 8:40 – 9:00pm, Redwood Hall B1
	Instructor is also available by appointment during the day at (818) 677-5168
Office:	Bayramian Hall (BH) 525D - Phone: (818) 677-5168
Email address:	susan.snyder@csun.edu

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#### A. Description:

This course teaches the basics of the traditional Yang Style, 24 movement T'ai Chi Chuan that has been actively practiced for the past several hundred years in China. The Yang Style is the most widely practiced form of T'ai Chi Chuan in the world.

Regular practice of the slow, continuous, circular motions of T'ai Chi Chuan has numerous documented health benefits, including stress reduction, enhanced body awareness, improved balance, increased lower body strength, and enhanced flexibility. T'ai Chi Chuan can also serve as a form of moving meditation and can become an intensely powerful internal martial art form for the truly dedicated practitioner.

#### B. Organization:

This is a "hands on" course in which topics are presented by the instructor. Physical movements are explained, demonstrated, and practiced by the instructor and the students working together as a unit, and individually.

Special emphasis is placed on: (1) methods of improving balance skills, (2) identification and release of areas of tension within the body, (3) proper breathing techniques to improve circulation, and (4) eliminating habits which can cause stress to the body/mind/spirit.

A meditation and purging of negative energy session is included in the program in the second half of the semester. The utilization of music as an accompaniment to practice is demonstrated and encouraged.

#### C. Course Objectives:

1. To introduce students to the practice of T'ai Chi Chuan as a superior form of integrating mind and body for the purpose of stress relief; achieving balance, both mental and physical.
2. To acquaint students with their own body and how it moves, where their personal blockages are, and how to successfully manage them.
3. To provide students with opportunities to discover how their body, mind and spirit can work together to integrate themselves as a person.
4. To introduce students on the practice of moving, reclaiming, and saving energy (Chi).

#### D. Course Topics:

The course will cover the following topics:

1. A brief history of T'ai Chi Chuan as an internal martial art.
2. Breathing techniques for stress relief.
3. Main principals of body structure and posture.

4. Techniques for improving physical energy flow.
5. Exercises to improve physical strength, coordination, flexibility, and body awareness.
6. The 24 movement short-form Yang Style T'ai Chi Chuan routine.
7. Meditation techniques for expelling negative energy from the body.

**E. Text & Suggested Supplies:**

1. T'ai Chi Chuan handout provided by Instructor in class. Tape and DVD available for checkout by students. Borrowed materials **MUST** be returned by end of semester.
2. Loose, comfortable clothing suitable for physical exercise.
3. Non-marking sneakers or other footwear suitable for wooden floors.  
**Note:** No footwear is allowed to be worn in RE B1 (Martial Arts Dojo)
4. Bottled water.

**F. Grading Plan:**

Coursework will be weighted as follows:

Mid-term Performance Test:	25%
Final Exam Performance Test:	50%
Final Exam Written Test:	25%

As this is a class that requires learning physical movements, **students are required to physically attend class** in order to learn and practice them with the aid of an instructor.