Kinesiology 133A

T’AI CHI CHUAN & Qigong

Course Syllabus – Spring 2016

Instructor: SUSAN D. SNYDER

Class Location: 17533 – TUESDAY, 6:00-7:40pm, Redwood Hall, Rm. B1 (Martial Arts Dojo)
Office Hours: Tuesday, 7:40 – 8:00pm, Redwood Hall Rm. B1
Instructor is also available by appointment at (818) 677-5168
Human Resources (UN 165) susan.snyder@csun.edu
Class Website: http://www.csun.edu/~ssnyder/tai_chi_chuan/

A. Description:
This course teaches the basic movements of the traditional Yang Style, 24 movements T’ai Chi Chuan. The Yang Style is the official and 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 in terms of their martial arts application, demonstrated, and practiced by the Instructor and the students working together both as a unit, and individually. Practice at home, between classes is a REQUIREMENT. There are Youtube videos available for home study and practice from the website. A minimum of 3 hours weekly is suggested.

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, but not required.

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 and 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 and improve them.
3. To provide students with opportunities to discover how their body, mind and spirit can work together to help integrate themselves as a whole person.
4. To introduce students on the practice of moving, reclaiming, and saving energy (Qigong).

D. Course Topics:
The course will cover the following topics:

1. Main principals of body structure and posture.
2. A brief history of T’ai Chi Chuan as an internal martial art.
3. Breathing techniques for stress relief and physical health (Qigong).
4. Techniques for improving physical energy flow. (Massage/Reflexology)
5. Exercises to improve physical strength, coordination, flexibility, and body awareness.
7. Meditation/Breathing techniques for expelling negative energy from the body.
E. Class Information:
1. T’ai Chi Chuan & Qigong KIN133A videos are now available on Youtube. You will find the linked URL for practice on the website. http://www.csun.edu/~ssnyder/tai_chi_chuan/
   When necessary, handouts will be provided by the Instructor. 
   **There is no book or pamphlet that you must purchase at the Bookstore.**
2. Loose, comfortable clothing suitable for physical exercise and stretching.
   **Note:** Tight pants/jeans or skirts are NOT acceptable at any time.
3. Non-marking sneakers or other footwear suitable for wooden floors.
   **Note:** Non-marking footwear is REQUIRED in RE B1.
4. Bottled water and/or a sweatshirt, depending on the season. Air is circulated, but there is no AC.

F. Grading Plan:
   Coursework will be weighted as follows:

   - Mid-term Evaluation: 25% (Movement comparison evaluation with Final Exam)
   - Final Exam Evaluation: 50%
   - Final Written Exam: 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 the Instructor. Viewing the movements on Youtube is not a substitute for attending the class.

G. Attendance:
   **You are allowed to miss 3 classes out of the semester.** Because this class meets only once a week, **no more than 3 classes will be allowed.** If you have had an injury, or have been very ill, **a doctor’s note is required.** If you have had an previous injury, please inform the Instructor of your limitations, if any.

H. Students with Disabilities Resources (DRES):
   If you have a disability and need accommodations, please register with the Disability Resources and Educational Services (DRES) office or the National Center on Deafness (NCOD). The DRES office is located in Bayramian Hall 110 and can be reached at (818) 677-2684. NCOD is located on Bertrand Street in Jeanne Chisholm Hall and can be reached at (818) 677-2611. If you would like to discuss your need for accommodations, please contact me to set up an appointment.