Kinesiology, Health and Sport Studies

Lifestyle Fitness Activities

www.kinesiology.wayne.edu

LFA 1780 T’ai Chi Ch’uan: Beginning

02 Credit Hours

Matthaei Bldg.

Please see instructor after class

An ancient Chinese exercise, t’ai chi is a series of postures and transitional movements used to improve balance, strength, circulation, and relaxation.

T’ai chi is an internal system of martial art. The external form appears relatively short and simple, but the internal discipline which underlies the movement is most profound. As one practices the movement, the form itself begins to instruct the mind and body: how to align in such a way that tension may be released; how to relax while moving; how to move with the least expenditure of energy; how to find one’s center and become rooted in it; how to...
maintain one’s center without using force, even when attacked. Whether one’s focus is ease of movement, health, meditation, or self defense, the practice is the same, and benefit comes in all areas. We will study the first section of the Yang style form and the classical principles upon which t’ai chi movement is based. Regardless of whether one is studying t’ai chi as a meditation, health exercise, or martial art, the first and most important principle is to relax. With this focus, we will be able to observe our current movement habits, and will have the opportunity to replace old habits with those that allow greater ease of movement, and require less effort and muscular tension.

COURSE OUTCOMES

Upon completion of this course, students will be able to:

1. Perform the first third of the Yang style short form.

2. Demonstrate an understanding of the principles that are the basis of the t’ai chi movement.

3. Discuss the above principles.

4. Explain the benefits of relaxation in terms of health, martial arts and movement in general.

TEXT

T’ai Chi Ch’uan: A Simplified Method of Calisthenics for Health and Self Defense by Professor Cheng Man-ch’ing North Atlantic Books

RECOMMENDED READING

Tao Te Ching by Lao Tzu, translated by Stephen Mitchell Harper and Row

The Essence of T’ai Chi Chu’an, translated by Lo, Inn, Amacker, and Foe, North Atlantic Books

RESPONSIBILITIES

Commitment: T’ai chi is a wonderful tool, which because of its essential emptiness, may be used for many different purposes. Initially, one must learn and remember the external form movements. This requires personal instruction in class and individual practice at home. The pace, energy, and depth of the work in each class depends on every individual’s familiarity with
the movements and principles worked on in the previous classes. The quality of the group interaction, and the possibility of learning together in a relaxed atmosphere is directly related to the involvement and participation of each individual. I expect each of us to make a strong commitment to show up prepared, not only for the sake of a grade or some other external pressure, but as a stronger commitment to our own learning and to each other.

Each student’s commitment will be gauged in the following areas:

1. **Participation** -- which requires attendance, individual practice, and familiarity with the text. 75% of grade
2. **Midterm individual correction** 5% “
3. **Reflection paper** due on 11/14/14 5% “
4. **Practical examination** 15% “

**EVALUATION**

The students’ final grades will be based on the following criteria:

1. **Attendance** - 450 points maximum --32.14 points/day
   Zero points will be earned if the student is absent. The attendance point system begins on the first day of class, FRIDAY, AUGUST 29, 2014, regardless of when the student registers.
2. **Midterm individual correction** (practical #1) --30 points
3. **Reflection paper** -- 30 points
4. **Practical exam** -- 90 points

Total points for the semester  600

**ATTENDANCE**

One of the reasons for the strict attendance policy is the fact that classes of this type are largely participatory - the outcomes are essentially equivalent to the process. Successful completion of activity courses of this kind require regular attendance and full participation.

**MAKE - UPS**

It will be possible to make up 5 missed classes. The opportunities will be discussed in class. The make-ups must be completed by the last day of class. These cannot be made up in another registered LFA class. 1 absence can count as a “free day”.

**GRADING**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>94 -100%</td>
<td>561 - 600 points</td>
</tr>
<tr>
<td>A-</td>
<td>91 - 93%</td>
<td>543 - 560 points</td>
</tr>
<tr>
<td>B+</td>
<td>87 - 90%</td>
<td>519 - 542 points</td>
</tr>
<tr>
<td>B</td>
<td>84 - 86%</td>
<td>501 - 518 points</td>
</tr>
<tr>
<td>B-</td>
<td>81 - 83%</td>
<td>483 - 500 points</td>
</tr>
</tbody>
</table>
C+ = 77 - 80%  
C  =  74 - 76%  
C- =  71 - 73%  
D+ = 67 - 70%  
D  = 64 - 66%  
D- = 61 - 63%  
F  = below 61%

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>C+</td>
<td>77 - 80%</td>
<td>459 - 482 points</td>
</tr>
<tr>
<td>C</td>
<td>74 - 76%</td>
<td>441 - 458 points</td>
</tr>
<tr>
<td>C-</td>
<td>71 - 73%</td>
<td>423 - 440 points</td>
</tr>
<tr>
<td>D+</td>
<td>67 - 70%</td>
<td>399 - 422 points</td>
</tr>
<tr>
<td>D</td>
<td>64 - 66%</td>
<td>381 - 398 points</td>
</tr>
<tr>
<td>D-</td>
<td>61 - 63%</td>
<td>363 - 380 points</td>
</tr>
<tr>
<td>F</td>
<td>below 61%</td>
<td>362 and below</td>
</tr>
</tbody>
</table>

ACADEMIC DISHONESTY/PLAGIARISM:
The College of Education has a “zero tolerance” approach to plagiarism and other forms of academic dishonesty. (See Student Code of Conduct [http://doso.wayne.edu/assets/student-code-of-conduct-brochure.pdf](http://doso.wayne.edu/assets/student-code-of-conduct-brochure.pdf)). Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University’s Undergraduate Bulletin ([http://bulletins.wayne.edu/ubk-output/index.html](http://bulletins.wayne.edu/ubk-output/index.html)) and Graduate Catalog ([http://www.bulletins.wayne.edu/gbk-output/index.html](http://www.bulletins.wayne.edu/gbk-output/index.html)) under the heading “Student Ethics.” These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student’s responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work assignment, project, paper, or exam in question.

WITHDRAWAL POLICY

It is the student’s responsibility to request withdrawal from class. After the fifth week, students may make their request on Pipeline, and their instructor will need to approve it.

There are three options:

WP - Withdrawal with a passing grade earned to date.
WF - Withdrawal with a failing grade earned to date.
WN - Withdrawal never attended or no graded work to date.

MEDICAL WITHDRAWAL

A student who sustains, during the course of the semester, an injury or illness that prevents him/her from further participation in this class may apply for a “(partial) medical withdrawal” and may receive complete or partial reimbursement of tuition paid for this class. A physician’s
statement is required. Forms to use to apply for “medical withdrawal” may be obtained from the Registrar, or from www.wayne.edu (type in “forms and instructions” in the search box).

RELIGIOUS OBSERVANCE

Because of the extraordinary variety of affiliations represented in the university student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is university policy, however to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out. In the LFA program, each class allows for a certain number of make-up classes. Since attendance and participation are a substantial part of the evaluation, students will have to take this into account with the total number of make-ups allowed for that particular LFA class.

STUDENTS WITH DISABILITIES

Wayne State University is committed to providing students with disabilities an equal opportunity to benefit from its programs, services, and activities. All printed materials are available in alternative formats. Please request alternative format materials from the instructor of the course. If the limitations imposed by your disability interfere with your ability to fulfill the requirements for the successful completion of this course, you are strongly encouraged to contact Student Disability Services (SDS) in room 5155 Gullen Mall/1600 UGL to request an accommodation.

Website: www.studentdisability.wayne.edu
SDS Telephone Numbers:
VOICE 313-577-1851 or TDD 313-577-3365

LFA ADD POLICY

The university permits students to add (provided the classes are not filled) and drop classes the first week of the semester without instructor or departmental signatures. The KHS division will permit students to enroll in the LFA courses through the second week of the semester with the permission and signature of the instructor as well as completion of the Registrar’s form titled Add/Drop Class After Deadline Date. Overrides will be made through the KHS division office, room 2152 Faculty Administrative Bldg. (FAB), once the official form has been completed. There will be no students admitted to LFA classes after the SECOND week of the semester.
1. The division of Kinesiology, Health and Sport Studies (KHS) informs you that participation in physical activity includes the risk of trauma and/or injury. The division of Kinesiology, Health and Sport Studies is NOT responsible for accident or illness which results from participation in class, and requires that no student be allowed to participate in an activity before signing the Statement of Informed Consent and Release of Claims form.

2. There will be NO grades of “Incomplete” given.

3. Students are responsible to check Blackboard on a regular basis.

4. Please see “Attendance” on page 3 regarding make-ups.

5. Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering pertaining to the class.

CLASS SCHEDULE