

**The University of Texas at Tyler**  
**Department of Health and Kinesiology**  
**Syllabus, Spring 2020**

**Course Title:** HEALTH-RELATED FITNESS ACTIVITY (Tai Chi as a wellness and therapeutic exercise)

**Course Number:** KINE 1201 - 001

**Credits:** 2.00

**Prerequisites:** None

**Days/Hours/location of Class:**

**Face-to-Face Meeting** Tuesday and Thursday 4:00 – 4:55 pm at PHE 110

**Online Component** Canvas

**Dates:** 01/13/2020 – 05/02/2020

**Instructors Information**

**Name and Title:** Dr. Yong “Tai” Wang, Professor and Mr. Xiongwen Ke, Visiting Scholar

**Office location:** RBR 2195

**Phone number:** 903-566-7075

**Email address:** [ywang@uttyler.edu](mailto:ywang@uttyler.edu), and [xke@patriots.uttyler.edu](mailto:xke@patriots.uttyler.edu)

**Office hours:** 3 to 4 PM Thursday or by appointment

**Textbook:**

None

**Reference book:**

Liang, S., & Wu, W. (1996). Tai Chi Chuan, 24 & 48 Postures with Martial Applications, YMAA Publication Center, Jamaica Plain, MA.

Reading Materials: to be posted

**Catalog description:**

Learning and practicing Tai Chi exercise, applying Tai Chi philosophy to promote mental and physical health.

**Student Learning Objectives:** After the full completion of this course the student will be:

1. To understand the benefits of Tai Chi as a philosophy for health and a wellness and therapeutic exercise.
2. To understand the origin, philosophy and development of Tai Chi Quan and to learn the principles of how to practice Tai Chi Quan .
3. To introduce the styles and forms of Tai Chi Quan, and the applications of Tai Chi in terms of exercise, rehabilitation, and meditation.
4. To learn how to perform Easy Tai Chi Quan 10 forms, Standard Tai Chi Quan 24 forms, Ba Duan Jin and some Tai Chi Sword forms, and learn how to teach Tai Chi Quan based on the clients' physical condition.

### **Methods of Instruction**

To meet student learning objective, student learning experiences include but not limited to: a) lectures for theoretical approach, b) classroom demonstrations, practice and discussion (face-to-face), c) observations and perfection of Tai Chi movement performances, e) reading designated reference book and supplementary materials upon assignments.

### **Assessment and Measurement:**

The students will be evaluated on the basis of performances of semester assignments and two examinations (skill test and final exam). A percentage of total points possible determine the course grade.

90 – 100	A
80 – 89	B
70 – 79	C
60 – 69	D
0 – 59	F

### *Course Structure:*

Attendance: 10%

Assignment: 20%

Skill test (Tai Chi 24 forms) 40%

Final exam: 30%

## Course Outline

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Week 1 (1/14 & 1/16)	Course Overview, Introduction of Tai Chi & Easy Tai Chi 10 Form
1/14 <b>Lecture</b>	Introduction of Tai Chi
1/16 Practice	Easy Tai Chi 10 Forms

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Week 2 (1/21 & 1/23)	Easy Tai Chi 10 Forms and Standard Tai Chi 24 Forms
1/21 <b>Online</b>	How mind may affect our health (Dr. Bruce Lipton's lecture)

Guest Lecture: <https://www.youtube.com/watch?v=e4Dbro7wJ6A>

Dr. Bruce Lipton, Cellular Biologist & Best-Selling Author, discusses Quantum Mechanics and how this powerful science is explaining why many people's lives don't reflect what they really want.

**First Assignment (due on 1/28)**

1. Is positive thinking enough to change your life?
2. How do our unconscious beliefs affect our health?

1/23 Practice	Learning Standard Tai Chi 24 Forms
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Week 3 (1/28 & 1/30)	Standard Tai Chi 24 Forms and Healthy Mind and Healthy Body
1/28 Practice	Learning and reviewing Standard Tai Chi 24 Forms
1/30 Practice	Learning and reviewing Standard Tai Chi 24 Forms

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Week 4 (2/4 & 2/6)	Standard Tai Chi 24 Forms
2/4 Practice	Learning and reviewing Standard Tai Chi 24 Forms
2/6 Practice	Learning and reviewing Standard Tai Chi 24 Forms

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Week 5 (2/11 & 2/13)		Introduction of Acupuncture/Acupressure and Standard Tai Chi 24 Forms
2/11	Lecture	Introduction of Acupuncture/Acupressure
2/13	Practice	Learning and reviewing Tai Chi Forms

### Second Assignment (Due on 2/18)

Find a research article in acupuncture or acupressure, read this article and write a summary and your comments on this article.

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Week 6 (2/18 & 2/20)		Standard Tai Chi 24 Forms
2/18	Practice	Learning and reviewing Standard 24 Tai Chi Forms
2/20	Practice	Learning and reviewing Standard 24 Tai Chi Forms

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Week 7 (2/25 & 2/27)		Standard Tai Chi 24 Forms
2/25	Practice	Standard Tai Chi 24 Forms
2/27	Practice	Standard Tai Chi 24 Forms

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Week 8 (3/3 & 3/5)		Standard Tai Chi 24 Forms and Ba Duan Jin (Eight Section)
3/3	Practice	Learning and reviewing Standard Tai Chi 24 Forms
3/5	Practice	Learning Ba Duan Jin

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Week 9 (3/9 – 3/14) Spring Break

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Week 10 (3/17 & 3/19)	Standard Tai Chi 24 Forms and Ba Duan Jin
3/17 Practice	Learning and reviewing Tai Chi Forms
3/19 Online	Learning and reviewing Ba Duan Jin
	<a href="https://www.youtube.com/watch?v=Q8jsDDJW2y0">https://www.youtube.com/watch?v=Q8jsDDJW2y0</a>

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Week 11 (3/24 & 3/26)	Introduction of Food Therapy and Standard Tai Chi 24 Forms
3/24 Lecture:	Introduction of Food Therapy
3/26 Practice	Learning and reviewing Tai Chi Forms

**Third Assignment (Due on 3/31)**

Find a research article in food therapy or diet, read this article and write a summary and your comments on this article. Your reference should be cited.

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Week 12 (3/31 & 4/2)	Standard Tai Chi 24 Forms skill test
3/31 Practice	Learning and reviewing Tai Chi Forms
4/2 Practice	Standard Tai Chi 24 Forms

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Week 13 (4/7 & 4/9)	Standard Tai Chi 24 Forms skill test
4/7 Practice	Learning and reviewing Tai Chi Forms
4/9 Practice	Standard Tai Chi 24 Forms Skill Test

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Week 14 (4/14 & 4/16)	ACSM Exercise Guidelines and Introduction of Tai Chi Sword
4/14 Lecture:	Standard Tai Chi 24 Forms Skill Test
4/16 Practice	ACSM Exercise Guidelines

What is a person's maximum heart rate? What is the recommended target heart rate for cardiovascular function, and how long the exercise should be? With reference to the suggestions for strength exercise, how do you increase the muscle strength and endurance?

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Week 15 (4/21 & 4/23)	Introduction of Tai Chi Sword
4/21 Practice	Learning Tai Chi Sword
4/23 Practice	Learning Tai Chi Sword

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Week 16 (4/28 – 4/30)	Final Exam Week
4/28 Practice	Review Tai Chi Sword
4/30 <b>Final Exam</b>	

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### **Communication Policy:**

If you email me, expect a response within one business day at UT Tyler (M-F).

### **Learner Support:**

The University of Texas at Tyler provides institutional support services essential to learner success.

<http://www.uttyler.edu/canvas/index.php> is available for technical support. Student Blackboard support is available 24 hours a day through knowledge base, live chat, email: [canvas@uttyler.edu](mailto:canvas@uttyler.edu)

[Student accessibility and resources](#) are available through The UT Tyler Office of Student Accessibility and Resources (SAR). The office provides students equal access to all educational, social, and co-curricular programs through coordination of services and reasonable accommodations, consultation and advocacy.

[UT Tyler PASS Tutoring Center](#) (University Center, 3114) is a free walk-in tutoring center, with an individual appointment option, for current UT Tyler students. Currently support for 20 courses is being offered in a variety of subjects.

[UT Tyler Student Services](#) provides support and opportunities that maximize a student's ability to benefit from the academic environment through accessibility, professional counseling, recovery, wellness and testing services. The support services encourage personal responsibility and healthy decision-making that contribute to lifelong learning.

### **Attendance Policy:**

There are 10% attendance as part of your grade, your attendance is expected and will be recorded. Just to remember, assignments and all exams, including the final, are to be taken at the assigned time. **There will be no exceptions!**

### **Athletic Policy:**

I am aware of the difficulty of being both an athlete and an academic, thus I will be flexible regarding weekly quizzes, and tests for excused absences. An excused absence is one I am aware of, thus allowing for proper arrangements to facilitate the make-up of missing material. Therefore, I expect to have all athletic schedules prior to the beginning of the second week of class so we can sit down and discuss what classes you will be missing. One final note: you will only be excused if your game or travel conflicts directly with the class meeting.

### **Cell phone Policy:**

No cell phone will be used during the class. If you are expecting an important call let me know before class and take the call outside of class.

### **University Policies**

#### *Students Rights and Responsibilities*

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: <http://www.uttyler.edu/wellness/rightsresponsibilities.php>

#### *Grade Replacement/Forgiveness and Census Date Policies*

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to

exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.

- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)

- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)

- Being reinstated or re-enrolled in classes after being dropped for non-payment

- Completing the process for tuition exemptions or waivers through Financial Aid

### *State-Mandated Course Drop Policy*

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

### *Disability Services*

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator, Cynthia Lowery Staples. If you are unsure if the above criteria applies to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located in the University Center, Room 3150 or call 903.566.7079. You may also send an email to [cstaples@uttyler.edu](mailto:cstaples@uttyler.edu)

### *Student Absence due to Religious Observance*

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

### *Student Absence for University-Sponsored Events and Activities*

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence.

At that time the instructor will set a date and time when make-up assignments will be completed.

*Social Security and FERPA Statement:*

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

*Emergency Exits and Evacuation:*

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

*Academic Dishonest Policy*

At The University of Texas at Tyler students and faculty are responsible for maintaining an environment that encourages academic integrity. Students and faculty members are required to report an observed or a suspected case of academic dishonesty immediately to the faculty member in charge of an examination, classroom or laboratory research project, or other academic exercise.

Since the value of an academic degree depends on the absolute integrity of the work done by the student for the degree, it is imperative that a student maintain a high standard of individual honor in scholastic work. Scholastic dishonesty includes, but is not limited to, cheating, plagiarism, and collusion:

"Cheating" includes:

1. Copying from the paper of another student, engaging in written, oral or any other means of communication with another student, or giving aid to or seeking aid from another student when not permitted by the instructor;
2. Using material during an examination or when completing an assignment that is not authorized by the person giving the examination or making the work assignment;
3. Taking or attempting to take an examination for another student, or allowing another student to take an examination for oneself;
4. Using, obtaining, or attempting to obtain by any means, the whole or any part of an unadministered examination or work assignment.

"Plagiarism" includes the unacknowledged incorporation of the work of another person in work that a student offers for credit.

"Collusion" includes the unauthorized collaboration with another person in preparing written work that a student offers for credit.

### *Grade Appeal Procedure*

A student who wishes to contest a grade given by an instructor must initiate the procedure by contacting the instructor who assigned the grade. The instructor and the student should informally review the criteria for assignment of grades and the student's performance. The instructor may affirm the grade or revise the grade.

If the student is not satisfied after the informal discussion with the instructor, then the student may initiate a formal grade appeal by completing a Grade Appeal Form that may be obtained from the Office of Student Records. Normal grade appeals should be filed at the earliest date possible, but no later than six months from the final date of assignment. The instructor and the student should complete the appropriate parts of the form clearly indicating the instructor's rationale for the grade given and the student's basis for the grade appeal.

At each administrative level of the appeal process, an attempt will be made to resolve the issue. If the instructor holds one of the administrative positions used in the appeal process, then that level is omitted. If no resolution is reached at a particular level, then the appeal is forwarded with the recommendation of the administrator at that level with all documentation.

If the appeal is to be considered by the vice president for academic affairs, then a copy of the Grade Appeal Form shall be forwarded by the academic dean of the students. The Office of the President is the final step in the appeal process at The University of Texas at Tyler.

### *Food and Drink in Classrooms*

Consumption of food and drink in university classrooms is prohibited.

### *Smoke-Free Campus*

The University of Texas at Tyler is a smoke-free campus. No smoking will be permitted in any building, office, hallway, classroom, laboratory, restroom, lounge, or any other indoor location.

**Note: This syllabus is subject to change based on the needs of the class.**

## EASY TAI CHI QUAN (10 FORMS)

**Modified and Compiled by Dr. Yong “Tai” Wang**

Section	Movement Name	Direction
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First Section	1. Commencing form	South
	2. Part the wild horse’s mane (3)	East
	3. Single whip	East
	4. Wave hands like clouds (3)	East
	5. Single whip	East
Second Section	6. Step back and whirl arms on both sides (4)	East
	7. Grasp the bird’s tail-left side	East
	8. Grasp the bird’s tail-right side	West
	9. Cross hands	South
	10. Closing form	South
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## STANDARD YANG STYLE TAI CHI QUAN 24 FORMS

Section	Movement Name	Direction
First Section		
	1. Commencing form	South
	2. Part the wild horse's mane (3)	East
	3. The white crane spreads its wings	East
Second Section		
	4. Brush knee and twist step on both sides (3)	East
	5. Hand strums the lute	East
	6. Step back and whirl arms on both sides (4)	East
Third Section		
	7. Grasp the bird's tail-left side	East
	8. Grasp the bird's tail-right side	West
Fourth Section		
	9. Single whip	East
	10. Wave hands like clouds (4)	East
	11. Single whip	East
Fifth Section		
	12. High pat on the horse	East
	13. Kick with right heel (east by south 30 <sup>0</sup> )	East
	14. Strike opponent's ears with both fists	East
	15. Turn and kick with left heel (west by north 30 <sup>0</sup> )	West
Sixth Section		
	16. Push down and stand on one leg-left style	West
	17. Push down and stand on one leg-right style	West
Seventh Section		
	18. Work at shuttles on both sides	45 <sup>0</sup>
	19. Needle at sea bottom	West
	20. Flash the arm	West
Eight Section		
	21. Turn, deflect downward, parry and punch	East
	22. Apparent close up	East
	23. Cross hands	South
	24. Closing form	South

## \*Ba Duan Jin (8 FORMS)

<https://www.youtube.com/watch?v=drnw4gl98IA>

### Eight Forms of Ba Duan Jin

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#### Form 1: Two Hands Hold up the Heavens (Shuang Shou Tuo Tian)

This move is said to stimulate the "Triple Warmer" [meridian](#) (Sanjiao). It consists of an upward movement of the hands, which are loosely joined and travel up the center of the body.

#### Form 2: Drawing the Bow to Shoot the Eagle / Hawk / Vulture

While in a lower [horse stance](#), the practitioner imitates the action of drawing a bow to either side. It is said to exercise the waist area, focusing on the kidneys and spleen.

#### Form 3: Separate Heaven and Earth

This resembles a version of the first piece with the hands pressing in opposite directions, one up and one down. A smooth motion in which the hands switch positions is the main action, and it is said to especially stimulate the stomach.

#### Form 4: Wise Owl Gazes Backwards or Look Back

This is a stretch of the neck to the left and the right in an alternating fashion.

#### Form 5: Sway the Head and Shake the Tail

This is said to regulate the function of the heart and lungs. Its primary aim is to remove excess heat (or fire) (xin huo) from the heart. *Xin huo* is also associated with heart fire in [traditional Chinese medicine](#). In performing this piece, the practitioner squats in a low horse stance, places the hands on thighs with the elbows facing out and twists to glance backwards on each side.

#### Form 6: Two Hands Hold the Feet to Strengthen the Kidneys and Waist

This involves a stretch upwards followed by a forward bend and a holding of the toes.

#### Form 7: Clench the Fists and Glare Fiercely (or Angrily)

This resembles the second piece, and is largely a punching movement either to the sides or forward while in horse stance. This, which is the most external of the pieces, is aimed at increasing general vitality and muscular strength.

#### Form 8: Bouncing on the Toes

This is a push upward from the toes with a small rocking motion on landing. The gentle shaking vibrations of this piece is said to "smooth out" the qi after practice of the preceding seven pieces or, in some systems, this is more specifically to follow Sway the Head and Shake the Tail.

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\* The **Baduanjin qigong**(八段錦) is one of the most common forms of Chinese [qigong](#) used as exercise.<sup>[1]</sup> Various translations as **Eight Pieces of Brocade**, **Eight-Section Brocade**, **Eight Silken Movements** or **Eight Silk Weaving** ([https://en.wikipedia.org/wiki/Baduanjin\\_qigong](https://en.wikipedia.org/wiki/Baduanjin_qigong)).