

**College of Micronesia-FSM  
PO Box 159  
Pohnpei, FM 96941**

**COURSE OUTLINE**

Mind/Body Fitness: Introduction to Tai Chi/Qi Gong  
Course Title

ESS103t Exercise Sport Science  
Department & Number

**Course Description:**

This is a semester-long course designed to decrease stress, improve cardiovascular endurance and increase flexibility through the Chinese Martial Art of Tai Chi Chu'an and the Healing Art of Qi Gong. The course also serves to give students an appreciation of the history and philosophy of Tai Chi, and the role regular physical activity plays in the quality of life. Students will learn basic breathing and stretching techniques, basic anatomy of the muscular system, and a variety of Tai Chi postures. Physical fitness levels will be measured at the beginning and end of the course, allowing students to notice the improvements regular exercise produces. Course topics also include injury prevention specific to Tai Chi.

**Course Prepared by:** Rachel Hollingsworth

**State** Pohnpei/National Campus

	Hours per week		No. of week		Total Hours		Semester Credits
<b>Lecture</b>	_____	<b>x</b>	_____	<b>x</b>	_____	=	_____
<b>Laboratory</b>	<u>3</u>	<b>x</b>	<u>16</u>	=	<u>48</u>	=	<u>1</u>
<b>Workshop</b>	_____	<b>x</b>	_____	<b>x</b>	_____	=	_____

**Purpose of Course:**

Degree Requirement \_\_\_\_\_  
Degree Elective \_\_\_\_\_ x \_\_\_\_\_  
Certificate \_\_\_\_\_  
Other \_\_\_\_\_ x \_\_\_\_\_

**Prerequisite Courses:** None.

\_\_\_\_\_  
Signature, Chairperson, Curriculum Committee

\_\_\_\_\_  
Date Approved by Committee

\_\_\_\_\_  
Signature, President, COM-FSM

\_\_\_\_\_  
Date Approved by President

## I. Course Objectives

### A. General/Program Outcomes

1. Explain physical fitness and wellness, as well as their importance to overall health, disease prevention, and athletic performance.
2. Demonstrate the physical skills necessary to perform a variety of physical activities.
3. Design and demonstrate exercise regimes appropriate to improve health, physical fitness, and athletic performance.
4. Compare and contrast the education and skills needed to gain employment in wellness, physical education (K-12), kinesiology and coaching.
5. Describe and demonstrate beginning coaching skills.
6. Value regular physical activity and its contribution to a healthful lifestyle.

### B. Student Learning Outcomes

Upon successful completion of this course, the student will be able to:

1. [Core] Define the five factors of physical fitness.
2. [Core] Define mind/body fitness, and explain why Tai Chi is a mind/body activity.
3. [Core] Define Tai Chi and Qi Gong.
4. [Core] Define stress and describe its impact on health.
5. [Core] Explain the importance of *qi* according to Chinese philosophy.
6. [Core] Describe the historical development of Tai Chi as a martial art.
7. [Core] Identify the location of the major muscle groups on their own bodies.
8. [Core] Identify the location of the *tan t'ien* on their own bodies.
9. [Core] Perform the first third of Cheng Man-Ching's method of Tai Chi Chu'an without oral instruction.
10. [Core] Orally identify each of the postures in the first third of Cheng Man-Ching's method of Tai Chi Chu'an.
11. [Core] Given their pre- and post-semester measurements on resting heart rate, blood pressure, erector spinae/hamstrings flexibility (via a sit and reach test), and percent body fat, accurately describe the changes in their fitness from the beginning of the course to the end of the course.
12. [Core] Perform the Golden Eight Exercises of Qi Gong without oral instruction.
13. [Core] Identify the symptoms of common ankle and knee injuries, preventative measures, and basic treatment in a written format.
14. [Core] Identify diseases and illnesses inversely related to physical activity level.
15. [Core] Express how regular physical activity makes them feel (in a written, oral, or visual format).
16. [Peripheral] Perform the second third of Cheng Man-Ching's method of Tai Chi Chu'an with oral instruction.
17. [Peripheral] Orally identify each posture in the second third of Cheng Man-Ching's method of Tai Chi Chu'an.
18. [Peripheral] Locate China on a world map.
19. [Peripheral] Explain the concept of yin and yang as it relates to exercise and Tai Chi.
20. [Peripheral] Explain the self-defense aspects of the first third of Cheng Man-Ching's method of Tai Chi Chu'an

## II. Course Content

### A. Introduction to Exercise Science/Fitness

- i. Five Factors of Physical Fitness
  1. Cardiovascular
  2. Muscular Strength
  3. Muscular Endurance
  4. Flexibility
  5. Body Composition
- ii. Pretests
  1. Heart rate
  2. Blood pressure
  3. Sit and reach test
    - a. (Sit and reach norms  
<http://darkwing.uoregon.edu/~eatr/student/ft/fmf.html>)
  4. Percent body fat
    - a. (Body composition norms  
<http://darkwing.uoregon.edu/~eatr/student/ft/ftbc.html>)
- iii. Delayed Onset Muscular Soreness

### B. Philosophy of Qi Gong and Tai Chi

- i. Tan tien location and theory
- ii. Qi definition
- iii. Golden Eight Exercises
  1. Natural Standing Form
  2. Reach for Happiness
  3. The Archer
  4. Between Heaven and Earth
- iv. Preparation and Beginning
- v. Separation of weight
- vi. Mind-body fitness

### C. Grasp the Sparrow's Tail

- i. Pliability
- ii. "Sinking the qi"
- iii. "Beautiful ladies wrists"
- iv. Ward off left
- v. Ward off right
- vi. 70%/30% weight separation
- vii. Review

### D. Grasp the Sparrow's Tail

- i. Golden Eight Exercises
  1. Review
  2. Look Back and Let Go
  3. Twist and Release
- ii. Anatomy of legs/buttocks
  1. Quadriceps
  2. Hamstrings
  3. Gluteus Maximus
  4. Gastrocnemius
  5. Anterior Tibialis
- iii. History of Tai Chi
- iv. Roll back

- v. Press
- vi. Push
- vii. Review previous concepts
- E. Single Whip and Lifting Hands
  - i. Review Grasp Sparrow's Tail
  - ii. Yin and Yang
  - iii. Single Whip and Lifting Hands
  - iv. 60%/40% weight distribution
  - v. History/Philosophy of Tai Chi
  - vi. Review previous concepts
- F. Continue first third movements
  - i. Golden Eight Exercises
    - 1. Review
    - 2. Bending for Health
    - 3. Energy Punch
    - 4. Energy Jump
  - ii. Anatomy of the upper body
    - 1. Pectoralis major
    - 2. Latissimus Dorsi
    - 3. Trapezius
    - 4. Deltoids
    - 5. Abdominals
    - 6. Erector spinae
  - iii. Lean Forward
  - iv. White crane spreads it wings
  - v. Brush Knee
  - vi. History/Philosophy of Tai Chi
  - vii. Review previous concepts
- G. Continue First Third
  - i. Injury prevention for ankle, knee and hip joints
  - ii. Play guitar
  - iii. Brush knee again
  - iv. Punch
  - v. Withdraw and push
  - vi. History/Philosophy of Tai Chi
  - vii. Review previous concepts
- H. Complete First Third
  - i. Straw mat exercises
  - ii. Cross hands
  - iii. Apparent close
  - iv. History/Philosophy of Tai Chi
  - v. Review previous concepts
- I. First Third Review
  - i. Straw mat exercises
  - ii. Practice first third
  - iii. Stress and its relationship to illness
  - iv. History/Philosophy of Tai Chi
  - v. Review previous concepts
- J. First Third review/benefits of regular physical activity
  - i. Practice First Third
  - ii. Cardiovascular disease, type II diabetes
  - iii. Martial aspects to first third
  - iv. History/Philosophy of Tai Chi

- v. Review previous concepts
- K. Begin Second Third/benefits of regular physical activity
  - i. Practice First Third
  - ii. Embrace the tiger and return to mountain
  - iii. Grasp Sparrow's Tail, Rollback, Press and Push
  - iv. Slanting single whip
  - v. Longevity, morbidity
  - vi. History/Philosophy of Tai Chi
  - vii. Review previous concepts
- L. Continue Second Third
  - i. Practice first third
  - ii. Martial aspects of first third
  - iii. Fist under elbow
  - iv. Repulse the monkey
  - v. History/Philosophy of Tai Chi
  - vi. Review previous concepts
- M. Continue Second Third
  - i. Practice First Third
  - ii. Push hands
  - iii. Self defense, not offense
  - iv. Diagonal Flying
  - v. Wave hands
  - vi. History/Philosophy of Tai Chi
  - vii. Review previous concepts
- N. Continue Second Third
  - i. Practice First Third
  - ii. Single whip
  - iii. Single whip squatting
  - iv. Golden pheasant stands on one leg
  - v. History/Philosophy of Tai Chi
  - vi. Review previous concepts
- O. Continue Second Third
  - i. Practice First Third
  - ii. Separate right and left
  - iii. Turn and strike with heel
  - iv. Brush knee
  - v. History/Philosophy of Tai Chi
  - vi. Review previous concepts
- P. Complete Second Third/Fitness assessments – post-tests
  - i. Heart rate/blood pressure
  - ii. Sit and reach test
  - iii. Percent body fat
  - iv. Strike with fist
  - v. Step forward and Ward off
  - vi. Fairy Weaves at the shuttle
  - vii. Review

### **III. Textbooks**

This course requires no textbook.

## Required Course Materials

Exercise towel, appropriate attire (loose-fitting, comfortable clothing that allows a full range of motion around all of the joints of the body), and a bottled water. Students who come to class without water will NOT be allowed to participate in activity.

## Reference Materials

American College of Sports Medicine. *ACSM's Guidelines for Exercise Testing and Prescription, 6<sup>th</sup> Edition*. Philadelphia, PA: Lippincott, Williams and Wilkins 2000.

American College of Sports Medicine. "ACSM Position Stand on The Recommended Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory and Muscular Fitness, and Flexibility in Adults." *Medicine and Science in Sports and Exercise* 30(6): 975–991, 1998.

Cheng, Julia T., and Cheng Man-ch'ing. *T'ai Chi Ch'uan: A Simplified Method of Calisthenics for Health & Self Defense*. Berkeley, CA: North Atlantic Books 1981.

**STRONGLY RECOMMENDED**

Liu, Hong. *Mastering Miracles: the healing art of Qi gong as taught by a master*. New York: Warner Books, Inc. 1997.

Sharkey, Brian J. *Fitness & Health: 5th Edition*. Champaign, IL: Human Kinetics 2001.

Wile, Douglas, and Cheng Man-ch'ing. *Cheng Man-Ch'ing's Advanced T'ai-Chi Form Instructions*. New York: Sweet Chi Press 1985.

Wile, Douglas, and Cheng Man-ch'ing. *Master Cheng's Thirteen Chapters on T'ai Chi Ch'uan (Annotated)*. Brooklyn: Sweet Chi Press 1982.

American College of Sports Medicine <http://www.acsm.org/index.asp>

Patience T'ai Chi Association [www.patienceaichi.com](http://www.patienceaichi.com)

## Instructional Cost

Classroom with wood flooring and mirrors along one wall (preferably the north wall), no desks/chairs. Cost: variable.

## Methods of Instruction

Demonstration, participation, lecture, individual assignments, group work. Assessment will be in the form of attendance/participation in class exercises, individual assignments, homework and quizzes given throughout the semester.

<b>A</b>	90 – 100%
<b>B</b>	80 – 89%
<b>C</b>	70 – 79%
<b>D</b>	60 – 69%

Evaluation

No credit by evaluation. Course is participatory.

Attendance Policy

The College attendance policy shall be applied.

Academic Honesty Policy

The College academic honesty policy shall be applied.

Appendices

## A. Health History Form

- i. All students must complete the Physical Activity Readiness Questionnaire - PAR-Q, from the Canadian Society for Exercise Physiology prior to participating in any physical activity
- ii. Instructor may require students to provide a signed physician consent form as a pre-requisite to ESS101t.
- iii. PAR-Q is available online and may be reproduced if used in its entirety  
[www.csep.ca/pdfs/par-q.pdf](http://www.csep.ca/pdfs/par-q.pdf)

## B. Release Form

- i. All students must read and sign the following statement in order to participate in ESS101t:

As per College policy or as follows in the absence of such policy language:

I, \_\_\_\_\_, wish to participate in the following College of Micronesia-FSM course or program, ESS101t Introduction to Tai Chi/Qi Gong, as a student. I understand that this class is a voluntary program and is not required for my graduation. I agree to abide by all safety rules and regulations in effect during this course or program.

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I wish to participate in the above-described course or program at the College of Micronesia -FSM, and agree that the College of Micronesia-FSM, and their employees are not responsible for my participation in this program, or for any injuries that may occur during my participation in this program, or by the utilization of their equipment.

Further, the instructor of this course or program in the event that he or she believes, with or without medical evidence, that I may not participate in this course or program, or that I have physical limitations that may prevent me from participating in this course or program, has absolute discretion, and may terminate my continued participation in the course or program, at any time, with or without a valid reason. However, this discretion is not an obligation of the College of Micronesia-FSM, or its employees, nor a duty, and any failure to prevent participation on my behalf, or to limit the amount of activities

involved in the course or program on my behalf, does not give rise to a renunciation of or exception to this knowing and voluntary waiver.

As a result, I agree, and voluntarily assume all responsibility for my own safety and well-being, while participating in the course or program, and agree to waive any claims for liability, injury, or other damages as a result of injury or death, against the College of Micronesia-FSM or their employees. I enter into this waiver knowingly and in advance of my participation in the course or program. By signing this waiver I will forever release any future claims against the College of Micronesia-FSM and their employees, arising out of any accident, injuries, death or other damages, on behalf of myself or my heirs or dependents, due to any accident, or other mishap, including acts of god, that may arise upon my participation in the course or program.

Dated: \_\_\_\_\_ Print Name

\_\_\_\_\_ Signature

C. Typical class structure

i. Two days per week

1. 10 - 15 minutes travel to locker rooms, change into exercise clothes
2. 5 – 10 minute warm up (Qi Gong exercises), with verbal instruction
3. 65 – 75 minutes Tai Chi/instruction
4. 5 - 10 minutes of flexibility/relaxation exercises
5. 10 – 15 minutes change out of exercise clothes/shower

ii. Three days per week

1. 10 - 15 minutes travel to locker rooms, change into exercise clothes
2. 5 – 10 minute warm up (Qi Gong exercises), with verbal instruction
3. 35 – 45 minutes Tai Chi/instruction
4. 5 - 10 minutes of flexibility/relaxation exercises
5. 10 – 15 minutes change out of exercise clothes/shower

D. Class enrollment limit

- i. **No more than 20 students**
- ii. Exceptions may be made by Division Chair of Exercise Sports Science



- E. Adapted Instruction
  - i. Students who are unable to (or who should not) perform specific exercises due to injury, pregnancy, or other condition(s), will be assigned alternate exercises and/or assignments by the instructor with no detriment to final grade/status in the course
  - ii. Students who require a physician's consent to participate in physical activity (as identified on a PAR-Q questionnaire) at term start will be required to complete physical fitness examination by a medical doctor and receive physician's consent prior to commencing the course.
- F. Conditions and definitions
  - i. Core refers to an outcome that must be attained in order to pass the course.
  - ii. Peripheral refers to an outcome that ought to be attained but non-attainment will not cause the student to fail the course.
- G. Recommended course materials
  - i. Cheng, Julia T., and Cheng Man-ch'ing. *T'ai Chi Ch'uan: A Simplified Method of Calisthenics for Health & Self Defense*. Berkeley, CA: North Atlantic Books 1981.
- H. Safety procedures
  - i. CPR certification strongly recommended for instructors of this course
  - ii. Students should be instructed on the first day of class and on their syllabi:
    - 1. STOP exercising if you experience any of the following symptoms:
      - a. Severe breathlessness
      - b. Nausea/dizziness
      - c. Extreme chest pain
      - d. Light headedness
      - e. Severe joint pain
    - 2. NOTIFY the instructor immediately. Do NOT isolate yourself by seeking privacy