Tai-Chi - Elementary  
ESSF 1410/410 Section # 001  
(2 Credit Hours or non-credit)

Spring 2018  
Monday and Wednesday: 9:40AM – 10:30PM in (HPER W 106)  
The first day of class is on Monday January 8th, 2018 at 9:40AM.

Instructor: Veera Kasicharernvat  
Contact information: Veera.Kasicharernvat@utah.edu

Course Description:

Focuses on slow movements used to improve balance, coordination,  
concentration, awareness and timing. The student will learn the short form of Tai  
Chi Chuan and focus the mind on the body during exercise, sports and daily life.

Student Learning Outcomes:

By the end of this course, through the practice of Tai-Chi, students will be able to:

• Demonstrate the seventeen movements up to Cross Hands of the First Third of  
  Professor Cheng Man-Ching's Yang Style Short Form  
• Recognize and perform Sensing Hands  
• Understand how to perform relaxation, diaphragmatic breathing, and the art of  
  centering while continually moving

Tai Chi classes can be repeated for credit or non-credit as many times as you would like  
for form Correction and Meditation.

Teaching and Learning Methods:

Demonstration and explanation. This class offers fun and protection for everyone.

Assignments:

Any student taking this course for credit must also complete and turn in a written  
assignment. To look up a Tai Chi website on Professor Cheng Man-Ching and then  
write a short paper. Details and instructions for this assignment will be provided by the  
instructor in class. Attendance is crucial to receive this information.

Watch:

http://www.youtube.com/watch?v=vsDPy7zMmA4  
(Tai-Chi Solo Form & Application)
Grading Criteria:

The grading criteria is simply on a credit or no-credit scale. If students attend 80% or more, they earn a “CR” grade. If they miss more than 20% or are taking the class for non-credit, they will earn a “NC” grade. You will not receive a letter grade.

Course Policies:

[Attendance & Punctuality:] As per Exercise and Sport Science departmental policy, each student must attend 80% of the total number of classes to earn credit for this course. This attendance is documented each day in class. Any student taking this course for credit must also complete and turn in a written assignment. To look up a Tai Chi website on Professor Cheng Man-Ching and then write a short paper. Details and instructions for this assignment will be provided by the instructor in class. Attendance is crucial to receive this information. For students taking the course for non-credit, record of attendance and the submission of the assignment given in class is not necessary. There are no make-ups allowed for student absences. Students are allowed to miss 20% of the total number of classes and are expected to work these allowable absences into their personal schedules without instructor involvement.

Being 10 minutes late to class equates to one tardy. Two tardies equals one absence.

Other information:

1. The Americans with Disabilities Act. The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability & Access (CDA; http://disability.utah.edu/; 162 Olpin Union Building; 801-581-5020). CDA will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the CDA.

2. Addressing Sexual Misconduct. Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a Civil Rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the
3. **The Code of Student Rights and Responsibilities.** The code, which specifies student rights as well as conduct involving cheating, plagiarism, collusion, fraud, theft, etc., is provided at [http://regulations.utah.edu/academics/6-400.php](http://regulations.utah.edu/academics/6-400.php).

4. **Wellness Statement.** Personal concerns such as stress, anxiety, relationship difficulties, depression, cross-cultural differences, etc., can interfere with a student's ability to succeed and thrive at the University of Utah. For helpful resources contact the Center for Student Wellness, [http://wellness.utah.edu/](http://wellness.utah.edu/); 801-581-7776.

5. **Drop/Withdrawal.** The last day to drop (delete) classes is [Friday September 1]; the last day to withdraw from this class is [Friday October 20]. Please check the academic calendar for more information pertaining to dropping and withdrawing from a course. Withdrawing from a course and other matters of registration are the student's responsibility.

6. **Veterans Center.** If you are a student veteran, I want you to know that the U of Utah has a Veterans Support Center on campus. They are located in Room 161 in the Olpin Union Building. Hours: M-F 8-5pm. Please visit their website for more information about what support they offer, a list of ongoing events and links to outside resources: [http://veteranscenter.utah.edu/](http://veteranscenter.utah.edu/). Please also let me know if you need any additional support in this class for any reason.

7. **LGBT Resource Center.** If you are a member of the LGBTQ community, I want you to know that my classroom is a safe zone. Additionally, please know that the U of Utah has an LGBT Resource Center on campus. They are located in Room 409 in the Olpin Union Building; their hours are M-F 8-5 pm. You can visit their website to find more information about the support they can offer, a list of events through the center and links to additional resources: [http://lgbt.utah.edu/](http://lgbt.utah.edu/). Please also let me know if there is any additional support you need in this class.

8. **Learners of English as an Additional/Second Language.** If you are an English language learner, please be aware of several resources on campus that will support you with your language development and writing. These resources include: the Writing Center ([http://writingcenter.utah.edu/](http://writingcenter.utah.edu/)); the Writing Program ([http://writing-program.utah.edu/](http://writing-program.utah.edu/)); the English Language Institute ([http://continue.utah.edu/eli/](http://continue.utah.edu/eli/)). Please let me know if there is any additional support you would like to discuss for this class.