

York University - School of Kinesiology and Health Science

**PKIN0500 0.00 BASIC MOVEMENT – COURSE OUTLINE
FW 2023 - 2024**

INSTRUCTOR: Helen Wu, 342 Bethune College

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CLASS LOCATION: Studio 4, Tait McKenzie Building

CLASS TIMES: FW: Friday Section A/M - 12:00PM

REFERENCE VIDEOS: In order to help students practicing, please access the YouTube channel: https://www.youtube.com/channel/UCJ2kKUIUq6BVeEJW_xjHV-g; then go to **Play list**, you will see course number: PKIN0500

COURSE DESCRIPTION (See video 1: Introduction)

The course will comprise practical and theoretical study of Eastern and Western movement techniques, such as dancing, Tai-Chi, Yoga, martial arts and Chi-Kung, and will allow students to open their meridian systems. In this course, students will exercise the entire body through moving meditation, stretching and dance training. Also, they will have basic sword routine training, including memory development; training of coordination with music; and mindfulness of opening meridians when they are practicing choreography. By the end of the course, students will understand that by learning basic movement techniques, they can apply these techniques to acquire a healthy, strong body.

This course will emphasize basic drills and techniques. The teaching materials are all designed specifically for university students. Classes focus on the proper foundation and health benefits. Students will be taught how to prevent some injuries, based on traditional Chinese medicine, and how to relieve blockages and prevent injuries in the meridian systems. All fitness levels are welcome.

COURSE LEARNING OBJECTIVES

The purpose of this course is to assist students in physical activities that build the body and alter the level of their circulation. University life often involves too much sitting. A certain amount of physical activity can positively affect the immune system and help students achieve a balanced life. They will also gain skills to maximize internal strength and to gain optimal health.

The specific objectives of the course are that students will be able to do the following:

- Learning basic movements of dancing with a sword, incorporating basic drills, techniques and applications. Students will be able to use small sticks such as a ruler to practice sword techniques at home; please see the picture below:



- Learning meditation postures to reduce stress and tension, and regulate normal bodily functions
- Experiencing how activities with music can improve emotional health and can reduce stress
- Moving the body safely and with dynamic ease

TEXT & HANDOUT:

Please see instructor at the first class.

PRACTICAL SKILLS AND CLASS STRUCTURE

1. Warm-up

The warm-up session will include some meditation and mindfulness training.

Meditation: The design of the series of meditation postures follows the human spine and the command system of the body – the nervous system – through the neck, then the back and through the limbs. These exercises can be used for relief of neck, shoulder and back pain, and for the rehabilitation of chronic illnesses such as arthritis, heart disease, diabetes, Parkinson’s and Parkinson’s-related syndromes. Regular practice can also reduce stress and tension, and regulate normal bodily functions

Posture 1: Absorbing the Pure Essence.

Posture 2: Relieving the Blockages.

Posture:3: Combining Yin and Yang into One.

Stretching: Side stretching and front stretching for both legs

Kicking: Front kicking, outside kicking, inside kicking and slap kicking

2. Workout

Sword dancing exercises of basic movements / exercises in coordination and empathy. One of the keys to building strong foundations is to focus on the fundamentals when you practice Ancient Sword Dancing. Details of stance and hand position are important. As we said before, if it takes a thousand repetitions to acquire and understand an element of training, or even ten thousand,

Here are the Sword techniques:

1. Tapping
2. Tilting

3. Thrusting
4. Wrist technique and Combination – 1

5. Chopping
6. Upward parrying
7. Downward parrying and Combination – 2

8. Review all of the sword techniques
9. Example of daily training class of dancing with a sword

3. Cool-down

Before finishing class, students will learn relaxation techniques (Chinese traditional self-acupressure). You will learn to relax the whole body, and then end the class with a discussion period.

EVALUATION

1. Elements of Final Grade

Theory Exam 20%:

At the end of the session, there will be an exam of open book questions about Basic Movement training.

Practical Skills 65%:

Your final assessment will be conducted in small groups. Your Basic Movement performance will be judged on the basis of: posture & technique; breathing & pace; knowledge of the routines.

Attendance 15%:

Two absences (4 hours) will be allowed in this term. But 3% will be deducted from the “Attendance” component of your final grade for each class missed.

2. Percent: (Please note that there are no A+, B+ and C+ grades for all PKIN courses.)

- A: Exceptional & Excellent (80 - 100%)
- B: Very Good & Good (70 - 79%)
- C: Competent & Passing (60 - 69%)
- F: Failing (Below 60%)

PASS / FAIL OPTION

Some students may like to see either Pass or Fail, rather than a grade on their transcript. For students who wish to take a PKIN course on a Pass/Fail basis, they must let Instructor know before the end of the term.

PIKN PARTICIPATION REQUIREMENT

To receive credit for a practicum course, a student must attend and actively participate in a minimum of 80 percent of classes for the course. When full participation is not possible, accommodation agreements may be reached with the student. The following absences are allowed:

24-hour course, 2 hours per week over 12 weeks: Students are allowed 4 absences.

24-hour course, 4 hours per week over 6 weeks: Students are allowed 2 absences (S1 & S2 Term).

SAFETY PRECAUTIONS

Clothing should be comfortable and loose. Please wear exercise pants, not shorts or skirts. Shoes must have shoelaces. Pay close attention to details.

If you do not understand how to perform a movement or technique, ask the instructor for clarification before you attempt it. No gum. You could choke on it. If you feel pain, discomfort or distress, stop immediately. Cell phones should be off throughout the class.

CONTACT INFORMATION

If you would like to make an appointment, it is best to phone me at 416-919-7652.

Office Hours & Location:

Friday: 12:00AM – 2:00PM at Studio 6

IMPORTANT NOTE:

What you should know if you no longer want to take this course: You should take your name away from the course name list in the registry system **Fall: no later than Nov. 18 / 2023; Winter: no later than Mar. 11 / 2024**, to avoid getting an automatic “Fail grade” from the computer system.

If you didn't take your name away from the system, then you would have to go back to the office to fix your grade. That would not only waste your time, but would also give unnecessary trouble to the office staff. Thank you very much for your co-operation.