

<b>Module full title:</b> Yoga and Meditation	
<b>SITS Module Code:</b> 4HMDS001W	
<b>Credit level:</b> Level 4	<b>Length:</b> Semester
<b>UK credit value:</b> 20	<b>ECTS credit value:</b> 10
<b>College:</b> Liberal Arts and Sciences	<b>School:</b> Life Sciences
<b>Host programme of study:</b> <i>None defined</i>	
<b>Progression and assessment board:</b> LIFSCN - Herbal/Chinese Medicine UG PAB	
<b>Pre-requisites:</b> None	<b>Co-requisites:</b> None
<b>Study abroad:</b> Yes	
<b>Special features:</b> Visit to cultural centre. This module also runs in a two week block for the International Summer School.	
<b>Access restrictions:</b> max 30 students due to practical nature of this module	
<b>Are the module learning outcomes delivered, assessed or supported through an arrangement with organisation(s) other than the University of Westminster:</b>	
<p><b>Summary of module content</b></p> <p>This experiential module aims to provide an introduction to the theoretical and conceptual framework for exploring the physical, mental, spiritual and social dimensions of yoga and meditation. Students are given the opportunity to personally experience the effects of yoga postures, breathing, relaxation and meditation techniques. The principles underlying the safe practice of yoga and meditation are considered. For the duration of the module students will be expected to develop a yoga and meditation practice, as well as maintain a learning journal. The journal will enable the student to reflect on the experience of practising yoga and meditation.</p>	

## Assessment Methods

Rank	Assessment type	Assessment name	Weighting	Minimum mark required	Qualifying set (where the minimum mark required applies across multiple assessments)
	Practical Work	PRW	50	30	Set
	Essay	Essay	50	30	Set

## Synoptic assessment

n/a

## Learning outcomes

By the end of the module a successful student will be able to:

1. Demonstrate and explain the effects of a range of appropriate positional, breathing, relaxation and meditation techniques drawn from diverse yoga practice.
2. Describe how the underlying anatomical and physiological principles of alignment relate to safe yoga practice.
3. Summarise the philosophical framework underpinning a range of styles of yoga and demonstrate awareness of the effects of yoga practice within the context of health.
4. Through a process of reflection identify and assess the personal effects of yoga practice.

## Indicative syllabus content

The syllabus includes: Philosophical and psychological underpinnings of yoga and meditation. Postures: technique, alignment, preparatory, modified, counter, safe application. Abdomino-pelvic exercises; standing postures; forward bending postures; back bending postures; twisting postures; sun salutation. Principles of personal practice. Prana and pranayama practices. Mudra. Bandha. Yoga Nidra. Meditation practices.

## Teaching and learning methods

This is an experiential module therefore all sessions will include a practical component, learning and experiencing the postures, breath work, relaxation and meditation techniques. The sessions will focus on exploring the range of yoga postures more fully. All sessions will be interactive affording the opportunity to pose questions, to clarify understanding and receive feedback on your yoga and meditation practice. The learning environment will be supportive and will include assessment preparation. Preparation and pre-readings will add value to the sessions, allowing you to benefit more fully from the programme. Students are also expected to deepen their learning by developing a yoga and meditation practice outside of the class.

Ensure that you wear appropriate clothing to enable you to participate fully in the activities. We will work on the floor using mats and blocks. You may wish to bring a blanket for warmth during the relaxation sessions.

Activity type	Category	Student learning and teaching hours *
Lecture	Scheduled	6
Seminar	Scheduled	
Tutorial	Scheduled	
Project supervisor	Scheduled	
Demonstration	Scheduled	
Practical classes and workshops	Scheduled	42
Supervised time in studio/workshop	Scheduled	
Fieldwork	Scheduled	
External visits	Scheduled	
Work based learning	Scheduled	
Scheduled online learning	Scheduled	
Other learning	Scheduled	
<b>Total scheduled</b>		48
Placement	Placement	
Independent study	Independent	152
<b>Total student learning and teaching hours</b>		200

\* hours per activity type are indicative and subject to change

## **Assessment rationale: Why has this assessment been used for this module?**

### **Formative**

Continually assesses the student's integration of knowledge and understanding of a range of appropriate positional, breathing, relaxation and meditation techniques.

### **Summative:**

*Practical Assessment:* assesses the student's ability to describe and demonstrate understanding of specific yoga practices with due consideration to the principles of safe and effective practice criteria

### **Reflective Summary**

Assesses the student's understanding of the philosophical context of yoga and meditation practice, the ability to identify learning through personal development of yoga and meditation practice, the implications of yoga and meditation practice within the wider context of health.

## **Assessment criteria: What criteria will be used to assess my work on this module?**

### **Practical Assessment: Learning Outcomes 1 & 2**

- Accurate and appropriate alignment, preparatory & counter postures
- Modification of practice
- Correct use of breathing practices
- Understanding and explanation of applications
- Safe practice and appropriate self-care
- Time management

### **Reflective Summary: Learning Outcomes 3 & 4**

- Sets a personal goal and applies reflective cycle to critically analyse personal experience of yoga and meditation practice
- Draws on experiences recorded in reflective journal
- Use of appropriate theory
- Presentation, structure, grammar, spelling
- Use of Harvard referencing