

Course Syllabus

1. Program of Study

Bachelor of Science Program
 Bachelor of Arts Program
 Bachelor of Business Administration Program

Bachelor of Nursing Science Program

Faculty/Institute/College

Mahidol University International College

2. Course Code ICPE117 **Course Title** Physical Education: Mind and Body

3. Number of Credits 1 (Lecture-Lab)(0-3)

4. Prerequisite (s) None

5. Type of Course General Education

6. Trimester/Academic year Trimester 1, 2 and 3/ every academic year

Course Description

Important Yoga and/or Tai Chi techniques which incorporate controlled rhythmic breathing, with a combination of bodily techniques.

Course Objective (s)

Students will develop an alternative way to exercise the body and the mind.

Course Outline

Week	Topic		Instructor	
	Lab	Hour		
1	Introduction to Yoga	3	Dance Center	
2	Basic postures and breathing: - Corpse Pose, Muscles Relaxation; - Neck and eyes;	3		
3	Pranayama, rectangle square: - Alternate nostril breathing; - Beginners Sun salutation;	3		
4	Legs raise and stomach rolls; - Dolphin Asana;	3		
5	Child Asana; - Forward bent Asana;	3		
6	Half Wheel Asana; - Fish Asana;	3		
7	Camel Asana; - Frog Asana;	3		
8	Lion Asana; - Twist Asana;	3		
9	Triangle Asana and various; - Warrior Asana;	3		

10	The Lord Buddha Asana; - The Tree Asana	3	
11	Lotus posture and basic Meditation method	3	
12	<i>Final Assessment</i>		
	<i>Total</i>	33	

Teaching Method (s)

Classroom Interaction and demonstrations.

Teaching Media

Demonstrations

Measurement and evaluation of student achievement

Assessment made from the set-forward criteria:

100 – 90%	= A	74 – 70%	= C
89 – 85%	= B+	69 – 60%	= D
84 – 80%	= B	59 >	= F
79 – 75	= C+		

Course evaluation

Final Examination (Basic skills)	50%	
Attendance and participation		50%
Total	100%	

14. Reference (s)

Notes provided by the instructor

Instructor (s)

Dance Center

Course Coordinator

Michael Naglis

