

Yoga

(Aug 2024 version)

Exam Item	Skill (60%)				Attendance & Participation	Written	Total
	<u>Basic Asana</u>	<u>Sun Salutation</u>	Sequencing	Practice Log			
Marks	20%	10%	20%	10%	20%	20%	100%
CONTENT	<p><i>Perform 5 basic asana out of 25 basic asana, see the “List of Asana”)</i></p> <p>Scoring: 4% x 5 asana</p>	<p><i>Perform the whole sequence of “Sun Salutation” (12 postures)</i></p> <p>Scoring: Completeness of the sequence (5%) Fluency & Perfectness (5%)</p>	<p><i>Self-design Sequencing with 10 Asana, accordance with the sequencing principles</i></p> <p>Scoring: Choose of Asana, Rationale of Sequencing (15%) Flow & Difficulties (5%)</p>	<p><i>Finish 2 Personal Practice Logs throughout the semester</i></p> <p>Scoring: 5% x 2 Logs (grade according to the content’s quality)</p>			
	No.of trial	1	1	1			
Remarks							