



Syllabus

Term: 2023/24/2

Subject name: Yoga (Hatha)

Subject code: ENTESV06

Unit (Unit code) (TESTNEV)

Lecturer responsible for the course: GÉP Zsuzsanna

Requirement: Term mark

Classes per week : 0/2/0

Classes per term: 0/0/0

Purpose of education:

13. Course objectives and/or learning outcomes:

Knowing their theoretical and practical knowledge are able to use the yoga tool system for all ages preventive customized, to pass a high level in the yoga bodycultural values.

Are prepared to improve the quality of life professional advice, are able to broaden the ranges for health status and to enhance the training.

Their theoretical and practical skills are able to develop in a creative way their yoga-related knowledge to publish their experiences, their results.

Scientifically sound knowledge skills and attitudes, are suitable in the art educational, education, developmental tasks.

Contents:

14. Course outline,

Detailed themes for 13 weeks:

1. week



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Contents:

Accident prevention education, description of semester requirements.

The subject of yoga, its history, goal and device system, areas of application

Yoga movement and practice.(learning different breathing techniques, types of asanas, the harmonization of breathing with movement, learning different equilibrium exercises.

one of the types of "sunchine" practice.

2.week

Asanas and different balance exercises in the light of continuity.

strength exercises

crow position, sitting holding, balance exercises. Praticice.

3.week

Stretching and learning complex balance exercises.

Theoretical description of the relaxation and meditation.

4.week



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Transfer of practical knowledge of the relaxation and meditation.

Theoretical description of mantras.

5. week

Practice of different mantras.

Conducting relaxation by individuals

6. week

Learning about yoga elements with different tools.

theoretical instruction on stress solving, remission,

description of the importance of:

"The will as a creative force"



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7. week

Presentation

At least 5 asana, 3 practice balance, 2 breathing technique and the theoretical description of the relaxation. A partial training of yoga elements composed by the student) relaxation If possible, through a recorded video.

8. week

a description of different spine yoga exercises, at the practical level

learning them. Practical elements of spine yoga cat pose, specific elements of spine support camel, cradle etc. explanation of the physiological effects of the elements

9. week



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the breathing forms of hatha yoga, describing their practical elements

description of elements asthanga yoga, theoretical and practical

Description of these elements, according to the material already described)

The same with the Asthanga elements

10.week

practice for the asana(playing music, coordinating different balance, stretching and strengthening exercises. Description of different paired yoga elements at the theoretical and practical level.

(Ignoring the music, an 8dia ppt.)

11.week

writing a semester-end thesis.

(If this is not possible at a later date, then active participation and



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evaluation based on the requirement to be submitted)

12. week

Presentation.

13. week

Semester evaluation.

Providing replacement facilities.

15. mid-term tasks weekly breaks (if they are):

16. a detailed description of the assessment(



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25% on-line presentation, 25% on a pre-agreed topic (individual writing 8-10 minutes ppt)

System of examining and valuation:

25% on-line presentation, 25% on a pre-agreed topic (individual writing 8-10



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System of examining and valuation:

minutes ppt)

Bibliography:

17. Howard Kent: Yoga made Easy

Bibliography: