

Yoga

(Aug 2025 version)

Exam Item	Skill (54%)				Attendance & Participation	Written	Total
	<u>Basic Asana</u>	<u>Sun Salutation</u>	Sequencing	Practice Log			
Marks	20%	8%	18%	8%	26%	20%	100%
CONTENT	<i>Perform 5 basic asana out of 25 basic asana, see the “List of Asana”)</i> Scoring: 4% x 5 asana	<i>Perform the whole sequence of “Sun Salutation” (12 postures)</i> Scoring: Completeness of the sequence (4%) Fluency & Perfectness (4%)	<i>Self-design Sequencing with 10 Asana, accordance with the sequencing principles</i> Scoring: Choose of Asana, Rationale of Sequencing (15%) Flow & Difficulties (3%)	<i>Finish 2 Personal Practice Logs throughout the semester</i> Scoring: 2% x 4 Logs (grade according to the content’s quality)			
	No.of trial	1	1	1			
Remarks							