Syllabus

Course Description

Course Title	Yoga for Children laboratory
Course Code	11351
Course Title Additional	
Scientific-Disciplinary Sector	PAED-01/A
Language	Italian
Degree Course	5 year master degree in Primary Education - Italian section
Other Degree Courses (Loaned)	LM-85 bis Education German section LM-85 bis Education Ladin section
Lecturers	Dott. Mag. Antonietta Rozzi, Antonietta.Rozzi@unibz.it https://www.unibz.it/en/faculties/education/academic-staff/person/7582
Teaching Assistant	
Semester	First semester
Course Year/s	All
CP	2
Teaching Hours	0
Lab Hours	20
Individual Study Hours	30
Planned Office Hours	6
Contents Summary	Theoretical and practical workshop.
Course Topics	Introduction to the science of yoga: historical and philosophical aspects. main practical methodologies. The binomial mind/body, motor patterns/learning patterns. The development of the various planes of the human being according to yoga. Tension and stress and their management with yoga methodologies: physiological and psychological aspects. Learning to learn: motivation and play in yoga. Concentration techniques and memory development: yoga and

	learning. Self-assessment in yoga, growth and learning. Personality structuring and lifelong learning methodologies according to yoga.
Keywords	Self-knowledge, awareness, integration, responsibility, well-being,
Recommended Prerequisites	
Propaedeutic Courses	
Teaching Format	Theoretical lessons on various topics Practical lessons with examples first experienced by the students and then simulated practical yoga lessons for pre-school and primary school children in different contexts.
Mandatory Attendance	In accordance with the regulation.
Specific Educational Objectives and Learning Outcomes	Area: optional characterising the professional profile. Objectives: Acquisition of the basic methodologies of the yoga discipline and their application in the pedagogical and educational field for pre-school and primary school children as support for the growth and learning process: - Acquisition of educational tools and methodologies referring to the wholeness of the individual based on the yoga methodology - Acquisition of pedagogical tools for the integral development of the personality of children with particular attention to the management of stress and discomfort and the development of self-knowledge and autonomy - Integration of yoga methodologies in various school subject areas and acquisition of transversal skills - Yoga methodologies for the development of different learning patterns to be maintained throughout life The course provides knowledge of specific methodologies based on the science of yoga as professional tools and also of learning methodologies applicable in various school contexts and in life. Disciplinary objectives:

	- to acquire knowledge of psycho-physical methodologies involving a global approach to children's personalities and the development of individual potential; - to stimulate the teacher's and children's personal commitment based on psycho-physical well-being as the overriding motivation - learning methodologies to eliminate states of tension in children - empowering children in the management of tensions and discomfort by creating well-being that induces a sense of self-confidence and self-esteem and develops autonomy; - develop better self-knowledge on a physical, emotional, psychic level and the ability to autonomously assess results in order to reduce the state of tension and anxiety linked to expectations of results and excessive competitiveness. - provide specific tools to improve concentration, memory and learning Disciplinary skills Identify the educational and pedagogical value in the yoga methodologies learnt as a tool for healthy growth, learning and autonomy. Knowledge and understanding: Knowledge of basic yoga methodologies and their application in education. Ability to apply knowledge and understanding: With theoretical explanations and practical exercises develop the students' ability to apply yoga methodologies in various educational settings also to solve situations of discomfort and learning difficulties and to promote autonomy and socialisation in children. Autonomy of judgement Developing the ability to listen to oneself, self-awareness and self-assessment Yoga methodologies are based on listening to and evaluating oneself and one's personally perceived and assessed experiences and thus foster the attitude of self-management and not depending solely on external judgements. This aptitude is consolidated and becomes the capacity for

	autonomous evaluation and judgement in every sphere: cognitive, psychological, social, relational and ethical. Communication skills Being able to explain the usefulness, purposes and methodologies of the discipline yoga in different educational contexts in pre-school and primary school. Learning skills The different yoga methodologies have as their common denominator learning to know oneself and to improve one's various abilities: physical, emotional, cognitive, intuitive and values. To achieve these results, tools are used that structure the body and mind through motor patterns and mental exercises that always consolidate new ways of learning, thus encouraging continuous learning and emancipation from stereotypes.
Specific Educational Objectives and Learning Outcomes (additional info.)	The course aims to offer proven tools for developing individual responsibility towards oneself and others, resilience to face difficulties and stress, and conscious self-management of one's behavior and social relationships, which, if learned and structured at an early age, constitute behavioral patterns for life.
Assessment	Individual written research on the topics covered in the course explaining the usefulness of yoga in an educational context and/or the structuring of a yoga session in different educational contexts for pre-school and primary school children with explanations and reasons for the chosen yoga techniques. The papers will be sent in before the examination. The following results are assessed - knowledge and application of yoga methodologies for children in various educational contexts - teaching skills and application of the methodologies learnt during the workshop - ability to adapt the methodologies learnt to individual children even in stressful or uncomfortable situations - ability to apply yoga methodologies to improve socialisation and the classroom climate

	- ability to develop through yoga methodologies greater self-awareness in children and to improve their psychophysical well-being, attention and concentration - ability, through the methodologies learnt, to make children recognise and resolve moments of tension and discomfort and develop their security, self-esteem and autonomy - create with the different yoga methodologies the conditions for improving learning with the construction and maintenance of new learning patterns.
Evaluation Criteria	Awarding a single final grade For the written didactic test - be able to structure a yoga lesson according to the various contexts (pre-school or primary school) and according to the specific demands simulated in the test (e.g. to achieve relaxation, to obtain physical and mental flexibility, to learn concentration, to develop memory, to induce greater security and confidence in the children's individual abilities...) - be able to lead a basic yoga class for children - also contribute with their own teaching skills to obtaining the results set by the didactic test, knowing how to motivate the choices made. For the final oral exam: - Questions and comments on the paper and the course
Required Readings	Yoga workshop handouts by the lecturer and introductory presentations on yoga methodologies, yoga postures, yoga breathing, relaxation and concentration, in an educational context.
Supplementary Readings	B.K.S. IYENGAR, T*eoria e pratica dello Yoga*, Roma, Mediterranee, 2003. Andrè VAN LYSEBETH, *Imparo lo Yoga*, Milano, Mursia, 1987. Swami SATYANANDA SARASWATI, *Asana Pranayama Mudra Bandha*, Torino, Satyananda Ashram Italia,2011. Swami SHIVANANDA, *Concentrazione e Meditazione*- Roma, Mediterranee, 1972.
Further Information	Information on specific yoga courses for children, cultural exchange activities and MOUs with the Indian government for the dissemination of yoga pedagogy in education. Scientific researches on the validity of yoga techniques, particularly

	in schools and for children.
Sustainable Development Goals (SDGs)	Partnerships fot the goals, Good health and well-being