

## Course Syllabus

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|----------------------------------|---|
| <b>1. Program of Study</b>       | Bachelor of Science Program<br>Bachelor of Arts Program<br>Bachelor of Business Administration Program<br>Bachelor of Nursing Science Program   |
| <b>Faculty/Institute/College</b> | Mahidol University International College  |
| <b>2. Course Code</b>            | ICPE120   |
| <b>Course Title</b>              | Physical Education: Aikido  |
| <b>3. Number of Credits</b>      | 1 (0-3-1) (Lecture/Lab/Self-Study)  |
| <b>4. Prerequisite (s)</b>       | None  |
| <b>5. Type of Course</b>         | General Education   |
| <b>6. Session</b>                | Trimester 1, 2 and 3/ every academic year   |
| <b>7. Conditions</b>             | -   |
| <b>8. Course Description</b>     | A martial art denoting the way of harmony with universal energy; importance of attaining harmony between <i>ki</i> (breath) and <i>tai</i> (the body) combined with nature; harmony between <i>shin</i> (the mind) and <i>ri</i> (moral outlook).   |
| <b>9. Course Objective (s)</b>   | After successful completion of this course, students should be able to<br>9.1 make notes of the benefits that they experience from the practice of Aikido.<br>9.2 develop concentration, long and short-term memory.<br>9.3 develop self-confidence and respect to others.<br>9.4 find themselves more physically fit and flexible, while mentally more relaxed, aware and focused. |

## 10.Course Outline

Week	Topic	Hour			Instructor
		Lecture	Lab	Self-Study	
1	Background of Aikido (video and talk)	0	3	1	Kim Macgregor
2	Warm-up and stretch exercises	0	3	1	
3	Special Aikido Exercises to developed strength, flexibility and "Ki"	0	3	1	
4	Rolling (falling) "Ukemi":- "Zenpo Ukemi", "Koho Ukemi"	0	3	1	
5	10 Minute Rest Break (Video and talk) Optional	0	3	1	
6	Aikido Technique training	0	3	1	
7	Breathing exercises and meditation	0	3	1	
8	"Q" & "A"	0	3	1	
9-11	Review and Practice	0	9	1	
12	<i>Final Exam</i>	0	3	1	
	<i>Total</i>	0	36	12	

### 11. Teaching Method (s)

11.1 Instructions, demonstrations and lead-up activities.

### 12. Teaching Media

Demonstrations

### 13. Measurement and evaluation of student achievement

Student achievement is measured and evaluated by

13.1 the ability to make notes of the benefits that they experience from the practice of Aikido.

13.2 the ability to develop concentration, long and short-term memory.

13.3 the ability to develop self-confidence and respect to others.

13.4 the ability to find themselves more physically fit and flexible, while mentally more relaxed, aware and focused.

Student's achievement will be graded according to the faculty and university standard using the symbols: A, B+, B, C+, C, D+, D, and F.

Students must have attended at least 80% of the total class hours of this course.

**Ratio of mark**

Final Examination (Basic skills)	25%
Attendance and participation	40%
Written Examination	35%
Total	100%

**Assessment made from the set-forward criteria:**

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

**14. Course evaluation**

14.1 Students' achievement as indicated in number 13 above.

14.2 Students' satisfaction toward teaching and learning of the course using questionnaires.

**15. Reference (s)**

Notes provided by the instructor

**16. Instructor (s)**

Kim Macgregor

**17. Course Coordinator**

Michael Naglis