**Learner ASSESSMENT GUIDE**

**NAT11327003 Apply yoga history, literature and philosophy to own practice**

**Certificate IV in Yoga 10885Nat**

***Assessment Strategy***

* Assessment tasks to establish competency in this unit may include written assignments, quizzes, observation and participation in group discussions.

***Competence***

* To demonstrate competence you must complete all assessment tasks.

***Written Assignments***

* Presentation of any written assessment is important. How you do one thing is how you do everything.
* Typed or hand written (legibly).
* Name and date.
* References (if required).
* All assessment will be retained for audit purposes. It is important to keep a copy of your assessments.
* Plagiarism is a form of cheating. It is taking and using someone else’s thoughts or writings and representing them as your own. Don't do it. It may result in exclusion from the course.
* On successful completion of all the units in Certificate 4 in Yoga, there will be one final written examination that will cover content from all the units of competency. This exam will consist of; short answer, multiple choice, and true/false questions.
* The exam duration is 2 hours and a minimum grade of 100 % is required.

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| **NAT11327003Apply yoga history, literature and philosopy to own practice** |

**This is a summary of your assessment.**

Y4YH1 Research

Y4YH2 Written Questions

Y4YH3 Project - Interviews

Y4YH Discussion

Y4YH5 - Essay

**Y4YH1** **Assessment – Research** **History & Philosophy**

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| --- | --- | --- | --- |
| Name of student |  | Date submitted |  |
| Name of assessor |  | | |
| Unit/s (code and name) | NAT11327003 Apply yoga history, literature and philosophy to own practice | | |
| Method of assessment | Written  Verbal | | |

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| **Learner** **Instructions** | | | |
| * Source and watch Peter Brookes’ Mahabharata (and design a poster based on what I am sharing about my perspective (Some information may be available on Youtube. * Draw a representation of the historical literature from which yoga is derived. The historical literature is provided on lesson 4.12. of the notes. However, the task requires that you find your own expression. * Draw a representation of the Evolution of Yoga (timeline). Find your own expression. * You may submit separate documents if you wish * You must complete all questions to be deemed competent in this unit * Re-assessment of any incorrect responses will be undertaken verbally or by email and noted on the assessment * Identified special needs students may be able to undertake this assessment in a slightly different way please speak with your assessor if you believe that you are eligible for a modified assessment item | | | |
| **EDUCATIONAL ADJUSTMENTS MADE** | | | |
| Formatting | Altered print size and layout  Simplified language | | |
| Time | Extra Time | | |
| Assistive Technology | Word Processor | | |
| Environmental | Alternate location      Reduced audience     Support person present | | |
| **Satisfactory**  **Not Satisfactory** | | **Due date for reassessment (if required):** |  |
| **Feedback to student:** | | | |
| Assessor Signature | | | |
| Candidate Signature | | | |

**Y4YH2** **Assessment – Knowledge Questions**

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| --- | --- | --- | --- |
| Name of student |  | Date |  |
| Name of assessor |  | | |
| Unit/s (code and name) | NAT11327003 Apply yoga history, literature and philosophy to own practice | | |
| Method of assessment | Written  Verbal Observation | | |

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| Learner **Instructions** | | | | |
| * This assessment consists of **6** questions * Answers must be clear, concise and in your own words * All writing, notes and responses to be done in the spaces provided * You must answer all questions to be deemed competent in this unit * Re-assessment of any incorrect responses will be undertaken verbally and noted on the assessment * Identified special needs students may be able to undertake this assessment in a slightly different way please speak with your assessor if you believe that you are eligible for a modified assessment item | | | | |
| **EDUCATIONAL ADJUSTMENTS MADE** | | | | |
| Formatting | Altered print size and layout  Simplified language | | | |
| Time | Extra Time | | | |
| Assistive Technology | Word Processor | | | |
| Environmental | Alternate location      Reduced audience     Support person present | | | |
| **Satisfactory**  **Not Satisfactory** | | | **Due date for reassessment (if required):** |  |
| **Feedback to student:** | | | | |
|  | | | | |
| **Assessor Signature:** | | Date: | | |
| **Candidate Signature** | | Date” | | |

**Y4YH2**  **Knowledge Questions – Exploring History**

Answer the following questions.

* Minimum words for each question is 100
* Type in the space provided

Q.1 Describe yoga’s origins in Shiva

A.

Q. 2. Describe 3 differences between historical and contemporary yoga

A.

Q.3 Identify 3 current trends in Yoga

A.

Q,4 What do different definitions of yoga tell us about how its role has changed over time?

A.

Q, 5 How do historical and cultural interpretations of yoga inform the way it is practiced across the globe today?

A.

Q. 6 How has the practice of yoga influenced various domains such as education, healthcare, sports, and the arts?

A.

Q. 7 .What key ideas from the history of yoga can be applied to enhance one’s own life and work?

A.

Q.8 . How can historical insights into yoga inform and inspire personal and professional growth today?

A.

Q.9.. Briefly describe why copyright and intellectual property legislation are important.

A.

**Y4YH3 Project – Interviews**

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| --- | --- | --- | --- |
| Name of student |  | Date submitted |  |
| Name of assessor |  | | |
| Unit/s (code and name) | NAT11327003 Apply yoga history, literature and philosophy to own practice | | |
| Method of assessment | Written  Verbal | | |

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| Learner **Instructions** | | | | |
| * This assessment consists of **conducting 3 interviews, one of which is with yourself.** * **Interviewees must be currently practicing yoga** * You must collect information from your interviewees on the impact of yoga on the way people live and work. You could develop a short list of questions for your interview. * If you are unsuccessful in finding candidates please check with the assessor * Please write up your findings from each interview * All writing, notes and responses to be done in the spaces provided * You must complete all questions to be deemed competent in this unit * Re-assessment of any incorrect responses will be undertaken verbally or by email and noted on the assessment * Identified special needs students may be able to undertake this assessment in a slightly different way please speak with your assessor if you believe that you are eligible for a modified assessment item | | | | |
| **EDUCATIONAL ADJUSTMENTS MADE** | | | | |
| Formatting | Altered print size and layout  Simplified language | | | |
| Time | Extra Time | | | |
| Assistive Technology | Word Processor | | | |
| Environmental | Alternate location      Reduced audience     Support person present | | | |
| **Satisfactory**  **Not Satisfactory** | | | **Due date for reassessment (if required):** |  |
| **Feedback to student:** | | | | |
|  | | | | |
| **Assessor Signature:** | | Date: | | |
| **Candidate Signature** | | Date: | | |

**Y4YH4** **Observation – Discussion**

**Candidate Instructions**

* The candidate will prepare for a discussion with peers or teacher on yoga history and philosophy.
* The date and venue will be confirmed by the assessor.
* The discussion will include Yoga history and philosophy and in particular the relevance and application to your own life, yoga in different cultures, yoga in different fields of human endeavour, differences in historical and contemporary yoga
* Candidates will be provided with the name of one yogi to research and provide a brief.
* Candidates should prepare for discussion by reading through the history and philosophy notes

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|  | |  |  |  | Details of observation | | | | | | |
| RTO | | | | | Health Institute Australasia | | | | |
| Student name | | | | |  | | | | |
| Assessor name | | | | |  | | | | |
| Competency standard | | | | | NAT11327003 Apply yoga history, literature and philosophy to own practice | | | | |
| Assessment dates | | | | |  | | | | |
| Task/procedure observed | | | | | Contribute to a discussion of yoga history and philosophy | | | | |
|  | |  |  |  | Observation checklist Date | | | | | | |
| Did the candidate: | | | | | | Yes | No | Yes | No | Yes | No |
| 1.1 | Prepare for the discussion | | | | |  |  |  |  |  |  |
| 1.2 | Participate and contribute to the discussion | | | | |  |  |  |  |  |  |
| 1.3 | Communicate in a culturally sensitive manner | | | | |  |  |  |  |  |  |
| 1.4 | Connect own practice to historical perspectives | | | | |  |  |  |  |  |  |
| 1.5 | Discuss application of knowledge incorporating feedback and ideas | | | | |  |  |  |  |  |  |
| 1.6 | Prepare a brief on one yogi | | | | |  |  |  |  |  |  |

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| Results | |
| Overall performance | ❒ Satisfactory ❒ Not Yet Satisfactory |
| Feedback to candidate |  |
| Assessor signature | Date: |
| Candidate Signature: | Date: |

**Y4YH5** **Essay**

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| Name of student |  | Date |  |
| Name of assessor |  | | |
| Unit/s (code and name) | NAT10885003 Apply yoga history, literature and philosophy to own practice | | |
| Method of assessment | Written  Verbal | | |

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| Learner **Instructions** | | | | |
| * This assessment consists of **writing a one page essay** * The essay topic is the Cosmic Perspective * Candidates can refer to information from the course notes in the Self Mastery module * Candidates must reference any sources used including the course notes * Re-assessment of any incorrect responses will be undertaken verbally or by email and noted on the assessment * Identified special needs students may be able to undertake this assessment in a slightly different way please speak with your assessor if you believe that you are eligible for a modified assessment item | | | | |
| **EDUCATIONAL ADJUSTMENTS MADE** | | | | |
| Formatting | Altered print size and layout  Simplified language | | | |
| Time | Extra Time | | | |
| Assistive Technology | Word Processor | | | |
| Environmental | Alternate location      Reduced audience     Support person present | | | |
| **Satisfactory**  **Not Satisfactory** | | | **Due date for reassessment (if required):** |  |
| **Feedback to student:** | | | | |
|  | | | | |
| **Assessor Signature:** | | Date: | | |
| **Candidate Signature:** | | Date: | | |