

Subject	Multicultural Communication		
Day/Period	Fri.5Period	Place	その他
Subject Group	全学教育科目先進科目－国際教育		
Credit(s)	2.0Credits		
Eligibility	全		
Instructor (Position)	藤本 敏彦、スクラ 聡子 所属：高度教養教育・学生支援機構		
Term	2/4/6/8セメスター		
Course Numbering	ZAC-GLB806B		
Language of Instruction	2 カ国語以上		
Media Class Subjects			
Essential Subjects	各学部の履修内規または学生便覧を参照。		
Class Subject	【国際共修】自国の健康運動の紹介と国際的健康運動ヨガの実践/ Introduction to Health Workouts in their Country and the Practice of International Health Movement Yoga.		
Class Objectives and Summary	<p>この授業の最大人数は40名です。それ以上は抽選を行います。【重要】10月1日(水)までにクラスコードを使ってGoogle classroomで学籍番号と名前を登録してください(厳守)。抽選発表は10月2日(木)に行います。抽選が無い場合はそのことをGoogle classroomで報告します。</p> <p>The maximum number of students for this class is 40. If more than that, a lottery will be held. Important: Please register your student ID number and name in Google classroom using the class code by Wednesday, October 1 (strictly enforced). The lottery will be announced on Thursday, October 2. If there is no lottery, this will be reported on Google classroom.</p> <p>この授業は英語と日本語の両方で行います。</p> <p>この授業では国際的健康運動法として知られるヨガのポーズやその動きと流れが、こころと体へもたらす影響と効果を体感し、表現できるようにすること。スマートフォンや他電子機器なしで、ただ静かに座するという実践を行い、その効果を表現すること。また自国、あるいは各々の療養食や療養法を紹介し合います。最終週にレポートを提出して頂きます。</p> <p>This class is taught in both Japanese and English.</p> <p>In this class, you will experience how yoga asanas (poses) and their sequences affect your mind and body, and express what you have learned from them. You will also practice sitting quietly without using smartphones or any other electronic devices and reflect on its effects.</p> <p>Additionally, participants will share traditional therapeutic diets and treatments from their home countries. A report is expected to be submitted during the final week of the class.</p>		
Learning Goals	<ul style="list-style-type: none"> ・他国および他者の健康法を知り、自身の知識や経験も発表する。 ・ Learn about the health practices of other countries and others, and present your own knowledge and experience. ・ ヨガ的な軽運動と呼吸法がもたらす、こころと体への効果を知る。 ・ Learn the effects of light yogic exercises and breathing techniques on your mind and body. ・ 本当の静寂さの重要性を体感する。 ・ Experience the importance of true stillness. 		
Contents and Progress Schedule of the Class	<p>第1回 ヨガの紹介、実践する理由、基本の呼吸法。 1st Session: Introduction to yoga, reasons for daily practice, and basic breathing techniques.</p> <p>第2回 自国、または自己流の健康法を話し合う。 2nd Session: Share the traditional therapeutic diets and treatments from your home countries, as well as your own health practices, with other students.</p> <p>第3回 基本のハタヨガ + 様々な呼吸法。 3rd Session: Practice basic Hatha Yoga asanas and various breathing techniques.</p> <p>第4回～10回 同上 + バランスポーズ + シャバーサナ。 4th to 10th Sessions: Continuation of the above + basic balancing poses and Savasana (corpse pose).</p> <p>第11回～14回 同上 + 最後5分間、蓮華座でただ座る + アロマオイル(ミント & ゆず)が神経系にもたらす効果を知る。 11th to 14th Sessions: Continuation of the above + practice five minutes of total stillness in the lotus pose + experience how aroma oils, mint and yuzu, can change your mode and affect the nerve system.</p> <p>第15回 個々の変化を話し合う。 15th Session: Discuss your physical and mental transformations after your yoga experience.</p> <p>ヨガの種類は変更になることがあります。ご了承ください。/The type of yoga is subject to change. Please understand.</p>		
Evaluation Method	<p>出席・態度50%、レポート50% Attendance (50%) ,Report (50%) 11回以上の出席 Students must attend a minimum of 11 sessions to receive credit.</p>		

		AA評価の対象は欠席が1回までの学生さんです。 AA evaluation is for students with up to one absence. 出欠に関する不正行為には厳正に対応します。 Any irregularities regarding attendance will be dealt with strictly.			
Textbook and References					
Title	Author	Publisher	Year	ISBN/ISSN	Classification
U R L					
Preparation and Review		・ 自国の健康運動を調べ発表の準備をする。 ・ Research the traditional therapeutic practices of your home country and prepare a 3-minute presentation for the class. ・ 習ったヨガの動きや呼吸法を、毎朝と就寝前にいくつか実践する。 ・ Practice the yoga poses and breathing techniques learned in class daily, both in the morning and before bed.			
Practical Skill/Hands-on Class *Practical classes are marked with a ○.					
Students must bring their own computers to class [Yes / No]		不要 No.			
Contact (Email, etc.)		全学教育HP掲載の「全学教育科目授業担当教員連絡先一覧」を参照。			
Other Comments/Instructions		この授業の最大人数は40名です。それ以上は抽選を行います。【重要】10月1日(水)までにクラスコードを使ってGoogle classroomで学籍番号と名前を登録してください(厳守)。抽選発表は10月2日(木)に行います。抽選が無い場合はそのことをGoogle classroomで報告します。 The maximum number of students for this class is 40. If more than that, a lottery will be held. Important: Please register your student ID number and name in Google classroom using the class code by Wednesday, October 1 (strictly enforced). The lottery will be announced on Thursday, October 2. If there is no lottery, this will be reported on Google classroom. 運動がしやすい服装で参加してください。 Please wear clothes that are comfortable for exercise.			
Last Update		2025/3/5			

One-credit courses require 45 hours of study. In lecture and exercise-based classes, one credit consists of 15-30 hours of class time and 30-15 hours of preparation and review outside of class. In laboratory, practical skill classes, one credit consists of 30-45 hours of class time and 15-0 hours of preparation and review outside of class.