



DEPARTMENT OF LITERATURE, HISTORY OF IDEAS, AND RELIGION

RT2416 Yoga: Historical and Critical Perspectives, 7.5 credits

Yoga och meditation: historiska och kritiska perspektiv, 7,5 högskolepoäng

Second Cycle

Confirmation

This course syllabus was confirmed by Department of Literature, History of Ideas, and Religion on 2017-07-03 and was last revised on 2024-01-19 to be valid from 2024-09-02, autumn semester of 2024.

Field of education: Arts 100%

Department: Department of Literature, History of Ideas, and Religion

Position in the educational system

The course is given as a freestanding course at the second cycle level.

Main field of studies

Religious Studies and Theology

Specialization

A1N, Second cycle, has only first-cycle course/s as entry requirements

Entry requirements

Degree of Bachelor or completed courses of at least 180 credits at first cycle level, of which at least 90 credits with progression in some main field of study where it is included a bachelor's thesis of at least 15 credits. Qualified are also those that have equivalent foreign education or that have equivalent prior knowledge according to earlier study regulation. Furthermore, knowledge corresponding to English A/English 5. is required

Learning outcomes

On successful completion of the course the student will be able to:

Knowledge and understanding

- account for classical Hindu yoga, hatha yoga, and the main specialisations in

modern yoga

- account for the basic reasons for the origin of modern yoga

Competence and skills

- analyse central religious documents in different specialisations of Hindu yoga
- analyse present-day forms of modern yoga on the basis of the question about the relationship between tradition and renewal
- identify and discuss relevant scientific problems in the research about yoga and meditation

Judgement and approach

- critically interpret and evaluate claims to belong to a certain yoga tradition.
- make independent assessments regarding considerations generated by research about yoga and meditation

Course content

The course treats yoga traditions in premodern time and their transformation during late 19th century and 20th century to specialisations of modern yoga. On the basis of contemporary research within the field of history of religion, the course focuses on the development of various yoga traditions from a historical point of view. This entails studying the new ideas and practices that occurred during the first millennium B.C.E, and that were first expressed in the Upanishads and the new religions Buddhism and Jainism and later in the form of classical Hindu yoga and hatha yoga, to the varieties of different forms of yoga that are found today. Special focus will be given to the development of modern forms of yoga, and on clarifying the underlying processes connected to globalization and modernity that have made this development possible.

Form of teaching

The teaching consists of an introductory lecture and seminars. Active participation is required at the seminars, which are compulsory to attend. The timings for these are specified in the instructions that students will be given the latest two weeks before the course starts.

Language of instruction: English

The language of instruction is normally English, but if the teacher and all students understand Swedish, Swedish can be used instead.

Assessment

The course is assessed through an individually written assignment.

In order to pass the course, active participation at the compulsory seminar is also required. In the case of absence from compulsory course components, the student should submit a written supplementary assignment in accordance with the teacher's instructions.

The student is required to retain a copy of home assignments until they are graded and returned. The one who submits a home assignment after the stipulated time has not the right to have it assessed, but must submit it at the next reexamination or obtain a re-examination at another occasion.

A student whose examination has been graded Fail can be given the possibility to complete the parts of the examination that were graded as Fail in order to get the grade Pass in accordance with the instructions of the teacher.

For a student who has failed examination, possibility for new test at no more than four occasions is given.

If a student, who has failed the same examined component twice, wishes to change examiner for the next examination, a written application shall be sent to the department responsible for the course and it shall be granted unless there are special reasons to the contrary (Chapter 6, Section 22, Higher Education Ordinance).

If a student has been given a recommendation from the University of Gothenburg about special pedagogical support, the examiner, in cases where it is compatible with the aims of the course and given that unreasonable resources are not required, can decide to give the student an adjusted examination or an alternative form of examination.

In cases where a course has been discontinued or has undergone major changes, the student will normally be guaranteed at least three opportunities to take the examination (including the ordinary examination) during a period of at least one year from the last time the course was given.

Grades

The grading scale comprises: Pass with Distinction (VG), Pass (G) and Fail (U).

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For the grade Pass (G), active participation in all compulsory components of the course is required, as well as a passed written assignment. For the grade Pass with distinction (VG), active participation in all compulsory components of the course is required, as well as a written assignment passed with distinction.

The grade Pass cannot be changed to Failed on the student's request. A student who has passed an examination may not participate in a re-examination for higher grades. The person concerned has neither the right to revoke a submitted examination to avoid grading.

Course evaluation

The department is responsible for carrying out course evaluations systematically and regularly and for seeing to it that they are compiled in accordance with the regulations for course evaluations at the Department of Literature, History of Ideas and Religion.

The results of and possible changes to the course will be shared with students who participated in the evaluation and students who are starting the course.

Additional information

In addition to stated expected learning outcomes, the student in the course should, when so are relevant, be encouraged to make assessments with regard to gender equality and equality aspects as well as sensitise and problematise ecologically economically and socially sustainable development.

The course may be given as an internet-based distance course. In that case it is required that the student has access to a computer with microphone and web camera, and internet connection.