

## Appendix I

Table 1: Course to Program learning outcomes curriculum map for MS (Yoga), and Ph.D. (Yoga) Phase I.

Course to Program Learning Outcomes		MS (Yoga) Mandatory Courses												MS (Yoga) Specialization Courses					Ph.D. Courses										
		Column1	Column2	Column3	Column4	Column5	Column6	Column7	Column8	Column9	Column10	Column11	Column12	Column13	Column14	Column15	Column16	Column17	Column18	Column19	Column20	Column21	Column22						
Learning Goals/Outcomes were taken from the Department Assessment Reports. Update now and/or in the future as you see fit.	General Graduate Studies Outcomes	Learn and apply the scientific method of analysis.						3	3	5						5	3										4		
		Gain strong knowledge base of Yoga-related facts and theory	4			5			5	5	3	5	3	3			4	3	4			4						4	
		Develop Strong oral and written communication skills and use of scientific information in the library									4					4	3					4							
		Develop strong problem solving skills, especially in a team situation.														3													
		Develop strong quantitative and technical skills, including data analysis, graphing, field techniques, etc.									4					4	3											3	
		Develop strong analytic skills to critically assess data and ideas in the scientific literature, etc.									4				3	5	3											4	
		Develop strong observational and pattern-recognition skills	4			4			4	4	4		3			3	4										4		
	Program Learning Outcomes	Gain the true understanding of Yoga phenomena that can only be attained by experiencing those phenomena in the Zoom demonstrations and PCP or, better yet, by participating in original				5	4	4				5	4				3	4	4	4	4	4	4	4	4	4	4	4	4
		Become a literate Yogi able to apply understanding to everyday societal controversies and to inform/teach fellow citizens.	4	3		4	4	4			4	5	4	3	3	4	4	4	4	4	4	4	4	4	4	4	4	5	5
		Progress through the degree program in a prompt way and to understand post-graduate career and educational opportunities.	5	5	5	5	5	5	5	5	5	5	5	5	5	4	4	5	5	5	5	4	5					4	5
		Knowledge of Yoga Philosophy and advanced topics in Yoga Therapy	4			4			5	5			4	3	4			4	4	4									5
		Knowledge of Advanced Yoga techniques for managing chronic							5	5			5	5			5	5				5	5	4					
		Application of Science of Yoga and applied research on Yogic					4	5	5	3						4	4	3	4	4	4								
		Study and use of Yogic methodology in interpersonal relationships and management					3	3	3				3										3	3	3				5
		Knowledge and ability to run your own Yoga Centers and Yoga-based healing centers					3	4	4				4	4									3	3	4	3			4

## Appendix II

**Table 2:** Learning Outcome Map from Program to University Level for MS (Yoga) program.

		Program to University Level Learning Outcomes					
		<i>Educated in the traditional knowledge of Yoga and its applications</i>	<i>Trained in physical YOGIC practices, which allow the body and the MIND function</i>	<i>Exposed in a systematic manner, recent Yoga material with emphasis on scientific research that develops the students' interest in pursuing evidence-based Yoga</i>	<i>Researchers in Yoga are trained by 'shining the light of science on Yoga'</i>	<i>Graduating students with the practice of yoga can work harmoniously in society and contribute to the welfare of our communities</i>	
Learning Goals/Outcomes were taken from the Department Assessment Reports. Update now and/or in the future as you see fit.	General Graduate Studies Outcomes	Learn and apply the scientific method of analysis.			5	4	
		Gain strong knowledge base of Yoga-related facts and theory	5				
		Develop Strong oral and written communication skills and use of scientific information in the			3	4	
		Develop strong problem solving skills, especially in a team situation.		5			4
		Develop strong quantitative and technical skills, including data analysis, graphing, field techniques, etc.			4		
		Develop strong analytic skills to critically assess data and ideas in the scientific literature, etc.			5		
		Develop strong observational and pattern-recognition skills	3			4	
		Gain the true understanding of Yoga phenomena that can only be attained by experiencing those phenomena in the Zoom demonstrations and PCP or, better yet, by participating in original research projects		5			3
	University Learning Outcomes	Become a literate Yogi able to apply understanding to everyday societal controversies and to inform/teach fellow citizens	4		5	4	5
		Progress through the degree program in a prompt way and to understand post-graduate career and educational opportunities.		5	5		5
		Knowledge of Yoga Philosophy and advanced topics in Yoga Therapy	5		5		
		Knowledge of Advanced Yoga techniques for managing chronic illnesses	5				
		Application of Science of Yoga and applied research on Yogic techniques		5			5
		Study and use of Yogic methodology in interpersonal relationships and management					4
		Knowledge and ability to run your own Yoga Centers and Yoga-based healing centers					3
<b>Scale of Relevance</b>		0 (None)	1 (Worse)	2 (Fair)	3 (Good)	4 (V. Good)	5 (Excellent)