



Course Module

Buddha

Faculty of Forestry

Mulawarman University

Module name	Buddha
Module level, if applicable	Undergraduates Programme
Code, if applicable	MU0000603W001
Subtitle, if applicable	
Courses, if applicable	Regular
Semester(s) in which the module is taught	I (one)
Person responsible for the module	Dr. Ir. Surya Sila, M.P.
Lecturer	1. Dr. Ir. Surya Sila, M.P.
Language	Indonesian, English
Relation to curriculum	Compulsory Course
Type of teaching, contact hours	Case method, project-based learning, practical session, Lecture, Contact hours: 3 sks = 135 hours / semester (1 sks = 45 hours / semester)
Workload	Number of meetings per semester 16 meetings (14 meetings for learning activity, 1 meeting for mid-semester, 1 meeting for final examination) – and practical session 170 mins / sks / semester For this course, students are required to meet a minimum of 135 hours per semester, which consist of: - 35 hours for lecture - 42 hours for structured assignments - 42 hours for individual study -16 hours practical sessions
Credit points	Credit points: 3 SKS /4.8 ECTS Details: 1 Credit = 170 min / week 1 Credit = 170 min x 14 week = 2380 min / semester 1 Credit = 39.7 h / semester 1 ECTS = 25 h/ Semester

	<p>1 Credit = 1.59 » 1.6</p> <p>1 Credit = 1.6 x 2 = 1.6 ECTS 2 Credit = 1.6 x 2 = 3.2 ECTS 3 Credit = 1.6 x 3 = 4.8 ECTS</p>
Requirements according to the examination regulations	Have attended not less than 80% of class meetings and 100% of practical class
Recommended prerequisites	-
Module objectives/intended learning outcomes	<p><u>Intended Learning Outcomes</u></p> <p><u>Mastery of Knowledge and Technology:</u></p> <p>ILO-1: Able to master theoretical concepts and fundamental principles of science and technology in the field of forestry and tropical environment, as well as other related sciences.</p> <p><u>Application of Critical and Innovative Thinking:</u></p> <p>ILO-2: Able to apply logical, critical, systematic, and innovative thinking in implementing values according to the expertise in forestry and tropical environment.</p> <p><u>Course Learning Outcomes</u></p> <p><u>Mastery of Knowledge and Technology:</u></p> <p>CLO-1: Able to master theoretical concepts and fundamental principles of science and technology in the field of basic of Buddha</p> <p><u>Application of Critical and Innovative Thinking:</u></p> <p>CLO-2: Able to apply logical, critical, systematic, and innovative thinking in implementing values according to the expertise in Buddha</p>
Content	This course contains a study of how to live a life of mindfulness in daily life in accordance with Buddhist teachings; Cultivate disciplined behavior in making effort, attention, and right concentration as a practice of the Noble Eightfold Path; the concept of meditation with insight; and overcome life

	<p>problems in accordance with Buddhist teachings.</p> <p>After attending the course, students are expected to be able to:</p> <ol style="list-style-type: none"> 1. Explain the concept of mindfulness in Buddhist teachings. (CLO-1) 2. Describe the principles and practices of the Noble Eightfold Path. (CLO-1) 3. Explain the Buddhist understanding of effort, attention, and concentration. (CLO-1) 4. Describe different meditation techniques used in Buddhist traditions. (CLO-1) 5. Explain the concept of insight (vipassanā) in Buddhist meditation. (CLO-1) 6. Apply mindfulness practices in daily life activities (e.g., walking, eating, working). (CLO-2) 7. Practice meditation techniques regularly and reflect on personal experiences. (CLO-2) 8. Analyze personal challenges and apply Buddhist teachings to develop solutions. (CLO-2) 9. Evaluate the effectiveness of mindfulness practices in managing stress and promoting well-being. (CLO-2) 10. Discuss the ethical implications of mindfulness practice in relation to Buddhist teachings. (CLO-1) 11. Compare and contrast different Buddhist perspectives on mindfulness and meditation. (CLO-1) 12. Reflect on the personal impact of Buddhist teachings and practices on one's own life and values. (CLO-2) 																												
<p>Study and examination requirements and forms of examination</p>	<p>Evaluation and assessment of the learning process are following scheme 1 in the Academic Regulations of Mulawarman University:</p> <table border="1" data-bbox="488 1157 1398 1654"> <thead> <tr> <th>No.</th> <th>Objects of Assessment</th> <th>Forms of Assessment</th> <th>Quantity (%)</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Affective and class attendance</td> <td>Participation</td> <td>10</td> </tr> <tr> <td>2</td> <td>Practical Class</td> <td>Participation</td> <td>20</td> </tr> <tr> <td>3</td> <td>Assignment</td> <td>Q & A</td> <td>10</td> </tr> <tr> <td>4</td> <td>Mid-semester test</td> <td>Written test</td> <td>20</td> </tr> <tr> <td>5</td> <td>Final Semester Test</td> <td>Written Test</td> <td>40</td> </tr> <tr> <td colspan="3" style="text-align: center;">TOTAL</td> <td>100</td> </tr> </tbody> </table>	No.	Objects of Assessment	Forms of Assessment	Quantity (%)	1	Affective and class attendance	Participation	10	2	Practical Class	Participation	20	3	Assignment	Q & A	10	4	Mid-semester test	Written test	20	5	Final Semester Test	Written Test	40	TOTAL			100
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<p>Media employed</p>	<p>Lecture, relevant textbooks, Laptop, LCD</p>																												
<p>Reading list</p>	<ol style="list-style-type: none"> 1. Ajhan Sumedho. n.d. The four noble truths. Hertfordshire: Amaravati Publications 																												

	<ol style="list-style-type: none"> 2. Arifin, H.M. 1990. Menguak Misteri Ajaran Agama-Agama Besar. Jakarta: Golden Trayon Press. Batchelor, S. 2012. A secular Buddhism. Journal of Global Buddhism. Vol. 13. 3. Baumann, M. 2001. Global Buddhism: Developmental Periods, Regional Histories, and a New Analytical Perspective. Journal of Global Buddhism. Vol. 2. 4. Buddhadasa Bhikkhu. 1988. Buddhadhamma for university students. Bangkok: Dhamma Study and Practice Group. 5. Chan, K.S. 2006. Buddhist Course. Kuala Lumpur: 6. Chan Khoun San. Chin, K. 2000. Buddhism as an Education. Ceylon: Buddha Darma Education Association Inc. 7. Chin, K. 1996. To Understand Buddhism. Ceylon: Buddha Darma Education Association Inc. 8. Daing, U.T. 1995. Cittanupassana and vedananupassana (2nd ed.). Yangon: U Aung Chi. 9. Departemen Agama RI. 1991. Pengkajian dan Pengembangan Kerukunan Hidup Beragama di Indonesia. Jakarta: Balitbang Departemen Agama RI. 10. Dewaraja, L.S. 2000. Kedudukan Wanita dalam Agama Buddha. Jakarta: FPM Sekolah Tri Ratna
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