# Utah State University

**Department of Kinesiology and Health Sciences**

**Yoga Studies Minor 2020-2021**

<table>
<thead>
<tr>
<th>MINOR REQUIREMENTS (Total Credits: 19)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Acceptance into minor:</strong> New freshmen, also, transfer students and students from other USU majors who have at least a <strong>2.5 overall gpa</strong>, qualify to enter the Yoga Studies minor. Please note, there are class fees* associated with this minor beyond tuition costs, regardless of whether or not you pursue certification. For specifics consult your advisor or the program director.</td>
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</tbody>
</table>

## Area I. Core Program Requirements

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Semester(s)</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 3010</td>
<td>Yoga Technique I</td>
<td>F</td>
<td>3</td>
</tr>
<tr>
<td>PE 3011</td>
<td>Intro to Yoga Teacher Training</td>
<td>F, Sp</td>
<td>1</td>
</tr>
<tr>
<td>PE 3070</td>
<td>Yoga Anatomy</td>
<td>F</td>
<td>2</td>
</tr>
<tr>
<td>HIST 3830</td>
<td>The History of Yoga</td>
<td>F</td>
<td>3</td>
</tr>
<tr>
<td>PE 3020</td>
<td>Yoga Teaching Methodology</td>
<td>Sp</td>
<td>3</td>
</tr>
<tr>
<td>PE 3021</td>
<td>Yoga Technique II</td>
<td>Sp</td>
<td>3</td>
</tr>
<tr>
<td>PE 1057</td>
<td>Practicum</td>
<td>F, Sp</td>
<td>1</td>
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</table>

Register for a section taught by Emily Perry or Haley Hayes.

## Area 2: Electives (choose at least 3 credits)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Semester(s)</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 4015</td>
<td>Yoga and Nature</td>
<td>F</td>
<td>3</td>
</tr>
<tr>
<td>KIN 5900</td>
<td>Independent Study</td>
<td>TBA</td>
<td>TBA</td>
</tr>
<tr>
<td>RELS 3020 (DHS)</td>
<td>Intro to Hinduism</td>
<td>F, Sp</td>
<td>3</td>
</tr>
<tr>
<td>RELS 3420</td>
<td>Gods and Godesses of India</td>
<td>F, Sp</td>
<td>3</td>
</tr>
<tr>
<td>RELS/HIST 3820 (CI)</td>
<td>Hindu Sacred Texts</td>
<td>F</td>
<td>3</td>
</tr>
<tr>
<td>RELS 4910</td>
<td>Buddhism in the West</td>
<td>TBA</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
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<tr>
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<th>Course Title</th>
<th>Semester(s)</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>RELS 1010, 3020, 3420</td>
<td></td>
<td>TBA</td>
<td>3</td>
</tr>
</tbody>
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## Area 3: Optional Certification

Certification for 200 and 300 hour Teacher Training is also available. For information consult with advisor or program director.

* Course fees are charged only for PE/KIN courses and run approximately $1800-2400.

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*Courses are offered online certain semesters. For specifics, consult the USU Catalog or Registration XE (Browse Classes). **Indicates tentative summer scheduling as funding allows. Check Schedule of Courses. This is a draft. 6/2016*