

**Utah State University**  
**Department of Kinesiology and Health Sciences**  
**Yoga Studies Minor 2020-2021**

**MINOR REQUIREMENTS (Total Credits:19)**

**Acceptance into minor:** New freshmen, also, transfer students and students from other USU majors who have at least a **2.5 overall gpa**, 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.

**Area I. Core Program Requirements**

<input type="checkbox"/>	PE 3010	Yoga Technique I	F	3	
<input type="checkbox"/>	PE 3011	Intro to Yoga Teacher Training	F, Sp	1	
<input type="checkbox"/>	PE 3070	Yoga Anatomy	F	2	
<input type="checkbox"/>	HIST 3830	The History of Yoga	F	3	Coslisted as RELS/ENGL 3830
<input type="checkbox"/>	PE 3020	Yoga Teaching Methodology	Sp	3	
<input type="checkbox"/>	PE 3021	Yoga Technique II	SP	3	PE 3010
<input type="checkbox"/>	PE 1057	Practicum	F, Sp	1	Register for a section taught by Emily Perry or Haley Hayes

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

<input type="checkbox"/>	PE 4015	Yoga and Nature	F	3	
<input type="checkbox"/>	KIN 5900	Independent Study	TBA	TBA	Study abroad in India. Instructor permission.
<input type="checkbox"/>	RELS 3020 (DHS)	Intro to Hinduism	F, Sp	3	
<input type="checkbox"/>	RELS 3420	Gods and Goddesses of India	F, Sp	3	Crosslisted as HIST 3020
<input type="checkbox"/>	RELS/HIST 3820 (CI)	Hindu Sacred Texts	F	3	
<input type="checkbox"/>	RELS 4910	Buddhism in the West	TBA	3	RELS 1010, 3020, 3420

**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.