

**KEAN UNIVERSITY \* SCHOOL OF HEALTH AND HUMAN PERFORMANCE**

**GRADUATION PLAN \* YOGA MINOR    TOTAL 15 CREDITS    MINOR CODE #21048**

Name:

Anticipated Graduation:

Kean ID#:

Student Major:

Major Code:

**REQUIRED COURSES (8 CREDITS)**

<b>Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Semester/Year</b>	<b>Grade</b>
EXSC 2023	Yoga II	1	_____	_____
EXSC 3023	Foundations of Yoga	3	_____	_____
EXSC 3024	Yoga Teacher Training and Methodology	3	_____	_____
EXSC 3025	Yoga Teacher Practicum	1	_____	_____

**GUIDED ELECTIVES (7 CREDITS)**

*All electives should be selected with the advisement of a Yoga Faculty Member, each Yoga Minor students must fulfill 4 credits of guided electives to satisfy the requirements for Yoga Minor.*

<b>Number</b>	<b>Course Title</b>	<b>Credits</b>	<b>Semester/Year</b>	<b>Grade</b>
EXSC 1023	Yoga I	1	_____	_____
EXSC 1025	Animal Flow	1	_____	_____
EXSC 1130	Group Fitness	1	_____	_____
*HED 2300	Mindfulness History, Theory & Practice	3	_____	_____
BIO 2402	Human Physiology and Anatomy	4	_____	_____
HED 3515	Wellness	3	_____	_____
TR 3000	Inclusive Recreation Services in a Diverse Society	3	_____	_____
HED 3200	Holistic Health	3	_____	_____
HED 3231	First Aid, Disaster Preparedness & CPR/AED	3	_____	_____
HED 3515	Wellness	3	_____	_____
**EXSC 3510	Physiology of Exercise	3	_____	_____
**EXSC 3511	Physiology of Exercise Lab	1	_____	_____

EXSC 3505 Kinesiology	3	_____	_____
AS 2000 Intro to Asian Studies	3	_____	_____
PSY 3680 Positive Psychology	3	_____	_____

**\* Recommended**

**\*\*These courses must be taken together**

Minor Program Approved By: \_\_\_\_\_

Yoga Minor Coordinator Signature Date: \_\_\_\_\_