

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

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**YOGA MINOR**    **TOTAL 15 CREDITS**    **MINOR CODE #21048**

Name:

Anticipated Graduation:

Kean ID #:

Student Major:

Major Code:

**REQUIRED COURSES (8 CREDITS)**

Course Number	Course Title	Credits	Semester / Year	Grade
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 student must fulfill seven (7) credits of guided electives to satisfy the requirements for a Yoga Minor.

Course Number	Course Title	Credits	Semester / Year	Grade
EXSC 1023	Yoga I	1		
EXSC 1025	Animal Flow	1		
EXSC 1130	Group Fitness	1		
HED 3300	Mindfulness and Wellbeing	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		
EXSC 3510**	Physiology of Exercise	3		
EXSC 3511**	Physiology of Exercise Lab	1		
EXSC 3505	Kinesiology	3		
AS 2000	Introduction to Asian Studies	3		
PSY 3680	Positive Psychology	3		

\*\* These courses must be taken together

Minor Program Approved By

Yoga Minor Coordinator Signature / Date