

SCHOOL OF HEALTH & HUMAN PERFORMANCE
GRADUATION PLAN 18 Credits Minor in Yoga Studies

Name: _____ Kean ID #: _____

2.0 overall GPA required; 2.5 GPA in required courses

Required Courses: 8 S.H.	
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
Elective Courses: 10 S.H.	
BIO 2402 Human Physiology and Anatomy	4
EXSC 3505 Kinesiology	3
HED 3515 Wellness	3
HED 3200 Holistic Health	3
HED 3202 Complementary and Alternative Medicine	3
EXSC 1023 Yoga I	1
EXSC 1025 Animal Flow	1
*EXSC 3510 Physiology of Exercise	3
*EXSC 3511 Physiology of Exercise Lab	1
PSY 3680 Positive Psychology	3
REL 2700 Eastern Religions	3
EXSC 1130 Group Fitness	1
HED 3231 First Aid Dis Prp and Acc/Imj Prv /CPR	3
TR 3000 Inclusive Recreation Services in a Diverse Society	3
AS 2000 INTRO TO ASIAN STUDIES	3

Minor Program Approved by: _____ Date: _____
(Advisor Signature)

Program Coordinator Approval: _____ Date: _____

***These courses must be taken together**