

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)

Course Number	Course Title	Credits	Semester / Year	Grade
YOGA 2023	Yoga II	1		
YOGA 3023	Foundations of Yoga	3		
YOGA 3024	Yoga Teacher Training and Methodology	3		
YOGA 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
YOGA 1023	Yoga I	1		
EXSC 1025	Animal Flow	1		
EXSC 1130	Group Fitness	1		
YOGA 3333	Mindfulness and Wellbeing	3		
BIO 2402	Human Physiology and Anatomy	4		
HLTH 3515	Wellness	3		
TR 3000	Inclusive Recreation Services in a Diverse Society	3		
HLTH 3200	Holistic Health	3		
HLTH 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		
YOGA 4023	Yoga & Mindfulness in Costa Rica	3		

** These courses must be taken together

Minor Program Approved By
Yoga Minor Coordinator Signature / Date