

# YOGA AND MINDFULNESS MINOR

The Division of Kinesiology, Health and Sport Studies in the College of Education offers a minor in Yoga and Mindfulness for undergraduate and graduate students majoring in any discipline. The minor provides an excellent opportunity for students to broaden their knowledge of yoga and mindfulness philosophy, practice, and teaching skills. In addition, the program enhances career prospects across all professions as students learn how to integrate and design yoga and mindfulness activities and programs within their area of study. As restorative practices, yoga and mindfulness enables anyone working in health care, social work, education, exercise, etc. professions to practice self-care and better serve the individuals they serve in their respective careers.

To be eligible to apply for the Yoga and Mindfulness minor, students must have a minimum overall grade point average of 2.75. For advising regarding the yoga and mindfulness minor, students with last names A-K should contact Fawne Allossery (ac9010@wayne.edu). Students with last names L-Z should contact Kurt Troutman (fz4394@wayne.edu).

The Yoga and Mindfulness minor allows students in any department across all schools and colleges at WSU to add yoga and mindfulness skills and knowledge as an added credential to their degree programs. The addition of a Yoga and Mindfulness minor will expand employment opportunities and add expertise in yoga and mindfulness philosophy and theory, holistic health promotion, knowledge of body movement and mechanics, and leading others in yoga and mindfulness programs in many different career settings.

The minor is a minimum of 15 credit hours consisting of the courses listed below (9 credit hours of required cores and 6 credit hours of elective courses). The electives allow the student to further develop yoga and mindfulness skills by applying them to specific content areas. Additional courses can qualify as electives in consultation with an advisor in the Division of Academic Services in the College of Education.

Code	Title	Credits
<b>Required Yoga and Mindfulness courses</b>		<b>9</b>
HE 6000	Yoga: History, Philosophy, and Practice	
HE 6050	Mindfulness: Philosophy, Theory, Practice, and Research	
HE 6200	Yoga and Mindfulness in Professional Practice	
<b>Elective courses</b>		<b>6</b>
HE 2310	Dynamics of Personal Health	
HE 6330	Health Behavior Change	
LFA 1460	Yoga Fusion	
LFA 1470	Mindfulness, Fitness and Stress Management	
LFA 1480	Yoga	
LFA 1780	Tai Chi Chuan: Beginning	
ATR 5140	Clinical Gross Anatomy	
BIO 2870	Anatomy and Physiology	
DNC 1260	Introduction to the Philosophy and Practice of Iyengar Yoga	
DNC 2260	Yoga	
EDP 1000	Psychology of Human Happiness	
HPE 6140	Fitness and Dance	
HPE 6200	Management and Instruction in Health and Physical Education	
KIN 3550	Motor Learning and Control	

KIN 3580	Biomechanics
KIN 5100	Anatomical and Physiological Bases of Physical Activity
KIN 5520	Sport Psychology
KIN 5523	Physical Activity and Exercise Psychology
KIN 6100	Methods of Group Training
KIN 6300	Exercise Physiology I
KIN 6310	Exercise Physiology II
PCS 2050/ HIS 2530/ PS 2550/ SOC 2050	The Study of Non-Violence
PSY 2410	Health Psychology
SW 6815	Mind-Body-Spirit Approaches and Social Work Practice

**Total Credits** **15**