

## YOGA STUDIES MINOR

### Disclaimer:

- This worksheet is intended for supplemental use only. The university will use your Degree Works worksheet (in my.usu.edu) to track your graduation requirements, including those for your minor. Please continue to refer to Degree Works and your minor academic advisor for accuracy.
- Course deliveries and which semesters they are traditionally offered are subject to change.

### Minor Related Requirements:

- Admission: 2.5 overall GPA required
- Graduation: 2.5 overall GPA required
- All courses required for the minor require a letter grade (e.g., A, A-, B+, B, B-, etc.). **Pass/Fail grading is not permitted for the minor courses, excluding PE 1057.**
- **This minor cannot be completed alone without completion of a bachelor’s degree.**

### Yoga Studies Requirements: 19 credits total

#### Yoga Studies Core Required Courses: 16 credits

Complete all of the following:

Courses	Semester	Credits
<input type="checkbox"/> KIN 3010: Yoga Technique I	F	3
<input type="checkbox"/> KIN 3011: Introduction to Yoga Teacher Training	F	1
<input type="checkbox"/> KIN 3020: Yoga Teaching Methodology I	Sp	3
<input type="checkbox"/> KIN 3021: Yoga Technique II	Sp	3
<input type="checkbox"/> KIN 3070: Yoga Anatomy	F	2
<input type="checkbox"/> KIN 3830: The History of Yoga	Sp	3
<input type="checkbox"/> PE 1057: Yoga	F, Sp	1

\*KIN 3021 Prerequisite(s): KIN 3010

\*KIN 3070: Cannot be replaced with a different anatomy course. It is required to take KIN 3070 regardless if you have already taken another anatomy course.

\*KIN 3830: Cross-listed as ENGL, RELS and HIST 3830.

#### Yoga Studies Required Elective: 3 credits

Complete 3 credits from the following.

KIN 4015:	Yoga and Nature	3 credits
KIN 5900:	Independent Study	1-3 credits
RELS/HIST 3010 (DHA):	Introduction to Buddhism	3 credits
RELS/HIST 3020 (DHA):	Introduction to Hinduism	3 credits
RELS 3420:	Gods and Goddesses of India	3 credits
RELS 3820 (CI):	Hindu Sacred Texts	3 credits
RELS 4015:	Buddhism and the West	3 credits

\*prerequisites

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RELS 4910: Special Topics in Religious Studies 1-3 credits

Course(s)	Credits
<input type="checkbox"/>	3

**\*KIN 4015:** Offered only during fall semesters

**\*KIN 5900:** Can be used for a study abroad experience that occurs during spring in India. Check with Emily Perry for more information and must have approval from Emily to take this course.

**\*RELS 3010:** Cross-listed as HIST 3010

**\*RELS 3020:** Cross-listed as HIST 3020. Course offerings tend to be infrequent.

**\*RELS 3420:** Course is offered very infrequently.

**\*RELS 3820:** Course is offered very infrequently.

**\*RELS 4910:** Only approved on a case-by-case basis, when the topic is relevant to Yoga Studies (e.g., when it is taken for study abroad to India). This course is offered infrequently and when it is offered, it is often on a topic that has little to do with yoga.

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### Yoga Teaching Certification Options:

#### 200-hour

Students that do not complete a 200-hour certificate elsewhere prior to enrolling in the minor would choose this option. The minor will cover the 200-hour option. All contact and non-contact hours are included within the 200-hour certificate option and the minor.

200 Hour RYT:			
Course	Credits	Contact Hours	Non-contact hours
PE 1057	1	30	0
KIN 3011	1	15	15
KIN 3010	3	37.5	15
KIN 3070	2	37.5	15
HIST 3830	3	37.5	30
KIN 3020	3	37.5	30
Total	13	195	105

#### 300-hour

If a student has already received their 200-hour certificate before enrolling in the minor, they would choose the 300-hour option. There could be an additional required non-contact hours outside of course time/coursework, however, it can be handled on case-by-case basis.

300 Hour RYT: (Completed 200 hr. program elsewhere)/Minor Req.			
Course	Credits	Contact Hours	Non-contact hours
PE 1057	1	30	0
KIN 3011	1	15	15
KIN 3010	3	37.5	15
KIN 3070	2	37.5	15
HIST 3830	3	37.5	30
KIN 3020	3	37.5	30
KIN 3021	3	37.5	15
Elective	3	37.5	15
Total	19	270	135

**\*Please note, 200- & 300-hour certificates cannot be offered at this time together, it must be one or the other. We don't have a 500-hour option.**