

Minor in Mind-Body Studies

Student Name: _____ Major: _____ Class of: _____
ID Number: _____ Email: _____ Phone: _____
PHED courses already taken: _____

20 Units Total, 7-10 courses

CORE COURSES (3 UNITS)

Course	Semester	Grade	Units
PHED 120a Yoga – 1 unit			
PHED 119 Introduction to Mindfulness – 2 units OR PHED 160 Stress Management for Healthy Living – 2 units			

UPPER-DIVISION COURSES* (CHOOSE 12 UNITS)

BAEP 472 The Science of Peak Performance – 2 units
DANC 362 Pilates Mat Training – 2 units
GERO 411L Physiology, Nutrition, and Aging – 2 units
HBIO 301L Human Anatomy – 4 units
HBIO 309 The Human Machine – 4 units
HBIO 401L Physiology of Movement – 4 units
MKT 404 Happiness and Wellbeing in the Marketplace – 4 units **OT**
325 The Brain: Mind, Body, and Self – 4 units
PSYC 339Lg Origin of the Mind – 4 units
REL 340 Introduction to Indian Philosophy – 4 units

Course	Semester	Grade	Units
Option 1:			
Option 2:			
Option 3:			
Option 4:			

*Up to 4 units may overlap with your major or other minor. At least 16 units must be unique to this minor.

ELECTIVES** (CHOOSE 5 UNITS)

PHED 106a Physical Conditioning – 1 unit	PHED 124 Walking for Fitness – 1 unit
PHED 110 Swimming – 1 unit	PHED 127 Principles of Traditional Yoga through Community Outreach – 2 unit
PHED 118 Sleep for Peak Performance – 2 units	PHED 134 Hiking – 1 unit
PHED 119 Introduction to Mindfulness – 2 units	PHED 160 Stress Management for Healthy Living – 2 units
PHED 120b Yoga B – 1 unit	PHED 163 Health Coaching – 3 units
PHED 122 Kundalini Yoga and Meditation – 1 unit	PHED 299 Yoga and Meditation Immersion in Tulum, Mexico – 2 units
PHED 123 Yoga Therapy – 2 units	

Course	Semester	Grade	Units
Option 1 (2+unit course, not PHED 299):			
Option 2:			
Option 3:			
Option 4:			

** Maximum 4 PHED activity units allowed at USC. Minor courses PHED 118, 119, 123, 127 160, 163 , and 299 are exempt from this rule.

Description: Students will explore the interconnectedness of body and mind wellbeing through an experiential, interdisciplinary study that blends theory, research, and practice. Offered through the Department of Physical Education & Mind Body Health, core coursework includes foundations in yoga, mindfulness, and stress management for a comprehensive approach to healthy living. Interdisciplinary coursework examines mental and physical health for a multi-dimensional view of mind-body awareness and connection. This minor is designed for students who want to add a dimension of wellbeing to their personal and academic lives. It is particularly suited for those with career interests in health care, physical therapy, psychology, or social work.

Learning Objectives

1. Explore the interconnectedness of body and mind across disciplines for a comprehensive approach to mental, physical, social, and collective wellbeing.
2. Build and sustain a personal meditation practice, utilize conscious breathing techniques, and apply healthy living strategies to nutrition, exercise, sleep, and stress resilience.
3. Deepen self-awareness of alignment and body mechanics for increased strength, balance, and flexibility — and self-awareness as a foundation for mental health and emotional literacy.
4. Investigate what it means to practice happiness, resilience, consent, and wellbeing, recognizing diverse bodies, identities, perspectives, and sociocultural experiences.
5. Apply mindful awareness in daily life, including as it relates to:
 - decision making and problem solving.
 - interpersonal relationships and communication.
 - career-readiness, time management, goal setting, and exploring what it means to have a conscious and purposeful relationship with technology.

FAQ

How might this minor be useful for me in my career?

On a personal level, mind-body tools can help you manage stressors and increase your capacity to build relationships, make decisions, and thrive in school, work, and life. Wellness in the workplace is something increasingly valued by organizations, and this minor gives candidates a marketable edge in interviews, both for their mindfulness and stress resilience skills, as well as their unique, comprehensive perspective on wellbeing.

I've already taken PHED classes — do they count towards the minor?

Yes. If the classes you have taken are included in our minor coursework, you can apply them to the minor. There are a maximum of 4 units of PHED activity classes allowed at USC. Minor courses PHED 118, 119, 123, 160, and 163 are exempt from this rule, meaning you can take as many of them as you like.

Can an upper-division elective overlap with my major?

According to USC minor rules, up to 4 units may overlap with your major or other minor requirements. At least 16 units must be unique to this minor.

PHED 119 is listed under both core and elective courses. Will it count for both?

No. PHED 119 (or PHED 160) will count for either a core or elective course. 20 units are required to complete the minor.

Can I take classes in any order?

Yes. You can take coursework in any sequence that you choose. Students do not need to be enrolled in the minor to take courses.

Why are you interested in this minor? _____

For further information about the Mind-Body Studies minor, please contact Jordan Arteaga at arteagaj@usc.edu.

BREATHE ON