



BREATHE ON

***“I am more productive, happy,
and focused on my future than
ever before.”***

— economics major



FOR PROGRAM INFORMATION

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GENERAL DEPARTMENT QUESTIONS

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 <https://dornsife.usc.edu/phed/>

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USC Dornsife

Dana and David Dornsife
College of Letters, Arts
and Sciences

*Physical Education
& Mind Body Health*

Minor in Mind-Body Studies

***“I feel more in touch with the people
around me, more appreciative of
the life that I live, and also much
more alive and ready for whatever
challenges I may face.”***

— political economy major in PHED 119
Introduction to Mindfulness course

Minor in Mind-Body Studies

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.



REQUIRED COURSEWORK (20 Units):

Students will complete a combination of experiential classes in Physical Education & Mind Body Health, as well as theory and research-based interdisciplinary electives for a comprehensive study of body mind wellbeing.

CORE COURSES (3 units):

PHED 120A Yoga – 1unit
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

ELECTIVES (Choose 5 units)

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

“My practice has made me a more confident person—confident in my ability to tackle big situations and confident that I am fully ‘here’ now.”

— intelligence and cyber operations major