BREATHE ON
“I am more productive, happy, and focused on my future than ever before.”
— economics major

“...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

FOR PROGRAM INFORMATION
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https://dornsife.usc.edu/phed/
@usc_pembh
### 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 – 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

### 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 163** 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