BREATHE ON

"I am more productive, happy, and focused on my future than ever before."

- economics major

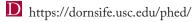


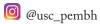
FOR PROGRAM INFORMATION Jordan Arteaga Email: arteagaj@usc.edu

GENERAL DEPARTMENT QUESTIONS

Telephone: (213) 740-2488 Email: phed@usc.edu Department of Physical Education & Mind Body Health University of Southern California Physical Education Building (PED) 107 3560 Watt Way Los Angeles, CA 90089

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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