MINOR IN CONTEMPLATIVE STUDIES

College of Health Sciences

Curriculum

Students must complete a minimum of six credits of advanced standing coursework in their minor.*

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEA 315</td>
<td>Mind, Body, and Health</td>
<td>3</td>
</tr>
<tr>
<td>HEA 325</td>
<td>Stress Management</td>
<td>3</td>
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**Required Contemplative Tradition Courses**

Select one of the following two options: 6

**Option 1: India**

- PEA 142 Yoga
- PHI 204 Philosophies and Religions of India

**Option 2: Far East**

- PEA 144 T’ai Chi Ch’uan
- PHI 205 Yin-Yang, Dao, and Zen

**Elective Courses**

Student may select two elective courses, offered as two-course modules for Greater India and Far East, or select two from the list of electives: 6

Choose India (if not taken as the required option)

- PEA 142 Yoga
- PHI 204 Philosophies and Religions of India

Choose the Far East (if not taken as the required option)

- PEA 144 T’ai Chi Ch’uan
- PHI 205 Yin-Yang, Dao, and Zen

Or choose from the following list of electives:

- HEA 333 Alternative and Complementary Medicine
- PSY 200 Positive Psychology: The Science of Happiness and Well Being
- ART 216 Painting I
- MPT 240 Fundamentals of Music Therapy
- SWO 491 Human Sexuality for Helping Professionals

**Total Minimum Credits Required** 18

*Advanced standing coursework is defined as any 300-level course or above and specific 200-level courses identified by the department.*