MINOR IN CONTEMPLATIVE STUDIES

Curriculum

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

Code	Title	Credits
Required Courses		
HEA 315	Mind, Body, and Health	3
HEA 325	Stress Management	3
Required Contemplative Tradition Courses		
Select one of the following two options:		6
Option 1: India		
PEA 142	Yoga	
PHI 204	Yoga, Karma, and Buddha	
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	Yoga, Karma, and Buddha	
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.