

Learning Pathway: Mind-Body Pathway

These pathways are suggestions for classes that can be taken together over time for an overall theme. These are for recreational purposes only; there is no official certificate offered for completing them.

The classes listed here have been offered in the past, and the course instructors have allowed auditors to enroll, however please note there is no guarantee when or if these courses will be offered again, or if the instructor will allow auditors to enroll.

Please use these pathways for inspiration, but consult the official PSU Course Schedule for actual class offerings each term. Once you have identified a course of interest, please ask the instructor for permission to enroll, per SALC guidelines.

Mind-Body Pathway		
Course Title	Department	Subject / Course number
Gentle Yoga	Fine and Performing Arts	PE 101
Meditation	Pub Health Ed	PE 104
ABS- Lower Body	Pub Health Ed	PE 124
Argentine Tango	Pub Health Ed	PE 160
Applied Kinesiology	Pub Health Ed	PHE 370
Philosophy of Mind	Philosophy	PHL 432
Human Anatomy	Biology	BIO 301
Intro to Neurophysiology	Psychology	PSY 451
Human Anatomy & Physiology	Biology	BIO 301
Human Development	Psychology	PSY 311U