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| **Catalog Year 2023-2024**  Academic Certificate, Mindfulness | ***(For internal use only)***  *No change*  *UCC proposal* |

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| **Course Subject and Title** | **Cr.** | **Min.**  **Grade** | **\*GE,**  **UU or UM** | **\*\*Sem. Offered** | | **Prerequisite** | | **Co-Requisite** |
| Semester One | | | | | | | | |
| DHS 4410/5510: Fundamentals of Mindfulness  OR DHS 4411/5511: Introduction to Mindfulness | 1-2 |  | UU, UM | | F OR S | |  |  |
| DHS 4401/5501: Mindfulness in Health Science | 2 |  | UU, UM | | F | |  |  |
| Total | 3-4 |  |  | |  | |  |  |
| Semester Two | | | | | | | | |
| DHS 4405/5505: Effects of Mindfulness  OR DHS 4406/5506: The Mindful Practitioner | 1-2 |  | UU, UM | | F OR S | |  |  |
| Applications of Mindfulness Elective(s) | 2 |  | UU, UM | | F OR S | |  |  |
| Total | 3-4 |  |  | |  | |  |  |
| Semester Three | | | | | | | | |
| Movement Meditation Elective | 1 |  | UM | | F OR S | |  |  |
| DHS 4415/5515: Mindfulness Capstone | 1 |  | UU, UM | | F OR S | |  |  |
| Total | 2 |  |  | |  | |  |  |
| Semester Four | | | | | | | | |
| Theory & Context of Mindfulness Elective | 3 |  | UM | | S | |  |  |
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| Total |  |  |  | |  | |  |  |
| Semester Five | | | | | | | | |
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| Total |  |  |  | |  | |  |  |
| Semester Six | | | | | | | | |
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| Semester Seven | | | | | | | | |
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| Semester Eight | | | | | | | | |
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| Total |  |  |  | |  | |  |  |
| \*GE=General Education Objective, UU=Upper Division University, UM= Upper Division Major  \*\*See Course Schedule section of Course Policies page in the e-catalog (or input F, S, Su, etc.) | | | | | | | | |

A Major Academic Plan (MAP) is one way to complete a degree in a set number of semesters. The *example* below is only one strategy. Actual plans for individual students will vary based on advisor recommendations and academic needs. Official Program Requirements including Major, General Education, Electives, and university requirements (see pg.2) are based on Catalog Year.

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| Degree, Major, Concentration Page 2 | | | | | | |
| **2023-2024 Major Requirements** | **CR** | **GENERAL EDUCATION OBJECTIVES**  **Satisfy Objectives 1,2,3,4,5,6 (7 or 8) and 9** | | | | **36 cr. min** |
| **MAJOR REQUIREMENTS** |  | 1. Written English (6 cr. min) ENGL 1101 | | | | 3 |
| **Mindfulness Core** |  | ENGL 1102 | | | | 3 |
| DHS 4410/5510: Fundamentals of Mindfulness  OR DHS 4411/5511: Introduction to Mindfulness | 1-2 | 2. Spoken English (3 cr. min) COMM 1101 | | | | 3 |
| DHS 4405/5505: Effects of Mindfulness  OR DHS 4406/5506: The Mindful Practitioner | 1-2 | 3. Mathematics (3 cr. min) Recommended by Dept | | | |  |
| DHS 4401/5501: Mindfulness in Health Science | 2 | 4. Humanities, Fine Arts, Foreign Lang. **(2 courses; 2 categories; 6 cr. min)** | | | | |
| DHS 4415/5515: Mindfulness Capstone | 1 |  | | | |  |
| **Applications of Mindfulness Electives – Choose 2 credits** |  |  | | | |  |
| DHS 4408/5508: Mindful Self-Compassion | 1 | 5. Natural Sciences **(2 lectures-different course prefixes, 1 lab; 7 cr. min)** | | | | |
| DHS 4412/5512: Introduction to Yoga Nidra | 1 |  | | | |  |
| DHS 4416/5516: Mindfulness-Based Strengths Practice | 2 |  | | | |  |
| DHS 4414/5514: Independent Study in Mindfulness | 1-2 |  | | | |  |
| **Theory & Context of Mindfulness Elective – Choose 3 credits** |  | 6. Behavioral and Social Science **(2 courses-different prefixes; 6 cr. min)** | | | | |
| PHIL 2210: Introduction to Asian Philosophies | 3 |  | | | |  |
| PSYC 3352: Cognitive Neuroscience | 3 |  | | | |  |
| DHS 4427: Complementary/Integrative Health | 3 | One Course from EITHER Objective 7 OR 8 **(1course; 3 cr. min)** | | | | |
| **Movement Meditation Mindfulness Elective – Choose 1 credit** |  | 7. Critical Thinking | | | |  |
| PEAC 1122A: Beginning Yoga | 1 | 8. Information Literacy | | | |
| PEAC 1122B: Intermediate Yoga | 1 | 9. Cultural Diversity **(1 course; 3 cr. min)** | | | | |
| PEAC 1149A: Tai Chi | 1 |  | | | |  |
|  |  | General Education Elective to reach 36 cr. min. **(if necessary)** | | | | |
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|  |  | **Total GE** | | | |  |
|  |  | Undergraduate Catalog and GE Objectives by [Catalog Year](https://www.isu.edu/advising/academic-support/general-education/)  *http://coursecat.isu.edu/undergraduate/programs/* | | | | |
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|  |  | **MAP Credit Summary** | | | | **CR** |
|  |  | Major | | | | 11-13 |
|  |  | General Education | | | |  |
|  |  | Upper Division Free Electives to reach 36 credits | | | |  |
|  |  | Free Electives to reach 120 credits | | | |  |
|  |  | TOTAL | | | | 11-13 |
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|  |  | **Graduation Requirement Minimum Credit Checklist** | | | **Confirmed** | |
|  |  | Minimum 36 cr. General Education Objectives (15 cr. AAS) | | |  | |
|  |  | Minimum 15 cr. Upper Division in Major (0 cr. Associate) | | |  | |
|  |  | Minimum 36 cr. Upper Division Overall (0 cr. Associate) | | |  | |
|  |  | Minimum of 120 cr. Total (60 cr. Associate) | | |  | |
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| **Advising Notes** | | ***MAP Completion Status (for internal use only)*** | | | | |
|  | |  | *Date* | | | |
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|  | | *CAA or COT:* |  | | | |
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|  | | **Complete College American Momentum Year**  **Math and English course in first year-Specific GE MATH course identified**  **9 credits in the Major area in first year**  **15 credits each semester (or 30 in academic year)**  **Milestone courses** | | | | |
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|  | | Form Revised 9.10.2019 | | | | |