

## University Core Curriculum and General Education Requirements

### Core Faculty

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All students in the Howard College of Arts and Sciences will complete the University Core Curriculum (22 credits). Additional courses in general education are also required to provide the foundation for the more specialized courses in the major. In some cases the particular course required to satisfy a general education requirement is specified by the major. Students should consult the section of the catalog that describes the major under consideration to learn about these special requirements.

#### UCBP 101 Biblical Perspectives (4)

Examination of historical context and religious teachings of Hebrew and Christian Scriptures. Cultivation of critical competencies necessary for the academic study of traditional texts. Course objectives include an understanding of the historical context in which the Bible took shape; appreciation of the development of religious thought within the biblical period; examination of how biblical teachings have been and are interpreted and applied; and study of the Bible, using a variety of modern critical methods.

#### UCCA 101 Communication Arts I (4)

Introductory course in communication, emphasizing guided practice in speaking, listening, reading, and writing. Students gain proficiency in the use of library resources and in foundational computing skills. Students must write a minimum of four essays that are revised through multiple drafts and carefully edited before submission. They also must make at least three oral presentations during the course. Students must pass this course with a grade of C- or better to advance to UCCA 102.

#### UCCA 102 Communication Arts II (4)

Continuation of UCCA 101 with additional guided practice in speaking, listening, reading, and writing. Special emphasis placed on research-based writing and argumentation. Students must write a minimum of four essays that are revised through multiple drafts and carefully edited before submission. They also must make at least three oral presentations during the course. Prereq: Grade of C- or better in UCCA 101. Students must pass this course with a grade of C- or better.

#### UCCP 101 Cultural Perspectives I (4)

First in a two-semester sequence that examines the Western intellectual tradition within a global context. Through interdisciplinary study, students increase their awareness of the cultural, historical, literary, philosophical, and religious influences upon the development of civilizations.

#### UCCP 102 Cultural Perspectives II (4)

Second in a two-semester sequence that examines the Western intellectual tradition within a global context. Through interdisciplinary study, students increase their awareness of the cultural, historical, literary, philosophical, and religious influences upon the development of civilizations.

#### UCFH 120 Concepts of Fitness and Health (2)

Physical fitness course, with emphasis on exercises that develop cardiorespiratory, muscular, and flexibility fitness. All aspects of fitness, such as principles of aerobic fitness, nutrition, flexibility, strength training, common fitness injuries, and weight control and body composition are discussed and applied. Students with physical disabilities may consult the ESSM department chair for special consideration.

NOTES: 1) Core curriculum requirements cannot be met through transient enrollment; 2) Placement into UCCA 102, bypassing the requirement to complete UCCA 101, does not exempt students from the minimum number of hours required for their chosen degree program (usually 128). These students may need to complete an additional four hours of a General Elective.

\* IDSC 201 Scientific Methods: For a complete course description, see p. 63, 70, or 96.

\*\* Students with a higher level of proficiency may begin with the 201-202 sequence. An accelerated one-semester course is available in French and Spanish (FREN 203, SPAN 203). Arabic, Chinese, Hindi, Italian, Japanese, Portuguese, Russian, Swahili, and Thai are also available through the Critical Languages Program. For further details see the World Languages and Cultures section. Students may take one year of Greek, plus one year of Hebrew, in lieu of two years of the same language.

\*\*\* Select two different 1-credit, fitness-based activity courses (see p. 148 for a list of applicable courses). If PHED 138 Water Safety Instructor Course (2) is passed, the successful completion of UCFH 120 will fulfill the student's physical activity require-

General Education Required Courses		Course Credits	Total Required Credits
<b>Natural &amp; Computational Sciences (select two courses)</b>			<b>8</b>
BIOL 105	Principles of Biology	4	
BIOL 107	Contemporary Biology	4	
BIOL 110	Human Biology	4	
BIOL 111	Animal Biology	4	
BIOL 112	Plant Biology	4	
CHEM 108/109	General, Organic, & Biological Chem w/Lab	4	
CHEM 205/206	Foundations of Chemistry w/Lab	4	
COSC 107	Introduction to Computer Science	4	
GEOG 214	Physical Geography	4	
IDSC 201	Scientific Methods*	4	
PHYS 100	Physics for Society	4	
PHYS 101	General Physics I	4	
PHYS 102	General Physics II	4	
PHYS 150	Introduction to Astronomy	4	
PHYS 203	Physics I	5	
PHYS 204	Physics II	5	
PHYS 206	Sound and Music	4	
<b>Social Science (select one course outside your major)</b>			<b>4</b>
COMS 205	Intercultural Communication	4	
ECON 201	Principles of Macroeconomics	4	
GEOG 101	World Regional Geography	4	
JMC 200	Mass Communication & Society	4	
LOND 360	British Heritage and Culture	4	
POLS 200	Introduction to Political Science	4	
PSYC 101	General Psychology	4	
SOCI 100	Introduction to Sociology	4	
SOCI 101	Introduction to Cultural Anthropology	4	
<b>Mathematics (select one course)</b>			<b>4</b>
MATH 110	Contemporary Mathematics	4	
MATH 150	Precalculus	4	
MATH 210	Elementary Statistics	4	
MATH 240	Calculus I	4	
	Any other math course above 240 for students who demonstrate competency at the Calculus I level.	4	
<b>Languages** For students without language proficiency, the normal sequence is:</b>			<b>4-16</b>
	FREN, GER, GREK, HEBR, LATN, or SPAN 101	4	
	FREN, GER, GREK, HEBR, LATN, or SPAN 102	4	
	FREN, GER, GREK, HEBR, LATN, or SPAN 201	4	
	FREN, GER, GREK, HEBR, LATN, or SPAN 202	4	
<b>Fine Arts (select two courses)‡</b>			<b>4</b>
ART 200	Art Appreciation†	2	
MUSC 200	Music Appreciation††	2	
THEA 200	Theatre Appreciation†††	2	
<b>Humanities (select one course outside your major)</b>			<b>4</b>
CLAS 200	Rediscovery of the Classical World	4	
ENGL 205	Fiction and Film	4	
HIST 200	The West in Global Perspective	4	
LAST 201	Latin American Studies	4	
LOND 360	British Heritage and Culture	4	
PHIL 241	Introduction to Philosophy	4	
RELG 200	Christian Ethics	4	
RELG 201	Introduction to World Religions	4	
RELG 221	Christian Theology	4	
<b>Physical Activity***</b>			<b>2</b>
<b>Total Required Credits</b>			<b>30-42</b>

ment. Note: One semester of ROTC, marching band (MUSC 1739 or 3739), or dance (DANC 101, 102, 201, 202, 301, or 302) may substitute for one physical activity credit.

NOTE: Study Abroad courses in London and other international settings may meet the general education requirements for humanities, social science, and natural and computational sciences, subject to approval by the department chair of the course equivalent.

‡ LOND 202 satisfies the Fine Arts requirement.

† ART 301, 381W, 382W, 383W, or LOND 201 may be substituted for ART 200.

†† LOND 201 may be substituted for MUSC 200.

††† THEA 331W or LOND 200 may be substituted for THEA 200.

## Courses

NOTE: Beginning 2007-2008, all courses that were formerly NTD and all professional PHED courses now have the ESSM prefix. All ESSM courses are now combined into one listing, in numeric order. Old course numbers are noted in parentheses at the end of each course description. PHED activity courses retain the PHED course prefix.

### HEALTH EDUCATION

#### HLED 473, 474 Problems and Practical Experiences in Health or Physical Education (3 and 4 credits, respectively)

Concentrated study in the areas of health or physical education, designed to meet the particular needs and interests of individual students. Each HLED course may be taken only once.

### PHYSICAL EDUCATION (CORE CURRICULUM)

#### UCFH 120 Concepts of Fitness and Health (2)

Physical fitness course, with emphasis on exercises that develop cardiorespiratory, muscular, and flexibility fitness. All aspects of fitness, such as principles of aerobic fitness, nutrition, flexibility, strength training, common fitness injuries, and weight control and body composition are discussed and applied. Students with physical disabilities may consult the ESSM department chair for special consideration.

### PHYSICAL ACTIVITY PROGRAM

Students enrolled in the Air Force ROTC program or veterans who have active duty service may substitute that experience for all or part of their physical activity requirement. One semester of ROTC can substitute for one (1 credit) activity course requirement, up to a maximum of two credits. This does not include UCFH 120. See the ESSM department chair for details. Students with physical disabilities may consult the ESSM department chair for special consideration.

Students may select any combination of one-credit courses to complete their requirement. An activity course may not be taken twice to fulfill this requirement. If PHED 138 (Water Safety Instructor Course, 2 credits) is passed, the successful completion of UCFH 120 will fulfill the student's physical activity requirement. Varsity athletes may substitute one varsity sport for one activity course requirement. Students in the Marching Band may substitute MUSC 1739 or MUSC 3739 for one activity course requirement. Students completing DANC 101, 102, 201, 202, 301, or 302 may substitute one of those dance courses for only one physical activity credit. This does not include UCFH 120.

- PHED 102 Softball (1)
- PHED 103 Flying Disc Sports (1)
- PHED 104 Aqua Aerobics (1)
- PHED 105 Beginner/Intermediate Golf (1)
- PHED 106 Tennis (1)
- PHED 107 Fitness Walking (1)
- PHED 108 Fitness Running (1)
- PHED 109 Strength Training-Physical Conditioning (1)
- PHED 110 Personal Fitness (1)
- PHED 111 Scuba (1)
- PHED 112 Basketball (1)
- PHED 113 Racquetball-Badminton (1)
- PHED 114 Aerobics (1)
- PHED 115 Volleyball-Wallyball (1)
- PHED 116 Snow Skiing (1)
- PHED 117 Beginning Social Dance-Women (1)
- PHED 118 Beginning Social Dance-Men (1)
- PHED 119 Karate (1)
- PHED 120 Fitness Swimming (1)
- PHED 121 Beginning Jazz/Tap (1)
- PHED 122 Spin Cycling (1)
- PHED 123 Kayaking (1)
- PHED 124 Introduction to Dance (1)

- PHED 125 Varsity Track and Field (1)
- PHED 126 Varsity Cheerleading (1)
- PHED 127 Yoga (1)
- PHED 128 Varsity Tennis (1)
- PHED 129 Varsity Golf (1)
- PHED 130 Varsity Basketball (Men) (1)
- PHED 131 Soccer (1)
- PHED 132 Lacrosse (1)
- PHED 133 Beginning Swimming (1)
- PHED 134 Intermediate Swimming (1)
- PHED 135 Synchronized Swimming (1)
- PHED 136 Fencing (1)
- PHED 137 Lifeguard Training (1)
- PHED 138 Water Safety Instructor Course (2)  
(Prereq: Advanced swimming skills)
- PHED 139 Pilates (1)
- PHED 140 Special Physical Activity (1)
- PHED 147 Varsity Volleyball-Women (1)
- PHED 148 Varsity Baseball (1)
- PHED 149 Varsity Soccer-Women (1)
- PHED 150 Varsity Basketball-Women (1)
- PHED 151 Varsity Football (1)
- PHED 152 Varsity Softball-Women (1)
- PHED 153 Varsity Cross Country (1)

### PROFESSIONAL COURSES

#### ESSM 110 Principles of Food Preparation (4)

Introduction to food buying, food preparation, food storage, and dietary planning in accordance with scientific principles of nutrition. LEC 2, LAB 2. Offered: Fall, Spring, and Jan Term. (Formerly NTD 110)

#### ESSM 141 Introduction to ESSM and Related Technology (4)

Introductory course designed to expose all departmental majors to their specific area of study and to provide experiences in selecting and utilizing appropriate technology. Includes survey of each discipline relative to purpose, history and development, career opportunities, and relationship to other disciplines in the department. Includes required laboratory. Offered: Fall and Spring. (Formerly PHED 141)

#### ESSM 143-145 Core Program for Majors and Minors (2 each course)

Introduction to a variety of sports and activities. Emphasis on both skill acquisition and teaching techniques. Required for physical education majors. Prereq: ESSM 141. Offered: On rotation. (Formerly PHED 143-145)

#### ESSM 201 Instructional Strategies for Elementary School Physical Educators (4)

Study of the program of physical education activities for the elementary school. Includes methods and procedures for conducting such a program. For PHED majors only. Prereq: ESSM 141. Offered: Spring. (Formerly PHED 201)

#### ESSM 202 Physical Education for Elementary Schools (2)

See course description for ESSM 201. For non-PHED majors. Offered: Spring and Jan Term. (Formerly PHED 202)

#### ESSM 210 Introduction to Nutrition and Dietetics (2)

Survey of career opportunities in the health field and introduction to computer software pertinent to future career-related opportunities. Offered: Fall. (Formerly NTD 210)

#### ESSM 216 Personal Nutrition (4)

Introduction to nutrition for personal lifestyle choices. Includes study of digestion, absorption, and metabolism of nutrients. Recent advancements in nutrition, application to meal planning, and strategies for selecting nutritionally balanced foods are also presented. Offered: Fall and Spring. (Formerly NTD 216)