

Wellness (304)

Elective (ELES 304)

ELES 304

Fellowships Preparation: Learning from Distinguished Leaders

This course helps prepare juniors in the Distinguished Scholars Program (and a limited number of non-participants) to apply for nationally competitive fellowships including Fulbright, Truman, Rhodes and Marshall Scholarships and/or entry into competitive graduate programs. The focus is on developing the critical thinking aspects that are vital in preparing for such awards. Based on similar courses at West Point and the Naval Academy, this course will be seminar-based, including guest lectures by foundation representatives and past fellowship recipients. Participants will target pertinent awards, draft curriculum vitae, personal statements, and project proposals. Participants must have permission from the instructor to be admitted into the course.

English (ENGS 305)

ENGS 304

Improvise, Adapt, & Overcome

This course will examine a wide range of written sources (fiction and nonfiction from the Roman Empire to the present) and films that deal with the central issue of the Wellness Strand: how to live a good life. We will read and discuss selections from classic works of nonfiction (including the *Meditations* of Marcus Aurelius, Henry David Thoreau's *Walden*, Virginia Woolf's *A Room of One's Own*, and Viktor Frankl's *Man's Search for Meaning*) and fiction (including Ernest Hemingway's *The Old Man and the Sea* and Tim O'Brien's *The Things They Carried*) and films (such as *Apocalypse Now*, *Bigger*, *Stronger*, *Faster**, and *Little Dieter Needs to Fly*) alongside more recent nonfiction texts about facing and overcoming life's manifold challenges. In addition to developing a familiarity with our course texts, students will become familiar with related research on aspects of wellness they can apply to their own lives. This course will help you hone your skills as a critical viewer and reader who engages with and questions a variety of challenging texts and issues. In addition to the required texts listed above, we will read and view a wide range of critical essays, news articles, and online resources. Many of the texts will require substantial, careful reading and will give us a great deal of provocative material to discuss, so make sure to look ahead in the syllabus and budget sufficient time to read them thoroughly. You will apply your ideas and insights directly to your chosen area of academic interest and/or specialization by developing a semester-long research project in consultation with me. The course will also help you develop your skills as a writer. I will assign short response papers and a longer essay (the culmination of the semester project), all of which will be related to the texts or issues we read, view, and discuss in class.

ENGS 304

Writing about Identity in Young Adult Lit

As part of the Wellness strand, this course will address such questions as "How do I discover and develop my potential?" and "What is the connection between individual wellness and a healthy society?" To address those questions, you will read three or more young adult novels, read several texts about the concept of "identity," study the elements of composing an effective argument, and write a paper arguing for a claim related to the theme of "wellness." With a focus on using writing to understand a concept, as well as on writing effective arguments, this course should help you develop the ability to write effectively about topics of your own choosing for purposes of your own choosing.

ENGS 304

Overcoming Ego for Good

In the first part of this course, we will build an interpretive framework from Karl Jung's shadow self-theory, connect Jung's concept of the shadow to behaviors (punishing, placating, projecting, and denying) and emotions (fear, anger, and hatred), apply the interpretive framework to analyze works of literature and film, and evaluate victory over inflated ego as a potential key to healthy maturity, creativity, mindfulness, letting go, and reconciliation. In the second unit of the course, we will construct an interpretive framework from Murray Bowen's family systems theory, contrast Bowen's relationship patterns and postures (conflict, distance, pursuit, cutoff, over-functioning/under-functioning reciprocity, triangles, and reactive repetition) with autonomy, equality, and openness as healthy alternatives for managing emotional intensity in relationships, and apply this framework to analyze works of literature and film. In the final phase of the course, we will identify points of intersection between Jung's and Bowen's theories, synthesize an integrated framework, and apply this framework to analyze a work of literature.

History (HISS 304)

HISS 304

History of Premodern Medicine

This course examines medical knowledge and practice in the post-classical Latin West to 1500. It begins by surveying the roots of that knowledge and practice in the Greco-Roman classical world and in the Islamic world before 1100. The course also considers more broadly how premodern Europeans conceived of human nature and wellbeing. Learning objectives. This course's learning objectives are 1) to trace the roots of the Western medical tradition to Greco-Roman classical civilization and early Islam; 2) to analyze the synthesis of Greek, Roman, and Islamic medical and scientific doctrines in the later Middle Ages; 3) to explain fundamental principles of Western premodern medical thought; 4) to interpret and analyze primary sources in the history of medicine; 5) to contrast the Western premodern learned medical tradition with religious and folk healing traditions.

HISS 304:

A Good Life and Death in Chinese History

Over the three-thousand years of China's recorded history, its people have long thought about how to live well and prolong life. Since death was viewed as a continuance of life under slightly different circumstances, Chinese simultaneously pondered how to die well. By reading translated philosophical texts, hagiographies, medical treatises, short stories, and diaries, we will see how one could lead a healthy and meaningful life, and perhaps even cheat death by attaining immortality. By examining death testaments, Buddhist scriptures, and archaeological evidence, such as tombs, grave goods, and excavated documents, students will ascertain how Chinese envisioned death and prepared the deceased for a pleasant existence, or even Buddhahood, in the afterlife.

Natural Science (NTSS 304)

NTSS 304

Human Diseases

What causes human diseases? In NTSS 304, a wellness strand science course, we will explore the general classifications of the causes of disease as well as investigate the disease processes associated with specific diseases and body systems. We will also explore our body's defense mechanisms to combat diseases and begin to quantify the prevalence of diseases in multiple populations. The purpose of this course is to present a systematic approach and application to the study of human diseases so that the student will be able to use appropriate terminology to describe diseases 2) understand the mechanism and progression of diseases and 3) understand the appropriate treatment options.

NTSS 304

Physics of Sports

This course covers the physics behind a wide variety of sports, including football, baseball, soccer, swimming, and archery. Topics such as force, momentum, energy, and aerodynamics will be covered to help explain athletic performance, equipment, rules, and plays. Students will have the opportunity to use the physics they learn to analyze a sport of their choice as part of a final project.

NTSS 304

An Ounce of Prevention

This Wellness Strand Science Course will allow students to explore the value of healthy living as it relates to disease prevention, with a focus on the biology of diabetes, heart disease, and cancer, among others. Inquiry will include a literature review, group work, and a comparison of the normal function of the related systems as compared with the disease state.

NTSS 304

Herbal Medicine

An introductory course in botany devoted to the study of plants which can impact human health including: plant identification, plant cultivation, chemical constituents which make plants medicinally valuable and/or toxic, and the roles of plants in prehistoric and modern medicine.

Social Science (SCSS 304

SCSS 304

Sports & Society

This course is designed to introduce students to critical analysis of contemporary sports culture in the United States. Students will get an overview of the insights, findings, concepts, and perspectives that are held by a wide variety of interdisciplinary popular culture scholars today. Several prominent areas of sports culture to be studied include: youth, race, gender, religion, and economics.

SCSS 304

Child Development

This course is designed for the student to acquire understanding and appreciation of the mental, physical, social, and emotional aspects of childhood development. Emphasis is on techniques of motivation, principles of learning, learning styles, individual differences, and developmental problems. In addition, this course will provide students with an understanding of the prominent theories of child psychology and the research methods used to study children. We will take theories and apply them to situational and practical day-to-day functions.

SCSS 304

Social Problems

This course is designed to acquaint students with a fundamental understanding of social problems in American society.

SCSS 304

Survey of Economics

Economics traditionally has two branches or sub-areas of study: Microeconomics and Macroeconomics. Microeconomics looks on the logic of human decision-making and choice under conditions of scarcity and the workings of the market economy under competition and monopoly. Macroeconomics, the focus of our course, addresses the wider economy-wide questions that often affect society: What are the possible causes behind economy-wide fluctuations in employment, output and prices, in general. In other words, what's behind

inflations and recessions, and economic growth for the society as a whole? How do we measure and determine output, employment, and the movement of prices in the economy? What is the role and place of money in the overall economic system, and how does the monetary and banking system work? What are the options and impacts of various monetary and fiscal policy tools available and often used by governments and central banks? These are questions, I hope you see right away, frequently fill the newspaper headlines: What has happened to the unemployment rate? By how much has the economy as whole grown over (or contracted during the last three months, or the last year? What is the rate of price inflation, and what is its significance for business and consumer decision-making? What monetary and interest rate policies is the Federal Reserve (the American central bank) following that can influence investment spending and employment in the overall economy? By how much the government has been running a budget deficit and what impact or importance is there to the resulting accumulated national debt, which now comes to well over \$26.6 *trillion*! What we shall also see is that there are no unanimous or clear cut answers to either how the macro-economy fully operates or what the effects are of different policies may be set in motion by government through its taxing and spending policies or by the Federal Reserve with monetary and interest rate policies. That is what a lot of the economic policy debates and arguments are all about in Washington, D.C. I hope this suggests the relevancy and importance of a course in Economics for all those pursuing business or related careers, because any and all individual business enterprise decisions inescapably are made and carried through in the general economy-wide setting and situation. The most well-made investment or marketing decisions, for instance, can be thrown off track by the booms and busts of the business cycle, that is, inflations and recessions. As they can be by the policies implemented by governments and central banks.

SCSS 304

Sports & Exercise Psychology

This course is designed to introduce students to critical analysis of contemporary sports culture in the United States. Students will get an overview of the insights, findings, concepts, and perspectives that are held by a wide variety of interdisciplinary popular culture scholars today. Several prominent areas of sports culture to be studied include: youth, race, gender, religion, and economics.