GENERAL EDUCATION COURSE DESCRIPTIONS

All students are required to take 32 credits in general education courses. The following is a list of possible courses:

BIO 204 Nutrition (required) 3 credits
This course is an introduction to the science of nutrition. Sources and functions of nutrients, utilization of food in the body, nutritional requirements for various age groups, and rudiments of diet therapy are discussed. As matters of general interest, topics such as packaging and labeling of food, food poisoning and storage, food fads and fallacies, and comparing nutritional value versus cost in food buying are discussed with the aid of a series of projects.

CIS 101 Computer Information Systems 101 (required) 3 credits
This undergraduate course provides an introduction to computer data processing and information systems. Topics covered include the history of computers; mental models related to technology and computers; the fundamentals of computer functions; overview of computer hardware, equipment and software; and an introduction to computer applications. Utilizing hands-on learning with personal computers, combined with lectures, the course provides lucid explanations of computing concepts, online communication and collaboration tools, including web-based email, calendars, web conferencing, and other resources. It features integrated coverage of management information systems, networking, and the Internet. Students will learn effective strategies for searching the Internet using search. Engines, meta-search engines, virtual libraries, etc., and will learn how to evaluate Internet resources. Readings in technology skills and issues are required. Each student's mastery of the core concepts and objectives will be assessed by demonstrated computer use during class time, homework assignments submitted online, and a final examination comprised of both knowledge and practical components.

CIS 102 Computer Information Systems 102 (required) 3 credits
This course provides an in-depth exploration of computer data processing and information systems. Students will work with the major productivity applications, such as word processing, presentation software, electronic spreadsheet and data management in Windows operating systems, utilizing Microsoft and open source products. This course provides lucid explanations of practical applications of technology theory and contemporary issues, with emphasis on the historical and social impacts of technological innovations. Students will have hands-on learning in various forms of online collaboration, such as applications, forums, discussion groups, and newsgroups; and become familiar with a variety of web publishing, such as message boards, web page design, blogs, and podcasts. Readings in technology issues are required. Each student's mastery of the core concepts and objectives will be assessed by the class participation; demonstrated computer use during class time, homework assignments submitted online, creation of a website, and the quality of the final presentation of the website to the class.

ENG 100 Fundamentals of English 0 credits
This course is designed for students who have demonstrated the preparatory skills necessary for writing coherent sentences in standard English but who need to strengthen their language skills. The focus of the course is the paragraph as a basic unit of expression. Students learn to create topic sentences and exercise the rules of logic, unity and coherence. Students utilize a variety of

modes of expression and develop a mastery of grammatical principles (sentence rules, punctuation, pronoun case and agreement, parallelism, etc.). Students are expected to write an essay at the conclusion of the course. Graduation credit is not awarded for this course, and this course does not fulfill core curriculum requirements.

ENG 101 English Composition I (required) 3 credits
This course involves instruction of principles of written and oral expression, centering on the writing of essays. Various texts are studied for understanding of content, structure, and form. A short research project is required to demonstrate successful application of preliminary research skills.

ENG 102 English Composition II (required) 3 credits
This course continues the development and strengthening of the language and communication skills of reading, writing, and speaking. Readings from a variety of genres will be used to generate discussions, essays, and oral presentations. A research paper will be required to demonstrate skills in effective research, information management, and technology.

HST 130 Race and Sex Discrimination 3 credits
This course examines the legal and social status of women and African-Americans from 1787 to the present. Topics include the institutionalization of slavery, the spread of slavery, abolitionism, sectionalism, legal and social inequality of women to the 1960's, Reconstruction, Jim Crow laws, the suffragist movement, the effects of World War II, modern feminism, and the successes and failures of the Civil Rights and Black Power Movements.

HUM 101 Introduction to Humanities: Human Liberty 3 credits
This course is an introductory course in the general field of the Humanities, using human liberty as a focus of study. Readings and selections from history, literature, philosophy, and ethics, science, art and music will form the basic material of the course. Students will be expected to discuss, to evaluate, and to write about works which are fundamental to an understanding of the meaning of Human Liberty within western culture.

HUM214 World Religions 3 credits
This course is an introduction to the major world religions (Hinduism, Buddhism, Taoism, Confucianism, Judaism, Christianity and Islam). Students are taught a way of coming to know and appreciate the world views of other cultures. Attention to beliefs, values and practices of these religions as ways of dealing with issues basic to human life is central to the course.

MTH 050 Fundamentals of Mathematics 0 credits
This course is comprehensive coverage of basic computational skills in problem solving. Topics will include the four basic arithmetic operations as applied to whole numbers, fractions, and decimals; the writing and solving of ratio and proportions; and percentages. Credits from this course are not applicable toward graduation requirements.

MTH 100 Algebra **0 credits**

This course is designed to provide students with basic algebraic concepts and skills necessary to meet the basic prerequisites for College Mathematics (MTH 113). Major topics include the arithmetic of polynomials and polynomial fractions, the laws of exponents, the solving of fractional and quadratic equations, and the application of those concepts to word problems. Credits for this course are not applicable to graduation requirements, and this course does not fulfill core curriculum requirements.

MTH 113 College Mathematics (required) **3 credits**

Essentials of algebra, as well as certain more advanced pre-calculus topics that are of basic importance in the technical programs, are discussed. Topics include simplification and manipulative techniques of linear, quadratic, and higher-degree algebraic expressions; applied problems and graphs involving algebraic equations of one and two unknowns; exponents and radicals. College Mathematics is required before taking CHE 111.

PSY 156 Human Development **3 credits**

This course traces the development of the individual from conception through the life span, focusing on the developmental characteristics of infancy, childhood, adolescence, young and middle adulthood, and old age. Emphasis is on normal development. Theories considered psychoanalytic, cognitive behaviorist, humanist, and ethological. Effects and interaction of genetics and environment or nature/nurture, are emphasized.

SOC 110 Social Problems **3 credits**

This course uses a variety of sociological and psychological perspectives to explore the causes of, the reality of, and possible solutions to current social problems. Issues examined included but not limited to: abortion, child abuse, single parent families, divorce, drug abuse, alcoholism, AIDS, homelessness, aging, discrimination, and violence.

SOC275 – Marriage and the Family **3 credits**

This course is designed to study the nature and functions of marriage and the family in contemporary society, the historical and cultural evolution of family structures, functions, distinctions and similarities. The traditional and changing roles of women in American society are given special attention, along with the role of men and childrearing practices. Also discussed are problems of early marriage and intermarriage, mate selection theories and research, divorce and changing sexual norms.

TR103 – Stress Management **3 credits**

This course examines a wide spectrum of stress management modalities. It employs experiential learning so that students can apply the technique to themselves and to others. Techniques covered include: guided imagery, mindfulness meditation, relaxation postures, music, journaling, walking and others. The physiological and psychological underpinnings of each technique are discussed.

Open Elective **3 credits**

IDS101 – Harcum 101 - **1 credit**