Note: This is a list of all approved courses that may be offered. The list of courses to be offered in a particular semester or summer term appears in the Class Schedule for that term on AU BannerWeb: (https://banweb.alfred.edu).

University Courses

**COOP 385 - Cooperative Education** 3 hours. Students are employed off-campus in a position directly related to their academic and career goals. Off-campus arrangements are handled by the Career Development Center. May be repeated one time for credit, but not usually in two consecutive semesters. Prerequisite: Junior standing.

**OCST 301 - Study Abroad Preparation and Review** 2 hours. Students acquaint themselves with the country and culture they will be visiting through readings related to their country, online monitoring of newspapers in the host country, and weekly discussions. Students are expected to be able to address a current world issue through the lens of their host country. Cross-cultural simulations are used to facilitate discussions of issues related to ethnocentrism and stages of cultural adjustment. During the class, and while they are abroad, students keep an online, weekly reflective journal. Health and safety issues are addressed as well as the details related to a trip abroad, such as passports and visas. A wrap-up class follows during the returning semester. Offered in the second-half of each semester (B-Block).

**UNIV 101 - The Alfred Leadership Experience** 2 hours. The Social Change Model provides the guiding force and foundation for this skill-based course in leadership development. The goal is to develop each student's capacity to serve and work together toward positive change within institutions and communities. Students further apply these concepts to the creation of positive change within diverse groups. Class work is interactive and reflective, cultivating a personal and creative expression of leadership for each student.

**UNIV 102 - Career and Professional Success** 1 hour. In this course students develop and hone their job search skills. This includes creating and implementing a job search plan, resume and cover letter development, professional etiquette and business protocol, company research, effective networking, "dressing for success," interviewing and salary negotiation, and transitioning from college to the world of work. Students have an opportunity to connect both formally and informally with employers, alumni, and students through dinners, networking receptions, career events, and panel discussions.

**UNIV 105 - Peer Leadership in Health and Wellness Education** 2 hours. Provides students with the knowledge foundation and skills needed to become leaders in peer education and mentoring through a combination of instruction and service learning opportunities. Covers content specific to health and wellness issues faced by college students. Required for students wishing to become presenters in the Health and Wellness peer education program and the Student Athlete Mentor (SAMS) program.

**UNIV 107 - Wilderness Immersion and Leadership Discovery** 2 hours. This leadership development and service learning course takes place entirely outdoors with a focus on problem solving, teamwork, and leadership skills facilitated through experiential elements such as friction fire building, survival and rescue, wilderness first aid, shelter construction, and more.
UNIV 110 - Drawn to Diversity 2 hours. The D2D program uses the CRAFT Model (Contact, Research, Action, Feedback, and Teaching) to produce Community Based-Art, which strives to strengthen a community by providing a creative outlet for all voices to be respectfully shared.

UNIV 115 - Concepts of Service Learning 3 hours. This course combines weekly class meetings with weekly service hours spent in the local community in an exploration of what it means to be engaged in service learning as a way of accomplishing and demonstrating civic engagement. Each student selects a service project to satisfy the main requirement of at least 4 hours of service work per week. The class meets together 1 hour per week to discuss assigned readings and each other's reflections, written and oral. Service projects vary from term to term.

UNIV 205 - Living Well 2 hours. Students learn evidence-based interventions to improve their wellness. Students discover how to view wellness in a holistic way; focus is on the mind-body connection.

UNIV 450 - Independent Study 1-4 hours. Academic inquiry into an area not covered in any established course, and carried on outside the usual instructor/classroom setting. Approved Plan of Study required.

Physical Education

Activity Courses

PHED 100 - Special Topics 2 hours. Offerings vary year to year depending on the availability of faculty with expertise in the particular lifetime sport activity. Typical offerings might be Cross Country Skiing, Orienteering/ Snowmobiling, Cycling. (PE Requirement)

PHED 101 - Cross Training 2 hours. Combined weight training exercises and cardiovascular activities designed to improve strength, flexibility, cardiorespiratory fitness, and body composition. (PE Requirement)

PHED 103 - Cardiovascular Fitness 2 hours. An exposure to a variety of aerobic activities with emphasis on improved cardiovascular fitness and knowledge of scientific principles needed to attain an improved level of cardiovascular fitness. (PE Requirement)

PHED 105 - Beginning Badminton 2 hours. Emphasis on the effective use of the racquet, court coverage and position play, strategy, rules, and historical background. Opportunity for regular student participation in singles and doubles games. Class tournaments arranged. (PE Requirement)

PHED 108 - Introduction to Yoga 2 hours. Derived from the Sanskrit word yuj, "yoga" means "union". To practice yoga is to reunite body, mind, and spirit. This course will focus on the first of the Three Stages of Kripalu Yoga practice. Stage One introduces yoga postures (asanas) and breathing techniques (pranayama). Special attention will be given to safety, alignment, and the coordination of breath and movement. The only prerequisite is a commitment to develop a daily practice. (PE Requirement)

PHED 110 - Downhill Skiing 2 hours. Downhill skiing class for beginner to advanced skiers. Instruction is provided by Swain Ski Resort Instructors. Students are grouped according to ability level for lessons. A fee is assessed to cover the cost of skiing and transportation to/from the Swain Ski Resort. (PE Requirement)
PHED 112 - Beginning Golf 2 hours. Basic fundamentals of swing, grip and putting introduced. Opportunity for practical application indoors followed by several experiences at a golf course. Rules and etiquette of the game fully covered. (PE Requirement)

PHED 113 - Snowboarding 2 hours. Snowboarding class for beginner to advanced snowboarders. Instruction is provided by Swain Ski Resort Instructors. Students are grouped according to ability level for lessons. $180.00-$200.00 fee to cover costs. (PE Requirement)

PHED 115 - Total Fitness 2 hours. Through lecture and participation in a specific and progressive exercise program, students experience what total fitness is, why it is important to establish life-long skills, and how to safely and effectively increase their levels of fitness. (PE Requirement)

PHED 118 - Weight Training 2 hours. A scientific look at several types of weight training programs and selection of one, based on individual needs, to be used throughout the semester. (PE Requirement)

PHED 122 - Beginning/Intermediate Racquetball 2 hours. A fundamentals and basic court strategy course exposing students to games of one wall and four wall racquetball. Rules and court etiquette stressed. (PE Requirement)

PHED 125 - Karate 2 hours. Physical conditioning and discipline through experiencing offensive and defensive karate techniques. Students become familiar with common self-defense maneuvers and are introduced to the Kata (formal exercises of martial arts). Included are martial arts history, tradition and etiquette. (PE Requirement)

PHED 129 - Beginning/Intermediate Swimming 2 hours. An exposure to the basic strokes with emphasis on achieving confidence in the water. Opportunity to perfect strokes and increase endurance. (PE Requirement)

PHED 130 - Advanced Swimming 2 hours. Advanced strokes and swimming skills are presented along with some racing and diving techniques. Prerequisite: PHED 129 or permission of instructor. (PE Requirement)

PHED 131 - Lifeguard Training 2 hours. An American Red Cross course providing the necessary minimum skills and knowledge individuals need to qualify and serve as a non-surf lifeguard. Not intended to be a complete lifeguard training program. Prerequisite: PHED 130 or passing qualifying test. (PE Requirement)

PHED 133 - Basic Tennis 2 hours. Group presentation of basic strokes, simple strategy and rules, provides beginners with early opportunities for singles and doubles play. Students are screened by instructor to determine beginner's status. (PE Requirement)

Reserve Officers Training Corps Military Science Program

Courses offered at St. Bonaventure University - available to AU students through cross-registration. Contact the AU Registrar's Office for additional information. Note: Military Science Courses earn no degree credit at Alfred University.

MS 101 - Foundations of Officership 2 hours. The purpose of this semester is to introduce cadets to fundamental components of service as an officer in the United States Army. These initial lessons form the building blocks of progressive lessons in values, fitness, leadership, and officership.
Additionally, the semester addresses "life skills" including fitness, communications theory and practice (written and oral), and interpersonal relationships. (Fall)

**MS 102 - Basic Leadership** 2 hours. This course builds upon the fundamentals introduced in the previous semester by focusing on leadership theory and decision-making. "Life skills" lessons in this semester include: problem solving, critical thinking, leadership theory, followership, group interaction, goal setting and feedback mechanisms. (Spring)

**MS 201 - Individual Leadership Studies** 2 hours. Building upon the fundamentals introduced in the first year, this instruction delves into several aspects of communication and leadership theory. The use of practical exercise is significantly increased and cadets are increasingly required to apply communications and leadership concepts. Virtually the entire semester teaches critical "life skills." The relevance of these life skills to future success in the Army is emphasized throughout the course. (Fall)

**MS 202 - Leadership and Teamwork** 2 hours. The final semester of the Basic Course focuses principally on officership, providing an extensive examination of the unique purpose, roles, and obligations of commissioned officers. It includes a detailed look at the origin of our institutional values and their practical application in decision-making and leadership. (Spring)

**MS 301 - Leadership and Problem Solving** 2 hours. The MSL 300 level curriculum is intended to build leadership competencies and facilitate the cadet's initial demonstration of individual leadership potential at LDAC, while also preparing cadets for their future responsibilities as officers. The 300 level instruction uses small unit infantry tactics as the context for the development and assessment of leadership. While a measure of technical and tactical understanding of small unit operations is necessary, the focus of instruction is on the leadership competencies. (Fall)

**MS 302 - Leadership and Ethics** 2 hours. (Course and Lab) The final semester of the third year continues focusing on doctrinal leadership and tactical operations at the small-unit level. This critical semester synthesizes the various components of training, leadership, and team building. The MS 302 curriculum complements progression through the cadet's campus evaluation process and in the culminating event of the MSL III year in the field training environment of the Leaders Development Assessment Course (LDAC). (Spring)

**MS 401 - Leadership and Management** 2 hours. This semester of the Advanced Course concentrates on leadership, management, and ethics, and begins the final transition from cadet to lieutenant. The course focuses cadets, early in the year, on attaining knowledge and proficiency in several critical areas they will need to operate effectively as Army officers. (Fall)

**MS 402 - Officership** 2 hours. The final semester focuses on completing the transition from cadet to lieutenant. The course starts with a foundation in the legal aspects of decision-making and leadership. Following modules reinforce the organization of the Army and introduce how the Army organizes for operations from the tactical to strategic level. The Capstone Exercise requires the cadets, both individually and collectively, to apply their knowledge to solve problems and confront situations commonly faced by junior officers. (Spring)