

FIRST YEAR SEMINARS

Summer 2021

COURSE OFFERINGS AS OF 1/5/2021

CRN: 52293

Sports, Culture, and Geography

Professor Adam Friedman, Department of Education

The seminar will examine the interconnectedness of sports, culture, and geography, and the influence each has on one another. There will be a worldwide focus, as the geography and culture of North America, South America, the Caribbean, Europe, Asia, and Oceania will be covered through such sports as soccer, baseball, basketball, American football, auto racing, cycling, boxing, hockey, cricket, and rugby, at both the amateur and professional level. Historical and contemporary events and trends will be addressed, and students will be expected to develop and defend arguments on different topics in both oral and written form.

M - S 9:25 am – 10:40 am

Face to Face

Summer 2021

CRN: 52749

Lifestyle as Medicine for Prevention of Chronic Disease

Professor James Ross, Department of Health and Exercise Science

This course will examine the impact of lifestyle habits including physical activity (PA), diet, sleep, and stress levels on overall health and longevity and common measurements related to lifestyle medicine. Specifically, students will investigate global lifestyles and their relationship to chronic disease also known as non-communicable diseases (NCDs) to evaluate the impact of lifestyle habits on overall health and longevity. Students will synthesize information in each of these lifestyle categories and present in written and oral forms. Additionally, several classes will include instruction on giving successful presentations, writing in a laboratory format, and learning to navigate the library and searching for credible, peer-reviewed resources. Students will be assigned scientific readings in preparation for topic discussions. Student presentations will be assigned and/or chosen in each category of lifestyle. Faculty will work with each student on obtaining proper research for the presentations. Additionally, faculty will assist students in organizing and providing ways to convey the pertinent information on topics. This will occur for all presentations.

M – F 1:00 pm – 2:15 pm

Face to Face

Summer 2021

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