

GEE SUSTAINABILITY AND WELL-BEING COURSES

ECON-372 Ecological Economics (4 Credits)

This course introduces and applies concepts and tools from: economics, multiple discipline perspectives, and systems theory for thinking deeply about human impact on our fragile world. The course integrates College-Wide Learning Outcomes (critical thinking, sustainability, and civic engagement) to grapple with complex, interconnected social and ecological twenty-first century problems. Course Type(s):GEE Social Sciences, GEE Sustainability and Well-Being.

Offered: Fall, Even Years

ENG-270 Literature and the Environment (4 Credits)

This interdisciplinary course introduces students to the traditions of environmental literature. Students will learn to think across the humanities, arts, and sciences. May explore a particular group of writers, genre, historical period, or bioregion. May be repeated once as topics change. Course Type(s):GEE Humanities, GEE Sustainability and Well-Being.

Prerequisite(s): TW-101

ENST-120 Principles of Sustainability (4 Credits)

Explore the idea of sustainability from a system's perspective and a personal perspective. We examine forces at work in shaping the sustainability of agriculture, water, energy, materials, and biodiversity at regional, national, and global levels. Course Type(s):GEE Social Sciences, GEE Sustainability and Well-Being.

Offered: All, Every Year

ENST-110 Food, Health and the Environment (4 Credits)

This interdisciplinary course explores the connection between food choices, food production systems and their impacts on public health and the environment. Considering social, political, economic, and ethical factors, students will compare different agricultural systems and assess the ecological footprint and sustainability of our daily decisions of what to eat. Course Type(s):GEE Sustainability and Well-Being.

Offered: All, Every Year

ENST-151 The Environment of Central New England (4 Credits)

Introduces the geology and ecology, the natural and human history, and the social systems and governance structures that shape our regional environment. Explores the concept of place using interdisciplinary approaches including hands-on field work, preparing students to become responsible environmental stewards of the places where they live. Course Type(s):GEE Sustainability and Well-Being.

Offered: Fall, Every Year

ENST-201 Earth Cycles & Systems (4 Credits)

An overview of earth's physical systems and their interactions. Includes a survey of earth materials, the rock cycle, plate tectonics (earthquakes and volcanoes), landscape development (glaciers and rivers), the water cycle, weather, climate, and map interpretation. Three-hour lecture, two-hour lab, required field trips. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

Offered: All, Every Year

ENST-300 Geoscience Issues and Society (4 Credits)

A course focusing on the cause and effect of geologic processes that impact society. Content may vary, but includes earthquakes, tsunamis, floods, volcanic activity, resource issues, and the geologic record of climate change. Students are expected to closely monitor popular media to document current geologic events and their effects. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

Offered: Fall, Even Years

ENST-303 Life Sustainability in Earth's History (4 Credits)

This course investigates modern environmental issues in the context of Earth's history. Sustainability of life on Earth has always been linked with planetary cycles and major events, many of which are occurring today. Topics include climate change, natural hazards, natural resource limitations, pollution, evolution, and mass extinction. Required field trips. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

Offered: Fall, Every Year

ENST-320 Earth's Climate: Past & Future (4 Credits)

The tools of climatic science are used to investigate the evidence and mechanisms for earth's climatic change throughout geologic time. Includes climate classification and reasons for climate, climate forcing mechanisms, anthropogenic forcing, the global-warming crisis, and potential remedies. Combined lecture/lab. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

Offered: Spring, Even Years

ENST-381 Farming With Nature in Mind (4 Credits)

Through the lens of agroecology, we consider ecological and social conditions that influence the healthy functioning of food production systems and the effect of varying farming methods on the environment. Students will investigate models from the U.S. and around the world and have opportunities for hands-on experimentation in agroecological methods. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

Offered: Fall, Every Year

ENST-383 Rethinking Energy (4 Credits)

As fossil fuel energy sources have high environmental impact, we need to understand ways that cleaner, renewable alternatives can be more broadly available. This course develops a basic understanding of the physical laws of energy and explores the connections between energy sources, needs, politics, policies, environmental impact, and sustainability. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

HLSC-101 Health and Wellness (4 Credits)

An interdisciplinary course exploring the health dimensions of wellness including physical, social, psychological, and environmental aspects. Focus on self-assessment, development of critical thinking and behavior change skills to facilitate personal awareness and well-being. Course Type(s):GEE Social Sciences, GEE Sustainability and Well-Being.

Offered: All, Every Year

HLSC-175 Essentials of Nutrition Science (4 Credits)

An introduction to basic science concepts including nutrition guidelines, micro and macronutrients, anatomy and physiology of digestion and absorption of nutrients, energy balance, and health and wellness. The course will integrate course content, technology and quantitative reasoning using hands-on investigative activities to interpret and evaluate nutritional needs. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

Offered: All, Every Year

HLSC-200 AOD: The Fundamentals (4 Credits)

An introduction to alcohol and other drugs and biopsychosocial and historical perspectives. Topics include the history and classification of drugs; the physical, cognitive, psychological, and societal aspects of psychoactive substances; levels of use; and addiction liability. Course Type(s):GEE Social Sciences, GEE Sustainability and Well-Being.

Offered: All, Every Year

HLSC-216 Food Culture in Communities (4 Credits)

Interdisciplinary course exploring nutrition and food in our communities through policy, food security/economics, and culture. Federal nutrition assistance programs are discussed including laws, qualifications, and services. Cultural competency is explored through beliefs, customs, religion, communication, and food practices of various cultural groups and self. Students prepare culturally inspired foods. Course Type(s):GEE Sustainability and Well-Being.

Offered: Fall, Every Year

HLSC-285 Health in Society (4 Credits)

An introduction to the social determinants that impact health, such as socioeconomic status, education, culture, and health policy. Topics of social justice and ethics will be explored. Course Type(s):GEE Social Sciences, GEE Sustainability and Well-Being.

Prerequisite(s): TW-101

Offered: All, Every Year

HLSC-310 Food Science (4 Credits)

This course introduces the principles of food selection, sensory criteria, physical and chemical changes to ingredients and nutrients during food preparation and storage, basic nutrition content related to food, government regulations related to different types of food items, food technology, food preparation methods and allows students to develop professional skills. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

Offered: Fall, Every Year

HLSC-330 Resiliency for Well-Being (4 Credits)

A multi-disciplinary course that explores the sociological, psychological, biological and spiritual components of resiliency. Includes discussion, contemplation, self-reflection and active practice of strategies that cultivate resiliency such as: meditation, ecotherapy, communication skills, conflict resolution, cognitive restructuring, forgiveness, art, yoga, and time management. Course Type(s):GEE Sustainability and Well-Being.

HLSC-350 Women and Health (4 Credits)

A survey of women's health from the biological, social, economic, and political perspectives, drawing from the interdisciplinary field of public health. Course Type(s):GEE Social Sciences, GEE Sustainability and Well-Being.

Offered: Fall, Odd Years

HLSC-445 Human Sexuality (4 Credits)

An interdisciplinary examination of human sexual development and behavior, including reproduction, sexual anatomy, psychosexual development, sexual socialization, values, and various forms of sexual expression. This course will explore human sexuality from biological, cultural, legal, and political perspectives. Course Type(s):GEE Sustainability and Well-Being.

Offered: Summer, Every Year

HNRS-280 Honors Sustainability and Well-Being (4 Credits)

Honors courses in Sustainability and Well-Being will present content-specific titles and descriptions when they are approved by the Honors Program. They will meet Integrative Studies Program Outcomes and Honors Program outcomes appropriate to the course. Topics vary. Course Type(s):GEE Sustainability and Well-Being.

Offered: Occasionally, Every Year

HP-160 Cardiorespiratory Fitness (2 Credits)

Students acquire knowledge and skills for heart rate-based training, and practice multiple methods of improving cardiorespiratory fitness. Students learn to monitor exercise intensity and adapt exercise to different interests and abilities. This course is useful for improving personal fitness and for developing skills for exercise programming. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

HP-161 Resistance Training (2 Credits)

Students acquire knowledge and skills for increasing muscular strength, endurance and size. Students learn proper form and safe use of resistance equipment. Evidence-based methods are taught and practiced. This course is useful for improving personal fitness and for developing skills for exercise programming. Course Type(s):GEE Sustainability and Well-Being.

HP-162 Muscular Relaxation Training (2 Credits)

Students will acquire knowledge and mental skills for reducing the effects of stress and anxiety on the muscles in the body. Students will be guided through mind to body and body to mind relaxation training techniques for ideal activation levels. This course is useful for improving personal health. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

HP-164 Flexibility & Mobility (2 Credits)

Students acquire knowledge and skills for improving joint range of motion and flexibility. Evidence-based methods of improving musculoskeletal mobility are presented. Students practice techniques for stretching, self-massage, myofascial release, and postural alignment. This course is useful for improving personal fitness and for developing skills for exercise programming. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

HP-220 Physical Activity and Disease (4 Credits)

Introduction to human physiology and research regarding physical activity's relationship to Cardiovascular Disease, Type II Diabetes, Obesity, Hyperlipidemia, Hypertension, Cancer and Mental Health. The course will integrate content, epidemiological research, and critical thinking to interpret physiological information concerning the human body adaptations due to physical activity on health. Course Type(s):GEE Natural Sciences, GEE Sustainability and Well-Being.

Offered: Summer, Every Year

HP-310 Psycho-Social Aspects of Sport (4 Credits)

The purpose of this course is to present an interdisciplinary approach to sport which will challenge students to critically reflect and discuss sport from psychological and sociological perspectives. The central focus of the course is to understand how these perspectives and experiences interconnect our personal and societal viewpoints of sport. Course Type(s):GEE Sustainability and Well-Being.

Offered: All, Every Year

HP-311 Outdoor Recreational Leadership (4 Credits)

This interdisciplinary course will explore outdoor recreational leadership qualities, styles, and group dynamics from multiple perspectives (physical education/communication). Additional focus on experiential learning and examinations of selected program activities; develop, lead, and evaluate activities based on varying participant requirements; and earn a Leave No Trace certification. Course Type(s):GEE Sustainability and Well-Being.

Offered: Spring, Every Year

HP-352 Exercise Psychology (4 Credits)

An interdisciplinary approach to understanding why only some people participate in physical activity. Students reflect on past and current experiences, examine psychological theories of motivation, and investigate the exercise high. Neurogenesis as the mechanism for cognitive and emotional benefits is explored. Students develop strategies for increasing exercise motivation in others. Course Type(s):GEE Sustainability and Well-Being.

Offered: Spring, Even Years

JRN-268 Environmental Issues & Media (4 Credits)

Media coverage of environmental issues is analyzed from scientific, economic, political and legal perspectives. For both science and nonscience majors, a clearer understanding of how the media covers the environment and the various institutional interests involved in that coverage results through critical analysis and research projects. Course Type(s):GEE Sustainability and Well-Being.

Offered: Spring, Even Years

KSC-291 Skills for a Healthy Life (2 Credits)

This transdisciplinary course is designed to prepare students for life after college by translating theory into life skills that include: time management, interpersonal communication, personal food budgeting and preparation, mindfulness and individual physical activity. The course draws from the fields of food and nutrition, public health, psychology, communication and accounting. Course Type(s):GEE Sustainability and Well-Being.

Offered: All, Every Year

MU-314 Latin American Music, Society, & Culture (4 Credits)

Students will explore cultural origins, diversity, and the role of music by using examples from various representative regions of Latin America. Course Type(s):GEE Intercultural Perspectives, GEE Sustainability and Well-Being.

Offered: Spring, Every Year

SAFE-101 Safety Awareness (4 Credits)

Studies the impact of accidents, develops strategies to eliminate, mitigate accident outcomes through education and awareness. Identifies factors associated with activities at school, home and work that result in accidents. By applying this knowledge people can make informed decisions leading to minimum risk and maximum success. Course Type(s):GEE Social Sciences, GEE Sustainability and Well-Being.

Offered: All, Every Year

SAFE-320 Hospital Safety (4 Credits)

Designed for students interested in exploring the complex nature of health risks in hospital environments. This dynamic environment requires critical thinking, developing and expanding hazard assessment skills, and the wider impact of hospital exposures to infectious and chemical hazards on healthcare workers, patients, and surrounding communities. Course Type(s):GEE Social Sciences, GEE Sustainability and Well-Being.

Offered: Spring, Every Year

SPDI-151 Product Design Principles (4 Credits)

Human-Centered Design: Product Design involves the interdisciplinary integration of human, ergonomic and aesthetic needs with technological and production methods to create manufactured products. Product Design Principles cover the human/object interface, product form, innovation, redesign, and eco-design. Research Product Cases with reflective writing. Sketching and hands-on projects emphasize design methods. Lecture/Lab. Course Type(s):GEE Sustainability and Well-Being.

Offered: All, Every Year

SPDI-360 Sustainability by Design (4 Credits)

An interdisciplinary approach grounded in a comprehensive definition of sustainability to assist students exploring potential multidisciplinary or transdisciplinary solutions to complex, multi-layered problems - including but not limited to climate change, desertification, militarism, consumerism, wealth inequality and affordable housing, education and health care. Open to all majors. Course Type(s):GEE Sustainability and Well-Being.

Offered: All, Every Year