General Studies in HES

The curriculum in general studies in human environmental sciences enables students to integrate knowledge from all areas of the field and prepares them for employment or further study. The general studies option is designed for those interested in careers in cooperative extension, government, human services, utility companies or an area of the communications field. Courses are selected in consultation with an adviser.

The purpose of this program is to give the student with specific career goals an opportunity to develop an innovative program of study with a focus on at least one area within the College. Each student majoring in general human environmental sciences is expected to file a program of study prior to the completion of 100 hours and in accordance with the following guidelines:

• The proposed course of study must include 120 hours (including the statewide general studies requirements), The University of Alabama Core Curriculum requirements and the College of Human Environmental Sciences core requirements.

• The proposed course of study must give evidence that the student has built a cohesive structure of interrelated ideas around a focus within the College of Human Environmental Sciences and must include a minimum of 36 hours of coursework offered by the College of Human Environmental Sciences.

• The proposal must demonstrate that the proposed program could not be better served by an existing major program within the College.

• At the time of submission, the proposal must include a statement of approval by a faculty adviser chosen from the area of specialization.

• The proposal must indicate that the student has examined the consequences of the proposed program in relation to career goals and post-graduation plans.

Degree Requirements

The minimum requirements for a degree in General Studies in Human Environmental Sciences at The University of Alabama are:

• An approved program of study prior to the completion of 100 hours and in accordance with the CHES guidelines and courses selected in consultation with the student’s adviser.

• A minimum of 120 earned semester credit hours, including all University Core Curriculum requirements and a minimum of 35 hours of coursework offered by the College of Human Environmental Sciences, including the human environmental sciences core courses (HES 310 Issues Human Envir Sciences for all students, HES 100 Freshman Compass Human Env Sci for new freshmen on campus and HES 103 Distance Compass HES for new online freshmen).

• A 2.0 or higher grade point average for all college-level courses attempted at The University of Alabama and all courses attempted in the major field of study.

• At least 30 semester credit hours earned in residence in the College of Human Environmental Sciences.

It is the student’s responsibility to make sure that all degree requirements have been met. Students should review the academic requirements of this catalog and under DegreeWorks through their myBama account. They must meet with their academic advisers within the college two semesters before graduation to verify that all requirements will have been fulfilled by the expected date of graduation. In order to graduate, a student must submit an application for degree, using the online application for degree available through myBama no later than the time he or she registers for the final semester in residence.

### Freshman

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Total Hours: 120

### Faculty

Assistant Dean

Meyer, Mary Kay

### Athletic Training (ATR) Courses

**ATR 257. Intro to Athletic Training. 3 sem. hrs.**
The study of current principles in the prevention; clinical evaluation and diagnosis; immediate care and treatment; and rehabilitation and reconditioning of injuries and illnesses.

**ATR 258. Clinical Fundamentals. 1 sem. hr.**
The study and practice of clinical skills in the prevention, clinical evaluation and diagnosis, immediate care and treatment, rehabilitation and reconditioning of injuries and illnesses. Directed observations under the guidance of BOC certified athletic trainers.

**ATR 272. First Aid, Safety & CPR. 2 sem. hrs.**
The discussion and practice of skills and techniques in the emergency response to injuries and illnesses. Includes emergency assessment, first aid, cardiopulmonary resuscitation for infants, children and adults and AED use.

**ATR 300. Foundations in Athl. Training. 3 sem. hrs.**
Study and discussion of topics and clinical skills related to the prevention; clinical evaluation and diagnosis; immediate care and treatment; and rehabilitation and reconditioning of injuries and illnesses. Introduction to the organization and administration of athletic training programs.

**Prerequisite(s): ATR 257 and ATR 258 and ATR 272**

**Prerequisite(s) with concurrency: BSC 215 and N HM 315 and ATR 310.**

**ATR 310. Clinical Skills I. 1 sem. hr.**
Acquisition, evaluation, synthesis and application of clinical skills in the prevention; clinical evaluation and diagnosis; immediate care and treatment; and rehabilitation and reconditioning of injuries and illnesses. Clinical experiences under the direct supervision of BOC Certified Athletic Trainers.

**Prerequisite(s): ATR 257 and ATR 258 and ATR 272 and BSC 215 and N HM 315 and ATR 300**

**Prerequisite(s) with concurrency: BSC 215 and N HM 315 and ATR 300.**

**ATR 320. Clinical Skills II. 1 sem. hr.**
Acquisition, evaluation, synthesis and application of clinical skills in the prevention; clinical evaluation and diagnosis; immediate care and treatment; and rehabilitation and reconditioning of injuries and illnesses. Clinical experiences under the direct supervision of BOC Certified Athletic Trainers.

**Prerequisite(s): ATR 257 and ATR 258 and ATR 272 and ATR 300 and ATR 310 and BSC 215 and N HM 315 and ATR 357 and BSC 216 and KIN 365**

**Prerequisite(s) with concurrency: ATR 357 and BSC 216 and KIN 365.**

**ATR 357. Clinical Evaluation & Diagn I. 3 sem. hrs.**
Study of the lower extremities as they relate to the prevention; clinical evaluation and diagnosis; immediate care and treatment; and rehabilitation and reconditioning of injuries and illnesses.

**Prerequisite(s): ATR 257 and ATR 258 and ATR 272 and ATR 300 and ATR 310 and BSC 215 and N HM 315 and ATR 357 and BSC 216 and KIN 365**

**Prerequisite(s) with concurrency: ATR 357 and BSC 216 and KIN 365.**

**ATR 358. Clinical Eval. Diagnosis II. 3 sem. hrs.**
Study of the upper extremities as they relate to the prevention; clinical evaluation and diagnosis; immediate care and treatment and rehabilitation and reconditioning of injuries and illnesses.

**Prerequisite(s): BSC 215 and BSC 216 and N HM 315 and KIN 365**

**Prerequisite(s) with concurrency: PH 101 and ATR 457 and ATR 410.**
ATR 360. Clin Eval & Diagnosis II. 3 sem. hrs.
Study of the head, neck, face, abdomen, thorax and thoracic and lumbar spines as they relate to the conditions; clinical evaluation and diagnosis; immediate care and treatment; and rehabilitation and reconditioning of injuries and illnesses.
Prerequisite(s): ATR 300 and ATR 310 and ATR 320 and ATR 357 and ATR 358 and ATR 410 and ATR 457 and BSC 215 and BSC 216 and NHM 315 and KIN 365
Prerequisite(s) with concurrence: PH 101 and ATR 420 and ATR 456.

ATR 410. Clinical Skills III. 1 sem. hr.
Acquisition, evaluation, synthesis and application of clinical skills in the prevention, clinical evaluation and diagnosis, immediate care and treatment and rehabilitation and reconditioning of injuries and illnesses with an emphasis on the upper extremity and the use of therapeutic modalities in the comprehensive patient care plan. Clinical experiences under the direct supervision of Preceptors.
Prerequisite(s): ATR 300 and ATR 310 and ATR 320 and ATR 357 and ATR 358 and ATR 410 and ATR 457 and BSC 215 and BSC 216 and NHM 315 and KIN 365 and PH 101 and ATR 358 and ATR 457
Prerequisite(s) with concurrence: PH 101 and ATR 358 and ATR 457.

ATR 420. Clinical Skills IV. 1 sem. hr.
Acquisition, evaluation, synthesis and application of clinical skills in the prevention, clinical evaluation and diagnosis, immediate care and treatment, and rehabilitation and reconditioning of injuries and illnesses with an emphasis on the head, neck, face, thorax, abdomen and spine and the use of therapeutic exercises in the comprehensive patient care plan. Clinical experiences under the direct supervision of Preceptors.
Prerequisite(s): ATR 300 and ATR 310 and ATR 320 and ATR 357 and ATR 358 and ATR 410 and ATR 457 and BSC 215 and BSC 216 and NHM 315 and KIN 365 and PH 101 and KIN 492 and ATR 360 and ATR 456

ATR 430. Clinical Skills V. 1 sem. hr.
Acquisition, evaluation, synthesis and application of clinical skills in the prevention, clinical evaluation and diagnosis; immediate care and treatment; and rehabilitation and reconditioning of injuries and illnesses with an emphasis on acute and chronic medical conditions and their pharmacologic management within a well organized athletic training program. Clinical experiences under the direct supervision of Preceptors.
Prerequisite(s): ATR 300 and ATR 310 and ATR 320 and ATR 357 and ATR 358 and ATR 410 and ATR 420 and ATR 452 and ATR 457 and ATR 454 and ATR 455 and BSC 215 and BSC 216 and NHM 315 and KIN 365 and KIN 492 and PH 101.
Prerequisite(s) with concurrence: ATR 454 and ATR 455.

Acquisition, evaluation, synthesis and application of clinical and research teaching skills in athletic training with an emphasis on clinical question development and the incorporation of evidence based practice in resolving clinical questions and developing and implementing patient care plans. Clinical experiences under the direct supervision of allied medical and medical professionals in a range of patient care settings. Offered summer semester.
Prerequisite(s): ATR 300 and ATR 310 and ATR 320 and ATR 357 and ATR 358 and ATR 410 and ATR 420 and ATR 457 and BSC 215 and BSC 216 and NHM 315 and KIN 365 and KIN 492 and PH 101.
Prerequisite(s) with concurrence: ATR 454 and ATR 455.

ATR 457. Therapeutic Modalities. 3 sem. hrs.
Current theories, methods and techniques in the application of therapeutic modalities during the treatment rehabilitation and reconditioning of injuries. The clinical evaluation and diagnosis of injuries relative to therapeutic modalities.
Prerequisite(s): BSC 215 and BSC 216 and NHM 315 and KIN 365
Prerequisite(s) with concurrence: PH 101 and ATR 358 and ATR 410.

ATR 458. Seminar in Athl. Training. 3 sem. hrs.
Discussion of current issues in athletic training with an emphasis on research and the application of current research to the practice of athletic training. Writing proficiency within this discipline is required for a passing grade in this course.
Prerequisite(s): ATR 300, ATR 310, ATR 320, ATR 357, ATR 358, ATR 410, ATR 420, ATR 430, ATR 453, ATR 454, ATR 455, ATR 456, ATR 457.

ATR 488. Internship in Athl Training. 1-12 sem. hr.
Directed internship in a health care facility for the senior athletic training student.

ATR 490. Anatomical Basis. 3 sem. hrs.
An in depth review of the anatomical structures associated with common orthopaedic injuries. Cadaveric dissection and postmortem review activities included.

ATR 496. Ind Study Athletic Training. 1-12 sem. hr.
Independent study of skills and topics in athletic training for the senior athletic training student.

Athletic Training (HAT) Courses

CTD 102. Applied Design. 3 sem. hrs.
Basic concepts in organization and evaluation of design, and its contribution to the enrichment of living. Usually offered in summer school. Two lectures, one laboratory.

CTD 121. Intro Interior Design. 3 sem. hrs.
Introduction to the functional and aesthetic requirements of lifespaces, with emphasis on user needs and the home environment. Usually offered in summer school. Two laboratories, one lecture.

CTD 141. Intro to Apparel Design. 3 sem. hrs.
An introduction to the business of fashion with focus on the apparel designer’s role. Open to apparel design majors only.
Prerequisite(s): None.

CTD 215. Introduction to Rendering. 3 sem. hrs.
An introduction to achromatic and contemporary color graphics media used in sketching, rendering and design drawings, with emphasis on schematics used in problem solving and rapid rendering techniques for interior delineation.
Prerequisite(s): CTD 121.

CTD 216. Beginning Weaving. 3 sem. hrs.
Study of original design in loom weaving techniques; dressing the loom; drafting designs; and weaving and finishing procedures. Offered irregularly. Two laboratories.

CTD 217. Fashion Illustration. 3 sem. hrs.
Emphasis is on the development of the fashion figure, design details, fabric rendering, flats, customer profile analysis, and collection development. In addition, students using advanced computer design software, create original digital design layouts of their work. Two lectures, one laboratory.
Prerequisite(s): CTD 102 and ART 110.

CTD 221. Matl Source Int Design. 3 sem. hrs.
Study of manufacturers’ products for residential and nonresidential interior design; construction materials, finishes, furniture and furnishings. Offered in the fall semester.

CTD 225. Residnt Des/Graphic Comm. 3 sem. hrs.
Fundamentals of residential interior design with emphasis on presentation graphics. Exploration of programming, universal access, and lighting for the residential environment. Offered in the fall semester. Two laboratories.
Prerequisite(s): CTD 121 or Permission of Instructor.

CTD 226. Nonresidential Design. 3 sem. hrs.
Fundamentals of nonresidential interior design with emphasis on presentation graphics. Exploration of programming, spatial organization, and codes and standards for the business environment. Offered in the spring semester. Two laboratories.
Prerequisite(s): CTD 225.

CTD 231. Sewn Products Analysis. 3 sem. hrs.
Structural analysis of textile products for apparel and household use. Focus on products, standards, specifications, and relationships among performance, quality, and price.
Prerequisite(s): CTD 261.

CTD 241. Apparel Construction. 3 sem. hrs.
Introduction to apparel producer-retailer relationships. Emphasis on quality control and time management in meeting apparel specifications through application of apparel construction, fitting, and pattern alteration principles. Two laboratories.
Prerequisite(s): CTD 141.
CTD 245. Apparel Production. 3 sem. hrs.
Team approach to apparel product development including market research, design concepts, garment specification writing, sourcing, costing, production, quality control, and promotional materials. Offered in the spring semester. Two laboratories. Prerequisite(s): CTD 241.

CTD 250. Construction Procedures for Interior Design. 3 sem. hrs.
Building construction for interior designers with emphasis on architectural procedures and systems including electrical, plumbing, lighting, acoustical, and thermal control. Includes introduction to Revit software. 

CTD 255. Comp Appl for Interior Design. 3 sem. hrs.
This course will provide students with a basic understanding of computer software applications and project documentation commonly used in interior design. Software introduced includes: Photoshop, InDesign, Sketchup, and 3D Studio Max. Computing proficiency is required for a passing grade in this course. Prerequisite(s): CTD 226 CS 102.

CTD 261. Textiles. 3 sem. hrs.
Characteristics of the textile industry, fibers, yarns, fabric construction, and finishes. Selection, care, and performance characteristics. 

CTD 281. Fashion Retailing I. 3 sem. hrs.
Organization, promotion methods, and interrelationship of the textiles, apparel, and retailing industries. Includes consumer demand and diffusion of fashion. Offered in the fall semester.

CTD 301. I. D. New York Study Tour. 3 sem. hrs.

A course designed to provide new and diverse experiences to increase understanding of the fashion, apparel, and textile-related industries through design, merchandising and retailing venues in the four major fashion capitals of the world (New York, London, Paris, and Milan). Range of learning environments promoted, including class discussions, company profile reports, assigned readings, journaling and presentations by professionals in the fashion industries of the four cities. Prerequisite(s): CTD 281, Minimum 2.5 GPA.

CTD 312. Advanced Computer Applications. 3 sem. hrs.
This course will provide students with an advanced understanding of computer software applications and project documentation commonly used in interior design. The skills are presented in a format that emphasizes use of the computer as a creative tool. Computer Software used in class: Photoshop and Revit. Extensive use of the computer is a condition for passing the class.

CTD 319. Textile Design. 3 sem. hrs.
Using the latest computerized design systems, students create original designs, repeats, colorways, and coordinates targeting specific markets. Emphasis is on the creative use of advanced software, awareness of industry trends and the development of an original portfolio of digitally produced designs. Prerequisite(s): CTD 102.

CTD 320. Visual Merchandising. 3 sem. hrs.
Introduces contemporary display techniques, equipment, and materials for designing three-dimensional product presentations within the retail environment. Using advanced computer software, students create and execute original visual programs and storewide promotions. Two lectures, one laboratory. Prerequisite(s): CTD 102 and 281.

CTD 321. History of Interiors I. 3 sem. hrs.
Study of the furnishings, interior treatments, and lifespaces characteristic of selected styles from antiquity to the present. Offered in the Fall semester. Prerequisite(s): CTD 226.

CTD 323. Interior Design Internship Sem. 1 sem. hr.
Exploration of internship possibilities and requirements, development of job-search skills and internship placement. Enrollment open to students applying for fashion retailing internships. Prerequisite(s): CTD 226 and CTD 250.

CTD 330. Autocad for Interior Design. 3 sem. hrs.
Principles, terminology, command sequencing and execution, and equipment use for computer-aided design applications within the field of interior design. Review of basic commands with emphasis on intermediate and advanced applications. Prerequisite(s): CTD 241.

CTD 340. Portfolio Development. 3 sem. hrs.
Dedicated to the study and completion of a student portfolio. 

CTD 341. Italian Fashion. 3 sem. hrs.
Students travel to italy to research and experience the influence of culture on the fashion industry. Prerequisite(s): CTD 281.

CTD 349. Compt-Aid Apparel Design. 3 sem. hrs.
Application of computer technology to fashion illustration, apparel design, marker making, pattern making, and pattern grading. Offered in the spring semester. Two laboratories. Prerequisite(s): CTD 350.

CTD 350. Flat Pattern Design. 3 sem. hrs.
Principles and procedures governing development and use of master patterns. Application of flat pattern principles to the execution of original designs. Offered in the fall semester. Two laboratories. Prerequisite(s): CTD 245.

CTD 351. Apparel Des Thru Dpng. 3 sem. hrs.
Techniques of draping on a dress form are applied in the execution of original designs. Offered in the spring semester. Two laboratories. Prerequisite(s): CTD 350.

CTD 353. Language of Design. 3 sem. hrs.
Writing proficiency within this discipline is required for a passing grade in this course.

CTD 355. Global Influences on Design. 3 sem. hrs.
Prerequisite(s): EN 101 and EN 102; or EN 103 and CTD 121.

CTD 356. Fashion Marketing. 3 sem. hrs.
It is the purpose of the this course to provide retailing and fashion design students with a marketing course that focuses on the fashion industry. Course Description - Enroll in the four Ps of the marketing concept - Price, Product, Promotion and Place - to the fashion industry, including branding, promotion, international marketing, and consumer behavior as related to the fashion industry. Prerequisite(s): CTD 281.

CTD 357. Fashion Marketing. 3 sem. hrs.
Focus on professional development and profit analysis. Exploration of internships possibilities and requirements, development of job-search skills, and internship placement. Enrollment open to students applying for fashion retailing internships. Prerequisite(s) with concurrency: CTD 481.

CTD 415. History Textile Design. 3 sem. hrs.
Prerequisite(s): CTD 281.

CTD 422. History Of Interiors II. 3 sem. hrs.
Study of research methods and design theories utilizing historical knowledge from CTD 231. Writing proficiency within this discipline is required for a passing grade in this course. Offered in the spring semester.

CTD 423. Intern Interior Design. 3 sem. hrs.
Experience in interior design or related business under supervision of advisor and the business management. Offered during the summer session.

CTD 425. Advanced Residential Design. 4 sem. hrs.
Principles, terminology, command sequencing and execution, and equipment use for computer-aided design applications within the field of interior design. Review of basic commands with emphasis on intermediate and advanced applications. Prerequisite(s): CTD 241.

CTD 426. Advanced Nonresidential Design. 4 sem. hrs.
Principles in design of business and professional interiors; construction drawings using computer-assisted design; individual and group problem solving. Requires senior thesis. Offered in the spring semester. One lecture, two laboratories. Prerequisite(s): CTD 425.
CTD 427. Advanced Computer Applications in Design. 3 sem. hrs.
This course will provide students with an overview of computer software applications and project documentation commonly used in design. The course will provide an overview and introduction to Revit and 3d studio max. Computing proficiency is required for a passing grade in this course.
Prerequisite(s): CS 102 and CTD 250.
CTD 446. Cult Dynam Apparel Text. 3 sem. hrs.
Impact of cultural dynamics on apparel and textile production and marketing. Offered in the spring semester.
CTD 447. Text Apparel Intnat Trade. 3 sem. hrs.
Study of the evolution of the textile industry and its products, emphasizing multinational characteristics and contemporary issues. Writing proficiency within this discipline is required for a passing grade in this course.
Prerequisite(s): EC 110 or EC 111; and CTD 281.

CTD 448. History Of Costume. 3 sem. hrs.
Costume development from prehistoric to modern times. Study of cultural forces in relation to the evolution of costume. Offered in the fall semester.

CTD 450. Advanced Apparel Design. 3 sem. hrs.
Synthesis and application of design theories; procedures and processes used in the apparel industry. Development of portfolio of original design work is required. Two laboratories. Offered in the fall semester.
Prerequisite(s): CTD 350 and CTD 351.

CTD 455. Text Apparel Prod/Design. 6 sem. hr.
The course will provide students with an overview of computer software applications and project documentation commonly used in design. The Course will provide an overview and introduction to Revit and 3d studio max. The Skills are presented in a format that emphasizes use of the computer as a creative tool. Students will develop a mastery of the programs in subsequent courses. Extensive use of the computer is a condition for passing this course. While extensive use of the computer is required, this course is not approved as a C designated core course.

CTD 461. Qual Contr Textile Prod. 3 sem. hrs.
Use of standard laboratory test methods and computerized statistical data analysis to evaluate the quality of textile products. Block course. Offered in the fall semester.
Prerequisite(s): CTD 261.

CTD 481. Fashion Retailing II. 3 sem. hrs.
Merchandise planning and control; techniques of merchandising, including unit and dollar assortment planning, inventory control, and procurement. Block course. Offered in the fall semester.
Prerequisite(s) with concurrency: CTD 381.

CTD 485. Intern Fashion Retailing. 6 sem. hrs.
To participate, students must make application to the department by the first day of classes during the spring semester of the junior year. A grade point average of 2.50 or higher is required for the professional courses specified under “Fashion Retailing Concentration for AT Majors” in this catalog. The course involves supervised work experience in a business related to the major field of study.
Prerequisite(s): CTD 381.

CTD 498. Directed Indiv Studies. 1-6 sem. hr.
Independent Study.

CTD 499. Directed Indiv Studies. 1-6 sem. hr.

Consumer Sciences (CSM) Courses

CSM 101. Consumers And Technology. 3 sem. hrs.
The course features the use of basic applications of the computer, including word processing, database, electronic presentation, Internet searching, and fundamental computer maintenance. Students may not receive credit for both CSM 101 and CS 102.

CSM 116. Quantitative Methods of Financ. 3 sem. hrs.
This three-credit hour course is intended to develop mathematical fluency within the context of financial planning/literacy. It is broad in scope and content rather than specific to a particular discipline, is an introduction to the basic tools and techniques necessary for the development of a successful personal financial plan over one’s life span and emphasizes the use of mathematical techniques as a tool for analysis. CSM 116 includes topics such as real and nominal rates of return, probability, and algebra functions. An emphasis is placed on mathematical reasoning in solving financial problems. It uniquely serves as a course for students not intending to pursue further study in mathematics, science, or engineering, but for students who will be able to utilize mathematical tools to make sound financial decisions. Students will apply practical skills by setting and reaching financial goals as elements of an integrated system, manipulation of quantitative data, calculating future financial needs, and using mathematical induction formulas and tools to determine predictability of expected outcomes. The course commences with money management and credit use, progresses to investments, insurance, retirement planning, and culminates in wealth accumulation and estate planning as the basis for mathematical problem solving exercises. CSM 116 is designed to provide a foundation both for further study and for personal enrichment.
Prerequisite(s): MATH 100.

CSM 201. Indiv Family Resourc Mgt. 3 sem. hrs.
Management of human, material, and environmental resources to accomplish value-based goals. Highlights importance of decision making to achieve satisfaction and improve quality of life across the family life cycle.

CSM 204. Intro Persoln Finan Plan. 3 sem. hrs.
The course presents financial planning within the context of the family life cycle and the consumer decision-making framework. It provides an overview of topics such as family financial goal setting, budgeting, risk management, savings, and investments.

CSM 206. Prac Fin Plan for Rest of Us. 3 sem. hrs.
Provides basic tools and technology necessary for development of a successful personal financial plan over one’s life span. Topics include money management, credit use, investments, insurance, retirement planning, wealth accumulation and estate planning.

CSM 300. Time Value of Money & Financial Calculations. 1 sem. hr.
The focus of this course is to develop a better understanding of the Time Value of Money concept and the types of financial calculations that will be required in courses such as Introduction to Investment Planning, Asset Management, Retirement Planning and the Capstone Course in Financial Planning.
Prerequisite(s) with concurrency: CSM 204.

CSM 381. Consumer Marketing Management. 3 sem. hrs.
Principles of consumer-oriented marketing management with emphasis on consumer decision-making theory and practice.

CSM 390. Field Experience. 1-6 sem. hr.
Supervised experiences in the areas of consumer affairs or family financial planning with government, business, or industry.

CSM 400. Personal Insurance Plan & Mgt. 3 sem. hrs.
Survey of myriad of personal risks facing consumers and families throughout the life cycle. Emphasis is placed on the fundamentals of risk management. Includes a comprehensive study of insurance products.
Prerequisite(s): CSM 201 and CSM 204.

CSM 401. Consumer Protection. 3 sem. hrs.
Laws and agencies affecting the consumer’s well-being, sources of consumer information, discussion of current consumer issues. Writing proficiency within this discipline is required for a passing grade in this course.

CSM 403. Consumer Economics. 3 sem. hrs.
The role of the consumer in the economy. Economic analysis of market and nonmarket consumption activities, incorporating relevant social, psychological, political, and ecological considerations.

CSM 404. Personal Investment Plan & Mgt. 3 sem. hrs.
Concepts and techniques related to family financial investments.
Prerequisite(s): CSM 201 and CSM 204.

CSM 405. Public Policy. 3 sem. hrs.
A detailed analysis of U.S. public policy, recognizing the broader social and economic impacts of selected policies. Students will develop a better understanding of how and why specific policies are implemented and assess the strengths and weaknesses of different policy structures.

CSM 406. Consumer Mgt Quality Assurance. 3 sem. hrs.
Provides in-depth coverage of the primary theories and methods necessary for quality assurance in a wide range of organizational settings.

CSM 407. Consumer Qual Mgt Facilitn Skll. 3 sem. hrs.
Provides a comprehensive study of facilitation skills necessary to lead an organization in continuous improvement.
CXM 408. Consumer Quality Mgmt Systems. 3 sem. hrs.
Provides an in-depth analysis of management systems as a method for organizing and leading business, educational, and health care institutions. The course will cover the primary issues related to management systems.

CXM 409. NY Wall Street Stdy Tour. 3 sem. hrs.
Provides an overview of the financial system with emphasis on financial service providers, products, and markets. Includes a 6-day tour of New York’s financial district, presentations by financial professionals, team activities, assignments, and stock market analysis.

Fundamentals for personal retirement planning and the selection of employee benefits. Prerequisite(s): CSM 201 and CSM 204.

CXM 414. Personal Investment Planning & Management II. 3 sem. hrs.
This course expands upon the content of CSM 404/504, adding a number of new concepts that are relevant to understanding the management of investments for family and individual goal attainment. Lectures, readings, case studies, and problem sets are designed to help students in preparing for the Investment Planning section of the Certified Financial Planner (CFP) examination. Prerequisite(s): CSM 404.

An in-depth study of the functions and structures of customer relations as it relates to business and government agencies. Analysis of consumer needs, complaints, and education.

CXM 420. Personal Estate Planning. 3 sem. hrs.
Techniques of personal estate planning within the family life cycle. Prerequisite(s): CSM 201 and CSM 204.

CXM 424. Addict. & Dysf. in Money Mgmt. 3 sem. hrs.
An in-depth study of addictions and dysfunctions related to money and finances and a brief guide for changing dysfunctional behavior related to money. The course does not provide training in diagnosing, but rather emphasizes describing behavior.

CXM 425. Cons Conflict Med, Mgt & Neg. 3 sem. hrs.
A study of the various techniques of conflict resolution in consumer affairs.

An in-depth study of skills to mediate, negotiate and manage conflict in the home and workplace. Written analysis is integral.

Advanced exploration of the dynamics and impact of communication and difference on conflict mediation, negotiation, and management. Students will expand understanding of human difference on the ability to work through conflict situations. Students will develop self-evaluation skills related to conflict experiences.

CXM 430. Family & Consumer Law. 3 sem. hrs.
The study of family and consumer law in specific issues of marriage, parent-child relationships, divorce, and the economic consequences of divorce, as well as consumerism and a general understanding of legal terms, resources, the legal system, and adversarial proceedings.

CXM 435. Psychology Of Money. 3 sem. hrs.
An innovative study of financial behaviors and their relationship to money management with emphasis placed on both theory and its application.

CXM 437. Developing The Leader Within. 3 sem. hrs.
An in-depth look at leadership principles, qualities, styles, and models with a focus on developing leadership skills and potential within the individual students. Designed to assist students in identifying opportunities for improvement.

CXM 440. Maximizing Use of Social Media Marketing. 3 sem. hrs.
In this course students will develop skills for strategic social media marketing and engagement. They will explore and utilize techniques for integrating social media marketing campaigns that serve as listening and outreach tools in building brand engagement. They will explore and utilize techniques for integrating social media marketing campaigns that serve as listening and outreach tools in building brand engagement. This course will provide a framework for online brand management and promotion for careers and majors in the college of Human Environmental Sciences.

CXM 441. Consumer Communications. 3 sem. hrs.
Principles, methods, techniques, and resources used in developing, presenting, and evaluating a complete consumer communication program. Writing proficiency and use of the computer are required for a passing grade in this course. Prerequisite(s): CS 102 or CSM 101.

CXM 445. Microcom Appl Con Serv. 3 sem. hrs.
Encompasses the collection of technical skills and scientific methodologies which can be used to create computer-based solutions to real problems encountered in consumer services. Computing proficiency is required for a passing grade in this course. Prerequisite(s): CS 102 or CSM 101.

CXM 447. Digital Tools. 3 sem. hrs.
Provides students with skills to live and work in a digital environment by developing technological skills in use and application of computers, Internet, and other digital tools. Prerequisite(s): CS 102 or CSM 101.

CXM 454. Personal Income Tax Mgmt Planing. 3 sem. hrs.
An analysis of personal income tax management and planning as it relates to consumers and families throughout the life cycle. Prerequisite(s): CSM 201 and CSM 204.

CXM 458. Spreadsheets in Fin. Decisions. 3 sem. hrs.
The focus of this course is to develop a working knowledge of Microsoft Excel as it may be used to analyze problems related to personal financial planning. The course emphasizes life-cycle planning and computer literacy. The course is designed to help students in becoming better prepared for the actual workplace environment. Prerequisite(s): CSM 204 or RHM 474 or AG 210.

CXM 459. Tech of Counsl in Cons Science. 3 sem. hrs.
This course explores the indicators, causes, and impact of financial stress and problems on individual's and family's well-being. The course emphasizes the fundamentals of counseling, communication, and ethics for those working in professional settings to help individuals from different backgrounds achieve personal financial goals as well as the workplace in general.

CXM 460. Financial Planning Case Study Capstone Course. 3 sem. hrs.
A systems approach to financial management for individuals and families from the perspective of planner/counselor. Focuses on analytical techniques. Emphasizes identification and development of strategies for meeting client goals. This course should be taken during the last semester of the degree curriculum. Prerequisite(s): CSM 458 and CSM 201 and CSM 204 and CSM 400 and CSM 404 and CSM 458.

CXM 462. Financial Planning Practice Management. 3 sem. hrs.
An in-depth look at the professional side of careers in Consumer Sciences. Experiential activities, guest speakers, faculty lecturers and student projects provide students with opportunities to learn and practice traits, skills and abilities needed for a successful career.

CXM 475. Entrepreneurship In Hes. 3 sem. hrs.
A study of home-based businesses taught from the perspective of theory and application in family resource management.

CXM 480. E-Commerce@Human Envir Science. 3 sem. hrs.
Offers sound advice and vital practical help on developing an idea into a business on the Internet, addressing areas of specialization in human environmental sciences.

CXM 486. Consumer Conflict Mediation, Management & Negotiation III. 3 sem. hrs.
Survey of the theory and practice of the Employee Assistance Program (EAP). Six content areas will assist students in identifying their strengths and weaknesses in relation to the content areas.

CXM 490. Individual Study. 1-6 sem. hr.
Open to qualified undergraduates with a grade point average of 2.0 or higher. Individualized work may be selected in the areas of consumer affairs, consumer economics, and financial planning and counseling.

CXM 491. Individual Study. 1-6 sem. hr.
Open to qualified undergraduates with a grade point average of 2.0 or higher. Individualized work may be selected in the areas of consumer affairs, consumer economics, and financial planning and counseling.

CXM 492. Individual Study. 1-6 sem. hr.
Open to qualified undergraduates with a grade point average of 2.0 or higher. Individualized work may be selected in the areas of consumer affairs, consumer economics, and financial planning and counseling.

CXM 493. Individual Study. 1-6 sem. hr.
Open to qualified undergraduates with a grade point average of 2.0 or higher. Individualized work may be selected in the areas of consumer affairs, consumer economics, and financial planning and counseling.

General Health Studies (HHE) Courses

HHE 265. Safety and Injury Prevention. 3 sem. hrs.
Among people 1-44 years of age, unintentional injury is the leading cause of death in the United States according to the centers for disease control and prevention (CDC). Even after age 44, unintentional injury remains among the top ten causes of death among Americans. Additionally, millions of Americans are injured each year and not die. For individuals that survive an injury, pain and disability can linger for years, if not for the rest of their lives. This course explores the complex nature of unintentional injuries while examining the impact of various prevention strategies. Prerequisite(s): NONE
Prerequisite(s) with concurrency: NONE.
HHE 270. Personal Health. 3 sem. hrs.
A thoughtful discussion of individual, social, environmental, and political factors that influence personal health and well-being.

Methods and techniques by which community health workers identify and measure the scope and intensity of health problems.

HHE 370. Prin/Foundatn Health Promotion. 3 sem. hrs.
The course examines the role of health education/health promotion and includes an orientation to the profession and consideration of current trends, problems, and issues in health education.
Prerequisite(s): HHE 273.

HHE 378. Drug Awareness Education. 3 sem. hrs.
Introduction to topics associated with drug-taking behavior, emphasizing drug education. Physiological, psychological, and sociological aspects of drug-taking behavior are examined. Writing proficiency within this discipline is required for a passing grade in this course.

HHE 440. Understanding Stress Mgt. 3 sem. hrs.
An examination of the psychophysiology of the stress response and indicators of excessive stress. Stress management techniques are examined and taught.

HHE 445. Environmental Health. 3 sem. hrs.
The course is designed to promote the acquisition of environmental health knowledge and skills for application in community/public health education settings.
Course content will address environmental factors that affect human and ecological health and environmental health education and promotion strategies.

HHE 446. Health Disparities. 3 sem. hrs.
This course is designed to explore health disparities in the United States and throughout the world. Course content will address societal factors that have an impact on health disparities. The course focus will also address cultural competency and appropriate health education and promotion strategies.

HHE 467. Design Eval Health Promo. 3 sem. hrs.
Designed to help health educators develop competencies in program design, implementation, and evaluation.
Prerequisite(s): HHE 370.

A lecture/demonstration/discussion course designed to help health educators develop competencies in program applications, with particular attention to the needs assessment process and health communication techniques.
Prerequisite(s): with concurrency: HHE 467.

HHE 480. Culminating Experience in Health Education and Promotion. 3 sem. hrs.
The purpose of this course is to provide students with an opportunity to apply health education and promotion competencies developed through their undergraduate course experiences. The course will include observations, application, and reflection of professional practice in a community/public health education program.
Prerequisite(s): HHE 370 and HHE 467 and HHE 468.

HHE 488. Internship Community Hlth. 1-12 sem. hr.
Directed internship in a community health agency, business, clinic, or other health-related setting; observation and on-the-job experience through direct participation.

HHE 496. Independent Study. 1-6 sem. hr.
Designed to provide the opportunity for independent work in any area of health education/health promotion.

Human Development and Family Studies (HD) Courses

HD 101. Life Span Human Development. 3 sem. hrs.
An introductory survey of basic principles of human development across the life span. Developmental principles are studied within the framework of change and stability in the domains of the physical, cognitive, and psychosocial development.
HD 101 counts toward the Social and Behavioral Sciences requirement of the UA Core.

HD 155. Freshman Seminar. 3 sem. hrs.
HD 155 is a freshman seminar class leading students to uncover the pathways for their future careers and to discover the skills and knowledge needed to build successful and fulfilling lives. This process begins with understanding, valuing, developing, and learning how to capitalize upon one’s own unique combination of talents. Through class exercises, projects, readings, and discussion, each student will acquire tools and skills necessary for success in the first year of college and will map out and begin pursuing a detailed, comprehensive action plan for achieving long-term personal, interpersonal, academic, and professional excellence.

HD 201. Child Dev-Infancy/Todlr. 3 sem. hrs.
The growth and development of the child from conception to three years of age are studied. Methods used in infant research, practical implications of research, and major theoretical issues and observational techniques are addressed. Three lecture hours, one laboratory hour per week. HD 202 and HD 205 cannot be taken in the same semester.

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HD 203. Medical Terminology. 2 sem. hrs.
A study of medical language by exploring the structure, meaning and usage of terms frequently utilized in health care settings. A basic summary of the body systems is included.
Prerequisite(s): BSC 109 or BSC 114/115 or BSC 118.

HD 205. Child Dev-Preschool. 3 sem. hrs.
The growth, development, and guidance of young children from three through eight years of age are studied. Practical implications of research and major theoretical issues and observational techniques are addressed. The importance of play in fostering a broad range of developmental goals for children is stressed. Three lecture hours, one laboratory hour per week. HD 202 and HD 205 cannot be taken in the same semester.

HD 210. Understanding Addiction. 3 sem. hrs.
This course is an examination of chemical addiction (e.g.drugs) and behavioral addiction (e.g.gambling). Theories of addiction, treatment of addiction, and current research on addiction will be discussed.
Prerequisite(s): None.

HD 226. Introduction To Child Life. 3 sem. hrs.
Provides students with an introduction to the field of child life.

HD 262. Marriage And Family. 3 sem. hrs.
A study of marriage and family relationships from a combination of sociological and psychological perspectives.

HD 302. Child Dev-Adolescence. 3 sem. hrs.
Introduction to the theory and research on development of children ages nine to the early twenties. Special attention is given to major transitions in the cognitive, social, and moral domains, as well as to psychological effects of physical maturation. Influences of the family, the schools, and peer relations on adolescent development are considered.

HD 321. Concpr Creat Exper Young Child. 3 sem. hrs.
The principles underlying the selection, use, and value of experiences that appropriately foster concept development and creative expression in young children are examined. Students design and implement developmentally appropriate experiences for young children in a supervised laboratory setting. One-and-a-half lecture hours, one-and-a-half laboratory hours per week. For majors only.
Prerequisite(s): HD 202 and HD 205.

HD 322. Concpr Creat Exper Yng Child Ii. 3 sem. hrs.
Second in the sequence in which students examine the principles underlying the selection, use, and value of experiences that foster concept development and creative expression in young children. Students design and implement developmentally appropriate experiences for young children in a supervised laboratory setting. One-and-a-half lecture hours, one-and-a-half laboratory hours per week. For majors only.
Prerequisite(s): HD 202, HD 205 and HD 321.

HD 345. Addiction and the Family. 3 sem. hrs.
This course is an examination of the impact of substance abuse and addiction on the family as well as the influence of familial factors and family dynamics on addiction and the process of recovery.

HD 350. Addiction: Prevention, Treatment and Recovery. 3 sem. hrs.
This course will review evidence-based prevention models and treatment programs for addictive behaviors and the process of recovery from addiction.

HD 382. Parent And Family Devt. 3 sem. hrs.
Explores the changing nature and dynamics of parent-child relationships. Implications for parenting strategies and parent education are included.

HD 399. Prior Learrng Human Development. 1-30 sem. hr.
HD 401. Cult Infu Child Yth Fam. 3 sem. hrs.
This course is designed to understand race and ethnicity in its political, social and historical context. Since the culture in which we are raised as children and youth greatly influences our attitudes, beliefs, values and behaviors, it is important to gain an awareness of the cultural background of our own, as well as others’ thoughts, feelings and acts. Writing proficiency within this discipline is required for a passing grade in this course. At the completion of this course, students should be able to recognize and appreciate the emotional and intellectual energies felt by a variety of subculture groups and be able to express this awareness through the written word.
The impact of government policies on youth, adults, and families with addictions will be the focus of this course. The course will examine the intersection of addictions and crime, while exploring the policies and practices of specialty courts such as Juvenile Court, Family Court, Drug Courts and others. In addition, the students will review the current state of the family, family trends, and the implications for family policy. The varied effects that policies and programs can have on different types of families and different aspects of family functioning will be explored. The process of policy formation, implementation, evaluation and advocacy will be reviewed. Finally, we will examine current economic and political forces that influence federal and state governments in development and implementation of key areas of legislation, and the impact of such policy on citizens and their families. Prerequisite(s): None.

HD 412. Adult Development. 3 sem. hrs.
Theories of and research on social, emotional, cognitive, and physical development throughout adulthood: young adulthood, middle adult years, and older adult years. Writing proficiency within this discipline is required for a passing grade in this course.

HD 422. Admin Child Centers & Programs. 3 sem. hrs.
Children's centers and programs, including child development and child life programs, are examined and evaluated. Legislation, standards, program planning, and practical aspects of financing, administration, supervision, and management are explored. Writing proficiency within this discipline is required for a passing grade in this course.

This course is designed for students to understand, design, implement and evaluate appropriate curricular practices for preschool children. Developmental theories and current issues in early childhood education are examined.

HD 426. Hospitalized Child Youth. 3 sem. hrs.
Examination of the theoretical basis of the psychosocial care of children, youth, and families in health care settings. The etiology of childhood illness and disease, clinical procedures, communication techniques, and research literature are studied from a developmental perspective. 45 practicum hours are required.

HD 451. Loss And Bereavement. 3 sem. hrs.
Designed to give child life students opportunities for in-depth study of issues of grief and bereavement as they impact children and families. An emphasis is placed on theories of grief resolution and applications in health care settings. The class is conducted in a seminar format with out-of-class placements.

HD 462. Interpersonal Relationships. 3 sem. hrs.
The course examines the dynamics of interpersonal interaction related to the development and maintenance of relationships. Current issues and problems are explored and related to marital and family system characteristics.

HD 472. Program Evaluation. 3 sem. hrs.
Examines the principles and methods by which programs for children and families are empirically evaluated.

HD 475. Human Sexuality Sex Education. 3 sem. hrs.
Current scientific knowledge of physiological, sociological, and psychological factors influencing sexual development and relations.

HD 480. Children And Divorce. 3 sem. hrs.
Examines the effects of divorce on children's cognitive and social-personality development. Implications for helping children of divorce is included. Prerequisite(s): HD 101 or HD 262.

HD 483. Methods of Family Life Education. 3 sem. hrs.
Opportunities to observe, plan, implement, and evaluate family life education programs. Standards and criteria leading to certified family life educator are overviewed. Professional responsibilities and ethics are emphasized. Writing proficiency within this discipline is required for a passing grade in this course. Prerequisite(s): HD 382 and minimum of 90 semester hours.

HD 488. Senior Seminar. 2 sem. hrs.
Examines philosophy of programs for families and children as well as issues of professional identity and influences on professional and career choices.

HD 491. Direct Indiv Study-Hd. 1-6 sem. hr.
Designed to enable students to pursue special needs and interests under supervision.

HD 492. Dir Ind Study Fam Rel. 1-3 sem. hr.
Designed to enable students to pursue special needs and interests under supervision.

HD 493. Directed Research. 1-6 sem. hr.

HD 495. Early Childhood Devel Intern. 6-12 sem. hrs.
Internship experience for students in the early childhood development concentration only. 2.0 GPA in both HD and UA coursework, fully executed HDFS Application for Internship form, and permission of the instructor. Prerequisite(s): HD 202 and HD 205 and HD 321 and HD 322.

HD 496. Child Life Internship. 12 sem. hrs.
Internship experience for students in the child life concentration only. 2.5 GPA in HD coursework, fully executed HDFS Application for Internship form and permission of the instructor. Prerequisite(s): HD 202 and HD 205 and HD 321 and HD 322 and HD 426.

HD 497. Family Studies Internship. 6-12 sem. hrs.
Internship experience for students in family studies concentration only. 2.0 GPA in both HD and UA coursework, fully executed HDFS Application for Internship form, and permission of the instructor. Most internship opportunities require a 2.5 GPA. Prerequisite(s): HD 483.

HD 498. Adolescent Youth Devel Intern. 6-12 sem. hrs.
Internship experience for students in the adolescent and youth development concentration only. 2.0 GPA in both HD and UA coursework, fully executed HDFS Application for Internship form, and permission of the instructor. Prerequisite(s): HD 302.

Human Environmental Sciences (HES) Courses

HES 100. Freshman Compass Human Env Sci. 3 sem. hrs.
Designed to help students make the transition to a large comprehensive research university, develop a better understanding of the learning process, and acquire basic academic survival skills.

HES 103. Distance Compass HES. 3 sem. hrs.
This course is open to incoming CHES distance learning students and provides an introduction to the nature of higher education and a general orientation to the functions, resources, and activities of The University of Alabama. Students also receive an introduction to the careers within the scope of the family and consumer sciences profession.

HES 125. Reflecting on the Mentor Experience. 1 sem. hr.
This class provides an opportunity for college mentors to engage in dialogue and reflection on their experience as a mentor. Students will reflect on their service to better understand the local community as well as gain awareness of larger societal and educational inequalities. This class meets Wednesdays from 9:00 – 9:50 in Doster 205. Class participants must also serve as one-on-one mentors from 2:30 - 5p.m. on either Tuesday, Wednesday, or Thursday at McKenzie Court, Oakdale Elementary and Northington Elementary.

HES 225. Mentoring. 3 sem. hrs.
Provides students who are interested in becoming one-on-one mentors for at-risk elementary and middle school students with knowledge and skills needed to be successful.

HES 250. Career Develop/Planning. 3 sem. hrs.
This elective course designed for freshmen and sophomores offers students opportunities to evaluate themselves, their abilities and interests, their personality characteristics, and their values, in order to begin forming career goals or to complete goals already set. This course will provide students with information on occupational characteristics, the career decision-making process, current issues in the career world, developing employability, job readiness, and job search techniques.

HES 275. Leadership Develop Thru Serv. 1-3 sem. hr.
Encourages volunteering as a way to develop leadership skills and a sense of responsibility to one's community as advocates for service. Students are provided with a list of nonprofit service agencies in Tuscaloosa, from which they may choose. Students may submit alternative sites for approval by the instructor. Students must provide their own transportation to the volunteer site.

HES 310. Issues Human Envir Sciences. 3 sem. hrs.
History and philosophy of human environmental sciences; present and future societal issues and their implications for the profession and professional procedures.

HES 390. Practicum Human Envir Sciences. 3-6 sem. hrs.
Provides students with an opportunity to apply classroom knowledge in a work setting appropriate with career goals.

HES 399. Prior Learning In Hes. 0-30 sem. hrs.
Prior Learning in HES.

HES 430. Managing in a High Performance Organization. 3 sem. hrs.
This course will provide an interactive exploration of management skills that enable an individual to effectively communicate, build and lead teams, delegate, make presentations and manage priorities to achieve success.

HES 450. Volunteer & Civic Respon. 1-3 sem. hr.
Study of the importance of volunteerism to nonprofit organizations. Students will gain practical experience working with one or more nonprofit organizations.

HES 452. Trends & Issues. 3 sem. hrs.
Course developed for sport professionals to gain knowledge and understanding of contemporary trends and issues in sport management.
Indepth analysis for sport professionals to study and review management and leadership strategies in various sport organizations.

HES 460. Sport Management. 3 sem. hrs.
This course is designed for sport professionals desiring to increase their knowledge and understanding of management issues in their job settings and professional careers. This course will review the following issues: sport management; scope and career opportunities; organizational theory; human resource management; ethics; risk management; sport governance; managing sport facilities; marketing; sport licensing; economics; accounting and budgeting; financing sport; and tourism.

HES 485. Self-managed Mentoring. 3 sem. hrs.
This web-based course explores self-development of the individual and mentoring as a part of leadership development. Writing proficiency within this discipline is required for a passing grade in this course.

HES 490. Indiv Stdy Human Envir Science. 1-6 sem. hr.
Individual study in an area of human environmental studies.

**Human Nutrition and Hospitality Management (NHM) Courses**

**NHM 101. Intro Human Nutrition. 3 sem. hrs.**
Introduction to principles of the science of nutrition, with implications for and applications to food selection for individuals of all ages.

**NHM 105. Personal Nutrition. 3 sem. hrs.**
Discussion and application of nutrition as it relates to personal health.

**NHM 195. Intro Dietetics Nutrition. 1 sem. hr.**
An overview of the major of food and nutrition and professions in nutrition and dietetics. Learn medical language by exploring the structure and meaning of terms frequently utilized in health care settings. Course includes guest speakers and lectures. Instructor permission required for non-majors.

**NHM 201. Nutrition In Life Cycle. 3 sem. hrs.**
Application of principles of basic nutrition to each stage of the life cycle. Emphasis is on the relationship of nutrition to growth, development, and health. Prerequisite(s): NHM 101.

**NHM 210. Dynamics Weight Control. 3 sem. hrs.**
Analysis of interaction of nutrition and exercise in weight control. Techniques for measuring energy needs, estimating body composition, applying nutrition principles to weight control, and evaluating popular diet and exercise programs.

**NHM 250. Principles of Food Preparation. 3 sem. hrs.**
Principles of Food Preparation as they relate to food quality and acceptability. Restricted to RHM majors and NHM minors.

**NHM 253. Food Science. 3 sem. hrs.**
Introduction to the functionality of food ingredients and how the chemistry of food dictates the methods of preservation and preparation. Prerequisite(s): NHM 101 and CH 104 or CH 101.

**NHM 295. Intro Research Food Nutr. 1 sem. hr.**
Basic research designs will be introduced and their applications in the broad areas of practice in dietetics will be discussed. Students will learn to use the Evidence Based Library of the Academy of Nutrition and Dietetics Web site. Student membership in the Academy of Nutrition and Dietetics is a requirement of this course. Prerequisite(s): NHM 101; and NHM 201 (preq or coreq).

**NHM 305. Vegetarian Nutrition. 3 sem. hrs.**
This course will provide students with an introduction to vegetarian nutrition, including background information on general nutrition. This course will also cover a vegetarian diet's role in disease prevention, courses of plant-based nutrients, vegetarian diets throughout the life cycle, food policy and how to implement vegetarian diets into different areas of dietetic practice.

**NHM 315. Nutrition For Performance. 3 sem. hrs.**
This course is designed to address nutrition issues related to exercise and athletic performance. Prerequisite(s): NHM 101.

**NHM 320. Food in Film. 3 sem. hrs.**
This course begins as an introduction to the portrayal of food and nutrition culture in film media and goes on to explore the dynamic interaction of shifting food and nutrition values with evolving media production trends. Film media explored includes television, movies, documentaries, and news.

**NHM 340. Community Nutrition. 3 sem. hrs.**
Nutrition assessment of individuals and groups; provision of nutrition services in the community. Writing proficiency is required for a passing grade in this course. Prerequisite(s): NHM 101 and NHM 201. NHM 395 (preq or coreq). Prerequisite(s) with concurrence: NHM 395.

**NHM 361. Nutritional Biochemistry. 3 sem. hrs.**
Intermediary metabolism of carbohydrates, fat, and protein with emphasis on homeostatic regulation in health and disease. Prerequisite(s): NHM 101, CH 105 or CH 231.

**NHM 362. Nutrition At Cell Level. 3 sem. hrs.**
Physiological and chemical basis of nutrient needs. Prerequisite(s): NHM 361.

**NHM 363. Applied Nutrition. 3 sem. hrs.**
Principles of nutrition assessment, including interviewing and nutrition care plans. Application of principles to selected stages of the life cycle. Prerequisite(s): NHM 201 and BSC 215 and BSC 216.

**NHM 365. Med Nutr Therapy I. 3 sem. hrs.**
Study of pathophysiology and medical nutrition therapy for specific disease conditions. Prerequisite(s): BSC 215 and BSC 216 and NHM 361 and NHM 363.

**NHM 366. Supv Pract Med Nutr Therapy I. 3 sem. hrs.**
Supervised clinical dietetics experience applying NHM 365 coursework. This course is only for students admitted to the Coordinated Program in Dietetics. Prerequisite(s): NHM 365.

**NHM 372. Intro Food Service Mgt. 3 sem. hrs.**
Course includes theories, functions, and principles of management and tools for decision making.

**NHM 373. Purchas Design Risk Mgt Food S. 3 sem. hrs.**
Principles, methods, and techniques used in purchasing food and equipment. Analysis of layout and design and of techniques used in evaluating work flow. Principles and techniques used in managing sanitation, safety, and security functions in food service. Prerequisite(s): NHM 101 and NHM 372; preq or coreq NHM 253 or NHM 250.

**NHM 374. Quant Food Prod & Servc. 3 sem. hrs.**
Theory and techniques of quantity food production and service. Application of theory through hands-on experience. Prerequisite(s): NHM 250 for RHM majors NHM 253 for NHM majors.

**NHM 390. Pract Food Service Mgt I. 3 sem. hrs.**
This directed individual study is designed to bridge the gap between the student's quantity foods laboratory course and the senior food service management supervised practice. Students will be placed in commercial health-care food service operations. This course is only for students admitted to the Coordinated Program in Dietetics. Prerequisite(s): NHM 372, NHM 373 and NHM 374.

**NHM 395. Intro Research Food Nutr. 1 sem. hr.**
Basic research designs will be introduced and their applications in the broad areas of practice in dietetics will be discussed. Students will learn to use the Evidence Based Library of the American Dietetics Association Web site. Student membership in the Academy of Nutrition and Dietetics is a requirement of this course. Prerequisite(s): NHM 101 and NHM 201.

**NHM 401. Nutrition Health Profesen. 3 sem. hrs.**
Covers the practical application of principles of normal nutrition (including the nutritive value of foods) and introduces nutrition for persons with health problems. Primarily for students pursuing careers in health care.

**NHM 441. Nutrition Education. 2 sem. hrs.**
Focuses on developing competency in learning-system design, with special emphasis on teaching nutrition in various settings. Prerequisite(s): NHM 101, NHM 201, and NHM 442.

**NHM 442. Nutrition Care Process. 1 sem. hr.**
Focuses on developing competency in nutrition counseling. Prerequisite(s): NHM 101 and NHM 201 Prerequisite(s) with concurrence: NHM 363.

**NHM 454. Experimental & Functional Food Science. 3 sem. hrs.**
Chemical and physical properties affecting food product development. Introduction to functional foods with additional value beyond basic nutrition. Strong analytical and writing skills are necessary for synthesizing peer-reviewed literature on experimental and functional foods in order to critically address nutrition questions. Scientific writing proficiency within this discipline is required for a passing grade in this course. One lecture per week with labs embedded within lectures. Prerequisite(s): NHM 101, NHM 253, NHM 340, NHM 365, NHM 395, and CH 105.

**NHM 457. Childhood Obesity. 3 sem. hrs.**
Focuses on the physiological, genetic, environmental, and behavioral factors that predispose children and adolescents to obesity; explores the clinical and public health strategies for treatment and prevention.
Food and beverage operations are planned, implemented, and evaluated. Students learn how to give guests the highest priority as the details of operational systems and problems related to the industry. Emphasis is on personnel and financial management, problem solving, decision making, and systems analysis. Students must receive Instructor Approval for override into class. Students must receive Instructor Approval for override into class.

NHM 468. Sup Pract in Diet Mgmt. 3 sem. hrs. Conduct a research project using appropriate research methods, ethical procedures and statistical analysis to culminate in the execution of a program for a target population. Develop and implement a curriculum, adhere to budget constraints, and implement a marketing plan utilizing web based messages and social media. This course is only for students admitted to the Coordinated Program in Dietetics.

NHM 490. Directed Individual Study. 1-6 sem. hr. Individual study in nutrition or food service management. Students must receive Instructor Approval for override into class.

RHM 290. Food and Beverage Trends. 3 sem. hrs. Provides students with new and diverse experiences to increase their understanding of the restaurant, hotel and meetings management program. Class discussions, assigned readings, lectures, tours, and presentations by RHM faculty. This course is only for students admitted to the Coordinated Program in Dietetics.

RHM 300. Event Plan Wedding Coordinator. 3 sem. hrs. This course reviews the interdependent functions of event planning for weddings. Students will learn about the decisions, problems and concerns of planning effective wedding events. They will design, plan and execute a wedding from start to finish.

RHM 303. Mgn Quality In Hosp Industry. 3 sem. hrs. Designed to acquaint students with quality and leadership issues facing today’s hospitality industry. Students learn the principles of the concepts of continuous improvement, quality service, power and empowerment, communication skills, goal setting, teams, diversity, and managing organizational change. Writing proficiency is required for a passing grade for this course.

RHM 310. Basic Accounting in the Hospitality Industry. 3 sem. hrs. This course is an introduction to basic accounting in the hospitality industry which includes accounting and financial reporting concepts and the use of accounting information in financial and managerial decisions. Prerequisite(s): RHM 175, Math 110 or 112 AND Economics 110.

RHM 313. Contemporary Club Management. 3 sem. hrs. Introduces students to the unique world of private club management. Focus on issues club managers face on a daily basis.

RHM 321. Tourism & Hospitality Industry. 3 sem. hrs. Comprehensive exploration of major concepts about tourism and analysis of the broad range of factors that influence the inter-linked industry composed of many sectors. Prerequisite(s): RHM 175.

RHM 322. Cruise Tourism. 3 sem. hrs. Exploration & evaluation of the North American Cruise Industry to include vacation cruising, economics, life aboard for passengers and crew, analysis of marketing, campaigns and internet resources.

RHM 325. Lodging Operations & Management. 3 sem. hrs. Systematic approach to front-office, housekeeping and maintenance procedures. Emphasis is on the fundamentals in each of these three critical areas and the understanding of the mission of each department, people in the department, how the department interacts and management of employees.

RHM 332. Front Office Management. 3 sem. hrs. Introduces concepts of front-office management that affect other operating departments. Discusses techniques in managing the front office to ensure operational goals are attained.
RHM 345. Operations Mgmt Gaming Ind. 3 sem. hrs.
This course is designed to increase the understanding of the gaming industry through lectures and possible visits to casino operations, hotels, and restaurants located with casinos. The course discussions include history of gaming, gaming controls, gaming operations, currency reporting, casino statistics, casino tactics, marketing casinos, Alabama laws on gaming, and additions and responsible gaming. There will be assigned readings and possible presentations by leading casino executives. Prerequisite(s): RHM 175 or permission from the instructor.

RHM 355. Hospitality Industry Training. 3 sem. hrs.
Students learn how to develop, conduct, and evaluate one-on-one and group training that will reduce turnover, improve job performance, and help the hospitality organization attain its operational goals and objectives.

RHM 356. Human Resources Management. 3 sem. hrs.
Explains how to meet the requirements of various labor laws, to include the Americans with Disabilities Act (ADA), as well as other employment and workplace laws. Explores strategies for attracting a wide range of applicants, minimizing turnover, and reducing productivity losses. Prerequisite(s): RHM 175.

RHM 370. Event Marketing. 3 sem. hrs.
Students learn how to market to the Event Target Audience; anticipate client needs; and understand the event business and its unique value position and differentiation. Writing proficiency within this discipline is required for a passing grade in this course. Prerequisite(s): RHM 175.

RHM 375. Managing Catering Operations. 3 sem. hrs.
Theory and techniques of professional catering and event planning with hands-on activities involved with the planning, organizing, and implementation of special catered events. Student’s hands-on experience will include Service, Production and Management roles. Prerequisite(s): RHM 175, NHM 250 or NHM 253.

RHM 377. Restaurant Management & Servic. 3 sem. hrs.
Principles and methods of producing and serving quality food in restaurants. Writing proficiency is required for a passing grade in this course. Writing proficiency within this discipline is required for a passing grade in this course. Prerequisite(s): RHM 175 and RHM 185.

RHM 380. Convention Trade Show Manageme. 3 sem. hrs.
A comprehensive analysis of trade shows. Emphasis is on organizing, arranging, and operating trade shows and conventions. Visits to trade shows are required. Prerequisite(s): RHM 175 and RHM 185.

Students gain knowledge, skills and experience in planning, executing, evaluating and problem solving with a variety of events on the UA campus. Students work with a minimum 10 hours per week with the University Union. Prerequisite(s): RHM 175 and RHM 185.

RHM 387. Hotel/Motel Security Management. 3 sem. hrs.
Exploration of security issues, concerns and practices affecting hospitality properties. Covers the physical security of the property asset protection, guest protection, security equipment, emergency management and procedures, and OSHA requirements. Prerequisite(s): RHM 175.

RHM 399. Prior Learning Restaur Hosp Mg. 1-30 sem. hr.

RHM 420. Hospitality Marketing. 3 sem. hrs.
Course presents basic knowledge and practices for developing strategic marketing plans for hotel/motel organizations. Includes property/product market and competition analysis; promotion and sales planning and internal and external sales and promotion techniques. Writing proficiency is required for a passing grade in this course. Juniors or Seniors ONLY. Prerequisite(s): RHM 175.

RHM 421. Hospitality Law. 3 sem. hrs.
Students gain an understanding of potential legal problems and how important legal considerations can affect the hospitality industry. Legal cases related to the hospitality industry are explored.

RHM 425. Risk Management for Meetings & Events. 3 sem. hrs.
A study of risk, crisis, and liability issues that may arise in the planning and management of meetings and events. Writing proficiency is required for a passing grade in this course. Prerequisite(s): RHM 175 or RHM 185.

RHM 446. Hospitality Purchasing. 3 sem. hrs.
Students learn how to purchase major commodities and nonfood supplies, ensuring price and product quality. Course explains how to deal effectively with suppliers and includes the managerial aspects of purchasing.

RHM 448. Bar And Beverage Management. 3 sem. hrs.
Discussion on strategies to profitably manage the bar and beverage department of the hospitality operation. Covers control systems, hiring and training, responsible alcohol service, and essential information on a wide range of beverage products. MUST BE AGE 21 OR OLDER. Prerequisite(s): RHM 175 and NHM 250 or NHM 253.

RHM 450. Issues Hotel & Lodg. Mgmt.. 3 sem. hrs.
Prerequisite(s): RHM 175.

RHM 456. Food And Beverage Controls. 3 sem. hrs.
Explores the complexities of controlling food, beverages, labor and sales income/cost control, as well as control systems, the basics of computers, and computer applications in planning and control functions. Prerequisite(s): RHM 175.

RHM 468. Practicum In Hospitality Mgt. 1 sem. hr.
Student work experience in a hospitality operation. Students are expected to work 500 hours in a hospitality operation and position. Prerequisite(s): Permission of advisor.

RHM 469. Internship Hospitality Managem. 1 sem. hr.
A semester of work experience in an approved hospitality organization for a minimum of 600 hours. Students work full-time during the semester to gain insight into hospitality management responsibilities. Prerequisite(s): RHM 175.

Explores hospitality computer technology and the management of information systems. Discussion of applications for all functional areas, including reservations, rooms, food and beverage, sales and event management and accounting. Prerequisite(s): RHM 175.

RHM 474. Mangr Acct Hospitality Industr. 3 sem. hrs.
Students learn how to make effective managerial, business, and operational decisions based on a thorough understanding of financial statements; identity costs; develop realistic budgets; forecast; and plan cash flow. Prerequisite(s): RHM 175 and AC 210 or RHM 310.

RHM 478. Mgt Service Food Bev Operation. 3 sem. hrs.
Explores requirements in planning for and managing different types of food and beverage operations.

RHM 479. Convention Management & Servic. 3 sem. hrs.
An exploration of techniques used to increase a hospitality property’s convention and meeting business through marketing and service. Students learn how to address meeting planners’ needs and concerns confidentially, creatively and effectively. Prerequisite(s): RHM 175 or RHM 185.

RHM 480. Adv Meeting & Convention Mgt. 3 sem. hrs.
Reviews the interdependent functions of meetings and convention management. The student develops and executes a professional meeting. Prerequisite(s): RHM 175 and RHM 185.

RHM 481. Special Events, Fairs, and Festivals. 3 sem. hrs.
This course will cover the history of fairs and festivals and the economic impact they offer the communities that host such events. Students will acquire hands-on experience with festival planning, set-up, and operations.

RHM 485. Foundations Seminar. 3 sem. hrs.
Advanced senior seminar designed for students in the restaurant and hospitality management program.

RHM 488. Individual Seminar Projects. 3-12 sem. hrs.
Individual projects designed by students to implement concepts and strategies learned in executive seminars. Project plans must be approved by RHM faculty prior to implementation.

RHM 490. Directed Individual Study. 1-6 sem. hr.
To register for RHM 490, students must receive Instructor Approval for override into class.

RHM 495. Capstone Senior Project. 12 sem. hrs.
Project is designed by the student to include research, analysis, and synthesis of a particular topic related to hospitality industry operations. Project must be approved by RHM faculty prior to implementation. Prerequisite(s): RHM 485.

RHM 496. RHM Senior Capstone Seminar. 1 sem. hr.
Discussion of current issues in the hotel, restaurant, and convention industries. Must be Senior level. Prerequisite(s): RHM 175.