College of Human Environmental Sciences

History and Objectives

Designated as Human Environmental Sciences in 1987, the College evolved from the tradition and heritage of home economics. Courses were offered as early as the summer session of 1911, with a Department of Home Economics in the College of Arts and Sciences established by 1917. The division became the School of Home Economics in 1931; Agnes Ellen Harris, AM, LLD, was appointed the first dean. Actively engaged in the transmission, generation and dissemination of knowledge, the College has three main objectives:

1. To provide students with the intellectual curiosity and professional competence needed for careers in business, industry, government agencies, health care and education.
2. To provide for the general education and intellectual growth of students in other divisions.
3. To contribute to the body of knowledge that is the foundation for continued enrichment of the educational experience.

Admission and Retention Requirements

The College of Human Environmental Sciences follows the admission and retention standards set by the University. The standards for admission to specific professional programs and the conditions for retention in those programs are indicated in the departmental information that follows. The College of Human Environmental Sciences reserves the right to change policies, procedures, degree requirements, schedules, courses offered and other standards in light of circumstances that may arise after the publication of this catalog.

Degrees and Programs Offered

Human Environmental Sciences programs are offered at the bachelor’s, master’s and, in some cases, doctoral levels. Upon the successful completion of the requirements established for each curriculum, the appropriate degree may be conferred. Each student selects a major from the following curricula:

College of Human Environmental Sciences

Human Environmental Sciences

Department of Clothing, Textiles and Interior Design
Apparel and Textiles
Interior Design

Department of Consumer Sciences
Consumer Sciences

Department of Health Science
Athletic Training
General Health Studies

Department of Human Development and Family Studies
Early Childhood Education
Human Development and Family Studies

Department of Human Nutrition and Hospitality Management
Food and Nutrition
Restaurant, Hotel and Meetings Management

Second Bachelor's Degree

To earn a second bachelor’s degree in the college, a student must complete a residence in the College of Human Environmental Sciences with a grade average of C (2.0 grade point average) or better and a minimum of 30 hours beyond the hours required for the first degree. The work must be completed in accordance with all other University and College regulations.

General Degree Requirements

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

- A minimum of 120 earned semester credit hours, including all University Core Curriculum requirements and the human environmental sciences core courses (HES 310 Issues Human Envir Sciences for all students and HES 100 Freshman Compass Human Env Sci for new freshmen on campus HES 103 Distance Compass HES for new online freshman).
- A 2.0 or higher grade point average for all college-level courses attempted, all 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 in the catalog and on DegreeWorks and arrange to meet with their academic advisers in the College of Human Environmental Sciences two semesters prior to 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 on MyBama no later than the time he or she registers for the final semester in residence.

Academic Advising

Once the student chooses a major in the College of Human Environmental Sciences, he or she is assigned a departmental academic adviser/mentor who will counsel him or her about degree requirements, appropriate course sequencing and other academic matters. It is the student’s responsibility to consult with the academic adviser and then plan and complete an appropriate course of study. Students need to pay careful attention to requirements of the University Core Curriculum, specifically noting any prerequisites that must be met before enrollment in courses that carry core curriculum designations. The core curriculum at mybama.ua.edu should be consulted each semester to determine whether a core curriculum designation remains in effect at the time the student is enrolling in the course. Early in the program, the student should plan an appropriate sequence to satisfy the core curriculum requirements. Students should check with the office of student services of the College of Human Environmental Sciences to verify the successful completion of core curriculum requirements.

Class Hour Load

The College of Human Environmental Sciences enforces the same restrictions on class hour loads as the University. These restrictions are outlined in Academic Records and General Academic Policies section of this catalog.

Transfer Students

A student who transfers into the College of Human Environmental Sciences from another institution must complete EN 101 English Composition and EN 102 English Composition if he or she has not done so previously.

A transfer student must earn at least 30 hours of credit in residence in the College of Human Environmental Sciences. Transfer students planning to enter certain majors in the college should be aware of the existence of a required sequence of courses.

Declaration of a Minor

A student pursuing a degree in the College of Human Environmental Sciences may choose a minor course of study within the college or within another academic division. In this catalog, the courses required in particular minors are listed along with the requirements for majors in that division and department. The requirements for minors in Commerce and Business Administration, however, are explained in the section on the College of Arts and Sciences.

Students may declare a minor online through MyBama using the Change Major/Minor link under the Student tab. The student is responsible for reviewing minor requirements through the listing in the academic catalog and on the DegreeWorks audit. When the student meets with the registrar of Human Environmental Sciences to verify the completion of all graduation requirements, the minor area requirements are also verified. If the student satisfactorily completes all requirements for the minor, the minor is included on the student’s transcript.

Faculty

Dean
Boschung, Milla D.

Executive Secretary
McGee, Donna

Associate Dean
Usdan, Stuart

Assistant Dean
Meyer, Mary Kay
Peeples, Victoria

Director of Financial Affairs
Siders, Lorraine
Director of Development
Baker-Parton, Amy

Registrar
Kelly, Carmen

Interim Head of the Department of Clothing, Textiles, and Interior Design
Foster, Shirley

Head of Department of Health Science
Birch, David

Head of the Department of Human Development and Family Studies
Tingle, Carroll

Head of Department of Nutrition and Hospitality Management
Lawrence, Jeannine

Manager of Computer Laboratories and Services
Johnson, Stephen

Director of Child Development Resources
Kendrick, April

Director of the Children’s Program
Hollingsworth, Robin

Interim Director RISE
Jones, Franny

CHES Advisor
Carpenter, Karen
Wilson, Andrea

Professors
Hernandez-Reif, Maria
Neggers, Yasmin
Price, Barrie Jo
Turner, Lori
Wright, Ken

Associate Professor
Curtner-Smith, Mary Elizabeth
Knol, Linda
Koontz, Marcy
Nickelson, Joyce
Leaver-Dunn, Deidre
McFadden, Anna C.
Paschal, Angela
Scofield, Jason
Severt, Kimberly
Thompson, Amanda
Witte, Tricia

Assistant Professor
Berryhill, Blake
Bloom, Laura
Boyle, Kimberly
Burns-Nader, Sherwood
Casper, Deborah M
Choi, Shinae
Cook, Reuben
Crowe-White, Kristi
Ellis, Amy

Fulmer, Caroline
Gordon, Brian
Hahn, Jee Yeon “Jeannie”
Hibberd, Elizabeth
Kim, Kyoung T.
Kissing, Beverly
Knowlden, Adam
Komara, Blanche Cecile
Maki, Kristin
McGahey, Courtney
Niuh, Alvin
Peaslee, John
Pentecost, Eve
Reddoch, Kym
Sickler, Stephanie
Tan, Libo
Tong, Xiao (Michelle)
Totenhagen, Casey
Wilmarth, Melissa
Wimberley, Virginia
Zemke, Jeri

Instructors
Blumenthal, Jason
Bridgewater, Diane
Crotwell, Terry
Davis, Barbara
Desalvo, Denise M.
Faulkner, Cassandra
Galloway, Hunter
Greene, Lori
Harcrow, Andy
Leavelle, Lori
Lee, Michelle
McMahon, Shannon
McMath, Juanita
Robinson, Paula
Taylor, Brian

Emeritus
Abdel-Ghany, Mohamed
Balentine, Margaret
Bolland, John
Brakefield, Jan
Callis, Carolyn
Cook, Martha
Darden, Leatha
Edwards, Sally
Enders, Linda
Hancock, Shelley
Hodge, William
Hodges, Patricia
Hudson, Carmen
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.

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.

ATR 357. Clinical Evaluation & Diagnosis 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.

ATR 358. Clinical Evaluation & 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.

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 prevention; clinical evaluation and diagnosis; immediate care and treatment; and rehabilitation and reconditioning of injuries and illnesses.

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.

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.

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.

Acquisition, evaluation, synthesis and application of clinical, research and 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.

Current theories, methods and techniques in the organization and administration of athletic training programs.

Methods, theories and techniques in the rehabilitation and reconditioning of injuries. The clinical evaluation and diagnosis of injuries relative to rehabilitation and reconditioning.
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): Ssc 215 and Ssc 216 and NHM 315 and kin 365.
Prerequisite(s) with concurrency: PH 101 and Atr 328 and Atr 410.

Discussion of current issues in athletic training with 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 360, Atr 410, Atr 420, Atr 430, Atr 453, Atr 454, Atr 455, Atr 456, Atr 457.

Independent study of skills and topics in athletic training for the senior athletic training student.

Athletic Training (hat) Courses

Clothing, Textiles and Interior Design (Ctd) Courses

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.

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.

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 Appr 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.

Organization, promotion methods, and interpersonal relationship 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.

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.

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.

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.

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.

Exploration of internship possibilities and requirements, development of job-search skills and internship placement. Prerequisite(s): Ctd 325.

Ctd 325. Design For Special Populations. 3 Sem. Hrs.
Design of interior environments for persons with special needs such as health care, rehabilitation, education, and congregate-care interiors. Cabinet and millwork design. Offered in the fall semester. One lecture, two laboratories. Prerequisite(s): Ctd 226.

Ctd 326. Design For Hospitality Interio. 3 Sem. Hrs.
Planning and design of interior spaces; project management; design and specification of interior architectural materials and furnishings. Offered in the spring semester. One lecture, two laboratories. Prerequisite(s): Ctd 326.

Ctd 328. Prof Proced Interior Des. 3 Sem. Hrs.
Philosophy and organization of professional practice; studio management, contracts, budgets, specifications, and professional organizations. Offered in the spring semester. Prerequisite(s): Ctd 325.
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): CS 102.

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 Drpng. 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.
Prerequisite(s): EN 101 and EN 102; or EN 103 and CTD 121.

CTD 355. Global Influences on Design. 3 sem. hrs.
Prerequisite(s): CTD 121.

CTD 371. Lighting For Interiors. 3 sem. hrs.
Integration of the theory, techniques, and art of lighting design: principles,
terminology, and equipment used in light distribution systems in the interior
environment. Two lectures, one laboratory.
Prerequisite(s): CTD 226 and CTD 250.

CTD 381. Fashion Retailing Seminar. 3 sem. hrs.
Focus on professional development and profit analysis. Exploration of internship
capabilities and opportunities, development of job-search skills, and internship
placement. Enrollment open to students applying for fashion retailing internships.
Offered in the spring semester.
Prerequisite(s) with concurrence: CTD 481.

CTD 387. Fashion Marketing. 3 sem. hrs.
It is the purpose of this course to provide retailing and fashion design students
with a marketing course that focuses on the fashion industry. Course Description -
Apply the four Ps of the marketing concept - Price, Product, Promotion and Place
- to the fashion industry, including branding, promotion, internaional marketing, and
consumer behavior as related to the fashion industry.
Prerequisite(s): CTD 281.

CTD 415. History Textile Design. 3 sem. hrs.
Study of the history of textiles emphasizing the influence of cultural factors. Writing
proficiency within this discipline is required for a passing grade in this course.
Offered in the spring semester.

CTD 422. History Of Interiors II. 3 sem. hrs.
Study of research methods and design theories utilizing historical knowledge from
CTD 321. Writing proficiency within this discipline is required for a passing grade in
this course. Offered in the spring semester.
Prerequisite(s): CTD 425.

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.
Problems in design of the home environment; individual and group problem solving.
Emphasis is on historic preservation principles and practices for interior designers.
Offered in the fall semester. One lecture, two laboratories.
Prerequisite(s): CTD 326.

CTD 426. Advanced Nonresidential Design. 4 sem. hrs.
Problems 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. 1-6 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 489. 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 Personl 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. Consumr Qual Mgt Facilitn Skil. 3 sem. hrs.
Provides a comprehensive study of facilitation skills necessary to lead an organization in continuous improvement.

CSM 408. Consumer Quality Mgt 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.

CSM 409. NY Wall Street Stdy Tour. 3 sem. hrs.
Provides an overview of the American 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.

CSM 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™ 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.

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

CSM 424. Addict. & Dysf. in Money Mgmt. 3 sem. hrs.
CSM 424/524 is an exploration of addictions and dysfunctions related to managing personal 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.

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.

CSM 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.

CSM 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.

CSM 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.

CSM 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 awareness. This course will provide a framework for online brand management and promotion for careers and majors in the college of Human Environmental Sciences.

CSM 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.

CSM 445. Microcomp 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.
CSM 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.

CSM 454. Personal Income Tax Mgt Planng. 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.

CSM 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 AC 210.

CSM 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.

CSM 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.

CSM 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 skills, and abilities needed for
a successful career.

CSM 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.

CSM 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.

CSM 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.

CSM 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.

CSM 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.

CSM 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.

CSM 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 mortality 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/Foundat 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): HHE 370
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 Commu 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.
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.

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 of 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. Concpt 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. Conc Creat Exper Yng Chld 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 Learng Human Development. 1-30 sem. hr.

HD 401. Cult Influ 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. Hospitilized 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 Individ 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.
**Human Environmental Sciences Courses (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 and work with a list of nonprofit service agencies in Tuscaloosa, from which they may choose.

**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 volunteerism 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 Respons. 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.

**HES 459. International Strategies in Sports Management. 3 sem. hrs.**
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 Nut. 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 concurrency: NHM 395.
NHM 361. Nutritional Biochemistry. 3 sem. hrs.
Intermediate 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 case plans. Application of principles to selected stages of the life cycle.
Prerequisite(s): NHM 201 and BSC 215 and BSC 216.

Study of pathophysiology and medical nutrition therapy for specific disease conditions.
Prerequisite(s): BSC 215 and BSC 216 and NHM 361 and NHM 363.

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. Purchsg 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; preg 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 Profesn. 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): with concurrency: 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.

NHM 464. Supv Pract Commun Nutr. 1 sem. hr.
Experiences that include nutrition assessment, counseling, and delivery of nutrition services in the community. This course is only for students admitted to the Coordinated Program in Dietetics.

NHM 465. Medical Nutrition Therapy II. 3 sem. hrs.
Continuation of NHM 365. Basic principles of enteral and parenteral nutrition support, as well as advanced medical nutrition therapy for critical care.
Prerequisite(s): NHM 365.

NHM 466. Sup Pract Med Nutr Therapy II. 3 sem. hrs.
Supervised clinical dietetics experience applying NHM 465 coursework. This course is only for students admitted to the Coordinated Program in Dietetics.

NHM 467. Supervised Practice in Long-term Care. 3 sem. hrs.
Supervised clinical dietetics experience in the long-term care setting. This course is only for students admitted to the Coordinated Program in Dietetics.
Prerequisite(s): NHM 365, NHM 366, NHM 465, and NHM 466.

NHM 468. Practicum Nutrition Food Servi. 1-5 sem. hr.
Planned professional experience working in nutrition and/or food services. Usually in a medical care environment.

NHM 475. Mgt Food Service Systems. 3 sem. hrs.
Through lectures and class discussions, the theory, functions, and principles of management are applied. Emphasis is on personnel and financial management, problem solving, decision making, and systems analysis.
Prerequisite(s): NHM 372 and NHM 373 and NHM 374.

NHM 476. Pract Food Serv Mgt II. 2 sem. hrs.
Supervised practice in an institutional food service setting applying NHM 475 coursework. This course is only for students admitted to the Coordinated Program in Dietetics.

NHM 485. Sup Prac 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.
Prerequisite(s): NHM 366, NHM 390, NHM 464, and NHM 468.

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.

NHM 491. Directed Professional Study. 3 sem. hrs.
Individual professional study in management, clinical, or community dietetics. Requirement of 160 clock hours spent in assigned site. Writing proficiency within this discipline is required for a passing grade in this course.
Prerequisite(s): NHM 365.

NHM 492. Prepare Dietetic Internship. 1 sem. hr.
To provide students in the DPD program who are seeking a Verification Statement with the knowledge to be successful in applying for a dietetic internship upon graduation.

NHM 499. Undergraduate Research. 1-6 sem. hr.
Under faculty supervision, the student designs an investigation; collects and analyzes data; and prepares a written report and seminar on the research project.

Restaurant, Hotel and Meetings Management (RHM) Courses

RHM 105. Nutrition for Hospitality Man.. 3 sem. hrs.
Lecture and discussion introducing students to nutrition principles to evaluate and modify menus and recipes, as well as respond knowledgeably to customers questions and needs.
Prerequisite(s): RHM 175.

RHM 175. Intro Hotel Restaurant Hosp Mgt. 3 sem. hrs.
Introduction to the opportunities, theory, functions, and principles of management in the food service, meeting and events, and lodging industry. Examination of basic operational systems and problems related to the industry.

RHM 185. Intro Meetings Events Ind. 3 sem. hrs.
Introduction to the structure, stakeholders and principles of management in the meetings and events industry. Examination of basic planning and production elements for meetings and events.

RHM 241. Mgt Of Food/Beverage Operation. 3 sem. hrs.
Course focuses on how to profitably manage a food service operation in order to satisfy guests. Students learn how to give guests the highest priority as the details of food and beverage operations are planned, implemented, and evaluated.

RHM 372. Intro Food Service Mgt. 3 sem. hrs.
Primarily for students pursuing careers in health care.
RHM 251. Hospitality Employee Supvr/Mgt. 3 sem. hrs.
Focuses on information managers need in order to recruit, select, and train employees; increase productivity; control labor costs; effectively communicate; manage conflict and change; and use time management techniques.

RHM 274. 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 284. International Food Safety. 3 sem. hrs.
Principles and techniques used in managing sanitation, safety and security functions in food service operations. Explore food safety issues like nanotechnology, emerging packaging, irradiation, food recalls, international food safety, food terrorism and genetically modified foods. Prerequisite(s): RHM 175.

RHM 285. Food Safety And Risk Management. 3 sem. hrs.
Principles and techniques used in managing sanitation, safety, and security functions in food service and lodging operations. Outlines sanitation and risk management programs that help hospitality operations provide quality products and services, comply with regulations, and improve the bottom line.

RHM 286. Prof Develop Hospitality Manage. 1-3 sem. hr.
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.

RHM 290. Food and Beverage Trends. 3 sem. hrs.
ServSafe Alcohol Certification course and tests are administered. Students are exposed to food and beverage trends at the Annual National Restaurant Association Show. Prerequisite(s): RHM 175.

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. Prerequisite(s): RHM 175.

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. Prerequisite(s): RHM 175.

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. Prerequisite(s): RHM 175.

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 Mgt 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 addictions 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.
Student learns 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, NBM 250 or NBM 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 Management. 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 465. 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; identify 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.