

SPRING 2026 Legends UA 101

Section: 001

CRN: 20243

Legends: Lead Inspire Succeed

Faculty: Chelsea Ale

Lead, Inspire, Succeed: A Journey Toward Effective Leadership

Discover your leadership style through hands-on projects, teamwork challenges, and reflection. Learn to communicate effectively, make ethical decisions, and build confidence. By the end, you'll create a personalized leadership plan to guide your growth at UA and beyond.

Section: 002

CRN: 20244

Legends: The Winning Tide

Faculty: John Ratliff

The Winning Tide: Pathways to Legendary Success

Dive into Alabama's legacy of success. Through stories, campus exploration, and hands-on experiences, develop leadership, resilience, and teamwork skills while crafting a personal roadmap for achievement in academics, athletics, and life.

Section: 003

CRN: 20245

Legends: Engineering Marvels

Faculty: Armen Amirkhanyan

Engineering Legends: The Stories Behind the Marvels

Explore the world's greatest engineering achievements and the creativity behind them. Through hands-on projects and real-world problem-solving, learn how bold ideas become extraordinary designs - from skyscrapers to spacecraft - and gain the skills to innovate and build your own.

Section: 004

CRN: 20246

Legends: Welcome to the Anthill

Faculty: Pete Beatty

Welcome to the Anthill: Finding Your Place in the UA Community

Discover how an ant colony mirrors university life in this creative course inspired by Alabama's great ant-man E.O. Wilson. Collaborate and build community through biology, storytelling, and campus engagement, helping you understand UA's ecosystem and your unique role within it.

Section: 005

CRN: 20247

Legends: Sport Industry Lessons

Faculty: Carla Blakey

Game On: Life Lessons from the Sport Industry

Learn leadership lessons from the world of sports and beyond. Through real-world examples, guest speakers, and hands-on projects, we tackle teamwork, problem-solving, and personal growth. You'll build a playbook of strategies to succeed in any career or life arena.

Section: 006

CRN: 20248

Legends: Mindful You

Faculty: Dr. Jennifer Roth-Burnette

Mindful You: Presence, Balance, and Belonging

Discover how mindfulness builds focus, resilience, and connection. Through breathing, movement, and reflection, learn to manage stress and stay grounded. Explore how awareness of body and mind supports well-being, balance, and belonging in everyday life.

Section: 007

CRN: 20249

Legends: How Sports Evolved

Faculty: Courtney Helfrecht

From Hunting to Hoops: How Evolution Shaped Modern Sports

Explore how human evolution influences today's games, from hunting origins to street basketball. Examine performance, culture, and ethics through discussions and activities that reveal how our species' past continues to shape how and why we play.

Section: 008

CRN: 20250

Legends: Panic in Our World

Faculty: Toni Copeland

FEAR: How Panic Shapes Our World

Fear shapes society through urban legends, media, and political messaging. Analyze real-world examples, discuss strategies, and build critical thinking skills to recognize manipulation. Learn to separate fact from fiction and navigate a world driven by panic and perception.

Section: 009

CRN: 20251

Legends: Men & Media

Faculty: George Daniels

Changing Roles: Men, Media, & Modern Life

Delve into how media, politics, and culture shape our evolving ideas of men's roles. Analyze film, advertising, and social media while exploring how public discourse redefines what it means to live as a man today.

Section: 010

CRN: 20252

Legends: Power and Corruption

Faculty: Yuliya Zabyelina

Power and Corruption: Unmasking How These Shape Our World

Corruption festers in local governance and global politics alike. In this course, we examine scandals, role-play as decision-makers, and debate solutions, equipping you with tools to critically assess corruption and champion transparency in your communities and beyond.

Section: 011

CRN: 20253

Legends: Conspiracy Theories

Faculty: Connor Franklin

Decoding Deception: Understanding Conspiracy Theories in the Digital Age

Learn to spot deception and sharpen your critical thinking skills. This class uses contemporary conspiracy theories as case studies to help you evaluate evidence, scrutinize sources, and defeat AI-driven misinformation.

Section: 012

CRN: 20254

Legends: Your 1st-Gen Journey

Faculty: Carrie West Harris

Strengths to Success: Navigating the First-Gen Journey

Discover and apply your unique strengths through the Clifton Strengths framework. Explore resilience, teamwork, and self-awareness while connecting your personal story to academic and professional success as a first-generation college student.

Section: 013

CRN: 20255

Legends: Healthy and Focused

Faculty: Tony Derriso

Healthy Body, Focused Mind: Put Yourself in a Position to Succeed

Pair sport-psychology tools with movement and mindfulness to develop habits that fuel both body and mind. Through labs, reflection, and the “Walk of Champions,” create your personalized plan to thrive—academically, physically, and mentally.

Section: 014

CRN: 20256

Legends: Coffee Culture

Faculty: Kensey McMahon

Brewing History & Connection: The Global Story of Coffee

Trace coffee’s journey from ancient origins to modern cafés. Explore how a single drink fueled revolutions, inspired creativity, and built communities. Through discussion and local exploration, we discover how coffee connects culture, commerce, and conversation worldwide.

Section: 015

CRN: 20257

Legends: Taste Disney Magic

Faculty: Lori Greene

Tasting the Magic: Disney Dining and Cultural Storytelling

Disney theme parks use food to tell stories. Study the history of Disney dining, themed experiences, global cuisine, and sustainability, gaining skills in cultural analysis, storytelling, and hospitality while uncovering the magic behind every bite.

Section: 018

CRN: 20260

Legends: The Hero's Journey

Faculty: Nathan Parker

The Hero's Journey: Adventure, Myth, and Self

Explore the Hero's Journey across literature, film, and philosophy. Analyze classic and contemporary works, from *The Hobbit* to *The Hurt Locker*, examining quests, social and spiritual selves, and the evolving archetype of adventure in human culture.

Section: 019

CRN: 20261

Legends: Building Resilience

Faculty: Margaret Purcell

Resilience, Confidence & Community

Discover how mindset, not luck, shapes success. Learn to navigate stress, setbacks, and uncertainty through guided mentorship and small-group connections. Build resilience, confidence, and community while tackling real-life academic and personal challenges together.

Section: 021

CRN: 20263

Legends: Core, Culture, Pilates

Faculty: Cathy Pagani

The Pilates Experience You Didn't Expect

Uncover Pilates' surprising past, from 19th-century body culture to World War I camps, all while practicing classical mat work. Learn about anatomy, mindfulness, and stress management through movement that strengthens the body, confidence, and community.

Section: 023

CRN: 20265

Legends: Arab Cultures

Faculty: Ibrahim Khalaylih

Arab Cultures: Language to Religion

Journey into Arab cultures, exploring language, faith, and traditions. Learn basic Arabic, discuss religious histories, and engage with cultural experiences to gain insight into one of the world's most vibrant and historically rich regions.

Section: 024

CRN: 20266

Legends: Science of the Voice

Faculty: Hyunjoo Yoo

The Human Voice: The Art & Science of Speech

Explore how your voice works, from speech to song. Use speech analysis tools to study pitch, tone, and articulation while learning how speech disorders are diagnosed and treated. Discover the science, art, and individuality of your own voice.

Section: 026

CRN: 21222

Legends: Can We Talk?

Faculty: Lane McLelland

Can We Talk?: Civic Leadership & Collaborative Discourse

Tackle today's polarized climate through hands-on dialogue practice. Learn to distinguish debate, discussion, and dialogue, and develop leadership skills to bridge challenging civic conversations, foster understanding, build collaboration, and solve problems in your own community.

Section: 027

CRN: 20269

Legends: Music & Medieval Media

Faculty: Joe Sargent

Music, Media, and the Medieval Imagination

Modern media reimagines and recreates the Middle Ages through sound. Analyze film, TV, and video game scores that "sound medieval," uncovering how music shapes perceptions of history and myth in contemporary culture.

Section: 028

CRN: 20270

Legends: Paradox of Freedom

Faculty: Nathan Loewen

Paradox of Freedom: The Forces That Shape Our Choices

Are our choices truly free, or shaped by unseen forces? This course blends religious studies, philosophy, and social theory to explore how ideas, ideologies, and communities, from wellness culture to politics, shape belief, and decision-making in modern life.

Section: 029

CRN: 20271

Legends: Accessible Futures

Faculty: Margaret Stran

Accessible Futures: Discover How Technology, Legislation, and Empathy Shape Accessible Living

Discover how technology and disability legislation enhance accessibility in daily life. Explore real-world innovations, from voice assistants to mobility aids, and learn how accessible design benefits everyone while fostering empathy and problem-solving across fields.

Section: 030

CRN: 20272

Legends: Be Your Own Boss

Faculty: Pete Ludovice

Be Your Own Boss: Startup Skills for College Students

Want to be your own boss? This course blends creativity, collaboration, and practical skills to help you design, test, and launch your own venture. Learn entrepreneurial tools while working across disciplines to bring ideas to life.

Section: 031

CRN: 20273

Legends: Reggaeton Music

Faculty: Kelley Luna

Caribbean Rhythms and Global Influence: The History & Impact of Reggaetón

Explore reggaetón's evolution from Jamaica, Panamá, and Puerto Rico to a global phenomenon. Analyze key tracks, examine lyrics, and participate in creative projects that highlight the genre's cultural, social, and musical impact through interactive listening and discussions.

Section: 032

CRN: 20274

Legends: Visual Journaling

Faculty: Sarah Marshall

Campus Chronicles: Your Visual Journey

Explore UA creatively through photography, journaling, and visual storytelling. Learn simple techniques to capture your adventures, express your perspective, and share your campus experiences while making connections and discovering your own creative voice.

Section: 035

CRN: 20277

Legends: Mindset to Milestones

Faculty: Demilia Snyder

Mindset to Milestones: Psychological Approaches to Career Success

Blend psychology, wellness, and career readiness to build a mindful, structured path toward success.

Explore motivation, stress, and mindset while developing essential professional skills like interviewing, networking, and goal-setting for long-term growth.

Section: 036

CRN: 20278

Legends: Digital Minds AI

Faculty: Laura McNeill

Digital Minds: Your AI Adventure Begins

AI: it's all over the news, but is it hype or a new way of life? Engage with AI through experiments, ethical debates, AI-powered art, and collaborative projects, learning about human-AI interaction and preparing for an AI-driven future.

Section: 037

CRN: 20279

Legends: Cuff It! Heart Health

Faculty: Keri Barron

Cuff It!: Heartbeats and Healthy Habits

Slow the rhythm of college life and focus on your heart health. Explore the American Heart Association's Essential 8, track personal risk factors, and design a peer campaign to promote cardiovascular wellness and awareness on campus.

Section: 038

CRN: 20280

Legends: Nonprofit Management

Faculty: Margaret Purcell

Change Agents: Nonprofit Management Skills, Careers, and Impact

Explore the essentials of nonprofit management, from organizational strategy to hands-on skill building. Engage with real-world scenarios, develop leadership abilities, and examine career pathways while connecting to UA's academic and community resources.

Section: 039

CRN: 20281

Legends: Data Defense 101

Faculty: Kathleen Morris

Data Defense 101: Protecting Your Digital World

Discover the world of cybersecurity through real cases, ethical debates, and practical tools. Learn how AI affects security, how breaches happen, and how to defend your data, preparing you for a digitally savvy life.

Section: 040

CRN: 20282

Legends: Music Legends & Leaders

Faculty: Jerrod Newell

Music Legends, and Leaders: Examining Musical Legends through the Lens of Leadership

Study iconic musicians to uncover leadership lessons and social impact. Analyze music, engage in reflective projects, and develop a personal leadership plan that connects creativity, authenticity, and community engagement to inspire change in any field.

Section: 043

CRN: 20285

Legends: Mapping Your World

Faculty: Joe Weber

Mapping Your World: Finding Connections Between People and Planet

From ancient charts to Waze, maps shape our understanding of the world. Learn to interpret, create, and analyze maps using GIS, Google Earth, and GPS while uncovering how mapping connects geography, technology, and human experience.

Section: 044

CRN: 20286

Legends: Digital Tech Skills

Faculty: Sierra Cantrell

Digital Tech Skills for College Champions

Master the digital tools that drive college success. Learn tech essentials for notetaking, research, collaboration, and time management through hands-on workshops and creative challenges designed to boost productivity, confidence, and critical digital literacy.

Section: 045

CRN: 20287

Legends: College Sports & Life

Faculty: Amanda Ross

College Sports & Life: Understanding the Forces Behind College Athletics

Explore the academic side of college sports through economics and culture. Analyze NIL, tailgating traditions, and community impacts beyond the scoreboard. See how football and basketball shape colleges—and reflect society itself.

Section: 046

CRN: 20288

Legends: 1stGen to Nobel Prize

Faculty: Jean-Luc Robin

First Gen to Nobel Prize: First-Gen Stories of Change

Explore the journeys of first-generation students who transformed their lives through education. Through literature, film, and discussion, discover how resilience and opportunity shape personal growth and social mobility across cultures.

Section: 047

CRN: 20289

Legends: A Sustainable Future

Faculty: Michelle Rose

Eco-Visionaries: Diverse Insights into a Sustainable Future

Explore the topic of sustainability across many walks of life. We will engage in hands-on projects that highlight innovations in fashion, technology, food, design, and daily life. You'll leave empowered to create meaningful solutions for a healthier you and a stronger planet.

Section: 048

CRN: 20290

Legends: Mindful You

Faculty: Jonie Threatt

Mindful You: Presence, Balance, and Belonging

The practice of mindfulness builds focus, resilience, and connection. Through breathing, movement, and reflection, we will learn to manage stress and stay grounded in the midst of life's challenges. Explore how awareness of body and mind supports well-being, balance, and belonging every day.

Section: 050

CRN: 20292

Legends: Everyday Law

Faculty: Bob McCurley

Everyday Law: Smart Choices for the Real World

You don't need to be a lawyer to understand the law. Explore how everyday legal issues, from renting and healthcare to voting and starting a business, affect your life. In this course, you'll gain the knowledge to make informed, confident decisions.

Section: 052

CRN: 20294

Legends: Latin Dance Cultures

Faculty: Ana Skelton

Rhythm & Passion: Exploring Dance Cultures of Latin America

Step into the vibrant rhythms of Latin America! Learn Salsa, Merengue, Bachata, and Tango while exploring their cultural roots. This hands-on course blends movement, history, and culture. Best of all, no dance experience required!

Section: 053

CRN: 20295

Legends: Patterns in Genesis

Faculty: Robert Smits

Patterns in Genesis: The Symbolism and Structure of Genesis

Explore the hidden patterns and symbolism in Genesis, connecting ancient narratives to cosmic structures, mathematics, and Western culture. Develop analytical and reflective skills while uncovering the deeper meanings behind creation, Noah's flood, and stories of Moses.

Section: 054

CRN: 20296

Legends: App to Fluent?

Faculty: Matt Coss

App to Fluent?: Can You Really Learn a Language from an App?

Put language learning apps to the test! Explore how tools like Duolingo and Babbel stack up against real research. Through hands-on trials, data collection, and reflection, evaluate what these apps get right, and what they miss.

Section: 055

CRN: 20297

Legends: Madness & Meaning

Faculty: Sarah Cheshire

Mind Games: Stories of Madness and Meaning

Mental health and societal stigma have been shaped by media, from the Salem Witch Trials to Silicon Valley. Through discussion, analysis, and historical texts, explore changing definitions of "madness" and gain critical skills to understand mental health in today's world.

Section: 056

CRN: 20298

Legends: Gossip & Guillotines

Faculty: April Stevens

Gossip & Guillotines: Scandals in French History

Dive into 18th-century French scandals, from political cartoons to gossip sheets, and uncover how media swayed public opinion, shaped revolutions, and sealed the fates of thousands. Examine historical lessons that resonate today and explore the enduring power of media-driven influence.

Section: 057

CRN: 20299

Legends: Heroes of the Capstone

Faculty: Naima Bary

Stories that Built UA: Heroes of the Capstone

So many stories shaped the Capstone. Explore the lives, challenges, and triumphs of remarkable individuals who built UA's legacy. Through storytelling, discussion, and hands-on activities, you'll uncover lessons in leadership, resilience, and innovation that can guide your own UA journey.

Section: 058

CRN: 20300

Legends: Cinematic Youth

Faculty: Jaye Johnson Thiel

Cinematic Youth: Exploring Childhood and Adolescence on Screen

Examine how films portray children and adolescents, shaping societal perceptions and personal identities. Analyze live-action, animation, and documentaries while creating your own media to explore youth experiences through cinematic storytelling.

Section: 059

CRN: 20301

Legends: Rivers, Climate & World

Faculty: Glenn Tootle

Streams of Change: Rivers, Climate, and Our World

Investigate the journey of water from glaciers to taps and the effects of climate change on global water resources. Engage in fieldwork, labs, and discussions to understand environmental, social, and economic impacts on rivers and watersheds.

Section: 060

CRN: 20302

Legends: Horses as Healers

Faculty: Amy Traylor

Horses as Healers: An Introduction to Equine-Assisted Services

Horses can heal! In this interactive course, we will learn about equine-assisted services, their benefits for health and wellness, and the ethical and scientific foundations of this growing field. Get ready for lively horse-related discussions and hands-on field trips.

Section: 061

CRN: 20303

Legends: Passion, Purpose, Impact

Faculty: Matthew VanDyke

Passion, Purpose and Impact: The Keys to a Fulfilling Life

Discover what drives you and how to use it for good. Learn to align your strengths with community needs, design strategies for social impact, and build a personal mission statement to guide your life and career.

Section: 064

CRN: 20306

Legends: Flavors of China

Faculty: Xiang Zhang

Flavors of China: Exploring Tradition Through Taste

Explore Chinese cuisine and culture through hands-on cooking labs, cultural visits, and group discussions. Learn traditional techniques, uncover regional flavors, and gain a deeper appreciation for how food shapes history, and community.

Section: 065

CRN: 20307

Legends: How to Pay for That?

Faculty: Margaret Peacock & Erik Peterson

How Will You Pay for That?: Life and Money, Past and Present

Taxes, insurance, cars, rent, tuition, groceries: how are you going to make it? It's not just you. Explore how we've earned, spent, saved, and struggled to afford life. We'll connect hands-on money management to the systems working behind the scenes. Leave informed and empowered to make good choices.

Section: 066

CRN: 20308

Legends: Fashions & 1st Ladies

Faculty: Ian Crawford

Trendsetters in Chief: The Cultural Influence of America's First Ladies

Discover how America's first ladies shaped culture through fashion, etiquette, and design. Analyze iconic styles, explore historical connections, and examine their influence on society. Gain insight into how personal choices can reflect values, inspire trends, and drive cultural change.

Section: 067

CRN: 20309

Legends: Musicians' Collective

Faculty: Kenneth McGuire

The Musicians' Collective: A Musical Journey

Collaborate with fellow musicians to create, arrange, and perform music across genres. Whether you're a vocalist, instrumentalist, or digital creator, this hands-on course fosters teamwork, creativity, and the crafting of original songs or innovative covers.

Section: 068

CRN: 20310

Legends: Flex, Flow, Focus

Faculty: Mary Roberts

Flex, Flow and Focus: Healthier Routines Inspired by Dance

Learn dancer-inspired techniques for strength, flexibility, and wellness: no dance experience needed! Explore Pilates, yoga, and mindful movement to prevent injuries, improve focus, and build healthy routines for everyday life.

Section: 069

CRN: 20311

Legends: How I Roll Sushi

Faculty: Alvin Niu

This is How I Roll: The Art and Culture of Sushi

Explore the history, techniques, and cultural significance of sushi. Learn ingredient selection, rice preparation, and sustainability practices, and participate in hands-on workshops and tastings to gain a deeper understanding of sushi as both culinary art and global tradition.

Section: 071

CRN: 20313

Legends: Be The Change

Faculty: Anneliese Bolland

Be the Change: Interdisciplinary Approaches to Social Issues

Explore how psychology, politics, health, and communication intersect to address real-world challenges. Through collaborative, creative projects, you'll learn to think across disciplines, communicate effectively, and design practical solutions so you can create meaningful change in your community and beyond.

Section: 072

CRN: 20314

Legends: Grown-ish

Faculty: Andrea Wilson

Grown-ish: UA Edition

Explore the real-life version of the hit series "Grown-ish" through college scenarios that mirror campus life at UA. Each class connects media clips to real experiences, helping students navigate relationships, academics, and adulthood with confidence.

Section: 073

CRN: 20315

Legends: Power and Principle

Faculty: Luke Hunt

Power and Principle: Ethics, Power, and the White House

Explore the ethical dilemmas and immense power of the executive branch with a former FBI agent and current philosophy professor. Analyze real White House case studies to develop the critical reasoning skills needed for high-level governance.

Section: 074

CRN: 20316

Legends: Era of Joy: Taylor S

Faculty: Sara Hartley

Legends: Joy, Self-Discovery, & Taylor Swift

Inspired by Taylor Swift, discover practical tools to cultivate and share joy in your life. This course uses art and positive communication to explore self-discovery, helping you overcome obstacles and embrace your own "era."

Section: 075

CRN: 20317

Legends: Behind the Badge

Faculty: Matt Valasik

Behind the Badge: Inside Federal Law Enforcement

Get an inside look at federal law enforcement, including the FBI, DEA, and Homeland Security. Engage with guest professionals, study their historical evolution, and examine contemporary challenges and career opportunities in federal agencies.

Section: 076

CRN: 20318

Legends: Pop Music to Opera

Faculty: Paul Houghtaling

Cultural Connections: Pop Music to Opera

Challenge your view of music! This course demystifies opera by finding surprising links between classical traditions and pop stars like Taylor Swift. Learn the history, debunk stereotypes, and even collaborate on a mini-opera.

Section: 077

CRN: 20319

Legends: Ghouls in Arabic Myth

Faculty: Safa Elnaili

Spirits and Stories: Ghouls in Arabic Mythology

Explore Arabic folklore through the lens of ghouls, from Arabian Nights to modern tales. Analyze myths, discuss she-ghouls' roles, and create AI-based interpretations, gaining insight into cultural, historical, and contemporary storytelling across the Arab world.

Section: 078

CRN: 20320

Legends: Money Matters

Faculty: Laura Beth Brown

Money Matters: Navigating College Finances

Gain confidence managing your college finances through practical lessons in budgeting, saving, and smart spending. Explore how habits and emotions influence money choices, and build a personalized plan to reduce stress, stay focused, and create a foundation for lasting financial wellness.

Section: 079

CRN: 20321

Legends: Econ & Law of Sports

Faculty: John Morrison

Game Changers: The Economics and Law of College Sports

Explore the fast-changing world of college athletics through law and economics. Examine NIL rights, revenue sharing, and player valuation. Analyze landmark legal cases and real-world issues shaping the future of collegiate sports and athlete compensation.

Section: 081

CRN: 20323

Legends: Learning to Thrive

Faculty: Delynn Wilcox

Tapping the Well: Strengthening Your Ability to Thrive

Discover your capacity to flourish through experiential learning, reflection, and modern wellness tools. Engage in practices that build resilience, awe, and gratitude while exploring purpose, connection, and community as foundations for thriving in college and beyond

Section: 082

CRN: 20324

Legends: Talkin' Baseball

Faculty: Alex Peebles

Talkin' Baseball: The Sport, the Stories, the Soul of a Nation

Baseball is more than a game. Explore its role in shaping culture and history. From Jackie Robinson to Shohei Ohtani, analyze how America's pastime reflects societal change, global connections, and the enduring rhythm of community and sport.

Section: 083

CRN: 20325

Legends: Research for All

Faculty: Leanne Carroll

Legends: Research for All: Navigate Knowledge: Research across All Majors

Discover research opportunities across every field at UA. Connect with faculty, explore diverse projects, and learn methods, ethics, and societal impact. Gain transferable skills, clarify your academic path, and see how undergraduate research can enrich your studies and future career.

Section: 084

CRN: 20326

Legends: Numbers Not Nerves

Faculty: Joseph Bishop

Numbers Not Nerves: Developing Confidence in Math

Does college math make you nervous? We will learn strategies that reduce anxiety and strengthen learning. Explore effective study habits, time management, tutoring resources, and support systems designed to help every student thrive in math: no "math person" required!

Section: 086

CRN: 20540

Legends: Italian True Crime

Faculty: Fabio Battista

Secrets and Scandals in Italian True Crime

Uncover Italy's most infamous true crime stories and the media that shaped them. Through films, podcasts, and research, explore how culture, politics, and public opinion influence perception, revealing what these scandals say about Italy and about us.

Section: 087

CRN: 20542

Legends: Trial by Media

Faculty: Douglas Klutz

Trial by Media: Truth Unveiled

Explore how media shapes public perception of high-profile legal trials. Analyze famous cases, debunk myths, and gain insight into the realities of U.S. courts while developing critical thinking skills for navigating today's media landscape.

Section: 088

CRN: 20568

Legends: Microbial Impacts!

Faculty: Kim Suzanne Helms Lackey

Tiny Terrors: The Big Impact of Microorganisms

Explore how microscopic organisms have changed the world: from pandemics that shaped empires to viruses redefining modern life. Through lively discussion and real-world case studies, uncover how microbes influence history, culture, and the future of human health.

Section: 089

CRN: 20673

Legends: Happiness by Design

Faculty: Amy Pardo

Happiness by Design: Aligning Purpose with Passion

Connect personal purpose with the science of happiness. Examine research, reflect on values, and engage in creative projects to craft a personalized roadmap for fulfillment. Develop tools for well-being, self-discovery, and meaningful engagement with your community.

Section: 091

CRN: 20890

Legends: Hamlet Goes to College

Faculty: Tyler Sasser

Hamlet Goes to College: Discovering Shakespeare's Hamlet Through the Eyes of a 1st-Year Student

Reimagine Hamlet as a first-year student torn between family and self-discovery. Through reading, performance clips, and discussion, explore how Shakespeare's story of indecision, grief, and growth mirrors the challenges and freedoms of beginning college life today.

Section: 092

CRN: 20892

Legends: Brass to Bass

Faculty: Terrance Lewis

Brass to Bass: Music, Storytelling and Civic Voice in the American South

Examine how Southern musicians, from jazz to hip-hop artists, turn lived experience into music that shapes communities. Through songs of struggle and celebration, explore how music amplifies voices, connects generations, and reflects the social rhythms of change across the South.

Section: 093

CRN: 20895

Legends: Hip Hop as Discourse

Faculty: Kiara Summerville

Mic Check: Hip Hop Music and Discourse Analysis

How do hip hop artists use language to shape culture? We will use discourse analysis as a qualitative research method by studying lyrics and analyzing performances. Then we'll connect this major category of music with its social context.

Section: 094

CRN: 20919

Legends: Brain Hacks 4 Success

Faculty: Allison Davis

Brain Hacks 4 Success: Training Your Brain for College Success

Learn to boost your focus, memory, and study habits. We'll discover brain hacks for better learning and success, teaching you evidence-based ways to manage distractions and thrive in college.

Section: 095

CRN: 21121

Legends: Trends in True Crime

Faculty: Babs Davis

Trends in True Crime: History and Media

Why are we obsessed with true crime? Explore the history, psychology, and media influence behind the genre. You will analyze podcasts and documentaries to understand how these stories shape our ideas.

Section: 096

CRN: 21135

Legends: Microbial Impacts!

Faculty: Kim Suzanne Helms Lackey

Tiny Terrors: The Big Impact of Microorganisms

Explore how microscopic organisms have changed the world: from pandemics that shaped empires to viruses redefining modern life. Through lively discussion and real-world case studies, uncover how microbes influence history, culture, and the future of human health.

Section: 097

CRN: 21190

Legends: Win-Win Negotiation

Faculty: Doug Albertson

Win-Win: The Art of Getting What You Want

Sharpen your negotiation and persuasion skills for real life. Through interactive discussions and role-play exercises, learn proven tactics to navigate conflict, collaborate effectively, and achieve win-win outcomes in class, at work, and beyond.

Section: 098

CRN: 21191

Legends: Persons, AI & Freedom

Faculty: Torin Alter

Persons, AI, Freedom: Exploring Personhood, Mind, and Freedom

What makes you *you*? Could an AI ever count as a person? Examine consciousness and free will through philosophy, neuroscience, and science fiction to explore the question: What does it truly mean to be a *person* in our technological age?

Section: 099

CRN: 21192

Legends: Eating the Past

Faculty: Chuck Clark

Eating the Past: Savoring History One Bite at a Time

Uncover the stories behind every bite. From early American kitchens to modern tables, experience history through food, connecting taste, memory, and culture while exploring how meals shape who we are and where we come from.

Section: 100

CRN: 21193

Legends: Madness & Media

Faculty: Sarah Cheshire

Mind Games: Stories of Madness and Meaning

Mental health and societal stigma have been shaped by media, from the Salem Witch Trials to Silicon Valley. Through discussion, analysis, and historical texts, explore changing definitions of “madness” and gain critical skills to understand mental health in today’s world.

Section: 101

CRN: 21235

Legends: Eating Weird

Faculty: Katherine Chiou

Eating Weird: What Our Strangest Meals Reveal About Being Human

From mummy snacks to mukbangs, this course uncovers what our strangest meals reveal about being human. Explore ancient feasts, modern food fads, and the cultural meanings baked into every bite through lively discussion, media, and creative projects.

Section: 102

CRN: 21197

Legends: Campus Cash

Faculty: Lauren Creel

Campus Cash: Smart Money Moves

Learn practical ways to manage your college finances without stress! Discover how to stretch your dollars, plan for campus life, and build money habits that work for you, from dining plans to game-day spending.

Section: 103

CRN: 21223

Legends: The Stories We Eat

Faculty: Anne Franklin Lamar

The Stories We Eat: Exploring Memory, Meaning, and the Social Life of Food

Explore how food connects memory and community. Analyze food narratives across cultures to understand how stories about cooking and eating reflect who we are. Create and share your own food stories to spark dialogue and connection.

Section: 104

CRN: 21224

Legends: Freedom & Terror

Faculty: Matthew Feminella

Freedom & Terror: The Search for Meaning and Morality

Explore the struggle for freedom and meaning amid global histories filled with fear and political control. Engage thinkers from Kant to Arendt to examine moral choice and the human capacity to act with courage and responsibility in dark times.

Section: 105

CRN: 21227

Legends: Wilderness First Aid

Faculty: Shelli Scott

Wilderness & Remote First Aid

Learn to respond confidently when medical help is far away. Through hands-on scenarios and Red Cross-based training, gain practical first aid skills for emergencies in wilderness, remote, or disaster settings. There will be an option to earn certification in the course.

Section: 106

CRN: 21229

Legends: In the Wrestling Ring

Faculty: James Dubuisson

Lessons from the Ring: Wrestling, Performance and Resilience

Step into the ring to explore communication and authenticity through the world of professional wrestling. Analyze how performance, adaptability, and storytelling shape confidence, belonging, and success, both in the arena and throughout your academic journey.

Section: 107

CRN: 21231

Legends: The Brain Meets AI

Faculty: James Martin

The Brain Meets AI: Exploring the Boundaries Between Biology and Artificial Intelligence

What happens when human intelligence meets machine learning? In this interactive course, you'll explore how brains and algorithms think, learn, and remember. Work with an adaptive AI model to investigate cognition, memory, and what it truly means to be intelligent.

Section: 118

CRN: 21226

Legends: Exercise & Brainpower

Faculty: Allison Scrivner

Neurofit: How Exercise Boosts Brainpower

Discover how physical activity strengthens both the mind and body. Explore links between exercise, memory, mood, and motivation while learning strategies to manage stress, build confidence, and improve overall well-being through campus fitness resources and expert insights.

Section: 119

CRN: 21232

Legends: Campus Tech Journey

Faculty: Amanda Thompson

Tech Trek: A Journey Through Campus Technology

Discover the innovation powering campus life through hands-on tours of makerspaces, research labs, and creative tech hubs. Engage with experts, explore new tools, and learn how curiosity and technology combine to spark research and discovery.

Section: 120

CRN: 21487

Legends: Learn an Instrument

Faculty: Danielle Todd

Make Some Noise: Learning Music Through Collaboration

Discover your musical potential by learning to play a band instrument in a fun, hands-on setting. Develop skills in performance, teamwork, and creativity as you rehearse, read music, and perform together—no experience or instrument required!

Section: 121

CRN: 21246

Legends: Careers in Health

Faculty: Leah Thompkins

Careers in Health: Exploring Your Path

Discover the expansive world of healthcare through interactive exploration of traditional and emerging professions. Meet guest speakers, research weekly topics, and uncover how different majors connect to meaningful, in-demand health careers across multiple disciplines.

Section: 122

CRN: 21234

Legends: Rules for Success

Faculty: Martina Rutherford

Rules for Success: Stand Out while Learning to Fit In

Explore how social and cultural capital shape success in organizations. Learn to navigate informal networks, develop communication and networking skills, and understand how humor, relationships, and shared knowledge influence belonging, career advancement, and personal growth.

Section: 123

CRN: 21236

Legends: Corporate Economics

Faculty: Carolina Forero Pedreros

Corporate Economics: Where Economics Meets Enterprise

Discover how economic forces shape business decisions. Explore topics like trade, inflation, taxation, and market uncertainty while connecting theory to real-world corporations. Strengthen analytical thinking and learn how economic insights drive strategy, innovation, and success.

Section: 124

CRN: 21237

Legends: Rolling the Dice

Faculty: Terry Hughston

RPGs and Politics: Rolling the Dice

Use tabletop role-playing games like *Dungeons & Dragons* to explore social and political dynamics. Analyze how storytelling, collaboration, and conflict reveal real-world systems of power while developing teamwork, empathy, and creative problem-solving skills.

Section: 125

CRN: 21238

Legends: Art in Motion

Faculty: Susan Nordstrom

Art in Motion: Learning Through Movement and Art

Discover campus as your classroom through walking methodology and arts-based research. Explore how movement, place, and reflection transform learning. Engage in walking studies, data creation, and an end-of-semester exhibition showcasing your artistic and scholarly discoveries.

Section: 127

CRN: 21240

Legends: The Way We Talk!

Faculty: Dorothy Worden

The Way We Talk: Everyone Has an Accent!

Explore how accents and language shape perception, and belonging. Through interviews, media, and sociolinguistic research, analyze how speech influences stereotypes and social power, and reflect on your own language attitudes.

Section: 128

CRN: 21241

Legends: Learning through Play

Faculty: Cailin Kerch

Play it Forward: The Joy of Learning and Serving Through Play

Discover how play shapes learning, creativity, and connection in early childhood. Explore major play theories and engage in service-learning with local schools and organizations to see firsthand how playful learning supports growth, families, and communities.

Section: 129

CRN: 21242

Legends: Hot Topics in Biology

Faculty: Christine Yates

Hot Topics in Biology: Exploring Breakthroughs in Science, Health, and Society

Dive into today's most exciting biological breakthroughs, from gene editing to emerging diseases. In teams, research real-world topics, analyze their social impact, and lead discussions that connect biology, technology, and ethics. Build scientific literacy, collaboration, and presentation skills for your future.

Section: 130

CRN: 21243

Legends: Autism & Insight

Faculty: Rebekah Whitt

Nourishment, Narrative, & Individual Differences in Autism

Examine how feeding and communication interventions can support autistic individuals' unique ways of learning and experiencing the world. Explore cultural, nutritional, technological, and social factors that influence growth, emphasizing empowerment, understanding, and practical strategies.

Section: 131

CRN: 21244

Legends: Nonprofit Management

Faculty: Margaret Purcell

Change Agents: Nonprofit Management Skills, Careers, and Impact

Explore the essentials of nonprofit management, from organizational strategy to hands-on skill building. Engage with real-world scenarios, develop leadership abilities, and examine career pathways while connecting to UA's academic and community resources.

Section: 132

CRN: 21247

Legends: The World in 8 Books

Faculty: Vishal Gupta

World in 8 Books: Global Adventures

Travel the globe through eight powerful books exploring life in Asia, Africa, Latin America, and Europe. Discover diverse cultures, economies, and stories while engaging with multimedia resources and conversations that deepen your understanding of our interconnected world.