

SPRING 2026 UA Legends 201

Section: 001

CRN: 20328

Legends: Global Drum & Dance

Faculty: Laurie Arizumi

Rhythmic Journey: Discovering Global Cultures through Drumming and Dance

Experience world cultures through drumming and dance: no experience needed! Play Japanese taiko drums, explore global folk dances, and discover how rhythm connects people. You'll build confidence, relieve stress, and celebrate community through creativity and culture.

Section: 002

CRN: 20329

Legends: UA's Hidden Histories

Faculty: Heather Ashley Hayes

Hidden Histories: Uncovering the Stories Behind UA Spaces

Explore the hidden histories behind buildings, landmarks, and walkways at the University of Alabama. Through tours, archival research, and discussions, uncover how public memory, campus traditions, and cultural legacies shape our understanding of community and belonging.

Section: 003

CRN: 20330

Legends: Research Odyssey

Faculty: Anna Mariya Basauri Ziuzina

Research Odyssey: Skills for Success

Turn curiosity into discovery as you learn to design and manage your own research project. Practice finding credible sources, organizing ideas, and thinking critically. You'll gain the confidence, skills, and mindset to succeed in academic, professional, and everyday inquiry.

Section: 004

CRN: 20331

Legends: On Privacy

Faculty: Lawrence Capello

On Privacy: Secrets, Surveillance, and Society

What does privacy mean in a world that's always watching? Unpack real-world issues of technology and freedom while developing tools to protect your personal information and think critically about life online.

Section: 005

CRN: 20332

Legends: Trends in True Crime

Faculty: Babs L. 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: 006

CRN: 20333

Legends: Tech for Success

Faculty: James Hardin

Tech for Success: 21st-Century Skills: Leveraging Technology for Academic Success

Learn to harness digital tools from cloud apps to Aito: boost productivity, organization, and research skills. Gain confidence in using technology ethically and effectively to excel academically and prepare for future careers.

Section: 007

CRN: 20334

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: 009

CRN: 20336

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: 010

CRN: 20337

Faculty: Jeffrey Farr

Legends: Crimson Traditions

Crimson Traditions: UA History

Explore the rich history, iconic traditions, and vibrant culture of the University of Alabama. Engage with campus organizations, experience gameday excitement, and understand what it means to belong to the Crimson Tide community while discovering your own place in its legacy.

Section: 011

CRN: 20338

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: 013

CRN: 20340

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: 014

CRN: 20341

Legends: Unwind, Align, Yoga

Faculty: Colleen Geary

Unwind and Align: Yoga for Better Posture

Learn beginner-friendly yoga to relieve tension and improve posture. Practice stretches, poses, and body awareness techniques that fit student life and promote wellness, balance, and confidence both in and out of the classroom. No experience required!

Section: 015

CRN: 20342

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: 016

CRN: 20343

Legends: Bilingualism & Culture

Faculty: Bryan Koronkiewicz

Language Remix: Bilingualism in Pop Culture

Explore how bilingualism shapes music, TV, and media worldwide. Analyze artists like Bad Bunny and BTS, reflect on personal language experiences, and examine the cognitive, social, and cultural dimensions of multilingualism in everyday life and global communities.

Section: 017

CRN: 20344

Legends: From Likes to Buys

Faculty: Courtney McGahey

From Likes to Buys: Understanding Consumer Behavior Online

Dive into the world of online consumer behavior. From influencer marketing to algorithm-driven ads, uncover the forces that shape purchasing decisions. Apply your knowledge through interactive projects to understand the power of likes, shares, and clicks.

Section: 018

CRN: 20541

Legends: Memes & Meaning

Faculty: Renata Fuchs

Memes & Meaning: Exploring Philosophy Through Meme Culture

Unpack philosophy through the lens of memes. Analyze how humor, culture, and timeless questions combine to make philosophy engaging for today's digital generation.

Section: 019

CRN: 20808

Legends: Build Your Brand

Faculty: Virginia Rolling

Build Your Brand: ePortfolios 101

Learn to transform your personal story into a dynamic digital presence. Explore personal branding, digital storytelling, and self-presentation. By course end, you'll create a professional ePortfolio showcasing your skills, achievements, and growth as a UA student.

Section: 020

CRN: 20921

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: 021

CRN: 21050

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: 022

CRN: 21097

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!