

FALL 2026 Legends UA 101

Pro Tip: Find the CRN for eight to twelve classes that you are interested in to be ready for course signup so you can have options as you put your schedule together.

Section: 1

CRN: 46316

Title: The Games We Play: Cards, Culture, and Community

Faculty: Margaret Stran

Playing cards are among the most familiar yet culturally rich objects in everyday life. Found in dorm rooms, casinos, kitchens, prisons, and street corners around the world, decks of cards structure rituals of play, competition, cooperation, and social bonding.

Section: 2

CRN: 46317

Title: From Survival to Sport: How Games Evolved

Faculty: Courtney Helfrecht

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: 3

CRN: 46318

Title: On Privacy: Secrets, Surveillance, and Society

Faculty: Lawrence Cappello

Explore how privacy shapes dignity, freedom, and everyday life in a hyperconnected world. Study surveillance, data collection, privacy law, and digital culture while building practical strategies for protecting your information and navigating technology with greater confidence.

Section: 4

CRN: 46319

Title: Arab Cultures: Language to Religion

Faculty: Ibrahim Khalaylih

Journey into Arab cultures by exploring language, faith, traditions, and everyday life. Learn basic Arabic greetings, discuss religious histories, and engage with cultural experiences, including food, to better understand one of the world's most historically rich regions.

Section: 5

CRN: 46320

Title: Biology Now: Exploring Today's Biggest Questions

Faculty: Christine Yates

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: 6

CRN: 46321

Title: Trial by Media: Truth Unveiled

Faculty: Doug Klutz

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

Section: 7

CRN: 46322

Title: Navigate Knowledge: Research Across All Majors

Faculty: Leanne Carroll

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: 8

CRN: 46323

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

Faculty: Matthew VanDyke

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: 9

CRN: 46324

Title: Pilates: Strength, Control, and the Mind-Body Connection

Faculty: Cathy Pagani

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: 10

CRN: 46325

Title: Food for Thought: Science, Food Cultures and Local Communities

Faculty: Darrin Griffin

Explore food as more than something we eat. Through communication, guest speakers, and cross-campus perspectives, examine how food and food science shape health, relationships, culture, and community while building new ways to understand everyday choices.

Section: 11

CRN: 46326

Title: Unwind and Align: Yoga for Better Posture

Faculty: Colleen Geary

Use accessible yoga practices to reduce tension, improve posture, and understand how everyday habits affect your body. Through movement, reflection, and simple wellness strategies, build tools for managing stress and feeling more balanced in college life.

Section: 12

CRN: 46327

Title: Mindful You: Presence, Balance, and Belonging

Faculty: Jonie Threatt

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: 13

CRN: 50959

Title: More Than a Mascot: Brand Power and Meaning

Faculty: Kensey McMahon

Explore how mascots become powerful symbols of tradition and brand storytelling. With special attention to Big Al and UA traditions, examine how mascots build school spirit, fan connection, leadership, and community.

Section: 14

CRN: 46329

Title: Be the Change: Interdisciplinary Approaches to Social Issues

Faculty: Anneliese Bolland

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

Section: 15

CRN: 52103

Title: Art in Pop Culture

Faculty: Leigh Clark

This course connects pop culture to the ideas and visual traditions of art history. Students will analyze how art periods and iconography inspire films, music videos, and other creative media, then present a pop culture example by tracing the artistic influences behind it.

Section: 16

CRN: 46331

Title: From First-Gen to Nobel Prize

Faculty: Jean-Luc Robin

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

Section: 17**CRN:** 46332**Title:** Streams of Change: Rivers, Climate and Our World**Faculty:** Glenn Tootle

Investigate the journey of water through global watersheds and the effects of climate change on rivers and communities. Through fieldwork, labs, and discussion, explore the environmental, social, and economic forces shaping the world's water resources.

Section: 18**CRN:** 46333**Title:** The Musicians' Collective: Compose, Arrange & Perform Music Together**Faculty:** Kenneth McGuire

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: 19**CRN:** 46334**Title:** Research Odyssey: Skills for Success**Faculty:** Anna Mariya Basauri Ziuzina

Begin a hands-on journey into academic research across multiple fields. Learn how to ask powerful questions, find credible information, explore research methods, and use critical thinking to uncover answers that connect to your academic interests.

Section: 20**CRN:** 46335**Title:** From Queen to Icon: The Reinvention of Marie Antoinette**Faculty:** Isabelle Drewelow

Explore how Marie Antoinette became a lasting pop culture figure, from revolutionary propaganda to fashion, film, and music. Analyze how images of power, luxury, and rebellion are reinvented across time and media.

Section: 21**CRN:** 46336**Title:** Ghouls in Arabic Mythology**Faculty:** Safa Elnaili

Explore Arabic folklore through the lens of ghouls, from ancient desert mythology to modern storytelling. Analyze myths, discuss cultural traditions, and examine how these figures reveal changing ideas about fear, self-image, and imagination.

Section: 22

CRN: 46337

Title: Tiny Terrors: The Big Impact of Microorganisms

Faculty: Kim Lackey

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: 23

CRN: 50400

Title: Focus, Adapt, Thrive: Brain Hacks for College Students

Faculty: Allison Davis

Learn to boost your focus, memory, and study habits. Discover evidence-based brain hacks for better learning, managing distractions, and building habits that help you thrive in college.

Section: 24

CRN: 51379

Title: Changing Roles: Men, Media, & Modern Life

Faculty: George Daniels

Delve into how media, politics, and culture shape 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: 25

CRN: 46339

Title: Hack Your Habits!

Faculty: Gayle Faught

Explore the habits that help or hurt college success, from sleep and stress to learning, movement, and daily routines. Use insights from psychology and health fields to build practical strategies for a stronger, more balanced first year.

Section: 26

CRN: 46340

Title: Autism & Insight: Understanding Neurodiversity

Faculty: Rebekah Whitt

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: 27

CRN: 51380

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

Faculty: Cailin Kerch

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 how playful learning supports growth, families, and communities.

Section: 28

CRN: 46341

Title: Rolling the Dice: Strategy, Storytelling, and Society

Faculty: Terry Hughston

Use tabletop role-playing games like Dungeons & Dragons to explore storytelling, collaboration, and decision-making. Analyze how players build worlds, solve problems, navigate conflict, and work together while developing teamwork, empathy, and creative problem-solving skills.

Section: 29

CRN: 46342

Title: The Big Forces Behind Big Business: How the Economy Drives Decisions

Faculty: Carolina Forero

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: 30

CRN: 46343

Title: Hamlet Goes to College: Then and Now

Faculty: Marvin Sasser

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: 31

CRN: 46344

Title: Bridging Beliefs: Faith, Government, and Community Care

Faculty: Aislinn Riley

Explore how government, faith organizations, and civic groups respond to challenges like hunger and homelessness. Through historical and contemporary examples, examine how beliefs, values, and policy shape community care and shared responsibility.

Section: 32

CRN: 46345

Title: Know Your Rights: Everyday Law That Matters

Faculty: Bob McCurley

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. Gain the knowledge to make informed, confident decisions.

Section: 33

CRN: 51139

Title: Cyber Shield: Protecting Your Digital World

Faculty: Kathleen Morris

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: 34

CRN: 46346

Title: Human + AI: Designing the Future Together

Faculty: Daniel Ronderos

Explore how humans and artificial intelligence work together to solve problems. Through hands-on activities and ethical discussion, examine where AI helps, where human judgment matters, and how collaboration can shape smarter technology.

Section: 35

CRN: 46347

Title: Culturocity: Understanding Culture and Communication

Faculty: Amy Taylor

Build curiosity as a practical skill for understanding people, places, and perspectives. Through discussion, reflection, and real-world examples, explore how asking better questions can strengthen communication, empathy, and connection.

Section: 36

CRN: 50401

Title: Rhythm & Passion: Discovering Dance Cultures of Latin America

Faculty: Ana Skelton

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. No dance experience required.

Section: 37

CRN: 46348

Title: Language Remix: Bilingualism in Pop Culture

Faculty: Bryan Koronkiewicz

Explore how bilingualism appears in film, television, music, and digital culture. Analyze how language choices shape storytelling, belonging, humor, and audience connection while reflecting on your own experiences with language and media.

Section: 38

CRN: 46349

Title: Cuff It! Heart Health and You

Faculty: Keri Barron

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: 39

CRN: 46350

Title: Engineering Legends: The Stories Behind the Marvels

Faculty: Armen Amirkhanian

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: 40

CRN: 46351

Title: Sounding the Past: Music in Medieval Worlds

Faculty: Joseph Sargent

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: 41

CRN: 46352

Title: The Hidden Rules of Success: Networks, Influence, and Opportunity

Faculty: Martina Topic-Rutherford

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: 42

CRN: 46353

Title: Decoding Deception: Conspiracy Theories and Critical Thinking

Faculty: Connor Franklin

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: 43

CRN: 46354

Title: FEAR: How Panic Shapes Our World

Faculty: Toni Copeland

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: 44

CRN: 46355

Title: The Science of Voice: How We Speak and Sound

Faculty: Hyunjoo Yoo

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: 45

CRN: 46356

Title: Tasting History: Eating the Past

Faculty: Charles Clark

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: 46

CRN: 46357

Title: The Good Life: Living Well in the Current Age

Faculty: Rekha Nath

Explore what it means to live well. Through discussion, reflection, and practical activities, examine how values, purpose, relationships, and responsibility shape the choices that lead to a meaningful college experience and life beyond UA.

Section: 48

CRN: 46359

Title: Mapping Your World: How Maps Shape What We See

Faculty: Joe Weber

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: 49

CRN: 46360

Title: NeuroFit: Exercise, Focus, and Mental Well-Being

Faculty: Allison Scrivner

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: 50

CRN: 46361

Title: Tasting the Magic: Disney Dining and Cultural Storytelling

Faculty: Lori Greene

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: 51

CRN: 46362

Title: Math and Our World

Faculty: Logan Bishop

Discover how math shows up in everyday life, from sports and entertainment to decision-making and problem-solving. Build confidence through familiar examples, practical study strategies, and campus resources that make math more approachable and support long-term success with quantitative thinking.

Section: 52**CRN:** 46363**Title:** The Winning Tide: Pathways to Legendary Success**Faculty:** John Ratliff

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: 53**CRN:** 46364**Title:** Playlab, Make-Do-Play**Faculty:** Jaye Johnson Thiel

This hands-on course explores play as a creative, social, and community-building practice. Through games, art, improvisation, storytelling, and making activities, students will examine how play supports learning, connection, and creativity, culminating in a collaborative campus Play Festival designed for the university community.

Section: 54**CRN:** 52106**Title:** Art in Motion**Faculty:** Susan Nordstrom

This course introduces students to the history and current practice of arts-based research within qualitative inquiry. Through readings and creative exploration, students will examine a range of arts-based methods and begin developing their own skills as arts-based research practitioners.

Section: 55**CRN:** 46366**Title:** Grown-ish: UA Edition — Real Life, Real Decisions**Faculty:** Andrea Wilson

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: 56**CRN:** 46367**Title:** Lead, Inspire, Succeed: A Journey Toward Effective Leadership**Faculty:** Chelsea Ale

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: 57**CRN:** 46368**Title:** Win-Win Negotiation: Finding Common Ground**Faculty:** Douglas Albertson

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: 58

CRN: 46369

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

Faculty: James Hardin

Build confidence with the digital tools that support college success. Practice strategies for organization, collaboration, research, and communication while learning how technology can help you manage time, solve problems, and work smarter.

Section: 59

CRN: 46370

Title: Digital Minds: Your AI Adventure Begins

Faculty: Laura McNeill

AI is 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 while preparing for an AI-driven future.

Section: 60

CRN: 46371

Title: Heel or Hero: Lessons from the Ring

Faculty: James Dubuisson

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: 61

CRN: 46372

Title: The Beatles and the Sound of a Cultural Revolution

Faculty: Alexander Peeples

Explore how the Beatles became both a musical force and a global brand. Through songs, media, and cultural history, examine creativity, fandom, marketing, and the ways popular music can shape perception and social change.

Section: 62

CRN: 46373

Title: Fear in Print and Film: Horror, Anxiety, and Culture

Faculty: Brandi Hodo

This course explores why horror remains such a powerful and popular genre across books, film, and culture. Students will read and view major horror works to examine how fear, monsters, and suspense reveal deeper cultural anxieties, social commentary, and ideas about what it means to be human.

Section: 63

CRN: 51381

Title: Cultural Connections: Music, Meaning, and Everyday Life

Faculty: Paul Houghtaling

Challenge the way you hear music by exploring how sound connects people, places, and traditions. Through listening, discussion, and creative work, examine how music shapes culture, perception, and shared experience.

Section: 64

CRN: 46374

Title: Inside Japan: Culture, Media, and Everyday Life

Faculty: Merrell K McPherson

Explore Japanese culture through history, language, food, art, media, and everyday practices. Through discussion and hands-on activities, examine how tradition and innovation shape contemporary Japan and global cultural exchange.

Section: 65

CRN: 46375

Title: Glass, Art, and Innovation

Faculty: Richard (Grant) Howard

Step into the world of glass as art, craft, and science. Explore the history and techniques of glassblowing while learning how creativity, patience, teamwork, and hands-on practice shape meaningful work.

Section: 66

CRN: 46376

Title: Happiness by Design: Aligning Purpose with Passion

Faculty: Amy Pardo

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: 67

CRN: 46377

Title: Pop Icons: Prince, Michael Jackson, and Cultural Legacy

Faculty: Steven Keith

This course explores the musical influences, artistic development, and cultural impact of Prince and Michael Jackson. Students will examine major albums, live performances, dance, fashion, film, and visual style while considering how both artists transformed popular music and entertainment.

Section: 68

CRN: 46378

Title: Sounds of Change: The History and Impact of Reggaetón

Faculty: Kelley Luna

Explore reggaetón's evolution from Jamaica, Panama, 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: 69

CRN: 50955

Title: Cyber Shield: Protecting Your Digital World

Faculty: Kathleen Morris

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: 70

CRN: 46379

Title: Tiny Terrors: The Big Impact of Microorganisms

Faculty: Kim Lackey

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: 71

CRN: 46380

Title: Calling Bullsh*t: Evidence, Claims, and Critical Thinking

Faculty: Henry John Latta

This course examines bullsh*t as a powerful force in modern culture, distinct from lying and often used to disguise, distort, and manipulate. Students will explore how bullsh*t shapes politics, business, sports, media, and everyday life while building critical tools for recognizing and challenging it.

Section: 72

CRN: 46381

Title: True Crime: Stories, Media, and Meaning

Faculty: Babs Davis

Why are we obsessed with true crime? Explore the history, psychology, and media influence behind the genre. Analyze podcasts, documentaries, and famous cases to understand how these stories shape public perception and ideas about justice.

Section: 73

CRN: 46382

Title: Who Gets Access? Understanding Healthcare in America

Faculty: Abbey Gregg

Explore how healthcare access is shaped by systems, design, policy, and everyday decisions. Through real-world examples and hands-on problem solving, examine barriers to opportunity and consider practical ways to make spaces, services, and communities work better for more people.

Section: 74

CRN: 46383

Title: Brewing History & Connection: The Global Story of Coffee

Faculty: Kensey McMahon

This course explores coffee's global journey from its origins to its role in modern culture, economies, and community life. Students will examine how coffeehouses have shaped social connection across regions while also exploring Tuscaloosa's local coffee culture through discussion, research, and visits to community spaces.

Section: 75

CRN: 46384

Title: Stitching Stories: Quilts, Culture, and Community

Faculty: Valerie Tisdale

Explore quilting as a creative practice, historical record, and community tradition. Through hands-on activities and discussion, examine how fabric, pattern, and storytelling connect generations, preserve memory, and build shared meaning.

Section: 76

CRN: 46385

Title: Productive Failure: Learning Through Setbacks

Faculty: Caroline Jenkins

Rethink failure as a powerful part of learning. Through reflection, discussion, and hands-on challenges, explore how setbacks build resilience, creativity, problem-solving, and confidence for college and life beyond the classroom.

Section: 77

CRN: 46386

Title: Curiosity in Science: Asking Better Questions About the World

Faculty: Phillip Harris

This course explores how curiosity and surprise drive scientific discovery. Students will examine unexpected findings, paradigm shifts, and real case studies while learning how to ask better questions, embrace uncertainty, and develop strategies for investigating the unknown.

Section: 78

CRN: 46387

Title: Examining Music Legends Through the Lens of Leadership

Faculty: Jerrod Newell

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: 79

CRN: 46388

Title: Social Media and Us: Connection, Influence, and Everyday Life

Faculty: Elliot Panek

Explore how social media shapes attention, relationships, self-image, and public life. Through discussion, media analysis, and creative projects, examine how platforms influence what we believe, how we connect, and how we present ourselves.

Section: 80

CRN: 50958

Title: Design Your Digital Toolkit

Faculty: Sierra Cantrell

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: 81

CRN: 51383

Title: Languages in Motion: Communication Across Cultures and Contexts

Faculty: Laura Rubio

Explore how language moves across people, places, and media. Through interactive activities, cultural examples, and reflection, examine how communication shapes connection, learning, and belonging in a multilingual world.

Section: 82

CRN: 46389

Title: Tapping the Well: Strengthening Your Ability to Thrive

Faculty: Delynne Wilcox

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: 83

CRN: 46390

Title: College Sports & Life: Understanding the Forces Behind College Athletics

Faculty: Amanda Ross

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: 84

CRN: 46391

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

Faculty: Torin Alter

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 what it truly means to be a person in our technological age.

Section: 85

CRN: 46617

Title: Lights. Camera. Scream! Examining Criminal Justice in Horror Films and Television

Faculty: DeAndre Fields

This course explores the criminal justice system through the lens of horror films and TV shows. Students will examine iconic villains and scary stories while learning how police, courts, corrections, and criminology concepts appear in classic and modern horror.

Section: 86**CRN:** 47305**Title:** Borders and Beliefs: Place, Faith, and Belonging**Faculty:** Oleg Kyselov

This course explores religious freedom in Eastern Europe through history, law, politics, and geography. Students will examine how shifting borders, the Soviet collapse, and changing state–church relations shaped religious rights and restrictions, with special attention to Ukraine as a case of rapid change.

Section: 87**CRN:** 47342**Title:** Power and Corruption: Unmasking How These Shape Our World**Faculty:** Yuliya Zabyelina

Corruption affects local governance and global politics alike. Examine scandals, role-play as decision-makers, and debate solutions, gaining tools to critically assess corruption and champion transparency in your communities and beyond.

Section: 88**CRN:** 47385**Title:** Mindset to Milestones: Psychological Approaches to Career Success**Faculty:** Demilia Snyder

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: 89**CRN:** 47405**Title:** App to Fluent?**Faculty:** Matt Coss**TBD****Section: 90****CRN:** 47412**Title:** Behind the Bits: Exploring Computing's Hidden World**Faculty:** Jeff Gray

Computing shapes everything from playlists to AI tools. Designed for non-computer scientists, this course helps you understand how algorithms, data, and digital systems work while building problem-solving skills you can use across majors.

Section: 91**CRN:** 47480**Title:** Rhythm & Meaning: Exploring R&B**Faculty:** Preston Thomas

Explore Rhythm & Blues as both a musical genre and cultural force. Through listening, discussion, and creative work, build interpretation skills while tracing how R&B expresses self-image, emotion, and social change.

Section: 92**CRN:** 47481**Title:** Concussion in Sport: Brain Health, Risk, and Recovery**Faculty:** Jessica Wallace

This course explores sport-related concussions as invisible injuries that affect the brain, body, and public conversation around athletics. Students will examine concussion biology, symptoms, media coverage, and current research while using hands-on activities like sideline testing and symptom scales to think critically about how concussion science is understood.

Section: 93**CRN:** 47856**Title:** Elevate Your Image: ePortfolios 101**Faculty:** Virginia Rolling

Build your personal brand by creating a digital e-portfolio website for future employers. Learn how to present your skills, experiences, and goals clearly while shaping a professional online presence for your future career.

Section: 94**CRN:** 47965**Title:** Let's Sing!: Voice, Confidence, and Musical Community**Faculty:** Laura Pritchard

This beginner-friendly course introduces students to healthy singing and vocal expression across a range of musical styles. Through guided group and individual activities, students will explore voice anatomy, breath, resonance, and technique while building confidence and discovering their own musical voice.

Section: 95**CRN:** 50402**Title:** Your College Era**Faculty:** Russell Pettus

Use Taylor Swift's eras as a lens for navigating your first year at UA. Explore student development, belonging, study habits, integrity, and confidence while building practical tools for handling the transitions of college life.

Section: 96**CRN:** 50403**Title:** Stadium Announcer 101: Voice, Energy, and Game-Day Communication**Faculty:** John (Allan) Guenther

This course introduces the skills needed to serve as a stadium public address announcer. Students will learn voice projection, timing, audience engagement, script writing, announcer ethics, and delivery through guest speakers, facility tours, and hands-on announcing practice.

Section: 97**CRN:** 50404**Title:** This is How I Roll**Faculty:** Alvin Niuh

Explore the history, techniques, and cultural significance of sushi. Learn ingredient selection, rice preparation, sustainability practices, and presentation while gaining a deeper understanding of sushi as both culinary art and global tradition.

Section: 98

CRN: 50405

Title: House of Cards: Strategy, Systems, and Decision-Making

Faculty: Kathleen Morris

This hands-on course uses card games to teach practical skills for college and life. Through gameplay and reflection, students will explore resilience, adaptability, teamwork, decision-making, risk assessment, and communication while connecting card-table strategies to real-world challenges.

Section: 99

CRN: 50406

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

Faculty: Jason Martin

What happens when human intelligence meets machine learning? 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: 100

CRN: 50407

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

Faculty: Jason Martin

What happens when human intelligence meets machine learning? 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: 101

CRN: 50408

Title: Law, Ethics, and Self-Image: Choices, Community, and Responsibility

Faculty: Lindsey Turner

Explore how law and ethical reasoning shape self-image, community, and institutional responsibility. Through accessible case studies and discussion, examine fairness, freedom, policy, and moral choice in higher education and society.

Section: 102

CRN: 50705

Title: Lead Beyond Labels

Faculty: Tre' Finklea

Discover leadership as everyday influence, not just a formal title. Through interactive experiences, build confidence, belonging, and practical skills for navigating relationships, academic habits, campus engagement, and success at UA.

Section: 103

CRN: 50518

Title: Heroes of the Capstone

Faculty: Naima Bary

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, uncover lessons in leadership, resilience, and innovation that can guide your own UA journey.

Section: 104

CRN: 50470

Title: Eating Weird

Faculty: Katherine Chiou

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: 105

CRN: 50469

Title: Hiking for Life: Trails, Wellness, and College Transitions

Faculty: Margaret Peacock

Use walking and hiking as practical tools for managing the transition to college. Through visits to local trails and green spaces, students explore stress management, well-being, social connection, and the benefits of time outdoors.

Section: 106

CRN: 51396

Title: Ticket to Ride Europe: Planning Smart Travel Abroad

Faculty: Hannah Holcomb

Learn how to plan real travel across Europe using trains, buses, and other public transportation. Build practical skills in route planning, budgeting, cultural awareness, and problem-solving for future study abroad or independent travel.

Section: 107

CRN: 51432

Title: UA Museums: Campus Collections as Living Classrooms

Faculty: Sarah Cheshire

Use UA's museums, galleries, and monuments as learning laboratories. Through campus visits, field notes, and reflection, build skills in observation, primary source engagement, critical inquiry, and understanding the stories preserved across campus.

Section: 108

CRN: 51435

Title: AI in Public Health: Data, Decisions, and Community Wellness

Faculty: Tiffany Marcantonio

This course explores how artificial intelligence is being used in public health and how it can both help and harm population health. Students will examine real-world applications in areas like medicine, mental health, substance use, workplace wellness, and environmental health while considering ethical issues such as privacy, bias, data ownership, and security.

Section: 109

CRN: 52108

Title: Games & Initiatives

Faculty: Shelli Scott

This course explores team-building and adventure programming through playful, hands-on design activities. Students will learn how groups build trust, solve problems, and collaborate creatively in fast-moving, experiential settings.

Section: 110

CRN: 51440

Title: Make Some Noise: Learning Music Through Collaboration

Faculty: Danielle Todd

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: 111

CRN: 51443

Title: Question Everything: Curiosity, Evidence, and Better Thinking

Faculty: Adam Arico

This course examines big questions about reality, the self, free will, knowledge, and morality. Through short readings and active discussion, students will question common beliefs about responsibility, truth, and meaning while building skills in reflection, argumentation, and intellectual curiosity.

Section: 112

CRN: 51453

Title: House of Cards: Strategy, Systems, and Decision-Making

Faculty: Kathleen Morris

This hands-on course uses card games to teach practical skills for college and life. Through gameplay and reflection, students will explore resilience, adaptability, teamwork, decision-making, risk assessment, and communication while connecting card-table strategies to real-world challenges.

Section: 113

CRN: 51993

Title: Bryce Grounds Legends: Place, Memory, and UA History

Faculty: Lisa Beck

This course explores the history and legacy of the Bryce campus and its connection to The University of Alabama. Students will examine mental health treatment, Alabama policy, the Wyatt Standards, and the campus's broader significance through perspectives from history, psychology, law, public policy, medicine, architecture, and sociology.

Section: 115

CRN: 52105

Title: The Stories We Eat

Faculty: Anne Franklin Lamar

This course explores how food stories connect people, shape self-understanding, and build cultural understanding. Students will analyze written and oral food memories, examine the social and historical contexts behind them, and reflect on the question, "Who are you through what you eat?"

Section: 199

CRN: 46328

Title: Mindful You: Presence, Balance, and Belonging

Faculty: Jonie Threatt

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: 250
CRN: 50410
Title: Legends – Distance Learners Only
Faculty: TBD
TBD

Section: 251
CRN: 50411
Title: Legends – Distance Learners Only
Faculty: TBD
TBD

Section: 320 (REGISTRATION LIMITED)
CRN: 50524
Title: Hip Hop as Discourse: Language, Culture, and Meaning
Faculty: Kiara Summerville
How do hip hop artists use language to shape culture? Use discourse analysis to study lyrics and performances, then connect hip hop with its social context through interactive activities, playlists, and creative projects.

Section: 321 (REGISTRATION LIMITED)
CRN: 50525
Title: Hip Hop as Discourse: Language, Culture, and Meaning
Faculty: Kiara Summerville
How do hip hop artists use language to shape culture? Use discourse analysis to study lyrics and performances, then connect hip hop with its social context through interactive activities, playlists, and creative projects.

Section: 322 (REGISTRATION LIMITED)
CRN: 51382
Title: First Gen Scholars: Strengths, Success, and Belonging
Faculty: Carrie Harris
TBD

Section: 323 (REGISTRATION LIMITED)
CRN: 51399
Title: Built to Thrive: Habits, Resources, and First-Year Momentum
Faculty: Shannon Hubbard
TBD

Section: 324 (REGISTRATION LIMITED)
CRN: 51985
Title: Hip Hop as Discourse: Language, Culture, and Meaning
Faculty: Kiara Summerville
How do hip hop artists use language to shape culture? Use discourse analysis to study lyrics and performances, then connect hip hop with its social context through interactive activities, playlists, and creative projects.