

Exploring Outside of the Core Curriculum

Many first semester classes are purposeful without being part of the Elon Core Curriculum. This list of classes provides you an opportunity to explore intro to major courses. You will also notice some courses that are related to specific minors. Finally, others fall under the category of other electives or personal interest.

This list is subject to change. The most up to date list is available in OnTrack. For more information on how to navigate OnTrack, go to the Office of Academic Advising video tutorials playlist: [How to Use OnTrack](#).

Intro to Major Courses

Course Information	Semester Hours
Arts Administration (AAD) 1100: Intro to Arts Administration	4
This course provides an overview to the profession of Arts Administration through an exploration of the various kinds of arts organizations, their structures and the professionals who work in them. Students will also be introduced to contemporary issues facing arts organizations at the time the course is taught. This course is required for the Arts Administration major.	
Business Administration (BUS) 1110: Gateway to Business	4
This introductory course is required for all Love School of Business majors with the exception of Economics. This course is designed to introduce students to the diverse and exciting world of business, which engages professionals in creative and analytical thinking to solve problems and seize opportunity. However, business is a multi-dimensional discipline, requiring professionals to understand societies, economic forces, and political philosophies as well as markets, money, people, and the overall environment in which “the firm” operates. In addition, students will explore the meaning of “work” and its role in business. Students will be introduced to the traditional business disciplines, including accounting, finance, marketing, and management, as well as the broad societal environments in which those disciplines operate and interact. Students will also develop the analytical skills and communication skills (written and oral) expected in the business environment. This course is recommended for students in their first or second year of study interested in pursuing a business major or minor. Because BUS 1110 provides business fundamentals, terms and concepts as preparation for upper level courses, we strongly encourage students to take this course prior to taking the Principles courses (i.e. MKT 3110, MGT 3230 and/or FIN 3430). BUS 1110 is usually completed in the second or third semester so is less likely to be completed in the initial semester at Elon University.	

Communications (COM) 1000: Communications Global Age	4
<p>Contemporary media play a vital role in society. In this course, students study the importance of books, newspapers, magazines, recordings, movies, radio, television, the Internet and mobile media, and the messages carried through news, public relations and advertising. The course emphasizes the relationship of media and democracy, ethical decision-making, the diversity of audiences, and the global impact of communications. This course is required for the five communications majors in the School of Communications and as an elective in the Sport Management major.</p>	
Engineering (EGR) 1210: Grand Challenges Engineering I	3
<p>This project-based course introduces students to the Grand Challenges in Engineering as outlined by the National Academy of Engineering. Students explore engineering design, engineering disciplines, professional practices, project management, ethics, teamwork, communication, and a sense of an engineer's commitment and service to society. This course is required for all Engineering majors and is only taught in the fall semester.</p>	
Engineering (EGR) 1220: Introduction to MatLab	2
<p>An introduction to engineering computing will focus on developing algorithms necessary for engineering problem solving and analysis. MATLAB, a widely-used computing platform, is an important tool to address such needs. We will introduce some of its features that are particularly useful in engineering, but also applicable to other disciplines such as computer science, physics, and mathematics. Topics will include basic programming concepts, scripts, variables, 1- and 2-D arrays, data plotting and visualization, and exposure to image/audio processing. The course culminates in a project where students apply their basic MATLAB proficiency to their discipline. Engineering students should complete this course in the first or second semester.</p>	
Expressive Arts (EXA) 2100: Art As Therapeutic Process	4
<p>This course explores the relationship between creative expression, individual wellness, and community well-being. Through hands-on studio projects, students will engage such concepts as imagination, empathy, and play while exploring how the creative process holds the potential for cultivating growth, insight, self-awareness, and resilience. As the introductory course in the expressive arts minor, students will also become conversant in expressive arts foundational concepts and theoretical frameworks. This course satisfies an Expression requirement and part of the Expressive Arts minor.</p>	

Interdisciplinary Studies (IDS) 1150: Public Speaking (half semester course)	2
<p>Public speaking is about communicating effectively with others through speaking, writing, and visual representations of high-impact messages. Students study speech fundamentals and critical thinking through frequent public speaking practice, being mindful of setting, purpose, audience, and subject. Students build skills and increase comfort in the development and delivery of effective speeches including techniques regarding research, evidence, writing, organization, reasoning, language, and listening. Required for all School of Communications majors, including Sport Management.</p>	
Journalism (JOU) 1100: News Writing and Reporting	4
<p>Students focus on news judgment and developing story ideas, news gathering, including sourcing, interviewing, observation and other research techniques and methods of ensuring accuracy, as well as writing basic news and feature stories. Students learn how to cover meetings, speeches, and other events, how to arrange and conduct interviews, and how to research issues and policy stories. They learn to work under the pressure of deadlines, and are introduced to the ethics of reporting and writing. Required for School of Communications majors: Journalism, Media Analytics, and Strategic Communications.</p>	
Outdoor Leadership in Education (OLE) 2250: Intro to Outdoor Experiential Education	4
<p>Adventure Based Learning (ABL) is the deliberate use of sequenced activities such as games, trust activities, and problem solving initiatives, for the personal and social development of participants that involve both physical and intellectual challenge. The setting is generally out of doors. ABL is experiential in nature, and espouses the importance of student engagement; fun during educational experiences has been shown to enhance the retention of knowledge. Outcomes of ABL include increased sense of trust of self and others, improvement in self-image and self-efficacy, teamwork and problem solving skills, intellectual flexibility and student engagement. This class will be a combination of theoretical foundations and hands on activities to introduce the students to the field of ABL and potential areas of use. This course is required for both the OLE major and Adventure Based Learning minor.</p>	
Policy Studies (PST) 1000: Introduction to Public Policy	4
<p>This course is designed as a foundational course for understanding policy development public policy as a discipline, field of study, area of professional practice and life experience of every citizen. Students focus on the economic and political concepts that shape the development of public policies, the typical tools used to analyze and evaluate different types of public policies and proposals, and the values trade-offs that are encountered when choosing and implementing public policies. This course is required for the major.</p>	

Sport Management (SPT) 2120: Contemporary Sport Management	4
<p>The multi-billion dollar sport industry requires a range of management skills. This course serves as an introduction to sport management through the application of core theories and concepts to historical and current sport industry issues. Students are introduced to the wide variety of sites (from professional leagues like the NFL and English Premier League to college athletics to youth and community sport) and functions (including marketing, sales, finance, law, facility management, and event operations) within the global sport industry. This course is required for the major.</p>	

Intro to Minors Courses	
Course Information	Semester Hours
Game Design (GAM) 2100: Game Design	4
<p>In this course students will be introduced to ludology, the study of games, including the history of games and their impact on society. In addition, students will learn to design and analyze various aspects of game play: rule systems, goals, storylines, characters, and strategies. Students will learn brainstorming techniques and use them to create novel game ideas, then playtest and refine the ideas using the principles of good game design. This course is required for the minor.</p>	
Global Film & Cultures (GFC) 2100: Introduction to Global Film & Cultures	4
<p>The class introduces students to methodologies, issues, and frameworks for the global study of film that they will encounter in the Global Film & Cultures minor. The course focuses on creating connections between film industries, film theory and interpretation, and film history. The course will include the study of the grammar of film (technical vocabulary), reading about film (criticism and theory), and writing about film (analysis and creative projects) through a critical media literacy lens (critically examining race, gender, sexuality, and other identity-markers as related to global film industries, scholarship, economics, politics, etc.). This course will prime students to be agile and curious in how they watch film, combining multiple ways of looking, analyzing, and responding, that will transfer to their future film studies. This course is required for the minor. This minor is commonly considered by Cinema & Television Arts majors.</p>	
Peace and Conflict Studies (PCS) 1210: Intro to Conflict Mediation	2

In this course, students will be taught the basic skills in a six-step mediation process. In mediation an outside person who maintains neutrality and withholds judgement helps two people in a conflict situation to find their own solutions. This course will cover the five different styles of conflict. Through role-plays, students will practice the role of the mediation as well as experience the mediation as a disputant. At the end of the course, there will be an evaluation of skills and an opportunity for students to use their skills at the Alamance County Dispute Settlement Center. This course is an elective within the minor.

Other Electives or Personal Interest

Course Information	Semester Hours
Communications (COM): 1350 Elon Sports Vision (ESV) Broadcasting (permission required)	2
<p>Students learn various components of sports broadcasting, including the history and current state of the industry. The course will offer opportunities for career exploration through research, contact with industry professionals, and practical exercises. Students will gain a broad perspective of the connections in sports broadcasting to journalism, production, sport management, communication design, analytics, and strategic communications. This course is required for Elon Sports Vision Scholars. This course counts in the Communications minor in and as an elective in all majors in the School of Communications except for Sport Management.</p>	
Communications (COM) 2620: Interpersonal Communication (half-semester course)	2
<p>Interpersonal relationships can be enhanced through the acquisition and development of communication skills. Topics include self-concept, perception, conversation skills and conflict resolution. This course counts in the Communications minor in and as an elective in all majors in the School of Communications except for Sport Management.</p>	
Communications (COM) 2650: Small Group Communication (half semester course)	2
<p>The effectiveness of small-group communication can be enhanced through the acquisition and development of skills related to committee, team and work-group processes. This course counts in the Communications minor in and as an elective in all majors in the School of Communications except for Sport Management.</p>	

Elon (ELN) 1110: Exploring Majors (half semester course)	1
<p>This class assists students in exploring majors and minors offered at Elon University. Topics include personal values and areas of motivation, interests and skills inventories, strengths-based evaluations, and decision-making skills. This course is recommended for first- and second-year students only. Exploring Majors is a letter graded course offered fall and spring in a half-semester format.</p>	
English (ENG) 1000: Supplemental Writing Workshop	4
<p>This writing workshop focuses on invention, organization, drafting, revision and editing strategies. Its curriculum is tailored to support the work done in ENG 1100 so that the student has the best possible chance for success in College Writing. This course must be taken at the same time as ENG 1100.</p>	
HealthEU: (HEU) 1000: Tennis I (half semester course)	
<p>This course is an introductory tennis course. Students will apply learned skills, strategies and rules for singles and doubles play. The course includes an exploration of the history of tennis. Special fee: \$15. Offered fall and spring.</p>	
HealthEU (HEU) 1020: Self Defense I (half semester course)	
<p>This course offers instruction in self-defense techniques that are easy to learn and perform. Using techniques from various martial arts, students learn practical self-defense maneuvers for the most common real world situations from the perspective of personal safety. No previous martial arts experience is required. Offered fall and spring.</p>	
HealthEU (HEU) 1050: Golf I (half semester course)	1
<p>Golf I is an introductory course in the basics of the sport. Instruction will include all aspects of the game from the fundamentals of the swing to putting and chipping. Students will learn the rules and the etiquette of the game. The course also includes the opportunity to play nine holes of golf at a local golf course. Offered fall and spring. Additional fee applies.</p>	
HealthEU (HEU) 1090: Aerobic Cond/Weight Training	1

Progressive development of physiological fitness designed to meet the needs of the individual student, including weight and cardio-respiratory training. Students will learn how to design and implement a weight program based on their individual needs. Offered fall and spring.

HealthEU (HEU) 1703: Joyful Living/Embracing Gratitude

In our currently fast paced routines, we often miss moments of unexpected joy and gratitude. Joyful Living: Embracing Gratitude and Joy for a Balanced Life is a transformative course designed to empower you to reflect on your personal values and incorporate gratitude and joy into your daily life. Through a combination of self-reflection, mindfulness exercises, and practical techniques, you will explore the profound impact of gratitude and joy on overall wellness and develop an action plan to integrate these practices beyond the course.

HealthEU (HEU) 1704: Financial Equity and Well-Being (half semester course)

Unlike traditional financial literacy courses this course will explore and analyze present financial health through the lens of the social and economic environment, personal attitudes, knowledge and skills, behaviors, and available opportunities. The course will emphasize the development of a holistic view and approach to financial well-being through the tenants of HealthEU. Students will examine models of money management, spending, budgeting, the psychology of money, financial behavior, and resource allocation.

HealthEU (HEU) 1708: Compassion Is Action

1

This course explores compassion, including how it can enhance your values, health, and wellbeing and how you can implement compassion in your daily life now and in the future. You will learn about the major components and practices of compassion and how compassion can be a mechanism for emotional, social, and community well-being. You will learn how to cultivate compassion for yourself and others through experiential practices, readings, reflections, discussions, and purposeful actions.

HealthEU (HEU) 1709: Koru Insight Meditation (half semester course)

1

In this course, you'll explore mindfulness to enhance emotional intelligence, reduce anxiety, and boost self-awareness using the Koru method of instruction. Based on scientific evidence, it covers the impact of mindfulness on modern life. Through experiential learning, you'll gain tools to reduce stress, improve focus, and enhance decision-making. This is a hands-on practical course of skill building. Coursework includes a guided ten minutes of on-your-own practice daily using the Koru

app, journaling, and weekly in-person meetings for discussion. By the course's end, you'll have a strong mindfulness foundation for your well-being journey. Moodle provides additional materials.

HealthEU (HEU) 1710: Swipe Right: Digital Well-Being (half semester course)

1

In Swipe Right to Digital Well-Being we'll explore technology-life balance with humor and insight. Evaluate your relationship with technology, decode the strategies behind attention-grabbing apps, and use Cognitive Behavioral Therapy techniques to unmask cognitive distortions effecting you in the digital realm. Say goodbye to distractions with effective strategies. Craft your own tech goals and build a peer network for mutual support and accountability. Develop a more mindful and intentional relationship with technology and discover the balance that's right for you!

HealthEU (HEU) 1720: Pickleball (half semester course)

1

Pickleball, one of the fastest growing sports in the U.S., is a game that blends the elements of tennis, badminton, and table tennis. Through a combination of instruction, practice drills, and game play, in this course you will develop the fundamentals of pickleball (e.g., groundstrokes, serves, and dinks) and will gain an understanding of the rules and strategies. Whether you are looking for a fun way to stay active, engage socially, or enhance your overall well-being, this is the class for you.

Wellness and Health Education (WHE) 1150: Stress and Well-Being (half semester course)

2

Students will study stress management, a selected topic in personal wellness. This course examines different stressors, the stress response and a holistic approach in managing stress as a more effective approach to optimal lifelong health and well-being. Student will employ practical stress management techniques to gain a greater understanding of the mind-body-spirit connection.