Grand Challenge Learning

GCL 125  **Health and Wellness in Life Sciences**  credit: 3 hours.

Grand Challenge Learning course in the Health & Wellness pathway. Introduces students to the fundamentals of life sciences with an emphasis on health & wellness and experiential learning through projects, design-based thinking, community-engaged scholarship, or field trips. Topics vary by section.

This course is intended for first and second year students.

This course satisfies the General Education Criteria for a:
- Nat Sci & Tech - Life Sciences

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<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>63922</td>
<td>Lecture-Discussion</td>
<td>D</td>
<td>02:00 PM - 03:20 PM</td>
<td>MW</td>
<td>9 - FAR - Food Service Building</td>
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Experiential Anatomy

Grand Challenge-Health/Well, and Nat Sci & Tech - Life Sciences course.

Restricted to students with Freshman or Sophomore class standing.

Students will be engaged in learning about the human body and how it moves, using traditional scientific methods, along with personal explorations in the classroom through guided movement experiences and working with partners. The course takes a holistic approach, delving into various body-mind practices as a lens for learning human anatomy. Quizzes on anatomical structures and movement analysis will be partnered with a personal, experiential research project. The course includes guests from the fields of yoga, physical therapy, and massage therapy, as well as a field trip to the dance neuroscience lab. *****This course will meet in Florida Avenue Residence (FAR) room 9 and the Dance Studio*****