

Approved UCC Foundations & Ways of Knowing Courses for the 2026-2027 Cardinal Core

Foundations

Written Communication

ENG 103: Rhetoric and Writing

Speaking and Listening

COMM 210: Public Speaking

Quantitative Reasoning

MATH 100: Mathematics for Elementary Teachers

MATH 125: Quantitative Reasoning

MATH 132: Brief Calculus

MATH 161: Applied Calculus 1

MATH 165: Calculus 1

MATH 181: Elementary Probability and Statistics

Research-Based Writing

ENG 208: Composing Research

HSC 208: Research-Based Writing for Health Sciences and the Healthcare
Professions

MGT 208: Research-Based Writing for Business

Ways of Knowing

Scientific

ANTH 105: Introduction to Biological Anthropology

ASTR 100: Introductory Astronomy: A Study of the Solar System and Beyond

ASTR 120: The Sun and Stars

BIO 100: Biology for a Modern Society

BIO 102: Biological Concepts for Teachers

BIO 111: Principles of Modern Biology 1

BIO 112: Principles of Modern Biology 2

CHEM 100: People and Chemistry

CHEM 101: General, Organic, and Biochemistry for the Health Sciences

CHEM 111: General Chemistry 1

CS 200: Computing, AI, and Society

EXSC 292: Anatomy of Human Movement

GEOG 101: Earth, Sea, and Sky: A Geographic View

GEOG 265: Introduction to Geographic Information Systems

GEOL 101: Planet Earth's Geological Environment

HONR 179: Honors Introduction to Science and Society

HOSP 147: Food Protection
HSC 160: Personal Health
HSC 260: Introduction to Research Methods in the Health Sciences
ISOM 200: Practical Application of the Scientific Method
NREM 221: Soil Resources
NREM 241: Air Resources
NUTR 275: Personal Nutrition
PHYC 100: Conceptual Physics
PHYC 101: Physical Science Concepts for Teachers
PHYC 110: General Physics 1
PHYC 120: General Physics 1

Social and Behavioral

ADPR 202: Strategic Communication Theory and Inquiry
AFAM 100: Introduction to African-American Studies
ANTH 101: Introduction to Cultural Anthropology
ANTH 103: Archaeology and Culture
ANTH 111: Anthropology of Everyday Life
CJC 101: Introduction to Criminal Justice
CJC 102: Introduction to Criminology
COMM 150: Communication in a Connected World
CT 100: Future Technology Innovations
ECON 116: Introduction to Economics
ECON 201: Elementary Microeconomics
ECYF 250: Family Relations
EDAC 101: Seminar in Lifelong Learning
EDPS 270: Human Development Across the Lifespan
EDPS 311: Artificial Intelligence in Education
EDST 100: Introduction to Education Systems and Policy
ENG 220: Language and Society
ENG 231: Introduction to Professional Writing
GEOG 121: Geography, Culture, and Diversity
GEOG 150: Global Geography
HIST 150: The West in the World
HIST 198: The Global South
HONR 189: Honors Introduction to Social and Global Issues
HSC 180: Principles of Public Health
INTB 265: Introduction to International Business
ISOM 125: Introduction to Business with Integrated Computer Applications
PLAN 120: Public Engagement Practice, Theory and Design
POLS 130: American National Government

POLS 140: Introduction to Law
POLS 293: International Relations
PSYS 100: Introduction to Psychological Science
SOC 100: Exploring Society
SOC 224: Families and Society
SOC 242: Understanding Social Issues
SOCW 100: Introduction to Social Work
SPAA 100: Introduction to Communication Sciences and Disorders
WGS 210: Introduction to Women's and Gender Studies

Humanistic and Artistic

AHS 101: Art in a Globalized World: Art History Before 1500 CE
AHS 102: Art in a Globalized World: Art History After 1500 CE
ANIM 115: 3D Animation for All
AR 101: Beginning Arabic 1
AR 102: Beginning Arabic 2
AR 201: Intermediate Arabic 1
AR 202: Intermediate Arabic 2
CC 101: Word Origins and Vocabulary Development
CC 105: Introduction to the Ancient Mediterranean World
CFA 101: Topics in the Fine Arts: Art, Drama, Music, Dance
CH 101: Beginning Chinese 1
CH 102: Beginning Chinese 2
CH 201: Intermediate Chinese 1
CH 202: Intermediate Chinese 2
DANC 100: Dance Through Time and Culture
ENG 206: Reading Literature
ENG 213: Introduction to Digital Literacies
ENG 285: Introduction to Creative Writing
FASH 260: History of Fashion
FR 101: Beginning French 1
FR 102: Beginning French 2
FR 201: Intermediate French 1
FR 202: Intermediate French 2
GER 101: Beginning German 1
GER 102: Beginning German 2
GER 201: Intermediate German 1
GER 202: Intermediate German 2
HHUM 200: Introduction to Health Humanities
HIST 151: World History to 1500
HIST 152: World History Since 1500

HIST 201: American History, 1492-1876
HIST 202: United States History, 1877 to the Present
HONR 190: Honors Introduction to Humanities and the Arts
HOSP 262: Facilities Planning, Layout and Design
HOSP 395: Food and Culture
JAPA 101: Beginning Japanese 1
JAPA 102: Beginning Japanese 2
JAPA 201: Intermediate Japanese 1
JAPA 202: Intermediate Japanese 2
JOUR 101: Media and Society
LAT 101: Beginning Latin 1
LAT 102: Beginning Latin 2
LAT 201: Intermediate Latin 1
LAT 202: Intermediate Latin 2
MDIA 100: The Entertainment Media
MUHI 100: Listening to Music
MUHI 139: Jazz History and Appreciation
MUHI 200: Gateway to Music History
MUST 100: Fundamentals of Music Theory
MUST 121: Electronic Music I
PHIL 100: Introduction to Big Questions and Big Ideas
PHIL 102: Critical Thinking
PHIL 202: Ethics
RELS 110: World Religions
RELS 111: Religion at Work
SNLN 251: American Sign Language 1
SNLN 252: American Sign Language 2
SNLN 253: American Sign Language 3
SP 101: Beginning Spanish 1
SP 102: Beginning Spanish 2
SP 201: Intermediate Spanish 1
SP 202: Intermediate Spanish 2
TEDU 102: Design Techniques
THEA 100: The World of Theatre
WGS 220: International Women's Issues

Approved Beneficence Theme Course Options for the 2026-2027 Cardinal Core

Being Human

Social and Behavioral

ANTH 207: Intro to Medical Anthropology
ANTH 209: Anthropology of Food
ANTH 220: Pets 'n People: Past 'n Present
ANTH 317: Environmental Ethnohistory of North America
COMM 240: Interpersonal Comm in Action
ECYF 340: Life and Workplace Management
ECYF 375: Healthy Partner Relationships
EDPS 211: Development of Creative Thinking
ENG 219: Introduction to Linguistic Science
ENT 241: The Entrepreneurial Experience
HSC 261: Health, Sexuality, and Family Life
HSC 371: Death and Dying
KINE 121: Sport, Exercise, Recreation, and Wellness
MGT 250: Lessons in Leadership
MUSE 175: Music in Everyday Life and Contexts
POLS 230: Civic Engagement and Participation
SOC 255: Sociology of Happiness
SOC 260: Social Interaction
SPCE 290: Introduction to Autism Spectrum Disorders

Humanistic and Artistic

AFA 217: Painting: Watercolor
COMM 322: Comm and Popular Culture
CC 205: Mythologies of the World
DANC 202: Hip-Hop Dance in Practice
ENG 212: Intro to Disability Studies
ENG 214: Intro to Literature and Gender
ENG 215: Intro to African American Literature
GCM 184: Computer Graphics and Artificial Intelligence
HIST 235: Historical Topics in Film
HIST 245: History Through Objects
HIST 247: Empires
HIST 250: War and Remembrance
JAPA 250: Japanese Anime

JOUR 302: People and Cultures in Media
MDIA 115: Media and the Creative Process
MMP 100: Survey of the Music Industry
MUHI 105: Music and Pop Culture in America
MUHI 107: History of Rock and Roll in America
MUST 111: Music Theory 1
PHIL 203: Social and Political Philosophy
PHIL 215: Philosophy of Race
PHIL 350: Philosophy of Mind
RELS 201: Religion and Popular Culture
RELS 206: Sex and the Bible
SNLN 291: Social Services in the Deaf Community
THEA 360: Old Stories, New Voices

Scientific

ASTR 124: The Solar System
ASTR 126: Black Holes, Dark Matter, and Cosmology
HSC 283: Patterns of Health and Disease
HSC 381: Stress Management
MATH 260: A Cultural Perspective on the History of Mathematics
MMP 135: Introduction to Music Production
SPCE 280: Behavior Analysis: Principles, Procedures, and Philosophy

Global Connections

Social and Behavioral

ANTH 207: Intro to Medical Anthropology
ANTH 209: Anthropology of Food
COMM 290: Intercultural Communication
CSHU 205: Social and Behavioral Inquiry in Global Contexts
CT 115: Social Media Video Algorithms and Video Content Elements
ENG 218: Intro to Language Learning Theories and Research
HIST 270: Migration Stories
HIST 272: Managing Wellness, Policing Bodies
HIST 275: The Making of the Twenty-First Century
HSC 371: Death and Dying
KINE 121: Sport, Exercise, Recreation, and Wellness
POLS 311: Dictatorship and Democracy
SOC 328: Globalization and the Social World

Humanistic and Artistic

CC 205: Mythologies of the World
CH 334: Chinese Cultures and Societies
COMM 322: Comm and Popular Culture
CSHU 206: Humanistic and Artistic Expression in Global Contexts
ENG 205: World Literature
JAPA 250: Japanese Anime
JOUR 302: People and Cultures in Media
ML 200: Pop Culture and Global Perspectives
ML 201: Flavors of the World Through Language and Literature
ML 305: Global Voices, Shared Stories
MUHI 105: Music and Pop Culture in America
MUHI 186: Pop Music in a Globalized World
PHIL 215: Philosophy of Race
PHIL 310: African Philosophy
RELS 206: Sex and the Bible

Scientific

CSHU 204: Scientific Inquiry in Global Contexts
HSC 285: Global Health
MATH 260: A Cultural Perspective on the History of Mathematics
METC 100: Weather and Climate
METC 332: Climate Change and Modification

Innovation and Creativity

Social and Behavioral

BA 205: Foundations of Business Analytics
CT 112 Computer Applications for Innovative and Creative Artistic/Design Solutions
ECON 204: The Business of AI
EDPS 211: Development of Creative Thinking
EDTE 255: Learning and Teaching with Emerging Technologies
ENT 241: The Entrepreneurial Experience

Humanistic and Artistic

AFA 217: Painting: Watercolor
ART 110: Creating Sustainable Art
CAP 200: Design Thinking

CS 215: Introduction to Game Design
DANC 202: Hip-hop Dance in Practice
EMDD 216: Design Thinking
ENG 217: Introduction to Queer Literature and Queer Theory
GCM 184: Computer Graphics and Artificial Intelligence
HIST 235: Historical Topics in Film
HIST 247: Empires
HIST 250: War and Remembrance
MDIA 115: Media and the Creative Process
ML 200: Pop Culture and Global Perspectives
ML 305: Global Voices, Shared Stories
MMP 100: Survey of the Music Industry
MUHI 107: History of Rock and Roll in America
MUSE 265: Foundational Teaching and Learning in Music
MUST 111: Music Theory I
PHIL 275: Data Ethics
RELS 201: Religion and Popular Culture
THEA 360: Old Stories, New Voices

Scientific

ASTR 124: The Solar System
ASTR 126: Black Holes, Dark Matter, and Cosmology
BIO 130: EcoPhysiology and Human Health
DANA 100: Introduction to Data Analytics
KINE 100: Emergency Preparedness and Response
MATH 118: Finite Math – Discover the Future
MMP 135: Introduction to Music Production
PHYC 151: Energy: Technology and Society

Personal & Financial Wellness

Social and Behavioral

ACC 310: Federal Income Taxation of Individuals and Businesses
COMM 240: Interpersonal Communication in Action
ECYF 202: Child and Family Wellness
ECYF 340: Life and Workplace Management
EDPS 225: Life Hacks for Thriving: Optimized Learning and Purposeful Living
FIN 110: Personal Finance
GERO 301: Aging Well: Adaptations in Later Life

HSC 261: Health, Sexuality, and Family Life
HSC 372: Women and Health
MUSE 175: Music in Everyday Life and Contexts
PSCR 380: Conflict Prevention and Resolution
SOC 255: Sociology of Happiness

Humanistic and Artistic

PHIL 235: Bioethics
PHIL 304: Philosophy of Sport
RELS 290: Death and Afterlife

Scientific

AQUA 220: Open Water Scuba
HSC 368: Consumer Health Issues
HSC 381: Stress Management
KINE 123: Move Well, Live Well
MATH 118: Finite Math

Social Responsibility

Social and Behavioral

ACC 310: Federal Income Taxation of Individuals and Businesses
BA 205: Foundations of Business Analytics
COH 100: Introduction to Health Consumerism
COH 120: Connecting Passion to Purpose Through Community Engagement
COMM 290: Intercultural Communication
CT 112 Computer Applications for Innovative and Creative Artistic/Design Solutions
CT 115: Social Media Video Algorithms and Video Content Elements
ECON 204: The Business of AI
ECON 311: Environmental Economics
EDFO 350: Social, Historical, and Philosophical Foundations of Education
EDMU 205: Introduction to Multicultural Education
ENG 218: Intro to Language Learning Theories and Research
ENG 229: Forensic Linguistics
FIN 110: Personal Finance
GERO 301: Aging Well: Adaptations in Later Life
HIST 270: Migration Stories
HIST 272: Managing Wellness, Policing Bodies
HIST 275: The Making of the Twenty-First Century

HSC 372: Women and Health
ISOM 251: Supply Chain and Logistics in Society
MCOB 150: The Beneficence of Business
MGT 250: Lessons in Leadership
PLAN 221: Introduction to Community Development Planning
PLAN 257: Resilient Towns and Cities: Introduction to Environmental Planning
POLS 360: Non-Profit Administration
PSCR 380: Conflict Prevention and Resolution
SOC 328: Globalization and the Social World
SUST 250: Introduction to Sustainability

Humanistic and Artistic

CH 334: Chinese Cultures and Societies
ENG 212: Introduction to Disability Studies
ENG 214: Introduction to Literature and Gender
ENG 215: Introduction to African-American Literature
HIST 245: History Through Objects
MUHI 186: Popular Music in a Globalized World
MUSE 265: Foundational Teaching and Learning in Music
PHIL 203: Social and Political Philosophy
PHIL 230: Environmental Ethics
PHIL 235: Bioethics
RELS 290: Death and Afterlife
SPCE 200: Exceptional Children and Adults

Scientific

DANA 100: Introduction to Data Analytics
HSC 283: Patterns of Health and Disease: A Population Perspective
HSC 368: Consumer Health Issues
KINE 100: Emergency Preparedness and Response
KINE 123: Move Well, Live Well
NREM 101: Environment and Society
NREM 211: Water Resources

Sustainability

Social and Behavioral

ANTH 317: Environmental Ethnohistory of North America
COH 100: Introduction to Health Consumerism

ECON 311: Environmental Economics
ECYF 202: Child and Family Wellness
ISOM 251: Supply Chain and Logistics in Society
MCOB 150: The Beneficence of Business
PLAN 221: Introduction to Community Development Planning
PLAN 257: Resilient Towns and Cities
POLS 347: Environmental Politics and Law
SUST 250: Introduction to Sustainability

Humanistic and Artistic

ART 110: Creating Sustainable Art
EMDD 216: Design Thinking
ML 201: Flavors of the World Through Language and Literature
PHIL 230: Environmental Ethics

Scientific

AQUA 220: Open Water Scuba
BIO 130: EcoPhysiology and Human Health
CT 300: Sustainability in Information Technology
HSC 285: Global Health
METC 100: Weather and Climate
METC 332: Climate Change and Modification
NREM 101: Environment and Society
NREM 211: Water Resources
PHYC 151: Energy: Technology and Society

Honors in Practice

Social and Behavioral Science

HONR 205: Dynamic Perspectives in the Social and Behavioral Sciences

Humanistic and Artistic

HONR 206: Dynamic Perspectives in the Humanities, Arts, and Design

Scientific

HONR 204: Dynamic Perspectives in the Natural Sciences