

ELECTIVE COURSE OFFERINGS

Dance

In addition to the dance courses listed under Creative and Performing Arts, the following courses are available for elective credit. For both Sophia and elective dance courses, students receive two credit hours for technique courses taken for the first time and one credit hour for subsequent enrollment in the same level technique course. All two-credit technique courses include an academic component: required and recommended literary sources, as well as written midterm and final examinations that test knowledge of terminology and movement concepts.

DANC 243 Dance Ensemble Workshop (DEW) (1-3)

The ensemble functions as the student dance company in residence. The dancers meet on a regular basis for technique classes, master classes and rehearsals with faculty and guest choreographers. D.E.W. presents an annual concert. Variable credit offered for performance and production. Performance students must be concurrently enrolled in a technique class. May be repeated for a maximum of 9 credits. By audition/permission only.

Environmental Studies

ENVS 203 Sustainability at Saint Mary's College and in the Holy Cross Charism (2)

This course will address sustainability in the context of the local academic community and its institutions. In light of the recent papal encyclical, *Laudato si, On Care for Our Common Home*, this course will provide students an opportunity to explore in an interdisciplinary way the challenges of sustainability and develop collaborative strategies for making our common campus homes more sustainable. This course will be offered concurrently at ND, SMC, and HCC, and will be co-taught by faculty from all three campuses. It will meet in rotation on each of the three campuses once per week for two hours. Students will be invited to examine the course materials in conversation with the mission of the Congregation of Holy Cross through immersion at each of the campuses and encounters with the sisters, brothers, and priests of Holy Cross and with sustainability professionals. ***This course satisfies L03 Social Responsibility but does not fulfill an L01 requirement.***

Music

MUS 101 Class Piano - Beginners (1)

Beginning piano for those with no previous keyboard experience, using the electronic piano lab. Designed to develop music skills through correlation of music fundamentals with beginning piano literature, including folk songs, holiday songs, easy classics, and blues.

MUS 111–131 Applied Music: Private Lessons – Instrumental or Voice (1–2 credits) Lessons are offered for voice, piano, and all brass, string, woodwind and percussion instruments. Fees are \$400 per semester for a half-hour lesson a week (one semester hour of credit), and \$600 per semester for a 50-minute lesson a week (two semester hours of credit).

MUS 201 Collegiate Choir (1)

A women's choir that performs primarily on campus. Goals include developing excellent individual and group tone quality, working toward clear and proper diction, and strengthening aural and music reading abilities. Performs quality women's repertoire, both

sacred and secular, in 2–4 parts. Membership by audition only. Auditions will take place during August orientation through the first week of classes.

MUS 203 Women's Choir (1)

This is the College's select women's ensemble which performs music of all periods with an emphasis on new music. The choir regularly commissions and records new works, takes national concert tours every other year, and makes Carnegie Hall appearances every four years. The ensemble has regular performances with the South Bend Symphony Orchestra and hosts the annual High School Women's Choir Festival. Membership is by audition only which will take place during August orientation through the first week of classes.

MUS 206 String Ensemble (1)

String Ensemble is a non-auditioned string (winds and percussion will be allowed when appropriate) ensemble open to all members of the college community. The course includes the study and performance of significant string literature. May be repeated for credit.

MUS 207 Concert Band (1)

Concert band is a non-auditioned instrumental ensemble open to all members of the college community. The course includes the study and performance of significant concert band literature. May be repeated for credit.

MUS 210 Bell Ensemble (1)

A bell ensemble that provides music for campus liturgies and music department activities.

For information on additional ensembles at area colleges and universities, please call the Department of Music at (574) 284-4632.

Philosophy

PHIL 291 Dialogue and Civil Discourse (1)

Building a strong community means engaging with people whose backgrounds, beliefs and experiences are different from yours. In this course, students will develop skills to engage in constructive dialogue with others who have different views on social and political issues.

The class will discuss a controversial contemporary issue each week (for example: abortion, free speech on campus, immigration, the 2nd Amendment and gun control). Readings will consist of contemporary media articles drawn from a range of sources and viewpoints. Students will investigate their own core assumptions and beliefs about key issues and will listen to the views and experiences of others in the class. ***This course satisfies L03 Social Responsibility and L03 Intercultural Competence but does not fulfill an L01 requirement. One section offered for first-year students only.***

Physical Education

The Physical Education Department offers selected activity courses based on student needs and interests. These courses are offered throughout the day and week to satisfy a broad range of fitness interests. You can de-stress with yoga or work on your core and flexibility with PiYo.

The HIIT Bootcamp/Kickboxing class is a great option for students focused on a high intensity cardio, strength, and core conditioning workout with kickboxing moves. If you are drawn to cardio dance, WERQ is for you! This wildly addictive cardio dance class is based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps.

Physical education classes and participation in intercollegiate athletics carry one-half semester hour of elective credit. One semester hour of

credit may be applied to graduation. The following courses are available each semester:

Code	Title	Credits
PE 050	PE Activity (Tone It - arms, abs, legs)	.5
PE 050	PE Activity (Yoga)	.5
PE 050	PE Activity (PiYo)	.5
PE 050	PE Activity (WERQ)	.5
PE 050	PE Activity (Spin)	.5
PE 050	PE Activity (HIIT Bootcamp/Kickboxing)	.5