Course Catalog

UA 101, UA 201 and UA 211 · 134 sections

Building, room number, day, and time are subject to change; defer to the schedule builder for the most up-to-date information.

UA 101 — Legends 101 (First-Year Students)

Legends: Card Play & Community

Course	UA 101-001
CRN	16960
Instructor	Stran, Margaret
Meeting Pattern	W 2 pm-2:50 pm
Room	Ten Hoor 256

Description

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. This freshman seminar explores playing cards not simply as games, but as cultural artifacts and social tools that shape identity and community.

Through weekly hands-on card play, discussion, and videos, students examine how rules create meaning, how power and fairness emerge at the table, and how card games reflect histories of class, race, gender, and disability. The course asks why people play and how games build or exclude communities. Emphasizing experiential learning, the seminar treats play as a serious form of inquiry and a foundation for building a shared classroom community.

No prior experience with card games is required.

Legends: How Sports Evolved

Course	UA 101-002
CRN	16961
Instructor	Helfrecht, Courtney
Meeting Pattern	T 9 am-9:50 am
Room	B B Comer Hall 203

Description

Explore how human evolution influences today’s games, from hunting origins to street basketball. Examine performance, culture, and ethics through discussions and activities that show how our species’ past still shapes how and why we play.

Legends: Power and Principle

Course	UA 101-003
CRN	16962
Instructor	Hunt, Luke
Meeting Pattern	T 2 pm-2:50 pm
Room	B B Comer Hall 251

Description

Have you ever wondered how ethical decisions are made at the highest levels of government? “Power and Principle: Philosophy for the White House” dives into the pressing philosophical and legal issues that arise within the White House and broader executive branch. This course, led by a philosophy professor and former FBI special agent, offers a unique perspective on how executive power is exercised and what ethical boundaries exist—or should exist—in national leadership. This course goes beyond traditional lectures; expect lively discussions, interactive debates, and a deep dive into the intersection of ethics, philosophy, and law in public life.

Legends: Arab Cultures

Course	UA 101-004
CRN	16963
Instructor	Khalaylih, Ibrahim
Meeting Pattern	T 10 am-10:50 am
Room	Ten Hoor Hall 348

Description

The Arab cultures course will introduce students to the study of Arab cultures across three dimensions: culture, language, and religion. Students will receive a brief introduction to the fabric of Arab cultures, beginning with a common idea about the language and learning a few greeting words and phrases in an engaging environment. Then students will learn various aspects of Arab cultures. In the final part of the semester, they will be introduced to Arab religion in general, with a focus on Islam, the dominant Arab religion. During the semester, students will also have the opportunity to experience Arab cuisine and participate in the "Arabic breakfast with us" event. At this event, students will enjoy a typical Arabic breakfast featuring hummus, foul, falafel, thyme, Labneh (a smooth, spreadable cheese), olive oil, and baklava for dessert.

Legends: Hot Topics in Biology

Course	UA 101-005
CRN	16964
Instructor	Yates, Christine
Meeting Pattern	W 11 am-11:50 am
Room	Gordon Palmer Hall 204

Description

Get ready to dive into the most exciting and cutting-edge topics in biology today! This interactive, project-based course explores real-world issues involving science, technology, medicine, and society. Working in small groups, you will research a current “hot topic” of your choice from a curated list of fascinating subjects, including gene editing, climate & health, neuroscience breakthroughs, and emerging diseases. You will also choose a related pharmaceutical or biotech company, government agency, or influential scientist to anchor your investigation. Each team will create an engaging presentation and lead a class discussion on their topic, sparking conversation and critical thinking. Along the way, you'll build research, teamwork, and communication skills while exploring how biology connects to your world and your future. Whether you're pre-med, an aspiring scientist, or just curious about how biology impacts your life, this course is for you!

Legends: Trial by Media

Course	UA 101-006
CRN	16965
Instructor	Klutz, Douglas

Meeting Pattern	W 8 am-8:50 am
Room	Gallalee Hall 227

Description

Examine and analyze famous trial-by-media cases, the facts behind them, and what made them unique to the U.S. court system.

Legends: Research for All

Course	UA 101-007
CRN	16966
Instructor	Carroll, Leanne
Meeting Pattern	T 10 am-10:50 am
Room	B B Comer Hall 241

Description

Research for All is a UA 101 special topic course designed to introduce new students to all the possibilities that exist regarding research at The University of Alabama. Students will learn about research across academic disciplines, be introduced to faculty who are actively engaged in a variety of research projects, and acquire knowledge in research-related topics such as research methods, research ethics, and research in society. Finally, students will determine how participating in undergraduate research is beneficial to their own personal and professional goals.

Legends: Passion Purpose Impact

Course	UA 101-008
CRN	16967
Instructor	VanDyke, Matthew
Meeting Pattern	M 10 am-10:50 am
Room	Autherine Lucy Hall 3

Description

This course will help students: Discover Personal Meaning: Reflect on values, strengths, and passions to identify what drives them and how this can shape their goals and actions. Address Social Needs: Investigate important social issues and consider how their unique skills can contribute to meaningful solutions. Develop Practical Strategies: Learn how to implement and evaluate effective approaches to creating positive change, whether in their community or on a broader scale. Craft a Personal Statement of Purpose: Through guided reflection and activities, they will articulate a clear, personal mission that aligns interests and abilities with societal needs. Build Confidence and Efficacy: Engage in assignments that build their confidence and ability to tackle social problems and make a meaningful impact in their personal and professional lives. By the end of this course, they will have a clearer sense of their purpose and a roadmap for achieving meaningful impact in their career and life.

Legends: Pilates 1 0 1

Course	UA 101-009
CRN	16968
Instructor	Pagani, Cathy

Meeting Pattern	R 10 am-10:50 am
Room	Student Recreation Center Studio

Description

Originally called Contrology, Pilates is a full-body exercise system that Joseph Pilates (1883-1968) developed in the 1920s. Pilates focuses on core stabilization to build strength and control. Pilates offers many benefits, including better posture, alignment, muscle strength, joint flexibility, balance, and mind-body awareness. Students in the class will study the history and philosophy of "The Method" and learn basic anatomy and physiology as they develop proficiency at the intermediate level.

Legends: Unwind & Align-Yoga

Course	UA 101-011
CRN	16970
Instructor	Geary, Colleen
Meeting Pattern	T 3:30 pm-4:20 pm
Room	Wade Hall 3001

Description

Feeling tense from long hours of studying or scrolling through your phone? Unwind and Align helps you combat physical stress and improve your posture through accessible yoga practice. No prior experience needed! We'll explore how everyday activities like sitting, using technology, exercising, and even sleeping can affect your body, positively or negatively. Learn about key muscles involved in stress and posture, and get hands-on with stretches and yoga poses designed to lengthen and relax them. Plus, we'll debunk common exercise myths along the way. By the end of this course, you'll feel more relaxed and have tools to maintain healthy posture and reduce stress in your daily life.

Legends: Mindful You

Course	UA 101-012
CRN	16971
Instructor	Threatt, Jonie
Meeting Pattern	R 10 am-10:50 am
Room	Russell Hall 208

Description

Mindfulness is an evidence-based well-being course designed for emerging adults that integrates mindful practice, reflection, and research-based strategies to support stress management, emotional regulation, focus, and resilience. Using curriculum from the Mindfulness Institute for Emerging Adults (MIEA), students learn practical mindfulness techniques and tools that promote self-awareness, balance, and well-being in both academic and personal life.

Legends: Mascots & Brand Power

Course	UA 101-013
CRN	16972
Instructor	McMahon, Kensey
Meeting Pattern	W 10 am-10:50 am
Room	Ten Hoor Hall 354

Description

Mascots are more than sideline costumes; they are powerful symbols of identity, tradition, leadership, and brand storytelling. This Legends 101 course explores mascots' purpose and impact across college athletics,

professional sports, and business organizations, with a special emphasis on The University of Alabama and Big Al's iconic traditions. Students will examine how mascots shape school spirit, fan engagement, marketing strategy, and community connection. Through discussion, case studies, guest speakers, and experiential learning, students will gain insight into the cultural, organizational, and business roles mascots play and why they matter.

Legends: Be The Change

Course	UA 101-014
CRN	16973
Instructor	Bolland, Anneliese
Meeting Pattern	W 9 am-9:50 am
Room	Autherine Lucy Hall 118

Description

Dive into UA's legendary first-year experience! This course goes beyond the basics, inviting students to explore special topics that sharpen critical thinking, ignite problem-solving skills, and connect with the heart of our academic community. It's designed to help you thrive in a large research university, uncovering the "how" and "why" of learning while connecting you to UA's vibrant academic life. Through captivating topics, Legends 101 for first-year students gives you the confidence, mindset, and skills to shape a successful path to your degree and beyond.

Legends: Engineering Marvels

Course	UA 101-015
CRN	16974
Instructor	Amirkhanian, Armen
Meeting Pattern	W 9 pm-9:50 am
Room	North Lawn 1014

Description

What does it take to move a 10-million-pound lighthouse? Build the world's tallest skyscraper? Send spacecraft beyond the edge of our solar system? In Legends 101, we explore the boldest engineering achievements in history and the people behind them. You don't need to be an engineering major, just curious about how the world is built and protected.

Legends: 1stGen to Nobel Prize

Course	UA 101-016
CRN	21223
Instructor	Robin, Jean-Luc
Meeting Pattern	R 8 am-8:50 am
Room	B B Comer Hall 251

Description

Feeling daunted by the idea of climbing the social ladder? Wondering how education can change the game for first-generation students? In "From First Gen to Nobel Prize," we'll explore inspiring stories of individuals who have crossed social boundaries through education. Through these personal narratives and cultural insights, you'll better understand the systemic factors that shape opportunity and discover tangible ways to overcome barriers. As you reflect on these stories and share your own experiences, you'll develop a stronger

sense of identity and purpose and learn practical strategies to turn academic achievement into lasting social mobility. Ultimately, this course equips you with the confidence, perspective, and support network to move forward, knowing that your goals are within reach—and that you have the tools to achieve them. Join us to build a supportive community as you navigate your own journey.

Legends: Musicians' Collective

Course	UA 101-018
CRN	16975
Instructor	McGuire, Kenneth
Meeting Pattern	R 3:30 pm-4:45 pm
Room	Moody Music Building 204

Description

Using constructivist learning principles, students will collaborate in small groups to create arrangements of existing music from desired and blended genres, captured via video. Collaborations might also result in original music and live performances. All instruments, voice types, digital audio workstations (DAWs), and genre preferences are welcome.

Legends: Research Odyssey

Course	UA 101-019
CRN	16976
Instructor	Basauri Ziuzina, Anna Mariya
Meeting Pattern	R 2 pm-2:50 pm
Room	Ten Hoor Hall 347

Description

Research Odyssey is a dynamic, hands-on course designed to introduce first-year students to the exciting world of academic research across multiple disciplines. Students will embark on a journey of inquiry, learning to formulate compelling research questions, navigate diverse information landscapes, and use various methodologies to find answers. Through guided exploration and hands-on activities, participants will develop critical thinking skills, become familiar with research tools and techniques, and see how different academic fields connect. This course aims to build students' confidence in their research abilities while dispelling common misconceptions about the research process. By the end of this odyssey, students will have gained a solid foundation in research principles and practices, preparing them for future academic endeavors and fostering a lifelong passion for discovery.

Legends: Pop Icon Queen

Course	UA 101-020
CRN	21225
Instructor	Drewelow, Isabelle
Meeting Pattern	M 10 am-10:50 am
Room	Ten Hoor Hall 354

Description

This Legends 101 course will explore how and why Marie Antoinette, once a queen vilified as a symbol of royal excess and political failure, has become a lasting pop culture phenomenon. We will examine how her image has been continually reinvented and reimagined across centuries and media: from 18th-century revolutionary propaganda to the colorful fashion of Sofia Coppola’s film, from the haute couture runways of Christian Dior and Jean-Paul Gaultier to the stage performances or music videos of pop icons like Madonna and Taylor Swift, as well as contemporary Instagram aesthetics. Through collecting and analyzing historical

and modern examples of her influence, we will reflect on what made her legendary and what parts of her story have been erased or reshaped in the process.

Legends: Ghouls in Arabic Myth

Course	UA 101-021
CRN	16977
Instructor	Elnaili, Safa
Meeting Pattern	T 10 am-10:50 am
Room	Autherine Lucy Hall 102

Description

This course offers a comprehensive exploration of folktales and myths worldwide, with a special focus on the Arab world's cultural traditions and oral practices. Students will trace the ghoul's cultural development, examining its transformation from pre-Islamic desert mythology to its post-Islamic manifestations.

Legends: Tiny Terrors

Course	UA 101-022
CRN	21226
Instructor	Lackey, Kim
Meeting Pattern	R 2 pm-2:50 pm
Room	Russell Hall 357

Description

Dive into the fascinating world of parasites, bacteria, and viruses—organisms that have shaped wars, influenced cultural practices, and even transformed economies. Explore recent events like malaria cases in Miami and polio outbreaks in Gaza, discuss the global impact of the COVID-19 pandemic, and examine surprising occurrences like bubonic plague cases in the United States. Could diseases like malaria become common in the U.S. again? Should we be concerned about illnesses like Ebola appearing closer to home? Are all microorganisms harmful? Through engaging discussions and interactive presentations, we'll uncover how these microscopic organisms affect our lives and the world around us.

Legends: Brain Hacks 4 Success

Course	UA 101-023
CRN	16978
Instructor	Davis, Allison
Meeting Pattern	F 8 am-8:50 am
Room	Presidents Hall 308

Description

This course goes beyond the basics, inviting students to explore special topics that sharpen critical thinking, ignite problem-solving skills, and connect with the heart of our academic community. It’s designed to help you thrive in a large research university, uncovering the “how” and “why” of learning while connecting you to UA’s vibrant academic life. Through captivating topics, Legends 101 builds the confidence, mindset, and skills you need to shape a successful path to your degree and beyond.

Legends: Manage Your Stress

Course	UA 101-025
CRN	21227
Instructor	Faught, Gayle
Meeting Pattern	T 8 am-8:50 am
Room	Gordon Palmer Hall 153

Description

This course explores healthful and hurtful behaviors that affect stress and quality of life in college students. We will discuss several strategies for stress management, including improved exercise, nutrition, and sleep habits. Campus resources will be considered, including those directly and indirectly related to mental health.

Legends: Autism & Insight

Course	UA 101-026
CRN	17601
Instructor	Whitt, Rebekah
Meeting Pattern	M 12 pm-12:50 pm
Room	Lloyd Hall 335

Description

This course focuses on autism spectrum disorders. Students will distinguish between neurodiverse and neurotypical individuals and practice Neuroaffirming strategies. Learn how Autism Spectrum Disorder (ASD) is diagnosed. Understand the different forms of communication used by autistic individuals. Identify Special Interests (SI) and establish how to use SIs during therapeutic interventions and for academic/career success. Recognize types of interventions frequently utilized with autistic individuals. Appreciate sensory processing needs and strategies to maximize the environment to suit sensory needs best. Evaluate the representation of ASD in the media.

Legends: Play it Forward

Course	UA 101-027
CRN	16980
Instructor	Kerch, Cailin Kerch
Meeting Pattern	T 12 pm-12:50 pm
Room	Autherine Lucy Hall 327

Description

Explore campus and community service opportunities as well as adult play and play spaces on campus! Connect to the community and to opportunities you love at the Capstone!

Legends: Rolling the Dice

Course	UA 101-028
CRN	16981
Instructor	Hughston, Terry
Meeting Pattern	T 11 am-11:50 am
Room	Ten Hoor Hall 119

Description

Use tabletop role-playing games like Dungeons & Dragons to explore social and political dynamics. Analyze how storytelling, collaboration, and conflict reveal real-world power systems while building teamwork, empathy, and creative problem-solving skills.

Legends: Corporate Economics

Course	UA 101-029
CRN	16982
Instructor	Forero Pedreros, Carolina
Meeting Pattern	R 9 am-9:50 am
Room	Hewson Hall 2023

Description

At the end of class, students will associate economic concepts with business trends to help them anticipate corporate performance and behavior. We will study the impact that changes in core MACROECONOMIC variables can have on CORPORATIONS. The main goals are to train students as if they were CEOs in 1. Enhancing business performance 2. Prioritizing decisions to achieve a Sustained Competitive Advantage 3. Minimizing risks coming from economic changes and volatility. We will also review impacts that some companies can have on the economy.

Legends: Bridging Beliefs

Course	UA 101-031
CRN	16984
Instructor	Riley, Aislinn
Meeting Pattern	T 8 am-8:50 am
Room	Gordon Palmer 229

Description

Who is responsible for feeding the hungry and tackling other social problems in our communities? "Bridging Beliefs: Government, Religion, and Community Care” takes you on a journey through the complex landscape of government institutions, religious organizations, and civic groups that strive to meet these needs. You’ll discover how personal beliefs, societal values, and political structures shape our collective response to issues like hunger and homelessness. By examining faith's historical role in American politics and considering present-day examples, you’ll gain insight into the delicate balance of shared responsibilities and the wide-ranging efforts to serve those in need.

Legends: Everyday Law

Course	UA 101-032
CRN	16985
Instructor	McCurley, Bob

Meeting Pattern	W 12 pm-12:50 pm
Room	Honors Hall 151

Description

You don’t have to be a lawyer to understand the law—but knowing the basics can change everything. From your rights during a police encounter to signing a lease, starting a business, or navigating family and healthcare decisions, this course covers the practical side of the law that every adult should know. Each week, you’ll dive into real-world legal situations—tenant issues, divorce and custody, voting, social media, contracts, and more. You’ll learn when (and why) to get legal help, how to protect your rights, and how laws shape your daily choices and future.

Legends: Data Defense 1 0 1

Course	UA 101-033
CRN	21228
Instructor	Morris, Kathleen
Meeting Pattern	M 3 pm-3:50 pm
Room	Math & Science Education Bldg 0008

Description

Data Defense 101 equips students with practical skills to protect their digital lives in an increasingly connected world. The course explores digital footprints, the anatomy of data breaches, and strategies for securing passwords, personal accounts, and devices. Students examine social media risks, oversharing, email scams, phishing, and common college-targeted fraud schemes. The course addresses the impact of artificial intelligence on cybersecurity through both emerging AI-powered threats and smart defensive tools. The course also covers data privacy laws, ethical considerations, digital identity management, online reputation, and the evolving landscape of cyber threats. By the end of the course, students will be empowered to recognize vulnerabilities, make informed security decisions, and confidently defend their personal data.

Legends: Human-in-the-Loop

Course	UA 101-034
CRN	21229
Instructor	Ronderos, Daniel
Meeting Pattern	W 9 am-9:50 am
Room	Reese Phifer Hall 222

Description

This course introduces Human-Centered AI and examines the human-machine relationship through Human-Centered design and Design Thinking. Using the Double Diamond framework, students learn to view AI as a collaborative partner, ensuring human skills guide the computational power behind GenAI. We will explore risks, biases, and ethical considerations alongside technical applications.

Legends: Culturosity

Course	UA 101-035
CRN	16986
Instructor	Taylor, Amy
Meeting Pattern	M 3 pm-3:50 pm
Room	Ten Hoor Hall 252

Description

Are you interested in other cultures or from another country? Through hands-on activities and discussions, you will build awareness of cultural aspects that influence how we interact and communicate with one another. Learn more about the world and how to navigate it.

Legends: Latin Dance Cultures

Course	UA 101-036
CRN	16987
Instructor	Skelton, Ana
Meeting Pattern	W 3 pm-3:50 pm
Room	Autherine Lucy Hall 102

Description

This fun course provides students with a hands-on exploration of Latin American cultures through music, dance, and shared experiences. Students will gain a deeper understanding of the region's cultural diversity, history, traditions, and global influence. By combining cultural exploration, movement, and creative expression, the course encourages inclusivity, broadens perspectives, challenges stereotypes, and fosters appreciation for Latin American cultures, music, and dances.

Legends: Bilingualism in Media

Course	UA 101-037
CRN	16988
Instructor	Koronkiewicz, Bryan
Meeting Pattern	M 1 pm-1:50 pm
Room	B B Comer Hall 241

Description

Language shapes our thoughts, identities, and interactions in profound ways. This course uses bilingualism as a dynamic lens to inspire intellectual curiosity and academic engagement. Students will explore the cognitive, social, and cultural dimensions of bilingualism through real-world examples, including the music of Bad Bunny and BLACKPINK, movies like The Farewell and Dune, and TV shows like Orange Is the New Black and Young Royals. By examining how language shapes society, students will reflect on their own language experiences and consider the broader implications of multilingualism in global contexts. The course highlights the diverse forms of bilingualism in the US, showing how languages coexist and enrich our communities. This course is designed for all students, regardless of their language background. It welcomes all who are interested in understanding the complexities of language in our world.

Legends: Cuff It! Heart Health

Course	UA 101-038
CRN	16989

Instructor	Barron, Keri
Meeting Pattern	W 9 am-9:50 am
Room	B B Comer Hall 203

Description

This course introduces students to the foundations of cardiovascular health through the American Heart Association's Essential 8 framework. Students will examine key heart-health behaviors and risk factors, apply evidence-based strategies to their own lives as young adults, and develop skills in critical thinking, quantitative literacy, and civic engagement. Through data interpretation, group discussions, and collaborative projects, students will learn to evaluate health information, communicate wellness concepts effectively, and make informed decisions that promote personal and community well-being.

Legends: Rules for Success

Course	UA 101-041
CRN	21230
Instructor	Topic-Rutherford, Martina
Meeting Pattern	W 11 am-11:50 am
Room	Gordon Palmer Hall 228

Description

This section of the Legends course examines how social and cultural capital shape success within organizations and across professional careers. Drawing on Pierre Bourdieu's Theory of Practice and related frameworks, and using an applied theory approach, students will explore how habitus, networks, norms, and symbolic power influence opportunity, leadership, and workplace behavior. Through discussions and applied exercises, the course links foundational sociological theory to organizational behavior, revealing how both visible and invisible forms of capital often structure professional success.

Legends: Conspiracy Theories

Course	UA 101-042
CRN	21231
Instructor	Franklin, Connar
Meeting Pattern	M 8 am-8:50 am
Room	South Engineering Research Ctr 1059

Description

We live in an era where almost anyone can use AI to generate incredibly convincing false videos and images. It has never been more important for students to analyze information and assess its validity critically. This course uses contemporary conspiracy theories, including Flat Earth, the Moon Landing, and Bigfoot, as a lens to develop these analytical skills. By investigating and evaluating evidence from various sources, students will learn to discern credible information from misleading, misrepresented, or falsified information. The course aims to enhance the ability of students to make informed decisions and apply critical thinking in both their academic and professional lives. The course will also explore what makes some ideas and conspiracy theories 'sticky' and generationally discussed while others are quickly forgotten.

Legends: Eating the Past

Course	UA 101-045
CRN	16994
Instructor	Clark, Chuck
Meeting Pattern	F 10 am-10:50 am

Room	Hewson Hall 2006

Description

My class is a series of encounters with historical recipes designed to illuminate the past through discussion and experience.

Legends: Mapping Your World

Course	UA 101-048
CRN	16997
Instructor	Weber, Joe
Meeting Pattern	W 10 am-10:50 am
Room	Garland Hall 308

Description

Maps aren't just on paper; they're on your phone, your computer, and everywhere. Learn about the basics of maps as well as a variety of ways you can map the world on computers, including Google Earth and Geographic Information Systems (GIS). We will look at maps of roads, national parks, cities, amusement parks, Mars, fantasy realms, and more to see how places can be located, found, and analyzed. We will also see how maps are used in a variety of fields, including geography, archaeology, meteorology, planning, understanding disease and health issues, or just finding your way to the best overlook in the park.

Legends: Tasting Disney Magic

Course	UA 101-050
CRN	16998
Instructor	Greene, Lori
Meeting Pattern	T 2 pm-2:50 pm
Room	Russell Hall 138

Description

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.

Legends: Math and Our World

Course	UA 101-051
CRN	21233
Instructor	Bishop, Logan
Meeting Pattern	M 12 pm-12:50 pm
Room	B B Comer Hall 203

Description

This course builds students' confidence in math skills by showing them that they already do math and experience it in everyday life. It covers topics such as math in popular media, how to study for math, and math in sports. This approach will familiarize students with math, reduce anxiety and build confidence.

Legends: The Winning Tide

Course	UA 101-052
CRN	16999
Instructor	Ratliff, John
Meeting Pattern	W 11 am-11:50 am
Room	Gordon Palmer Hall 154

Description

Ever wondered what makes the Crimson Tide “nothing but a winner”? The Winning Tide: Pathways to Legendary Success takes you behind the scenes to uncover the philosophies, traditions, and habits that have forged Alabama’s legendary winning culture—on the field, in the classroom, and beyond. You’ll examine stories of athletes, scholars, and campus leaders, discovering how their mindset and strategies can inspire you to excel in your own academic and personal pursuits. With the University of Alabama as your living laboratory, you’ll connect past achievements to your future goals, building confidence, resilience, and a personalized “Winning Plan” along the way.

Legends: Grown-ish, UA Edition

Course	UA 101-055
CRN	17002
Instructor	Wilson, Andrea
Meeting Pattern	T 9 am-9:50 am
Room	Ten Hoor Hall 109

Description

This freshman-level course is a real-life version of the hit TV sitcom, Grown-ish. In this course, the students will explore many of the same pitfalls, situations, successes and failures the main characters/college students experienced during their time at a state flagship institution of higher learning. Students will discuss and problem-solve using resources available at the University of Alabama.

Legends: Lead Inspire Succeed

Course	UA 101-056
CRN	17003
Instructor	Ale, Chelsea
Meeting Pattern	R 8 am-8:50 am
Room	B B Comer Hall 203

Description

This course introduces students to foundational leadership concepts through hands-on activities, personal reflection, and real-world application. Students will explore who they are as individuals, who they want to become as leaders, and how to lead with purpose. The course emphasizes developing confidence, communication, values-based leadership, and resilience.

Legends: Tech for Success

Course	UA 101-058
CRN	17005
Instructor	Hardin, James
Meeting Pattern	W 2 pm-2:50 pm
Room	Lloyd Hall 335

Description

Dive into the exciting world of educational technology with “Tech Ready: Using Technology for Academic Success,” a hands-on, exploratory course designed for any college student curious about the latest instructional technologies and strategies. Whether you’re a tech novice or a digital wizard, this course welcomes all skill levels and promises a fun, engaging learning experience.

Legends: Lessons from the Ring

Course	UA 101-060
CRN	17007
Instructor	Dubuisson, James
Meeting Pattern	M 3 pm-3:50 pm
Room	Reese Phifer Hall 104C

Description

This course uses professional wrestling as an analytical framework to examine communication, identity, and ethical decision-making skills relevant to academic and professional contexts. Students analyze how wrestlers construct and adapt public personas to understand public speaking, credibility, audience engagement, and leadership. The course uses concepts such as heroes and villains to explore integrity, conflict, and social dynamics. The course emphasizes practical skill development in communication and critical thinking. It concludes with a reflective legacy statement connecting course concepts to students’ goals at The University of Alabama and beyond.

Legends: Beatles for Sale

Course	UA 101-061
CRN	17008
Instructor	Peeples, Alex
Meeting Pattern	M 9 am-9:50 am
Room	Gordon Palmer Hall 227

Description

The Beatles are arguably the most famous and most often referenced band in pop music history, but why? This course analyzes The Beatles' music, the American music that influenced them, and how they pushed pop

music production into new experimental frontiers. We will also examine how The Beatles influenced major cultural shifts of the 1960s (especially the rise of pop music and teen culture) and how the world around the group changed each Fab Four member as an individual.

Legends: Fear In Print & Film

Course	UA 101-062
CRN	21234
Instructor	Hodo, Brandi
Meeting Pattern	M 12 pm-12:50 pm
Room	Lloyd Hall 321

Description

Each year, thousands of moviegoers flock to theaters to catch the latest horror flick. In 2017, horror films earned more than $1.1 billion at the box office (Pesce). Each year, bookshelves flood with new zombie, vampire, and other horror books, and Stephen King alone has sold over 350 million copies. But the question is why? Why is the horror genre so popular? Why do we like to be afraid? Are these stories meant merely to terrify us, or is there something deeper to glean from them? In this course, we will read and view works by horror greats to see what cultural commentary we can draw from these texts.

Legends: Japanese Culture

Course	UA 101-064
CRN	17009
Instructor	McPherson, Merrell
Meeting Pattern	M 1 pm-1:50 pm
Room	Autherine Lucy Hall 4

Description

This course is designed to give an introduction to the culture and influences on modern society of Japan. Explore what makes the land of the rising sun unique and how it has helped to shape the globalized society we live in today. From Godzilla, Pokémon, and Hello Kitty to karate and sushi in the American diet, Japanese ideas and influences are apparent in American culture.

Legends: Glass Blowing for All

Course	UA 101-065
CRN	17010
Instructor	Howard, Grant
Meeting Pattern	F 10 am-10:50 am
Room	Bidgood Hall 115

Description

Glass arts have gained visibility in recent years, particularly through media representations of traditional “hot shop” glassblowing. This course moves beyond technique-based instruction and instead examines glass as a cultural, scientific, historical, and economic material. Students will explore various forms of glass art—including flamework, studio glass, and stained glass—while analyzing how glass intersects with a broad range of academic disciplines. Designed for students of all majors, the course uses glass as a framework for interdisciplinary inquiry and critical thinking. Upon completion, students will develop a broader understanding of glass arts and a deeper appreciation for how materials can shape knowledge across fields.

Legends: Happiness by Design

Course	UA 101-066
CRN	17011
Instructor	Pardo, Amy
Meeting Pattern	T 5 pm-5:50 pm
Room	B B Comer Hall 241

Description

This course focuses on living a joyful life. We work together to find ideas about happiness from cultural, historical, and contemporary research. Individually, you will interview and create a short biography of a person whom you consider to be a role model for your own life. Finally, you'll create a happiness map to follow throughout your life.

Legends: Pop Icons Prince & MJ

Course	UA 101-067
CRN	17012
Instructor	Keith, Steven
Meeting Pattern	W 12 pm-12:50 pm
Room	B B Comer Hall 203

Description

This course examines the artistic careers, musical innovations, cultural influences and global impact of Prince and Michael Jackson. Through music/lyrical analysis, music video, film, and performance studies, historical context, and race and gender considerations, students will explore how these artists reshaped popular music, celebrity culture, fashion, and dance from the late 1970s through the 21st century.

Legends: Reggaeton Music

Course	UA 101-069
CRN	17013
Instructor	Luna, Kelley
Meeting Pattern	F 1 pm-1:50 pm
Room	BB Comer 203

Description

This course explores reggaetón's origins and evolution, tracing its underground roots in Panamá and Puerto Rico to its rise as a global phenomenon. Students will examine key musical influences and lyrical themes while actively listening to hits like "Gasolina" and other tracks that shaped the genre. Students will engage in guided listening sessions, create collaborative themed playlists, and share their insights during class discussions. They will participate in lyric-analysis workshops and debates that explore perceptions of reggaetón and its impact. Through creative projects and interactive group activities, this course deepens students' understanding of reggaetón's significance in a dynamic and engaging learning environment. All course materials will be provided in English.

Legends: Tiny Terrors

Course	UA 101-070
CRN	21236
Instructor	Lackey, Kim
Meeting Pattern	R 3 pm-3:50 pm
Room	Russell Hall 357

Description

Dive into the fascinating world of parasites, bacteria, and viruses—organisms that have shaped wars, influenced cultural practices, and even transformed economies. Explore recent events like malaria cases in Miami and polio outbreaks in Gaza, discuss the global impact of the COVID-19 pandemic, and examine surprising occurrences like bubonic plague cases in the United States. Could diseases like malaria become common in the U.S. again? Should we be concerned about illnesses like Ebola appearing closer to home? Are all microorganisms harmful? Through engaging discussions and interactive presentations, we'll uncover how these microscopic organisms affect our lives and the world around us.

Legends: Trends in True Crime

Course	UA 101-072
CRN	17016
Instructor	Davis, Babs
Meeting Pattern	T 8 am-8:50 am
Room	Hewson Hall 1003

Description

This course will explore the evolution of true crime as a storytelling genre, including historical trends, social contexts, media influence, and public engagement in true crime. As a genre that intersects entertainment, journalism, and activism, true crime’s cultural significance and ethical complexities lie in its ability to captivate the public and raise questions about its portrayal of criminals, victims, and justice.

Legends: Coffee Culture

Course	UA 101-074
CRN	17018
Instructor	McMahon, Kensey
Meeting Pattern	W 9 am-9:50 am
Room	Ten Hoor Hall 115

Description

Coffee is more than just a drink, it’s a global phenomenon that connects people, cultures, communities, and ideas! From its fascinating origins to its influence on modern society, this course explores how one simple beverage has shaped history, economies, science, psychology, art, and popular culture.

Throughout the semester, we will dive into the history, economics, science, psychology, and arts and media of coffee. We’ll explore how coffee spread around the world, influenced global trade, fueled creativity, impacted our brains and behaviors, and became an essential part of everyday life. We’ll also examine how coffee shops have evolved into spaces for connection, conversation, creativity, and community. Through interactive discussions, creative hands-on activities, team challenges, community-building experiences, and field trips to local coffee shops, students will have opportunities to connect with classmates, discover new

perspectives, and experience coffee culture firsthand. Whether you're a coffee enthusiast, a casual drinker, or someone who doesn't drink coffee at all, there's something for everyone!

Legends: Quilting & Community

Course	UA 101-075
CRN	17019
Instructor	Tisdale, Valerie
Meeting Pattern	W 4 pm-4:50 pm
Room	H M Comer 1026

Description

This course explores quilting as craft, art, protest, cultural marker, and technological process. Through reading, discussion, guest speakers, and regional case studies (including the Tuscaloosa/Alabama area), students will investigate how quilts communicate identity, history, community, and change. We will examine quilting origins, machine vs. hand techniques, quilts as protest or social commentary, global/regional quilting traditions, 3-D quilting/installation work, and local quilting practices.

Legends: Learning to Fail

Course	UA 101-076
CRN	17020
Instructor	Jenkins, Caroline
Meeting Pattern	W 1 pm-1:50 pm
Room	B B Comer Hall 254

Description

Productive Failure helps students build the resilience and self-awareness needed to navigate setbacks productively. Through structured, game-based challenges with uncertain outcomes, students examine how they respond to ambiguity, pressure, and unmet expectations, and learn to treat failure as useful information rather than a personal verdict. The course emphasizes reflection, accountability, and adaptive strategies applicable across academic and real-world contexts.

Legends: Curiosity in Science

Course	UA 101-077
CRN	17021
Instructor	Harris, Phillip
Meeting Pattern	R 8 am-8:50 am
Room	Autherine Lucy Hall 326

Description

This course explores the dynamic interplay between curiosity and surprise in scientific discovery. Students will examine how unexpected findings challenge assumptions, spark new questions, and drive paradigm shifts in science. Through case studies, philosophical reflections, and activities, students will learn to cultivate curiosity, embrace uncertainty, and develop skills to ask meaningful questions and design strategies to answer them.

Legendary Leadership

Course	UA 101-078
CRN	17022
Instructor	Newell, Jerrod
Meeting Pattern	M 8 am-8:50 am
Room	B B Comer Hall 241

Description

Throughout history, cultural icons have often been some of the greatest leaders in culture and society. This class examines leadership through the actions of popular musicians like Elvis, Ray Charles, Billy Joel, Bob Dylan, John Lennon, and Dolly Parton, who have either taken a stand against injustice, supported an important cause, or worked to create change. How can we apply what we learn from these legendary musical artists to our own lives and show leadership in every part of our lives now and in the future?

Legends: Digital Tech Skills

Course	UA 101-80
CRN	21237
Instructor	Cantrell, Sierra
Meeting Pattern	W 12 pm-12:50 pm
Room	Ten Hoor Hall 252

Description

This one-credit course introduces first-year students to the digital tools and habits that support academic success and engagement in the university community. Students explore college technologies, including cloud storage, digital calendars, task management tools, note-taking platforms, collaboration tools, presentation software, and responsible AI use. Through hands-on activities, they learn to organize files, manage time, take effective notes, evaluate information, and communicate professionally. The course emphasizes building sustainable systems rather than mastering a single app. Students reflect on their learning preferences and develop a personalized digital workflow. The semester concludes with a Digital Toolkit Portfolio that demonstrates their tools, strategies, and growth.

Legends: Languages in Motion

Course	UA 101-081
CRN	17024
Instructor	Rubio, Laura
Meeting Pattern	W 10 am-10:50 am

Room Gordon Palmer Hall 234

Description

Languages are not fixed systems; they constantly change in response to human interaction, cultural exchange, and technological innovation. Languages in Motion explores how and why languages evolve and how these changes shape everyday communication. Students will examine the development of modern languages, with particular attention to English and Spanish, and consider how migration, cultural contact, and social forces influence the ways people communicate. Through examples such as slang, borrowed words, regional dialects, and social media language, students will explore how language reflects identity and adapts to new social contexts. The course emphasizes observation and discussion, encouraging students to notice linguistic patterns in their own communities and daily communication. By the end of the course, students will gain a deeper awareness of linguistic diversity and an appreciation of language as a living system that continues to evolve in a globalized world. No prior knowledge of linguistics or foreign languages is required.

Legends: Learning to Thrive

Course UA 101-082
CRN 17025
Instructor Wilcox, Delynne
Meeting Pattern W 8 am-8:50 am
Room Hewson Hall 1003

Description

No description provided.

Legends: Sports and College

Course UA 101-083
CRN 17026
Instructor Ross, Amanda
Meeting Pattern M 9 am-9:50 am
Room Ten Hoor Hall 107

Description

No description provided.

Legends: Persons, AI & Freedom

Course UA 101-084
CRN 17027
Instructor Alter, Torin
Meeting Pattern W 1 pm-1:50 pm
Room Ten Hoor Hall 113

Description

What is it to be a person? We will explore that question through philosophy, literature, and science. For example, surgically splitting the corpus callosum (a set of nerve fibers connecting the brain hemispheres) seems to create two separate spheres of consciousness. What does that imply about what sort of creatures we are? Science fiction (Star Trek, Black Mirror, etc.) offers further insight by showing what is possible.

Legends: Lights.Camera.Scream!

Course	UA 101-085
CRN	21238
Instructor	Fields, DeAndre
Meeting Pattern	T 3:30 pm-4:20 pm
Room	B B Comer Hall 241

Description

This course explores the criminal justice system through 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.

Organized Crime and Corruption

Course	UA 101-087
CRN	17164
Instructor	Zabyelina, Yuliya
Meeting Pattern	R 11 am-11:50 am
Room	Gordon Palmer Hall 155

Description

This course provides an in-depth exploration of corruption and its impact on governance and the rule of law in the United States and globally. Students will examine how corruption undermines public institutions, erodes trust, and weakens justice frameworks. Through case studies, real-world examples, and interactive discussions, students will gain both theoretical knowledge and practical strategies for combating corruption. Weekly themes, such as the role of whistleblowers, global corruption scandals, and anti-corruption legal frameworks, will guide their learning. Active learning will sharpen analytical skills and encourage students to apply concepts to real-life issues. By the end of the course, students will be equipped to assess corruption's role in governance critically, propose solutions to uphold the rule of law, and embody transparency and accountability. This course empowers students to move beyond understanding corruption and become part of the solution.

Legends: Mindset to Milestones

Course	UA 101-088
CRN	17184
Instructor	Snyder, Demilia
Meeting Pattern	T 8 am-8:50 am

Room	Bidgood Hall 117

Description

Blends psychology, mental wellness, and career readiness to help students develop a mindful and structured approach to career success. Using evidence-based principles from mental wellness and psychology, students will explore how mindset, stress, time management, and self-awareness impact career decisions, workplace performance, and long-term success. Practical skills, such as resume writing, interviewing, and professional communication, will be combined with personal growth strategies to create a comprehensive roadmap that prepares students for a successful career.

Legends: Intro to R&B

Course	UA 101-090
CRN	21239
Instructor	Thomas, Preston
Meeting Pattern	M 12 pm-12:50 pm
Room	Gordon Palmer Hall 206

Description

Intro to R&B engages students in a semester-long exploration of Rhythm & Blues as both a musical genre and a cultural force. The course leads students through an incremental process that builds foundational understanding, interpretation skills, and creative expression.

Legends: Intro to R&B

Course	UA 101-091
CRN	17397
Instructor	Thomas, Preston
Meeting Pattern	M 11 am-11:50 am
Room	Gordon Palmer Hall 346

Description

Intro to R&B engages students in a semester-long exploration of Rhythm & Blues as both a musical genre and a cultural force. The course leads students through an incremental process that builds foundational understanding, interpretation skills, and creative expression.

Legends: Concussion in Sport

Course	UA 101-092
CRN	21240
Instructor	Wallace, Jessica
Meeting Pattern	M 2 pm-2:50 pm
Room	B B Comer Hall 203

Description

Concussion injuries are a shaking of the brain caused by direct or indirect blows to the head or body. Concussions are known as invisible injuries because they are not linked to any structural damage, yet there are brain disruptions that cause a host of symptoms. Concussions are most common among youth and young adults who engage in sport and physical activity, and football is the sport with the highest risk and injury rates. Sport-related concussions have become very controversial over the past few years in part because of how the media has sensationalized the injury in professional athletes. Topics in this class will range from

entry-level biology to symptomology, physiology, current literature, and media portrayal of the injury. Students will engage in regular discussion (e.g., think-pair-share, small group), hands-on activities (sideline testing, symptom scales) and critical reflection on course topics to consider how we consume concussion science.

Legends: Build Your Brand

Course	UA 101-093
CRN	17400
Instructor	Rolling, Virginia
Meeting Pattern	T 8 am-8:50 am
Room	Hewson Hall 2023

Description

Build your personal brand by creating a digital e-portfolio website to present to future employers.

Legends: Let's Sing!

Course	UA 101-094
CRN	17417
Instructor	Pritchard, Laura
Meeting Pattern	T 9 am-9:50 am
Room	Gordon Palmer Hall 231

Description

This course is a welcoming, beginner-friendly introduction to singing, open to students of all experience levels. Students will explore how the human voice works and how it can be used across a variety of musical styles. The course introduces foundational principles of healthy singing and basic vocal anatomy, including breath coordination, alignment, and resonance. Through guided activities, students will apply these concepts while singing music from classical, musical theater, pop, and other contemporary genres. We will also listen to and discuss well-known singers, examining their vocal technique and stylistic choices. Students may participate in both group singing and optional individual singing, with participation guided by personal comfort level. The class emphasizes exploration and confidence-building in a supportive environment rather than performance pressure. By the end of the course, students will gain a foundational understanding of vocal function, expand their musical repertoire, and develop skills for singing in a variety of styles.

Legends: Your College Era

Course	UA 101-095
CRN	17529
Instructor	Pettus, Rusty
Meeting Pattern	M 12 pm-12:50 pm
Room	Ten Hoor Hall 252

Description

This class explores student development theories and shows how they apply to your first year in college. Using Taylor Swift’s eras as our lens, we’ll talk about real college moves: picking a focus, handling tough weeks, building a study crew, emailing professors with confidence, and owning your work with integrity. No music theory—just clear tools you can use that week. We’ll explore student development theories that explain how students navigate transitions, build an inner compass (self-authorship), grow in intellectual development (beyond right/wrong to reasoned judgment), practice resilience after setbacks, and form community that helps you stay. Each week you’ll leave with one concrete step: name your era, set two study

norms, map supports, write a pro email, or draft a “reputation reset” after a bad quiz. Come ready to talk, try, and tailor the habits that will carry you through college.

Legends: House of Cards

Course	UA 101-098
CRN	17581
Instructor	Morris, Kathleen
Meeting Pattern	W 4 pm-4:50 pm
Room	Wade Hall 2023

Description

HOUSE OF CARDS (HOC) is a hands-on course that 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.

Legends: AI and Consciousness

Course	UA 101-099
CRN	17582
Instructor	Martin, Jason
Meeting Pattern	W 10 am-10:50 am
Room	Math & Science Education Bldg 0012

Description

In this innovative course, students will engage with a sophisticated neural network machine learning algorithm with limited memory capacity, using interactive discussions and simulations to bring complex concepts to life. Students will engage through discussions, debates, and other activities facilitated by an adaptive AI model under instructor supervision. These interactions let students ask questions, explore complex topics, and receive personalized feedback throughout the course from both the instructor and an AI assistant capable of voice/video recognition, creating a unique educational opportunity.

Legends: AI and Consciousness

Course	UA 101-100
CRN	17583
Instructor	Martin, Jason
Meeting Pattern	W 11 am-11:50 am
Room	Gordon Palmer Hall 234

Description

In this innovative course, students will engage with a sophisticated neural network machine learning algorithm with limited memory capacity, facilitating interactive discussions and simulations that bring complex concepts to life. Students will engage through discussions, debates, and other activities facilitated by an adaptive AI model under instructor supervision. These interactions let students ask questions, explore complex topics, and receive personalized feedback throughout the course from both the instructor and an AI assistant capable of voice/video recognition, creating a unique educational opportunity.

Legends: Law, Ethics, Identity

Course	UA 101-101
CRN	17612
Instructor	Turner, Lindsey
Meeting Pattern	W 12 pm-12:50 pm
Room	Ten Hoor Hall 117

Description

This first-year seminar explores how law and ethical frameworks shape identity, community, and institutional responsibility. Through discussion-based inquiry and structured analysis, students examine how constitutional principles, moral reasoning, and policy considerations influence decision-making within higher education and broader society. Rather than focusing on technical legal doctrine, the course uses accessible case studies and a semester-long institutional dilemma to apply concepts of free expression, equality, responsibility, and civic engagement to real-world contexts. Students engage in guided debate, perspective-taking exercises, and reflective writing that require them to analyze and defend multiple sides of controversial issues. The course emphasizes intellectual curiosity, civil discourse, and analytical reasoning as students transition into university life. The interdisciplinary course is open to all majors and encourages students to understand how legal and ethical systems shape personal development and professional responsibility within a democratic community.

Legends: Lead Beyond Labels

Course	UA 101-102
CRN	17586
Instructor	Finklea, Tre'
Meeting Pattern	W 1 pm-1:50 pm
Room	B B Comer Hall 203

Description

Lead Beyond Labels introduces students to leadership as everyday influence rather than formal position. Designed specifically for new and transfer students navigating a large university, this one-credit exploratory course builds confidence, belonging, and practical skills through highly interactive, in-class experiences with minimal outside work. Students will discover how leadership shows up in daily decisions, relationships, academic habits, and campus engagement while building tools to support their transition to UA. The course emphasizes curiosity, discussion, real-world examples, and hands-on activities that help students apply concepts immediately in campus life.

Legends: Heroes of the Capstone

Course	UA 101-103
CRN	17602
Instructor	Bary, Naima
Meeting Pattern	M 3 pm-3:50 pm
Room	Gordon Palmer Hall 234

Description

Legends 101 is a course for first-year students to explore leadership, personal growth, and strategies for college success. Guided by Nick Saban’s Process philosophy, students cultivate habits, focus, resilience, and goal-setting skills. The course combines self-reflection, discussion, and interactive activities, giving students opportunities to practice and internalize new skills. Four Thriving Skills modules provide practical tools for academic, social, and financial success. This course is designed to help students begin their college journey with confidence and establish habits that support long-term achievement.

Legends: Ticket to Ride Europe

Course	UA 101-106
CRN	17607
Instructor	Holcomb, Hannah
Meeting Pattern	W 11 am-11:50 am
Room	Ten Hoor Hall 114

Description

Traveling in Europe can be fun and challenging, especially for students making their first trip abroad. This course draws on the instructor's 10+ years of travel by plane, train, and bus throughout Western Europe, including directing a UA faculty-led study abroad program. Students will develop specific travel plans using Europe's modern, efficient, and affordable public transportation system. Unlike many regions of the United States, Europeans rely heavily on public transportation. We will compare traditional European travel planning methods with those generated by various artificial intelligence products (e.g., ChatGPT). The instructor will coordinate with UA faculty-led staff to expose students to UA faculty-led study abroad opportunities.

Legends: UA Museums

Course	UA 101-107
CRN	17609
Instructor	Cheshire, Sarah
Meeting Pattern	W 2 pm-2:50 pm
Room	Gordon Palmer Hall 227

Description

Using UA’s museums, galleries and monuments as learning laboratories, this hands-on course will expose students to our campus’ rich learning resources, while fostering skills related to critical inquiry and responsible primary source engagement. Class sessions will alternate between structured, experiential outings and classroom debriefs, where students will use field notes from outings as prompts for reflection. Sites of inquiry will include the Paul Bryant Museum, the Gorgas House Museum, the Natural History Museum, Foster Auditorium, the Sarah Moody Art Gallery, the Bryce Hospital Museum, and campus special collections. Along the way, we will learn to read objects, spaces, and archives as texts and interrogate how our campus preserves history.

Legends: AI in Public Health

Course	UA 101-108
CRN	21241
Instructor	Marcantonio, Tiffany
Meeting Pattern	T 12 pm-12:50 pm
Room	Autherine Lucy Hall 4

Description

No description provided.

Legends: Play an Instrument

Course	UA 101-110
CRN	21242
Instructor	Todd, Danielle
Meeting Pattern	T 3 pm-3:50 pm

Room	Moody Music Building 204

Description

This course is for students who have never played a band instrument or someone who has played a band instrument and would like to learn an instrument "new" to them. This course is for beginning-level students and offers an opportunity to learn to play an instrument in a supportive, encouraging environment. No experience is required.

Legends: Question Everything

Course	UA 101-111
CRN	21243
Instructor	Arico, Adam
Meeting Pattern	T 12 pm-12:50 pm
Room	Ten Hoor 119

Description

This course examines foundational assumptions about reality, the self, free will, knowledge, and morality. Students will critically evaluate the basis of commonly held beliefs about responsibility, truth, and meaning. Through short, high-impact readings and active discussions, students will develop skills in reflection, argumentation, and intellectual curiosity.

Legends: House of Cards

Course	UA 101-112
CRN	21244
Instructor	Morris, Kathleen
Meeting Pattern	W 2 pm-2:50 pm
Room	Wade Hall 15

Description

HOUSE OF CARDS (HOC) is a hands-on course that 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.

Legends: Bryce Campus Grounds

Course	UA 101-113
CRN	17610
Instructor	Beck, Lisa
Meeting Pattern	W 4 pm-4:50 pm
Room	Northeast Medical Building 1140

Description

This course will document the history and legacy of the Bryce campus that is now a significant portion of the UA campus. The course will include coverage of mental health treatment and policy in Alabama as well as the development of the Wyatt Standards. Legends of Bryce is an interdisciplinary course with broad appeal to students interested in psychology, mental health, public policy, law, history, sociology, medicine, architecture, and related topics.

Legends: Cultivating Minds

Course	UA 101-114

CRN	17783
Instructor	Harbison, Delana
Meeting Pattern	W 3 pm-3:50 pm
Room	B B Comer Hall 203

Description

This course explores the connection between horticulture, with an emphasis on gardening, and nature as pathways to promoting holistic well-being. Through hands-on activities and active class participation, students will examine how engaging with nature can support physical, mental, and emotional health. The course also encourages a sense of belonging, increases awareness of campus and community resources that support mental well-being, and introduces practical stress-management and mindfulness techniques. Designed to support first-year and transfer students, this course helps students build skills and connections that contribute to success at The University of Alabama and beyond.

Legends: The Stories We Eat

Course	UA 101-115
CRN	21245
Instructor	Lamar, Anne Franklin
Meeting Pattern	T 4 pm-4:50 pm
Room	Lloyd Hall 228

Description

This course will explore how food stories and culinary storytelling connect people, create cultural understanding, and effect change. We will develop a vocabulary for discussing the relationships between food narratives and social identity, analyzing written and oral accounts of food memories and the social and historical contexts that surround them. We will also explore how we shape and interact with food narratives in our own lives, examining the question, "Who are you through what you eat?"

Legends DL: Value of HigherEd

Course	UA 101-150
CRN	17444
Instructor	Ballard, Kayla
Meeting Pattern	OTIDE Students only
Room	Online

Description

No description provided.

Legends DL: Value of HigherEd

Course	UA 101-151
CRN	17445
Instructor	Ballard, Kayla
Meeting Pattern	OTIDE Students only
Room	Online

Description

No description provided.

Legends: Office 3-6-5 at UA

Course	UA 101-153
CRN	21222
Instructor	Ray, Christopher
Meeting Pattern	T 9:30 am-10:20 am
Room	Bidgood Hall 377

Description

This course introduces new UA students to the core Microsoft 365 tools they will use most often in their college classes: Word, PowerPoint, Excel, OneNote, Outlook, OneDrive, and Forms. Through hands-on, in-class activities, students learn practical digital skills that directly support their academic work—such as organizing files, managing email and calendars, taking structured notes, preparing presentations, and analyzing simple data for assignments. Students complete short weekly tasks that help them immediately apply each tool to their other courses at UA. The course is light-load, exploratory, and focused on strengthening students' confidence with the digital tools they will rely on throughout college.

Legends: Mindful You

Course	UA 101-199
CRN	21247
Instructor	Threatt, Jonie
Meeting Pattern	Online course by special invitation
Room	Online

Description

Mindfulness is an evidence-based well-being course designed for emerging adults that integrates mindful practice, reflection, and research-based strategies to support stress management, emotional regulation, focus, and resilience. Using curriculum from the Mindfulness Institute for Emerging Adults (MIEA), students learn practical mindfulness techniques and tools that promote self-awareness, balance, and well-being in both academic and personal life.

Legends DL: Value of HigherEd

Course	UA 101-250
CRN	21248
Instructor	Ballard, Kayla
Meeting Pattern	OTIDE students only
Room	Online

Description

No description provided.

Legends DL: Value of HigherEd

Course	UA 101-251
CRN	21249
Instructor	Ballard, Kayla
Meeting Pattern	OTIDE students only
Room	Online

Description

No description provided.

Legends: Hip Hop as Discourse

Course	UA 101-320
CRN	21250
Instructor	Summerville, Kiara
Meeting Pattern	M 2 pm-2:50 pm
Room	Russell Hall 357

Description

This one-credit course explores hip hop as a cultural force (past, present, and future) while introducing students to Discourse Analysis as a simple tool to decode meaning in lyrics and media. Through interactive activities, playlist parties, and creative projects, students will learn how hip hop reflects society and how language shapes their everyday lives as college students.

Legends: First Gen Strengths

Course	UA 101-322
CRN	21251
Instructor	Harris, Carrie
Meeting Pattern	F 9 am-9:50 am
Room	Lloyd Hall 123

Description

In this course, students will learn about personal strengths and how to use them in college, the transition into college and how to navigate resources, and important skills like resiliency and teamwork. In addition, students will cultivate community among first generation college students at UA, gain an understanding of their Top 5 Clifton Strengths, and learn to communicate their unique first-gen narrative. Students should walk away from the course knowing how to articulate their Strengths in various settings and know how to share their story and advocate for themselves.

Legends: REACH Built to Thrive

Course	UA 101-323
CRN	21252
Instructor	Hubbard, Shannon
Meeting Pattern	W 3 pm-3:50 pm
Room	Lloyd Hall 228

Description

This course explores how life experiences shape trust, communication, and boundaries in relationships, with a focus on building insight and emotional awareness. Using a trauma-informed approach, students gain practical tools to strengthen connections, regulate stress, and navigate college life with greater clarity and balance.