General Studies

General Studies courses are courses that fall outside of the major disciplines. Some are included in the core curriculum offering, others are based on a faculty member's interest in the topic. Most are only offered during Winter Term, but may not be offered every Winter Term. Some are offered during the Fall or Spring terms. In most cases, these courses count for elective credit only.

Courses

GS 100 McAuley Scholars: Service & Success: 1 semester hour
In the spirit of Catherine McAuley, this course gives students the opportunity to grow academically, personally, professionally, and civically through the development and implementation of a community service project. In accordance with the mission of MMU, students will reflect, engage, serve, and live intentionally as they work in small peer groups to serve the community in which they are now members. Students will develop skills and knowledge that will be useful in college, in their future careers, and as engaged citizens. Additionally, students will participate in several out-of-class activities that will enable them to develop a strong foundation for success as they progress through their first semester of college and beyond. This course is for first-year students in the McAuley Scholars program.

GS 101 Introduction To Film Studies: 3 semester hours
This course will talk about how and why people respond to film by examining the fundamentals of film by examining the fundamentals of film analysis (the various language systems and techniques used by film makers to generate meaning). The primary emphasis will be on feature-length narrative fiction films, with occasional study of documentaries, animation, and experimental cinema.

GS 102 Mustang Seminar: 1 semester hour
The goal is to prepare new Mustangs for life as a college student at Mount Mercy. After completion students will have a deeper understanding of campus resources and increased comfort accessing them. In addition to completing a service project, students will also learn about academic expectations, meet peers, and develop their own personal goals and interests.

GS 115 Women's Health: 3 semester hours
Women's health and health issues are a concern of women and health care providers. Women are living longer and want to remain healthy over their lifetimes. For healthy aging, a woman must develop good life-style habits while young. Some of the topics included are: healthy living, sexuality (puberty, family planning, sexually transmitted infections, childbearing, and menopause), mental health, eating disorders, violence, and cancer.

GS 119 Healthy Lifestyle: 3 semester hours
This course will help students recognize personal health habits and explore methods to establish healthy lifestyles. Strategies for improving overall health and physical fitness will be utilized. The classroom component addresses a variety of topics related to emotional physical health. An aerobic exercise component to this class is included.

GS 120 Complementary Therapy & Wellness: 3 semester hours
Over the past 20 years, American health care has shifted from a biomedical model toward a holistic approach that incorporates physical, emotional, social, environmental, intellectual and spiritual dimensions of wellness. Therapies from non-western medicine (such as acupuncture, herbal supplements, yoga, massage, medication) are used in conjunction with traditional western medicine as "complementary therapies" with the goal of health promotion. As current or potential future users of complementary therapy, college students will benefit from defining various complementary therapy modalities, exploring current research, and evaluating practitioners' qualifications. To enhance cultural sensitivity, healing practices from other cultures and cultural influences on health beliefs and health practices will be addressed.

GS 128 Strength Training With Weights: 3 semester hours
This course will involve both lectures and weight-training sessions. The lectures will address such topics as free weights versus weight machines, high reps versus low reps, various routines and exercises, diet, dietary supplements like amino acids, potential benefits from aerobic exercise, the dangers of steroids, and what muscles are affected by various exercises. This course is designed for students who are primarily interested in gaining strength rather than doing aerobic exercise. Also it is designed for the beginning to intermediate lifter and not for the advanced lifter. No prerequisites.

GS 138 The Final Journey: Death & Dying: 3 semester hours
This course is the study of the structure of the human response to death, dying, and bereavement in various socio-cultural, interpersonal, and personal contexts. This course is intended to help students explore end-of-life issues related to: grief and bereavement; life course understandings of death and dying; functions of the funeral; death-systems professions; and ethical debates surrounding end-of-life care and decisionmaking. This course is designed for students from a variety of backgrounds and majors.

GS 145 Introduction to Sustainability: 3 semester hours
Sustainability is more than recycling. It seeks social, cultural, and economic justice while preserving the environment for future generations. This course explores the many facets of sustainability using the United Nations 17 Sustainable Development Goals. Open to all majors, this course will cover topics including environmental issues, economic sustainability, and personal and community wellness. Students will discover how sustainability affects their lives and communities and how each of their career choices can have a positive influence for a sustainable future. This course will be a combination of lecture, discussion, and experiential learning. No prerequisites. Three hours of lecture each week.

GS 151 Introduction to Dramatic Art: 3 semester hours
This course is designed to sharpen the lens through which you view a theatrical production or film, with the aim of creating a more deeply satisfying experience as a participant or audience member. Through the reading of plays covering many styles, periods and genres, and guided in-class analysis of these texts, you will learn how the pieces of the play work together to support the overall telling of the story. We will also discuss how the theatre functions as a body, the roles of the designer, director, playwright and actor, and how each individual's artistic contribution works to create an effective piece of dramatic art. Through the completion of this course you will gain a deeper appreciation for the work of the theatre and also a deeper understanding of its role in humanity and its impact on society. This course counts as an expressive arts domain fine arts course.

GS 152 Theatre Production: 1 semester hour
This course involves the production of a given play, and as such aims to provide experiential learning in the art of theatre. Student can register for 0-1 semester hours. Repeatable.

GS 157 American Food: 3 semester hours
The course will explore the health and sustainability of the American diet. What goes into growing and processing the food we eat? How do food marketers and regulators influence what we choose to consume? How do those choices in turn impact our health? We will look at fast food, organic food, and the global food market as we talk about the impacts on the environment, public health, and personal nutrition. Through lectures, films, and field trips we will see firsthand where our food comes from and we will be able to make informed, purposeful choices about what we decide to eat.

GS 159 Healthcare in the UK: 3 semester hours
This course will allow students to explore, compare, and contrast the healthcare system in the United Kingdom with that of the United States. Students will have an opportunity to explore both the inpatient and outpatient healthcare options in the UK as well as attend classes in healthcare. Additionally, they will visit local hospitals and clinics to explore routines/policies. Students will also visit London and experience cultural exhibits to determine the value these exhibits have on the history of healthcare both in the US and the UK.

GS 170 Czech Language and Culture: 3 semester hours
This intensive, summer four-week course in the Czech language is taught at Palacky University in the Czech Republic through its Summer School of Slavonic Languages. Classes include a foundation of Czech grammar, and intensive practice in reading and developing conversational skills. Language classes are augmented by lectures and seminars on Czech history, language, and culture, and by excursions to Czech cultural sites such as Prague, national parks, and castles. A final exam and reflective journal are required. The student is responsible for additional costs, including travel to the Czech Republic. Special application and permission of the Office of International Programs is required.

GS 171 Meditation And Its Benefits: 3 semester hours
This course is designed to explore meditation from various disciplines. We will look at meditation to understand its physiologic, socio-psychological and spiritual benefits. The course is open to all interested students. However, research suggests that individuals with psychotic illnesses should not participate in meditation. Students with a history of mental illness should seek advice from their physician prior to enrolling. This course is open to all majors.

GS 179 Psychology Of Eating: 3 semester hours
This course focuses on understanding the psychological processes underlying eating behavior. Topics studied will include: food choice, the development of food preferences, motivation to eat, cultural influences on eating patterns, weight regulation and the relationship between eating and mental health. Students will have the opportunity to modify their own eating behavior during the course. Prerequisite: PS 101.

GS 190 Championship Habits: 3 semester hours
Winning, losing, success, and failure all reveal their own set of characteristics. The big decision we make in life is which traits we choose to embrace and make our own. In this class students study the habits of people who are champions at the game of life and learn how to model those winning traits. If you want to become more effective, get more focused in you academic work, experience lower levels of stress, and set yourself on a path toward personal success, then this class is for you. Students are required to 1) exhibit knowledge of modeling a performance task, 2) catch and correct negative self - talk, 3) build positive self-talk, 4) develop sound routines for their most important work, and 5) develop a context-based model of success as a culminating activity.

GS 195 Men's Health: 3 semester hours
Men's health and health issues are a concern of men and health care providers. Men are living longer and want to remain healthy over their lifetimes. For healthy aging, a man must develop good life-style habits while young. Some of the topics include healthy living, sexuality (puberty, sexually transmitted infections, infertility, fatherhood, healthy relationships and mental health, cancers, cardiovascular wellness, and the mid-life crisis.

GS 210 Major Film Directors: 3 semester hours
This course will study the films of some of the most important directors from the beginning of film to the present. This course may take a number of different approaches: it may study many different directors from many countries, one specific director, or directors from one country. In the process, it will talk about what a director does and about the distinct careers of these important filmmakers.

GS 220 Film Genres: 3 semester hours
This course will study Genre filmmaking by focusing on one or more of the major film genres. Genre cinema has always been one of the more prolific, profitable, and sometimes artistic arenas for all kinds of filmmakers and has led to the creation of some of the world's greatest films (Singin' in the rain, The Godfather, and Raging Bull as examples) and to some of the worst. Students will examine the characteristics of genre filmmaking, look at how the genre film has been one of America's most constant social exports, and identify the thematic/ structural concerns with the specific genres.

GS 225 How To Find Out Anything: Intermediate College Research: 2 semester hours
This course builds skills that can then be applied and expanded upon in upper-level research courses already taught in a variety of majors. Students will learn how to locate, evaluate, and engage with information in print and electronic sources. Students will learn how to better use the resources already available to them and apply these resources to their coursework and everyday searching needs.

GS 230 Foundations of Servant Leadership: 3 semester hours
Foundations of Servant Leadership will introduce students to the concept of Servant Leadership as originally described by Robert Greenleaf in his seminal work, The Servant as Leader (1970). Servant Leadership begins with an altruistic calling, and while along the path of self-discovery, a conscious choice to lead others in order to achieve results by bringing out the best in people to contribute to the greater good of our society with their time, talent and treasure. Servant Leadership is an emergent leadership style that has spawned academic research and inspired practical application across industry to improve organizations and communities. Students will begin to examine current Servant Leadership literature, explore their own leadership values/style and engage with the Critical Concerns outlined by the Sisters of Mercy. Students will participate in service, followed by service learning which will lead to Servant Leadership.

GS 231 Studies In Foreign Film: 3 semester hours
This course will study some of the most important foreign films (including films for the United Kingdom) that have been produced since the beginning of cinema history until the present. This course may study films from many different countries or concentrate on the cinema of only one country.

GS 250 Business Etiquette: 3 semester hours
Although technical skills are important for career success, the total image projected by candidates can often overshadow even the best of skills. This course is designed to prepare students for success in today's business environment. Learning how to navigate the corporate culture that will enhance interpersonal relationships.

GS 255 Child and Adolescent Health: 3 semester hours
In this class students will explore the different diseases, illness, and health related issues that commonly affect youth. They will review evidence supporting the foundation for life-long health for all youth. Students will explore strategies for health promotion and disease prevention from birth through the teen years. All disciplines are welcome. Prerequisites: sophomore level standing, PS 124, SO 122, or permission of instructor.

GS 260 European Union: Culture, Politics & Economics: 3 semester hours
This travel course will provide students the opportunity to experience other cultures by visiting countries within the European Union. The course will include visits to businesses, governmental institutions and artistic centers. Assignments will include the role of the European Union in the current political and economic arenas.

GS 265 Experiencing the Civil Rights Movement in the United States: 3 semester hours
This course provides students with the opportunity to learn about the modern civil rights era in the United States, specifically focusing on events during 1945-1970. We will explore the historical significance of the civil rights era, while simultaneously using a contemporary lens of focus on the critical concern of racism. In addition, students will also have the opportunity to learn about student-led activism in the 1960’s such as CORE, SNCC, and the Freedom Rides. It will be an experiential course, with a travel itinerary including significant historical sites in Missouri, Tennessee, Alabama, Georgia, and Mississippi.

GS 350 Directed Study Abroad: 12 semester hours
This course is for students enrolled in an approved J-term, summer, semester, or academic year study abroad program, including study through Mount Mercy's exchange partnerships, through a study abroad provider, or through a foreign institution. A required pre-departure orientation is included in the course. Credit hours will be adjusted based on completed work and transferred from the host institution abroad.

GS 424 Experiential Learning: 6 semester hours
The purpose of this course is to provide a deeply engaging, reflective learning experience that advances a student’s career or life path. Experiences must be approved by the Career Services Office and must fall within one of the following categories: Internship, Global and Community Engagement, Leadership, Life Learning Experiences.