

FL26 NEW COURSES & DESCRIPTIONS

Psychology and Nutrition: PS 370

In this course, we will discuss the emerging field of nutritional psychology. Topics will include the relationship between nutrition and psychological wellbeing, the impact of diet on cognitive processes such as memory and decision making, the gut-brain connection, and behavioral, environmental, and psychological influences on diet. This class will NOT cover eating disorders. The focus will be on the beneficial effects of nutrition on the brain and how to optimize those effects.

Prerequisite(s): PS 201; Minimum Grade C

Restriction(s): NA

China's Foreign Relations: IS 302

VMI cadets will graduate into a world in which China will likely have the most consequential bilateral relationship with the United States throughout the 21st century. It will impinge on their professional lives, whether they enter a branch of military service or pursue a civilian career. This course is designed to illuminate how the PRC conceives and conducts its relations with its neighbor nations in Asia and beyond. How does China behave in political, economic and cultural terms within our fast- changing global system?

Prerequisite(s): NA

Restriction(s): NA

China in the Modern World: IS 303

Cadets from VMI will graduate into a world where China is likely to be the most consequential bilateral relationship with the United States through the 21st century. It will impinge in many and sometimes unpredictable ways on their professional lives whether they enter a branch of military service or pursue a civilian career. What do they need to know about China to prepare for this? This course will study state power and governance in China within a broad historical landscape. We will not march through three or more centuries in a single elongated narrative. Rather, we will concentrate on several major turning events and periods in China's rough road to its unique form of modernity.

Prerequisite(s): NA

Restriction(s): NA

Applied Mobility & Movement Optimization: HPW 370

This course focuses on the development of joint mobility, movement quality, and neuromuscular control to support athletic performance, physical readiness, and injury resilience. Students learn evidence-informed mobility concepts and apply them through structured, progressive movement sessions. Emphasis is placed on breathing, posture, joint health, and recovery strategies relevant to high-demand physical training environments. This course is non-clinical and non-diagnostic in nature.

Prerequisite(s): Required classes before electives:

PE-100, PE-101, HPW-200 or HPW-201 - Swimming

PE-102 or HPW-102 - Boxing

PE-105 or HPW-105 - Wellness Concepts

PE-300 or HPW-205 - Physical Conditioning

Restriction(s): NA

International Accounting: BU 450-01

TBD

Prerequisite(s): NA

Restriction(s): 4th Class 2030 Not Permitted

Project Management: BU 450-02

This course provides a comprehensive introduction to the principles, terminology, and practical techniques of modern project management. The course is ideal for beginners and aspiring project leaders seeking to develop a strong foundation for professional certification and workplace application. Through real-world scenarios, hands-on exercises, and guided case studies, participants will learn how to initiate, plan, execute, monitor, and close projects successfully across a variety of industries.

Prerequisite(s): NA

Restriction(s): 4th Class 2030 Not Permitted

Modern American Conservatism: HI 370M

This course examines conservatism as a part of the American political tradition from the Progressive Era to the present and explores both changes and continuities in the conservative worldview over that time period. Region: U.S.

Prerequisite(s): HI-201W or HI-202W; Minimum Grade C

Restriction(s): NA

History of the U.S. Presidency: HI 470R

This course examines how presidents shaped domestic policy and foreign affairs while navigating constitutional constraints, political opposition, and public scrutiny. Students will grapple with questions that define American politics, including: What are the limits on presidential power? How have moments of rupture expanded executive authority? How are presidential legacies built and contested? The course emphasizes original research; cadets will work with archival sources available digitally through the various presidential libraries and the American Presidency Project. Ultimately, cadets will develop evidence-based research papers on the U.S. presidency and its role in American democracy. Research intensive. Region: U.S.

Prerequisite(s): One 300 level, methodologically intensive (M) History course

Restriction(s): History Majors Only