

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

North Korean Security: IS-302

Why should U.S. students want to know and study North Korea? Why does North Korea seek to possess nuclear weapons? While American students are expected to answer these questions, I would like to propose a possible answer. Currently, North Korea poses direct and indirect security threats to the U.S. Directly, North Korean nuclear weapons and missiles are targeted at American territories. Indirectly, North Korea has the ability to assist China, which is considered a strategic competitor of America. On the contrary, Could America take advantage of North Korea in dealing with current China's Communist Party ?. Through these inquires, this course will be composed of three parts: basic knowledge about North Korea, North Korea's foreign relations, and North Korea and U.S.-China strategic competition. The instructor will encourage, help, and guide all of you to reach your own creative answers for these questions above through this course.

Prerequisite(s): NA

Restriction(s): NA

Chinese Military: IS-303

This course is designed to provide comprehensive knowledge of the People's Liberation Army (PLA), focusing on its history, capabilities, reforms under Xi Jinping, and military strategy regarding Taiwan. The course is divided into four structured modules:

- The first part covers the history of the PLA before the Xi Jinping era, with a focus on the early history of the Red Army during the revolutionary war period. It will also examine the evolution of military strategies under leaders prior to Xi Jinping, such as Deng Xiaoping, Jiang Zemin, and Hu

Jintao. This section concludes with an overview of the PLA's previous military reform efforts before Xi's era.

- The second part focuses on Xi Jinping's military reforms since 2015. It explores the motivations behind these significant reforms, their overarching goals, the structural changes within the PLA, and their impact on each branch of service.
- The third part analyzes the current capabilities of the PLA, which is now organized into five theater commands. The capabilities of each branch, from the Army to the militia, will be examined in detail.
- The fourth part addresses the PLA's military plans for a potential invasion of Taiwan, along with Taiwan's counter-strategies. Additionally, the U.S. military response to China will be discussed, encouraging debate and critical thinking among students.

By the end of the course, students will be able to:

- Understand how the PLA differs from the military forces of democratic states by studying its historical evolution.
- Comprehend Xi Jinping's military reforms and how they align with his "Chinese Dream."
- Assess the PLA's current military capabilities and organizational structure.
- Analyze and predict the PLA's military strategies and actions regarding Taiwan, as well as related U.S. strategic responses.

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

International Accounting explores and compares the different types of accounting standards and practices used around the world, as well as the accounting and business practices related to international business activities and foreign investment. Topics include the international convergence of financial reporting, international financial reporting standards, worldwide accounting diversity, the study of multinational corporations and related managerial accounting topics, foreign direct investment international trade, capital markets, transfer pricing, taxation, foreign currency exchange, auditing, and international sustainability reporting.

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