

## Nutrition

**Biological & Physical Sciences, (406)  
657–2341**

**Health & Human Performance, (406)  
657–2370**

### **NUTR 121 Clinical Human Nutrition**

**[formerly BIOL 104 Nutrition for Health Careers]**

**2 cr. (F, Sp, Su)** Introduces the importance of a nutritious diet in the maintenance and promotion of health. Emphasizes clinical aspects of human nutrition and appropriate uses of diet therapy in the clinical setting. Designed for students in health care pathways. Restricted to ASN/PN majors at MSUB City College.

### **NUTR 221 Basic Human Nutrition**

**[formerly BIOL 221 Human Nutrition]**

**3 cr. Prerequisite: BIOB 101 or BIOH 301, and CHMY 121. Recommended: CHMY 123. (F, Sp)**

Includes the principles of adequate diets in human nutrition, which involves carbohydrates, lipids, proteins, vitamins, minerals, absorption, digestion, metabolism, and energy utilization as they relate to health and food consumption at different stages of the life cycle. This is primarily a course for health science majors.

### **NUTR 411 Nutrition for Sports and Exercise**

**[formerly HHP 432 Nutrition in Health and Human Performance]**

**3 cr. Prerequisite: KIN 105/106, NUTR 221. (F, Sp)**

Emphasizes nutrition as it applies to fitness, training, and athletic performance. Topics include macro- and micronutrient requirements and dietary recommendations, energy metabolism, anthropometry, body weight issues, increased nutrient needs during training and competition, and nutritional ergogenics. Application of concepts is reinforced in a nutritional assessment of a volunteer student athlete and educational video project.

## Philosophy

**English, Philosophy & Modern  
Languages**

**(406) 657–2348**

### **\* PHL 110 Introduction to Ethics: Problems of Good and Evil**

**[formerly PHIL 115 Ethics]**

**3 cr. (F, Sp)** Explores canonical moral theories and contemporary moral problems. Students are invited to examine a variety of moral viewpoints, including the strengths and weaknesses of each, and to critically examine their own moral commitments. Coursework explores controversial issues such as abortion, animal rights, sexism, poverty, euthanasia, environment, and capital punishment.

### **\* PHL 111 Philosophies of Life**

**[formerly PHIL 117 Philosophies of Life]**

**3 cr. (F, Sp)** Explores how philosophy shapes our lives. This course serves as an introduction to core philosophical themes and thinkers from a variety of perspectives. Things to be pondered might include the meaning of life, justice, skepticism, and our place in the world.

### **PHL 234 Introduction to Logic: Applied Logic**

**[formerly PHIL 221 Critical Thinking]**

**3 cr.** Distinguishes between different forms of arguments and exposes a variety of common fallacies. Students will learn to analyze the components of arguments, distinguish different forms of argumentation, assess claims, and think critically about such common cultural expressions as advertisements, political rhetoric, and news reports.

### **PHL 254 People and Politics**

**3 cr. (3 lec/wk) (F)** Examines a number of the main figures, texts, and ideas in the history of western political thought, with an emphasis on the development of democracy. Analyzes the significance of issues like rights, freedoms, equality, justice, the legitimacy of the state, and the sovereign.

**PHL 265 Studies in the History of Philosophy**  
**[formerly PHIL 300 Studies in the History of Philosophy]**

**3 cr. Prerequisite: one course in philosophy. (every second Sp)** Explores the philosophical developments during several of the following eras (to be announced each time the course is offered): Ancient, Medieval and Renaissance, Modern, 19<sup>th</sup> Century, and 20<sup>th</sup> Century. Course is an introduction and survey of the major philosophical figures and movements that mark each time period.

**\* PHL 271 Indian Philosophies and Religions**  
**[formerly PHIL 233 Philosophies and Religions of India]**

**3 cr. (F)** Explores, through a comparative lens, the philosophies and religions of India, including such topics as Hinduism, Buddhism, mythology, art, ethics, and religious exemplars, as well as contemporary issues such as gender relations, attitudes toward nature, and the place of nonhuman animals. Interactive and rooted in critical thinking, this course invites students to compare their own worldview with philosophical and spiritual worldviews of India.

**\* PHL 272 Chinese Philosophies and Religions**  
**[formerly PHIL 234 Philosophies and Religions of China, Tibet, and Japan]**

**3 cr. (Sp)** Explores the philosophies and religions of China, including such topics as Daoism, Confucianism, mythology, art, ethics, and religious exemplars, as well as contemporary issues such as gender relations, attitudes toward nature, and the place of nonhuman animals. Interactive and rooted in critical thinking, this course invites students to compare their own worldview with philosophical and spiritual worldviews of China.

**PHL 294 Seminar/Workshop**  
**[formerly PHIL 292 Seminar]**

**V1-3 cr.** Provides an opportunity to intensively investigate specific topics pertinent to fields of Philosophy and/or Religious Studies, such as Islam, Philosophy of Science, Sacred Texts and the Natural World, Buddhism, Philosophies of Love, Feminist Philosophy, Existentialism, Phenomenology, and Ideas that Rocked the 20<sup>th</sup> Century.

**PHL 320 Philosophy and Business Ethics**  
**[formerly PHIL 314 Business Ethics]**

**3 cr. (every second F)** Explores complex moral dilemmas facing individuals in business and the ethical problems of business in society. Explores theories and case studies to analyze the way that justice, human rights, and the social good are critical to business.

**PHL 324 Nature, Culture and Philosophy**

**3 cr. (3 lec/wk) (Sp)** Examines how humans understand and relate to the natural world. Critical and comparative in nature, students explore such topics as contemporary environmental issues, important movements and organizations, tactics, theories, and the contributions of key individuals, with an eye to examining the environmental impact of our lifestyles.

**PHL 326 Death, Dying and Medical Ethics**  
**[formerly PHIL 301 Death, Dying and Medical Ethics]**

**3 cr. Prerequisite: consent of instructor. (every second Sp)** Explores issues involving medicine, technology, and the law, and the host of ethical concerns that accompany them, such as justice, personhood, death, experimentation, medical practice, and the value of life. These will be examined from as many sides as possible, weighing the reasons people have for believing them.

**PHL 364 Great Figures and Ideas**  
**[formerly PHIL 360 Great Figures in Philosophy and Religion]**

**3 cr. (alternating F)** Examines the lives and works of foundational thinkers and what they have contributed to the philosophical tradition. Possibilities include Gandhi, Kant, The Enlightenment, Pre-Socratics, and Sartre.

**PHL 375 Women, Philosophy and Religion**  
**[formerly PHIL 365 Women, Philosophy, and Religions]**

**3 cr. Prerequisite: A course in religious studies or consent of instructor. (alternating F)** Explores topics such as violence, gender constructs, the media, sexism, power structures, ecofeminism, and controversial contemporary issues in philosophy and religion. Rooted in critical analysis and class discussion, coursework encourages students to examine sexism and equality in our culture and in their own lives.

**PHL 492 Independent Study**  
**[formerly PHIL 491 Independent Study]**

**V1-5 cr.** Provides students an opportunity to research subjects in Philosophy and Religious Studies which are not explored in regular courses.

**PHL 494 Seminar/Workshop**  
[formerly PHIL 492 Seminar]

**V1-3 cr.** Provides an opportunity to intensively investigate specific topics pertinent to fields of Philosophy and/or Religious Studies, such as Islam, Philosophy of Science, Sacred Texts and the Natural World, Buddhism, Philosophies of Love, Feminist Philosophy, Existentialism, Phenomenology, and Ideas that Rocked the 20<sup>th</sup> Century.

**Photography****Art****(406) 657-2324****\* PHOT 154 Exploring Digital Photography**

**3 cr. (6 stu/wk) (Sp, Su)** Introduces technical and aesthetic ways of creating digital photographic images. Emphasis is on the production of photographic images, from acquiring them with digital cameras to using computer software for manipulating digital images. Instructor and peer critique of student work is an integral part of the course.

**Physics****Biological & Physical Sciences****(406) 657-2341****\* PHSX 103 Our Physical World**

[formerly PHYS 101 Earth, Air, Fire &amp; Water]

**3 cr. Prerequisite: M 095. Corequisite: PHSX 104.**

**(F, Sp, Su)** Concentrates on fundamental ideas of physics: energy, forces, and conservation laws. Helps students understand basic principles which underlie and explain all diverse phenomena and structures of the physical world. Emphasizes conceptual rather than mathematical treatment; however, basic algebra skills are required.

**\* PHSX 104 Our Physical World Laboratory**

[formerly PHYS 102 Earth, Air, Fire &amp; Water Lab]

**1 cr. Corequisite: PHSX 103. (F, Su)** Examines and analyzes the immediate physical environment in terms of fundamental principles through data collection, analysis, and the formation of scientifically valid conclusions. Develops an appreciation for the simplicity of basic physical laws and the broad range of phenomena which can be explained by them.

**\* PHSX 105 Fundamentals of Physical Science**  
[formerly PSSC 101 The Physical World Around Us]**3 cr. Prerequisite: M 095. Corequisite: PHSX 106.**

**(Sp)** Introduces students to the fundamental ideas of Chemistry, Physics and Earth Science and their roles in our understanding of the world, and explores the impact of each on our society. Emphasizes conceptual rather than mathematical treatment; however, basic algebra skills are required. Lab required.

**\* PHSX 106 Fundamentals of Physical Science Lab**  
[formerly PSSC 102 The Physical World Around Us Lab]

**1 cr. (Sp)** Enhances the lecture material of PHSX 105 through the usage of experiential activities.

**\* PHSX 205 College Physics I**

[formerly PHYS 110 College Physics I]

**3 cr. Prerequisite: M 122. Corequisite: PHSX 206.**

**(F)** Presents an algebra-based treatment of introductory physics covering vector analysis, Newton's Laws of Motion, conservation laws, bulk properties of matter, fluid mechanics, and wave motion. This is the first semester of a two-semester sequence. Students may receive credit for only one introductory sequence: PHSX 205-207 or PHSX 220-232.

**\* PHSX 206 College Physics I Laboratory**

[formerly PHYS 111 College Physics I Lab]

**1 cr. Prerequisite: M 122. Corequisite: PHSX 205.**

**(F)** Laboratory to complement the lecture in PHSX 205.

**PHSX 207 College Physics II**

[formerly PHYS 120 College Physics II]

**3 cr. Prerequisite: PHSX 205 and PHSX 206. (Sp)**

Presents continuation of PHSX 205 with a discussion of thermodynamics, electricity and magnetism, electric circuits, and the behavior and properties of light (with an emphasis on optical applications). This is the second semester of a two-semester sequence. Students may receive credit for only one introductory sequence: PHSX 205-207 or PHSX 220-232. Lab required.

**PHSX 208 College Physics II Laboratory**

[formerly PHYS 121 College Physics II Lab]

**1 cr. Prerequisites: PHSX 205 and PHSX 206. (Sp)**

Complements the lecture in PHSX 207 with emphasis on electricity, magnetism, and thermodynamics.