

2022 ASMS STEM LEADERSHIP ACADEMY

COURSE CATALOG

DAY – COURSES (PERIODS A, B, and C – 8:00 am – 3:00 pm)

3D PRINTING AND DESIGN

In this course, students will model the workflow of industrial design and progress from 3D Computer-Aided Design software to a 3D physical model. Models will be created using a 3D printer. Students will get to keep their models.

Instructor: Dr. Matthew Davenport

Offered: Week 1 and Week 2

Period: A

Room: West Campus – RLC 101

ACT PREP

Students who will be seeking admission to colleges and universities upon high school graduation take the ACT test. The higher the score, the greater the college admissions and scholarship opportunities. Early preparation is the key to success! In this course, you will prepare with a professional tutor and practice the sessions along with learning strategies that will increase your confidence along with your scores.

Instructor: Kevin Dolbeare

Offered: Week 1 and Week 2

Period: A

Room: Media Room

ALL ABOUT ANIMALS

Do you love learning about animals? Do you have an interest to work in the field of zoology one day? Perhaps you want to be a veterinarian or even a wildlife biologist. If so, this course is for you. Students will explore the different classes of organisms within the animal kingdom, have hands-on experience dissecting organisms, including invertebrate and vertebrate species, handle preserved specimens, and explore how these organisms compare to one another anatomically. Learn about animal behavior, animal adaptations, and their interactions in the environment. Students will visit an animal rehabilitation center, visit the animal shelter, and take a trip to a local animal clinic to have a behind-the-scenes tour and speak to the veterinarians.

Instructor: TBA

Offered: Week 1 and Week 2

Period: A or B

Room: S405

BASIC CHEMISTRY OF THE FOOD WE EAT

Ever wondered why you can't un-boil an egg? Or how do those holes get into your bread? Or what that gross blue stuff is that your parents put on a salad? Students in this class will get to discover the secret world of food by learning how different foods taste, smell, and feed your brain. Topics in Biology and Chemistry will be included in an engaging and interactive environment.

Instructor: Dr. Matthew Davenport

Offered: Week 1 and Week 2

Period: C

Room: S302

BASIC MATH CONCEPTS

Review middle school math concepts, such as integer (positive and negative numbers) operations, fractions, decimals, percents, ratios, and proportions, through a combination of hands-on learning activities and classroom games.

Instructor: Deidre Reynolds

Offered: Week 1 and Week 2

Period: C

Room: S106

BLOCK-BASED PROGRAMMING with SCRATCH

With Scratch, students can program their own interactive stories, games, and animations. Scratch helps young people learn to think creatively, reason systematically, and work collaboratively. Scratch is a project of the MIT Media Lab.

Instructor: Grey Gaillard

Offered: Week 1 and Week 2

Period: A

Room: S202

CODE A MICRO:BIT

Learn how to program a micro:bit, a really cool mini-board computer that has LED lights, a radio and Bluetooth antenna, a compass, a temperature sensor, and an accelerometer plus pins for attaching external sensors. Use your imagination to create games and experiments or make a banana beatbox. We'll start with simple projects to display text and icons. Learn to write

programs to keep score, play a song, or send secret messages to a friend's micro:bit. You'll be amazed what you can do and control by the end of the week!

Instructor: Oscar Presnall

Offered: Week 1 and Week 2

Period: C

Room: S206

Creative Chemistry: Workshop of Chaos

Labwork is important to scientific inquiry and in this class, students will explore science from a different perspective. This course will mimic the laboratory experiments of famous fictional scientists while introducing students to basic laboratory principles and processes. Students should be prepared to be wowed and amazed. We will do a hands-on laboratory activity each day and as a result, closed-toe shoes will be required daily (no flip flops allowed).

Instructor: Kevin Dolbeare

Offered: Week 1 and Week 2

Periods: C

Room: S401 and S402

CYBERPATRIOTS BASIC CYBER PROGRAM (Two-Period Class)

Delve into the world of Cybersecurity by experiencing a week in a CyberPatriots Basic Cyber Program! It's the perfect way to get introduced to the expanding and important field of cybersecurity! In this program, CyberCamp attendees do not need to have any prior knowledge of cybersecurity to participate. The curriculum is a basic-level introduction to the skills and topics utilized in the Air Force Association CyberPatriot Competition. All attendees will compete in a CyberPatriot Competition on the last day.

Instructor: Deborah Gray

Offered: Week 1 and Week 2

Periods: A and B

Room: S206

DEBATE

When we feel strongly about something, it can be difficult to calmly argue with someone on the topic. However, staying calm and rational can be the best skill in these instances. Making sure to structure your argument logically is a necessary skill. In this class, we will discuss what debate is, common forms of debate (Lincoln-Douglas and Public Forum), and how to effectively debate with others. Debate is a great way to improve your thinking and hold conversations that actually help change people's minds.

Instructor: Amy McGowan

Offered: Week 1 and Week 2

Period: C

Room: B126

GEOLOGY ---DIGGING DEEPER THROUGH MINECRAFT

Geology is the science that allows us to unlock the secrets of the earth by studying rocks and stones, geochemistry, and geobiology. By “digging deep” into the earth mysteries of the past and even the future can be uncovered. Many students have been introduced to the science of Geology through the program Minecraft and in this course, students will compare and contrast both the real and virtual worlds both in class and with three field trips to answer a multitude of questions such as “Can you really make a suit of diamond armor?” “Can obsidian stop TNT?”. Other real-world geologic processes replicated in the program will also be examined and “dug into”!

Instructor: Kevin Dolbeare

Offered: Week 1 and Week 2

Period: B

Room: S401

HANDS-ON GEOMETRY!

Get your “hands-on” in this Geometry course by creating tetrahedron kites, Pythagorean spirals, and robots from 3D figures. Haven’t taken Geometry yet? Don’t worry! You will learn the Geometry concepts needed to complete your projects.

Instructor: Meoshe Id-Deen

Offered: Week 1 and Week 2

Period: B

Room: S305

INDUSTRIAL DESIGN

Industrial Design is where science, technology, and design come together to create the products of the future. In this introductory class, students will design and create their own functioning portable Bluetooth speaker. In order to complete this students will need to learn to read an electronic circuit schematic, use a multimeter to test resistance, capacitance, voltage, induction, and current, understand introductory Thiele/Small Acoustic Parameters, drill, solder, saw materials, 3D print, and practice the fundamentals of 3D Design. Closed-toe shoes will be required.

Instructor: Orren Kickliter

Offered: Week 1 and Week 2

Period: A

Room: West Campus

INTRO TO ALGEBRA

Students will be introduced to concepts such as solving equations and inequalities, order of operations, properties of exponents, and linear functions, through the use of interactive activities and fun math games. Great preparation for students who will be taking Algebra I and also for those wanting advanced preparation for the ACT and standardized testing.

Instructor: Meoshe Id-Deen

Offered: Week 1 and Week 2

Period: A

Room: S305

INTRO TO COMPUTER GRAPHICS

In this course, students will learn Adobe Photoshop and Adobe Lightroom. Adobe Photoshop is the standard for designing professional visual presentations in all fields. Areas covered in this class will be photo editing, photo manipulation, combining images, bitmap drawing, vector drawing, and 3d Drawing.

Instructor: Orren Kickliter

Offered: Week 1 and Week 2

Period: C

Room: Library

INTRODUCTION TO LITERARY ANALYSIS

This is an introductory course in college-level analysis. Students will practice the skills of close reading, thematic analysis, research, and more. They will study various schools of criticism and come to appreciate what it means to look at a text from multiple perspectives. Over the week, students will focus on poetry from a variety of authors, which they will be expected to read in class and on their own. By the end of the week, students will come up with their own research-driven interpretations of select poems. Each will write a short paper and deliver a presentation to the class in a symposium format.

Instructor: Dr. Mitch Frye

Offered: Week 1 and Week 2

Periods: C

Room: H103

JOURNALISM

News reporting is an extremely important part of society. In our technologically savvy society, the way we read the news is always changing. For example, a large part of the population gets all of their news from social media. Despite all of this, the basics of journalism have not changed. In this class, students will look at the changing world of news and discuss how to report and research it. In addition, students will work to improve writing skills and learn how our information is presented.

Instructor: Amy McGowan

Offered: Week 1 and Week 2

Period: A

Room: B126

LAND, SEA, AND AIR: BUILDING CARS, BOATS, AND PLANES...

Learn the latest automobile designs, how boats float, and how planes fly. Not only will we learn the science behind various modes of travel, but we will design, build, and test working models: boats that float (or not!), planes that fly, hot air balloons that float, and rocket cars propelled by air. We will also “dive in” and come to understand the mechanics behind one of the greatest design disasters of all time --- the Titanic.

Instructor: Glen M. Mutchnick

Offered: Week 1 and Week 2

Period: C

Room: S101

MARINE BIOLOGY

Earth is mostly water that is teeming with all types of incredible and interesting life! Marine Biology introduces you to the living things that inhabit the earth's waters from the beautiful deltas to the deep ocean and covers broad areas of biological oceanography, physical oceanography, and technology. Students will also learn why the oceans are important to humans and how human activities affect the marine environment.

Instructor: Dr. Rebecca Domangue

Offered: Week 1

Period: A

Room: S302

PHUNDEMENTALS OF PHYSICS

In this course, students will examine various concepts in Physics using a hands-on application approach and participate in awesome laboratory experiences; some “shocking,” some very sharp, and some that deal with 1000 degree soldering tools. Examples of some of the cool laboratory experiences that students will share include discovering the answer to; will a bullet dropped to the floor hit the ground at the same time as a bullet fired horizontally from a gun? Students will also discover the answers using projectile motion models and laboratory experimentation. Students will experience 50,000 volts of static electricity using a Van de Graaff generator. The big project of the week will be building a circuit board using resistors, capacitors, transistors, and at the same time, the students will learn how to solder all the components to the board.

Instructor: Glen M. Mutchnick

Offered: Week 1 and Week 2

Period: B

Room: S101

PUBLIC SPEAKING

In high school, college, and almost every career, speaking in front of others will be a required skill. More than 75% of people say they are scared to give speeches. However, it does not have to be as scary as we like to imagine. In this class, we will talk about how to write a speech, practice it, and present it. This class is great for everyone, especially those who feel intimidated by public speaking or know it will play a major role in their future.

Instructor: Amy McGowan

Offered: Week 1 and Week 2

Period: B

Room: B126

PYTHON BASICS

This course reviews the basic syntax of the Python programming language. Students will learn about printing, data types, variables, user input, operators, random, conditionals, and loops. Students will also be expected to work on assignments to reinforce training topics.

Instructor: Grey Gaillard

Offered: Week 1 and Week 2

Period: B

Room: S202

ROBOTICS

This class will explore the applications of robotics in the real world. From the spacecraft to the unmanned submersible vehicles, robots can do anything that we create them to do. Students will learn about the basics of building and programming a robot. They will be divided into teams to build and program a Lego Technic Robot to perform a simple set of tasks, such as delivering supplies over a taped-off course, stopping on a colored dot, and picking up small objects. As the class progresses, they will move on to the harder tasks that combine elements of the previous challenges. An example would be a scenario in which the students must pick up and deliver supplies to an outpost over difficult terrain. This will allow students to face real-world problems of Robotics Engineering from start to finish while having fun at the same time.

Instructor: Deidre Reynolds

Offered: Week 1 and Week 2

Period: A or B

Room: S106

ROCKETRY

Students will build various designs of model rockets in class!! During this course, students will learn about NASA and rocket design, leading up to their official launch date at the end of the week. Before building and launching model rockets, students will perform real-time engine thrust tests and data collection of various engine types. Each student will electronically launch his/her own rocket to altitudes of up to 1,000 feet!!

Instructor: Glen M. Mutchnick

Offered: Week 1 and Week 2

Period: A, B or C (B and C will S. Studdard and G. Studdard)

Room: S101

STUDYING NATURE-FIELD BIOLOGY (Two-Period Class)

Learn about the forests, savannas, streams, and shores of the Alabama Gulf Coast. Students will participate in a series of field trips to various nearby habitats, with an emphasis on nature study and biological investigation. Activities will consist of hiking the maritime forest on Dauphin Island, kayaking the delta of the Gulf of Mexico, bird watching in the bird sanctuary on Dauphin Island, collecting organisms in the salt marshes of Dauphin Island, nature study, visiting an ancient Indian Mound, and using a map and compass. Students will journal their experiences using digital cameras (phones).

Instructor: Dr. Mendel Graeber

Offered: Week 1 and Week 2

Periods: A and B

Room: S306

TECHNOLOGY AND DESIGN OF LIGHT METALS

This class will introduce the basic theory, tools, and skills of metalworking. While introducing various properties of nonferrous metals, students will saw, pierce, shape, solder, anneal, torch, melt, oxidize and cast different metals. Closed-toe shoes will be required.

Instructor: Orren Kickliter

Offered: Week 1 and Week 2

Period: B

Room: West Campus

UNDERWATER ROBOT MISSION

Build an underwater robot – a remotely operated vehicle (ROV) -- to complete an underwater Spanish galleon mission. Students form small ROV companies to build an ROV, mission props, and tools for their mission tasks. They learn to pilot the ROV in the pool to collect sea urchins for scientific research, transplant endangered corals, and recover a cannon and shipwrecked items to identify the Spanish galleon. Other learning topics include buoyancy and ballast

concepts and electrical circuits. In addition, students learn about real-world ROVs designed for different missions from collecting organisms from under the polar ice cap to exploring the ocean on Jupiter's moon Europa.

Instructor: Deborah Gray

Offered: Week 1 and Week 2

Periods: C

Room: B129

WEBPAGE BASICS

This course will teach students how to use Bootstrap with VS Code. They will learn how to set up a webpage using the most popular syntax.

Instructor: Grey Gaillard

Offered: Week 1 and Week 2

Period: C

Room: S202

EVENING COURSES (PERIODS D, E, and F – 6:00 pm to 9:00 pm)

ALL THINGS ANIME

Do you love to binge Anime and Manga into the night? Do you collect so many Anime figures that you could possibly make your own miniature army? Well, this class is definitely for you! We will view, discuss and debate all things anime and manga!

Instructor: TBA

Offered: Week 1 and Week 2

Period: D, E, or F

Room B126

AMERICAN HISTORY IN FILM

This course will explore important and transformative events and periods in American history through film. Students will explore the art of filmmaking, as well as analyze the way the films accurately or inaccurately depicts the historical subject matter.

Instructor: Derek Barry

Offered: Week 1 and Week 2

Period: D

Room: H303

ARCHERY FUNDAMENTALS

This is a beginner's archery course and requires no prior experience. You will learn the fundamentals of archery using a compound bow and bullseye target. You'll learn proper posture, proper bow handling, and tips on how to increase accuracy and consistency. Class notes: Closed-toe shoes must be worn. Hair must be secured back and away from the face. All equipment is provided. Safety is our primary concern. One safety violation or repeated inability to follow instructions will result in immediate removal from the class and placement in an alternate class.

Instructor: Candace Howard

Offered: Week 1 and Week 2

Period: D, E, or F

Room: Assemble in the Gym. Archery held on the outside court

ART AROUND THE WORLD

Take a journey around the world as we explore art from various cultures. Class experiences will include learning music, practicing cultural dance forms, and discovering visual artwork. Don't miss this awesome opportunity to explore the world and amazing art from across the globe!

Instructor: Anna Marzelle

Offered: Week 1 and Week 2

Period: F

Room: Auditorium

ARTS AND CRAFTS

Let's get creative! Come join in on the fun and be crafty. We will explore a variety of crafts: Drawing, Painting, Jewelry/Beading, and Bracelets. Students are asked to wear appropriate clothing as the coursework can get messy.

Instructor: Frieda Kickliter

Offered: Week 1 and Week 2

Period: F

Room: West Campus – Art Studio

Ballet for Beginners

If you've ever wanted to take ballet lessons, this one-hour course is for you! You will learn how to properly stretch, common warm-up routines, the 5 main feet positions, and basic ballet techniques. You will also learn the French terminology. No experience is necessary; this course is for beginners! If you've been too nervous to take a serious ballet lesson, come learn the basics with your friends during camp!

Instructor: Ashley Parham

Offered: Week 1 and Week 2

Period: E

Room: Gym

BASKETBALL TRAINING

This class is composed of high-energy sessions, focusing on proper mechanics, techniques, and skill development for up-and-coming basketball players. It includes individual and team drills, incorporating the main components of basketball: dribbling, passing, shooting, defense, and teamwork. It allows each player to build on a solid foundation, along with understanding the basketball rules to be a successful basketball player.

Instructor: Bill Brouillet

Offered: Week 1 and Week 2

Period: D

Room: Gym

BEGINNING TENNIS

This is a beginning tennis class in which students will develop the basic skills necessary to play the game of tennis. Basic skills taught will include the forehand, backhand, volleys, lobs, and the serve. Students will also learn how to keep score as well as tennis etiquette. At the conclusion of the week, students will use their newly acquired skills while participating in a round-robin tournament.

Instructor: Dawn Brouillet

Offered: Week 1 and Week 2

Period: D or E

Room: Tennis Courts – West Campus

BEGINNING FRENCH

Parlez-vous français? Join this class to get started! You will learn a variety of French words and phrases that will allow you to have short conversations. You will also learn some simple grammar rules to help you form your own original sentences. Additionally, there will be time to explore different aspects of French culture including customs, history, and monuments. The class wouldn't be complete without a mention of the world-famous French cuisine, so be prepared to sample a few culinary delights!

Instructor: Angela Kennedy

Offered: Week 1 and Week 2

Period: D or E

Room: B129

BIGGER, FASTER, STRONGER

This course is designed to improve overall athletic performance and fitness. Students of any age, fitness level and gender are encouraged to attend. Each day there will be a variety of drills with weights, circuit training, and running designed to improve strength, speed, and agility.

Instructor: Frieda Kickliter

Offered: Week 1 and Week 2

Period: D

Room: Fitness Room

CHEMISTRY AND CRAFTS OF TIE DYE (Two-Periods)

Tie-dye, long before the 70's, was known as Shibori, a Japanese term that encompasses a wide variety of resist-dyeing techniques. These techniques produce random patterns that are either geometric, loose, free-flowing, or combinations of everything in between. Students will learn the fundamentals of a different crafting techniques and make a variety of handmade projects, many of which will use tie dye applications.

Instructor: Hall Staff Led

Offered: Hall Staff Led

Period: D and E

Room: Coffee House

COLOR GUARD 101

Do you want to be in a marching band, but you don't play an instrument? Have you ever noticed the flag corps that performs with the band? You can learn the basic moves and familiarize yourself with color guard equipment during your time at the Alabama STEM Leadership Academy! In this one-hour course, you will learn color guard terminology, how to properly march with the band, techniques for spinning a flag, and even how to toss a flag! Give this sport a try during camp, and you might discover a passion and want to audition for your school's color guard team!

Instructor: Ashley Parham

Offered: Week 1 and Week 2

Period: D

Room: Courtyard and adjacent field

CLASSISC BOARD GAMES

It is a fact that board games have been used by ancient cultures for several millennia. Board games were used by the ancient Egyptian civilisation up to 4000 years ago. Recent discoveries in ancient Chinese culture indicates that people were playing the game *Go* several thousand years ago. Video games, smartphone apps and board games share, in essence, the same DNA. Take this course to have fun delving into and playing the type of gaming that has been around and will be for a longtime to come---board games!

Instructor: Hall Staff Led

Offered: Week 1 and Week 2

Period: D, E, or F

Room: Game Room

CROCHET 101

Have you ever wanted to make your own hat, blanket, or scarf? If so, this is the perfect course for you! Come and learn what makes this craft such a popular one for individuals of all ages!

Instructor: Shernell Mabien

Offered: Week 1 and Week 2

Period: D or F

Room: TV Room

DISNEY VS PIXAR

Disney and Pixar have dominated the animated world as well as the childhoods of most Americans. In this class, we are going to dive into just how much power these companies have over us, how we see the world, and the history surrounding these animation houses. During class, we will watch and discuss various Disney/Pixar films to understand how they shape our views and thoughts. We will also engage in a variety of activities ranging from re-imagining the key characters in new mediums (What would a Disney princess do in a video game?), recreate the painting techniques used in the early days, and battle it out to see which animation house truly wins the animation wars.

Instructor: Doris Frye

Offered: Week 1 and Week 2

Period: E

Room: DeBakey Hall

FLAG FOOTBALL

Enjoy learning the fundamentals of football and playing flag football. Sharpen your skills in passing, receiving, and defense in a fun, competitive environment that focuses on fun and sportsmanship. This class is open to boys and girls.

Instructor: Bill Brouillet and Derek Barry

Offered: Week 1 and Week 2

Period: E

Room: B130 (Health Room) and West Campus

GENTLE STRETCHING AND RELAXATION

This course will introduce the participants to gentle and effective stretching routines. This slow paced course will focus on developing a safe foundation to learn basic stretches, breathing techniques, meditation, relaxation methods, creative games, and expand the participant's horizons in a supportive and easy-going environment.

Instructor: Alysse Nicholas and Nadarria Inge

Offered: Week 1 and Week 2

Period: D, E, or F

Room: H 304

GHOSTBUSTERS OF MOBILE (Two-Periods)

The Ghostbusters films and cartoons are funny, spooky, and smart. In this course, students will screen the franchise's movies and TV shows while studying the literature, science, and comedy that inspired them. This includes a critical look into the technological tools that "real" ghost hunters use in their trade. Students will also learn the history of various "haunted" sites around Mobile, Ala.

Instructor: TBA

Offered: Week 1 and Week 2

Period: D and E

Room: Media Room

Harry Potter Book Club

Do you love Harry Potter? This book club will help you explore the wizarding world as a turn wizard or witch!

Instructor: Shernell Mabien

Offered: Week 1 and Week 2

Period: E

Room: TV Room

Love It, Live It, Spin It!

It's halftime at the football game, and the marching band is preparing to take the field. There are drums, trumpets, flutes, but wait...what's all that extra equipment? Flags, sabers, wings, and streamers?!?! Those are just a few of the items that will be used by the members of the color guard (flag corps) as they interpret the music and make the songs come to life. Color guard members also perform synchronized routines during parades and pep rallies. After football season has ended, many high schools have an indoor winter guard that participates in various competitions.

If you are interested in becoming a member of the color guard at your school, this class will help you prepare for try-outs. Using a standard flag and silk, you will learn many fundamental skills and a series of short routines. Color guard is so much fun! It's good exercise and a great way to make new friends!

Instructor: Angela Kennedy

Offered: Week 1 and Week 2

Period: F

Room: West Campus

MYTHS AND MONSTERS

Join us to learn about ancient myths from worlds as far-ranging as Ancient Greece to Camelot. This class mashes together history, literature, and a dash of science as we explore the world of myths. We will watch film adaptations, play games, create our own mythological monsters, and much more.

Instructor: Kimberly Costantino
Offered: Week 1 and Week 2
Period: F
Room: B208

ON BROADWAY

Learn what it takes to be a star on Broadway. Become the ultimate “Triple threat” as you sing, dance and act your way through scenes in a Broadway show. From Mary Poppins to Rock of Ages, students will explore a variety of genres in the theater world. Each week will end with a small performance of the selected scenes.

Instructor: Anna Marzelle
Offered: Week 1 and Week 2
Period: E
Room: Auditorium

ONCE UPON A TIME: A MODERN TWIST ON CLASSIC FAIRY TALES

Prince Charming, evil witches, and fairy godmothers are everywhere in pop culture, in television shows, films, video games, and music. In this course, we will explore some of the lesser-known classic fairy tales and consider what our modern world might do to them. In class, aside from discussing the original fairy tales and watching films, students will engage in a variety of fairy tale-driven activities. We will play fairy tale games, put the Evil Queen on trial, create twisted tales of our own, and more.

Instructor: Kimberly Costantino
Offered: Week 1 and Week 2
Period: E
Room: B208

Pickleball 101

This course will teach the fundamentals of Pickleball, and allow students to play Pickleball in a fun and organized environment. All skill levels are welcome!

Instructor: Derek Barry
Offered: Week 1 and Week 2
Period: F
Room: Gym

A SHERLOCK MURDER MYSTERY

Interested in learning about Sherlock Holmes while playing murder mystery games in class? Join us for a course on the origins of this famous detective where we will delve into Sir Arthur Conan Doyle’s original stories, watch modern film adaptations, and solve mysteries right here at AIMS. Find out if you are the villain, the detective, or the victim in this story.

Instructor: Doris Frye

Offered: Week 1 and Week 2

Period: F

Room: H103

SO YOU THINK YOU CAN DANCE

Learn how to dance like the stars! Each day students will explore different styles of dance including hip-hop, jazz, and more! The class will begin with a warm-up that increases flexibility and builds strength. Whether you are new to dance or a seasoned pro, this class will both challenge and excite you!

Instructor: Anna Marzelle

Offered: Week 1 and Week 2

Period: D

Room: Auditorium

SPA SCIENCE

Mix it, make it, try it out, and take it home! Students will make Fizzy Bath Bombs, Sweet Lip Smackers, Shake 'Em Up Bath Salts, Yummy Face Masks, and more. Students will become clever spa scientists for the week as they learn about ingredients and how to combine them to make fun (and fabulous!) pampering goodies. Students will also get busy playing around with packaging and naming their concoctions in this spa-chemistry exploration!

Instructor: Hall Staff Led

Offered: Week 1 and Week 2

Period: F

Room: Coffee House

SWIMMING POOL GAMES & EXERCISE

Summer in the South is the perfect time to be in the water! However, many may not know that you can combine the enjoyment of being in a pool with getting an awesome workout. Water resistance has been a proven method to bring about body toning and strengthening in a way that puts minimal stress on the joints, thereby greatly reducing the risk of injury! Just as important, to participate in an aqua training class, one does not need to know how to swim. From Aqua Aerobics, to Aqua sports-specific drills, to Aqua flexing which improves flexibility, balance, and joint range of motion, this class will increase one's fitness while adding a high fun level as well!

Instructor: Bill Brouillet

Offered: Week 1 and Week 2

Period: F

Room: B129 and Swimming Pool

SUPERHEROES IN FILM

“It’s a bird, it’s a plane, it’s....” modern film has become dominated by superheroes. From Superman to the Avengers, the X-Men to Spiderman, Batman to Wonder Woman, superheroes have come to dominate the box office! This course will look at what makes the genre so timeless and appealing, and delve into the complexity of the characters that time and again keep us going back for more. The course will also look at the impact of gender attitudes on the development and popularity of female heroines. Students will also develop their own “perfect superhero” and create a short story for them.

Instructor: Kimberly Costantino

Offered: Week 1 and Week 2

Period: D

Room: B208

ULTIMATE FRISBEE

Ultimate Frisbee is a very fun, growing sport with many universities adding teams for competition at the national level. This course will introduce the rules and fundamentals of Ultimate Frisbee. Students of any age, fitness level, and gender are encouraged to attend.

Instructor: Frieda Kickliter

Offered: Week 1 and Week 2

Period: E

Room: West Campus Field

WEIGHT TRAINING

This class is designed to provide basic instruction techniques and participation in weight training activities. It will include methods to build, improve, and maintain proper muscular fitness. Students will use both free weights and machine weights. It will also involve both knowledge of the equipment and proper safety procedures.

Instructor: Alysse Nicholas

Offered: Week 1 and Week 2

Period: E or F

Room: Fitness Room

