

LEE UNIVERSITY

Encore



**Mini-Course Guide
Spring 2024**

ENCOR-HIS101-01: Tennessee in Tennis Shoes: A Traveling History Course

A traveling course that will include visits to historical sites and/or points of interest in Tennessee and a special trip to the Biltmore House. Class participants may choose which sites they wish to visit with a minimum of 30 participants required for each trip. Dates of travel and locations will be announced at the meeting on Thursday, January 18th at 4:00 pm in the Walker Lecture Hall (room 255) in the Science & Math Complex.

Travel options for Spring 2024: Grinders Switch Country Show, Cumberland Playhouse, Oak Ridge History Museum, Museum of Appalachia, President Andrew Johnson Historic Site, and Mackinac Island Trip.

Required Materials: There will be travel costs and admission fees applied that will be made available during the first and only class meeting. Payments for trips are to be made in advance with the exception of the first travel date.

Instructor: David Altopp, Retired Lee University Faculty
Class Size: 75
Schedule: Dates and opportunities will vary.

ENCOR-SOC100-01: The New Normal: Health, Age, and Research Discovery

This class focuses on timely topics in health and aging. We begin with a discussion on the logic of medical inquiry. Gold standard research is compared to less authoritative science, using examples of case studies. We consider new medical approaches to age and illness. Strategies to ensure better health care are discussed. Students are given information on small changes that can make significant differences in quality of life and longevity.

Instructor: Dr. Karen Mundy-Judkins and Dr. Bennett M. Judkins
Location: HUM 104 / *Class Size:* 60
Schedule: Five-week course meeting on Mondays 4:00 – 5:30 pm

- ◆ February 5
- ◆ February 12
- ◆ February 19
- ◆ February 26
- ◆ March 4

ENCOR-SOC100-02: The Other America: The People and Place of Appalachia

This updated five-week course will provide an overview of the Appalachian region and its people. We will first look at the history and culture of the region, including music, food, and language. We will then delve into the economics and politics of contemporary Appalachia, especially as it has been shaped by the growth and decline of the coal industry. One additional session will focus on the challenges and unique problems that the people of Appalachia face in terms of health. A final session will look at the recent work of the Appalachian Regional Commission and several new nonprofits to revitalize Appalachian communities. Sometime after the final class, attendees will be invited to a covered dish celebration dinner of Appalachian foods.

Instructor: Dr. Karen Mundy-Judkins and Dr. Bennett M. Judkins
Location: HUM 104 / Class Size: 60
Schedule: Five-week course meeting on Mondays 4:00 - 5:30 pm

- ◆ March 18
- ◆ March 25
- ◆ April 8
- ◆ April 15
- ◆ April 22

ENCOR-PHE101-01: Joint Conditioning

This course will cover different techniques to help students strengthen and regain movement in their joints. The class will include different stretches and breathing techniques to help with relaxation, flexibility, agility, and strength. Chairs will be used in class, but some of the exercises do require standing.

Required Materials: Students will need to wear the proper attire, such as clothing that one can move easily in, along with comfortable walking shoes.

Instructor: Roxanne Tyson, Part-Time Faculty
Location: DeVos Recreation Center 112 / Class Size: 15
Schedule: Ten-week course meeting on Wednesdays 2:00 – 2:50 pm

- ◆ January 24
- ◆ January 31
- ◆ February 7
- ◆ February 14
- ◆ February 21
- ◆ February 28
- ◆ March 6
- ◆ March 13
- ◆ March 20
- ◆ March 27

ENCOR-PHE102-01: Fitness Class

In this class we will build muscle and strength while using weights. We will also stand to help our endurance and mobility while enjoying fun music that helps with our coordination.

Required Materials: Students will need to wear the proper attire, such as clothing that one can move easily in, along with comfortable walking shoes.

Instructor: Roxanne Tyson, Part-Time Faculty
Location: DeVos Recreation Center 112 / Class Size: 15
Schedule: Ten-week course meeting on Wednesdays 1:00 – 1:50 pm

◆ January 24	◆ February 28
◆ January 31	◆ March 6
◆ February 7	◆ March 13
◆ February 14	◆ March 20
◆ February 21	◆ March 27

ENCOR-PHE103-01: Fit4Life: Senior Strength

Fit4Life: Senior Strength is a fitness class for adults looking to improve cardiovascular health, increase strength, and have more energy. Whether an avid exerciser or a beginner, Fit4Life offers an opportunity for all to have a healthier body and mind. Chairs are provided for those who prefer seated exercises or require support while standing.

Required Materials: Students will need to wear the proper attire, such as clothing that one can move easily in, along with comfortable walking shoes.

Instructor: Kendra Gray, Certified Group Fitness Instructor
Location: DeVos Recreation Center 112 / Class Size: 15
Schedule: Ten-week course meeting on Tuesdays 5:00 – 5:50 pm

◆ January 23	◆ February 27
◆ January 30	◆ March 5
◆ February 6	◆ March 19
◆ February 13	◆ March 26
◆ February 20	◆ April 2

ENCOR-ASL100-01: Introduction to American Sign Language

This course will provide prospective participants with basic expressive and receptive skill development in American sign language and foundational knowledge of Deaf culture. We will cover vocabulary units on greetings and emotions, colors, transportation and living, physical traits, and personality. Additionally, we will go over basic ASL grammar and Deaf Culture. Class will be conducted with a mix of voice on/off. By the end of this course participant should be able to have a basic conversation with an individual who uses American Sign Language.

Instructor: Faithlyn Hall
Location: HUM 202 / Class Size: 25
Schedule: Eight-week course meeting on Wednesdays 6:00 – 7:15 pm

◆ January 17	◆ February 14
◆ January 24	◆ February 21
◆ January 31	◆ February 28
◆ February 7	◆ March 6

ENCOR-MIN100-01: The Life and Ministry of Jesus

This course will cover special events leading up to the birth of Jesus, His early life, and the high points of His ministry. Special emphasis will be given to His miracles and the Sermon on the Mount.

Instructor: Dr. Henry Smith, Senior Adjunct in Christian Ministries
Text: Bible of your choice
Location: STM 148 / Class Size: 30
Schedule: Six-week course meeting on Mondays from 5:00 – 6:30 pm

◆ January 15	◆ February 5
◆ January 22	◆ February 12
◆ January 29	◆ February 19

ENCOR-HUM100-01: C.S. Lewis I: Life and Non-fiction

The course will examine the contour and context of the life and thought of C.S. Lewis. We will do this by examining his partial autobiography, *Surprised by Joy*, and his most famous non-fiction work, *Mere Christianity*. Supplemental excerpts from other works will be provided to expand on various topics and themes encountered in the main texts.

Instructor: J. David Schlosser, Adjunct Professor of Humanities
Text: C. S. Lewis. *Surprised by Joy*; C. S. Lewis. *Mere Christianity*
Location: STM 146 / Class Size: 25
Schedule: Ten-week course meeting on Wednesdays from 1:00 – 2:00 pm

◆ January 17	◆ February 21
◆ January 24	◆ February 28
◆ January 31	◆ March 6
◆ February 7	◆ March 20
◆ February 14	◆ March 27

ENCOR-BIB100-02: The Gathering Storm (Part 2)

This course handles the content of one of my recent books, which addresses the intersection of the Bible (e.g., prophecy) and modern politics and culture. This class is not for the faint of heart. It is a frank discussion-based class with a series of questions proposed and discussed each week.

Instructor: Dr. Brian Peterson, Associate Professor of Old Testament
Text: *The Gathering Storm*
Location: STM 113 / Class Size: 60
Schedule: Seven-week course meeting on Wednesdays 3:45 – 4:45 pm

◆ January 10	◆ February 7
◆ January 17	◆ February 14
◆ January 24	◆ February 21
◆ January 31	

ENCOR-SPA100-01: Spanish II and Latin American Culture

This class is a continuum from the Spanish I. We will continue working on verb tenses, vocabulary and Latin American culture through films, documentaries, movies, and other Latin American speakers.

Instructor: Dr. Alexander Steffanell
Location: VST 303 / Class Size: 20
Schedule: Four-week course meeting on Wednesdays 1:25 – 2:15 pm

- ◆ February 7
- ◆ February 14
- ◆ February 21
- ◆ February 28

ENCOR-ART100-01: Watercolor Painting for Beginning and Intermediate Painters

This class will introduce students to the basics, as well as a variety of watercolor painting techniques. The course is designed to build skills and confidence in creating interesting compositions and developing a style that fits each artist. The focus will be on learning a variety of techniques and incorporating these into original compositions. Some projects will be teacher-guided, and others will be self-paced. The instructor has more than 20 years experience using this medium and in excess of 50 years painting with oils and acrylics. She will be available throughout the course for one-on-one instruction as needed.

Instructor: Mary Ann Poplin, Art Specialist, CCS
Additional Cost: \$35 supply fee
Location: Mayfield Annex 124/ Class Size: 20
Schedule: Eight-week course meeting on Tuesdays 5:30 – 7:30 pm

- ◆ January 23
- ◆ January 30
- ◆ February 6
- ◆ February 13
- ◆ February 20
- ◆ February 27
- ◆ March 5
- ◆ March 19

ENCOR-CIS100-01: Introduction to LeeU Student Electronics

Learn how to access your LeeU student account including email and Microsoft Office, and how to use them on your computer, tablet, and/or smartphone; general use of internet browsers; introduction to Microsoft Office apps including Excel, Word, and Outlook.

Instructor: Kelly Moore, Business Analyst for Information Technology
Location: SMC 200 Computer Lab/ Class Size: 20
Schedule: Six-week course meeting on Thursdays 6:00 – 7:30 pm

- ◆ January 18
- ◆ January 25
- ◆ February 1
- ◆ February 8
- ◆ February 15
- ◆ February 22

ENCOR-CIS100-02: Exploring More Student Electronics

Learn how to manage files including pictures on your computer, tablet, phone and in the cloud; basic web browser settings and security; introduction to Microsoft Office apps including Excel, Word, and Outlook.

Instructor: Amber Mong, Support Analyst for Information Systems

Location: SOB 206 Computer Lab/ Class Size: 20

Schedule: Six-week course meeting on Thursdays 6:00 – 7:30 pm

- ◆ February 29
- ◆ March 7
- ◆ March 21
- ◆ March 28
- ◆ April 4
- ◆ April 11

ENCOR-ART100-02: Oil Painting “Alla Prima”

This class will pursue the technique of “Alla Prima” painting or defined as painting in one sitting. It is a technique for beginners or the more accomplished painter should experience. The main thrust for the class will be for those interested in “alla prima” or “plein Air” painting.

Instructor: Gary McDonald, Art Instructor

Location: Mayfield Annex 124B / Class Size: 15

Schedule: Five-week course meeting on Tuesdays & Thursdays 6:00 - 8:00 pm

- ◆ January 9
- ◆ January 11
- ◆ January 16
- ◆ January 18
- ◆ January 23
- ◆ January 25
- ◆ January 30
- ◆ February 1
- ◆ February 6
- ◆ February 8



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