

Course List – Spring 2019

Students should review the following information in order to learn more about the online GenEd course selection for the upcoming term. Please remember to review the last column as some courses are not eligible for specific programs.

For example, students registered in “Fitness & Health Promotion” in Kingston are **not** permitted to take GENE24 as their online GenEd.

Course Code	Course Name	Description	Textbook	Restrictions “Not an eligible general education courses for the following program(s)...”
GENE 36	Nutrition	This course enhances your knowledge and appreciation of the importance of nutrition to health and wellbeing and the connection between excess and deficient nutrient intake and ill health. Topics include the Canada Food Guide, the basic nutrients, the processes of digestion/absorption, nutrition related diseases, weight management, and food labels and nutrition information reliability. Students analyze their personal dietary intake and activity level and subsequently plan meal patterns that are conducive to personal health and weight management.	Eating Well, Living Well Author: Richard Beliveau & Denis Gingras Edition: Publisher: McClelland & Stewart ISBN: 9780771011382	• Fitness & Health Promotion
GENE57	Personal Stress Management	This course allows students to plan and implement effective stress management strategies in their personal lives. Students develop an informed understanding of the nature of stress and the stress response including causes, signs and symptoms, effects and impact. The course also focuses on the development of skills to reduce the negative impact of stress and to redirect inevitable stressors to improve health and well-being. Students analyze the impact of stress in their own lives and apply stress management	No Textbook	• Fitness & Health Promotion – Kingston

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		strategies by designing, implementing, and evaluating a personal wellness plan.		
GENE 31	Human Sexuality	This course provides the opportunity to study human sexuality from a number of perspectives while exploring and integrating biological, socio cultural and psychological influences.	Not Textbook	<ul style="list-style-type: none"> • Not an eligible general education course for the following programs: Child & Youth Worker – Brockville/Kingston
GENE 25	Film Studies	This course is designed to enhance knowledge and appreciation of the greatest twentieth century art form. Students learn about the history of film, how films are made, how the movie industry operates, and how to appreciate and analyze films. The course is essential for anyone who wants to develop a lifelong joy for movie watching whether it is on DVD or the big screen.	No Textbook	<ul style="list-style-type: none"> • No Restrictions

Additional Information

Please visit the General Education website for more information on how to register for your online GenEd course - <http://www.stlawrencecollege.ca/programs-and-courses/general-education/online-registration/>