

Integrative Studies 2011-12
Competencies and Courses
that meet Integrative Studies (IS) requirements

Competencies

Health and Wellness - *Students must complete 4 Points (MUST have one from each point category below); at least one Point in each of three years.*

- Point #1: Fitness for Life (Theory Component) - To be met by taking one of the following courses (1-4 credits) for a grade:
 - PHED 101 Fitness for Life (1)
 - PHED 237 Holistic Health (4)
 - CHEM 187 Intro to Nutrition (3): *students may but need not take the lab, CHEM 188 (1)*

It is strongly recommended that, whenever possible, students satisfy Point #1 before taking courses to accumulate their other points.

- Point #2: Fitness Lab Component - To be met by taking one of the following courses either for a grade or pass/fail (for credit or not for credit) unless otherwise noted (L= must take for letter grade) - a course chosen to meet this component cannot also be used to meet another component:
 - PHED 124 Cross-Country Skiing (.5)
 - PHED 135 Swimming for non-majors (.5)
 - PHED 138 Walking/Jogging (.5)
 - PHED 140 Weight Training (.5)
 - PHED 220 Adventure Sports (4,L)
 - PHED 128 Personal Fitness Contract (.5)
 - REC 104 Backpacking (1,L)
 - REC 202 Scuba Diving in Honduras (.5,L)
 - REC 203 Adv. Wldrns 1st Aid (2,L)
 - REC 211 Eco-tour in Honduras (4,L)
 - REC 212 Eco-tour in Africa (3,L)
 - PHED 330 Physiology of Exercise (4,L)
- Point #3: Indoor Activity - To be met with one of the following activities; courses taken either for a grade or pass/fail (for credit or not for credit) unless otherwise noted (L= must take for letter grade):
 - INTS 50 Intercollegiate Basketball, Track/Field, or Volleyball (0)
 - PHED 121 Badminton (.5)
 - PHED 122 Beginning Ballet (.5)
 - PHED 129 Table Tennis (.5)
 - PHED 130 Racquetball (.5)
 - PHED 131 Rock Climbing (.5)
 - PHED 135 Swimming for non-majors (.5)
 - PHED 137 Volleyball (.5)
 - PHED 138 Walking/Jogging (.5)
 - PHED 140 Weight Training (.5)
 - PHED 145 Continuing Ballet (1)
 - PHED 146 Beginning Jazz Dance (.5)
 - PHED 148 Continuing Jazz Dance (1)
 - PHED 228 Lifeguarding (1,L)
 - PHED 229 Ed Gymnastics & Mvmnt Found (2,L)
 - PHED 230 Aquatics (2,L)
 - REC 109 Highlander (2,L meets Pts 3&4)
 - MSL 301, 302, 401, **AND** 402 with C- or above (2,2,2,2;L)
- Point #4: Outdoor Activity - To be met with one of the following activities; courses taken either for a grade or pass/fail (for credit or not for credit) unless otherwise noted (L= must take for letter grade):
 - INTS 51 Intercollegiate Cross-Country, Field Hockey, Soccer, or Track/Field (0)
 - EQST 113 Horsemanship I (1)
 - EQST 114 Horsemanship II (1)
 - EQST 276 Dressage (1,L)
 - EQST 325 Horsemanship: Jumping (1)
 - EQST 323 Eventing (2)
 - PHED 124 Cross Country Skiing (.5)
 - PHED 123 Canoeing (.5)
 - PHED 125 Downhill Skiing/Snowboarding (.5)
 - PHED 126 Golf (.5)
 - PHED 133 Softball (.5)
 - PHED 136 Tennis (.5)
 - PHED 139 Water Skiing (.5)
 - PHED 141 Walking for Wellness (.5-1)
 - PHED 147 Soccer (.5)
 - PHED 220 Adventure Sports (4,L)
 - REC 104 Backpacking (1,L)
 - REC 103 Initiatives (1,L)
 - REC 109 Highlander (2,L meets Pts 3&4)
 - REC 211 Eco-tour in Honduras (4,L)
 - REC 212 Eco-tour in Africa (3,L)
 - REC 227 Outdoor Ldrshp Training (4,L)
 - MSL 101, 102, 201, **AND** 202 with C- or above (2,2,2,2;L)

➤ **Writing** – *Must satisfy by the end of 1st year*; student will satisfy the Writing Competency if he or she:

- Passes WRIT 101 Writing in the Liberal Arts (4);
- Passes any of the First Year Honors Program tracks;
- Passes ENGL 207 Introduction to Literary Studies (4);
- Earns a score of at least 4 on the AP English Language exam;
- Earns a score of at least 600 on the Writing portion of the SAT; or
- Earns a score of at least 26 on the Writing portion of the ACT.

➤ **Quantitative Literacy** - Student will satisfy the Quantitative Literacy competency if he/she:

- Has a Math SAT score of at least 600;
- Has a Math ACT score of at least 28;
- Completed at least 3 years of standardized math* in grades 9-12 and earned at least 85% or a B in the third year (students who have taken a fourth year of math during grades 9-12 may request that their fourth-year grade be used to determine satisfaction of the Competency);
- Has passed a college math course** elsewhere with a grade of C- or better;
- Passes the Houghton College course BADM/ECON/PSY/SOC 309 Statistics; or
- Passes a Houghton College Quantitative Literacy Competency Exam after matriculation; or
- Has earned a score of at least a 2 on AP Stats, AP Calc AB, or AP Calc BC.

*Algebra I, Geometry, Algebra II, Math A, Math B, Precalculus, Calculus, Statistics, etc; but not consumer math, business math, and similar courses.

**includes College Algebra or Precalculus

Students not satisfying the Quantitative Literacy Competency by any of these methods must take a Math course for their 2nd Creation requirement.

➤ **Foreign Language** – A student will satisfy the Foreign Language Competency if he or she:

- Successfully completes one of the second-level IS courses (+prerequisites), or one of the approved Mayterm courses, at Houghton College (M=Mayterm):
 - FREN 102 French Level 2 (4)
 - SPAN 102 Spanish Level 2 (4)
 - SPAN 122 Spanish for Educators II (4)
 - SPAN 142 Spanish for Health Professionals II (4)
 - SPAN 211 Ecotourism in Honduras (M) (4)
 - HEBR 102 Beginning Hebrew Level 2 (4)
 - GERM 102 German Level 2 (4)
 - SPAN 112 Span for Human & Social Services II (4)
 - SPAN 132 Span for Business & Finance II (4)
 - SPAN 207 Aspects of Costa Rica (M) (4)
 - LATN 102 Beginning Latin II (4)
 - GREK 102 Beginning Greek Level 2 (4)
- Receives a score of 3 or higher on the AP language or literature exam in a language other than the student's native tongue;
- Attends a semester abroad including at least 4 hours in a foreign language;
- Attends an overseas program in which there is no formal language component, subject to the approval of the departments of World Languages and Literatures and Integrative Studies. Such experiences may include a summer/semester/year abroad engaged in activities such as internships that require extensive use of a language other than the student's native tongue;
- Tests out of the requirement via a foreign language placement exam such as WEBCAPE that is administered by the Dept. of World Languages and Literatures;
- Transfers to Houghton College approved foreign language credits from other college coursework (or its equivalent through a test such as the College Level Examination Program [CLEP]);
- Transfers to Houghton College two semesters (or its equivalent) of American Sign Language;
- Completes three years of a single foreign language in high school with a cumulative B+ average; or
- Students whose native tongue is other than English may demonstrate English proficiency sufficient to satisfy the Foreign Language Competency by successfully meeting all other Houghton College graduation requirements.

Faith Foundation

Students required to take BIBL 101 must complete Bible by end of first year. Students taking Advanced Bible may take it at any time. THEL 209 normally taken second year and after BIBL 101; may be taken before Advanced Bible.

- **Bible** – one of the following:
 - BIBL 101 Biblical Literature (4) OR
 - Students with at least two years' study of Bible in high school and at least a B average in those courses may take a 200-level BIBL course for their integrative studies Bible requirement. (Exclusions: BIBL 251 Bible History and Geography & BIBL 261 Holy Land Tour)
- **Theology** – one of the following:
 - THEL 209 Introduction to Christianity (4) – usually taken in student's second year.
 - THEL 209H Honors Introduction to Christianity (4)
 - INTS 153 Honors: East Meets West

Culture:

Understanding Human Thought and Creative Expression Across Time

Must fulfill each category.

Students are encouraged to complete at least one History or Philosophy course by the end of the first year.

Art or Music – one of the following (Studio=S; Lecture=L):

- ART 131 Intro to Visual Arts (2, L)
- ART 132 Art and Architecture in Context in Europe (4, L)
- ART 211 Drawing I (2, S)
- ART 221 Painting I (4, S)
- ART 231 Ancient Art History (4, L)
- ART 232 Renaissance Art History (4, L)
- ART 234 Art and Architecture in Europe (4, L)
- ART 235 African Art History (4, L)
- ART 236 Asian Art History (4, L)
- ART 237 Modern & Contemporary Western Art History (4, L)
- ART 238 Art and Music in Australia and New Zealand (4,L)
- ART 245: Graphic Design I (4, S)
- ART 251: Sculpture I (4, S)
- ART 261: Printmaking I (4, S)
- ART 271: Ceramics I (4, S)
- ART 281: Foundations of Photography (4, S)
- ART 284: Introduction to Digital Imaging (4, S)
- ART 295: ST: Introduction to Watercolor Painting (4, S)
- ART 295: ST: Imaging the Landscape (4, S)
- ART 295: ST: Portraying Place (4, S)
- ART 295: ST: Artist's Book and Papermaking (4, S)
- ART 295: ST: Public Studio (4,S)
- ART 295: ST: Textile and Fiber Design (4,S)
- ART 314: The Art and History of Film (4, L)
- ART 340 Fine Arts of So Eastern Europe (4,L)
- 4 semesters of the same category of major instrumental or choral ensemble, with or without credit (0-4). Includes Men's and Women's Choir, College Choir, Philharmonia, and Symphonic Winds; other ensembles possible if approved by ensemble director. Admission to all college ensembles is by audition or hearing.
- MLT 211 Music and Listening: An Introduction (4)
- MTH 225 Music Fundamentals Review (2) **AND** MTH 226 Musicianship Development: Introduction to Tonality (2) (students take both for IS)
- MHS 231 Music History I (2) **AND** MHS 232 Music History II (2) (must take both for IS): by permission of instructor
- MHS 333 Music History III (3) by permission of instructor
- MHS 334 Music History IV (3) by permission of instructor
- MHS 222 Introduction to Film Music (3)
- MHS 254 Music of World Cultures (3)
- MCHU 451 Music and Worship (3)
- MCHU 311 Historical Congregational Song (2) **AND** MCHU 312 Recent Congregational Song (2) (must take both for IS)

- **History** – one of the following:
 - HIST 101 Western Civilization I: Ancient Civilization to 1650 (2) **AND** HIST 102 Western Civilization II: 1650 to the Present (2) (students take both)
 - HIST 103 Western Civilization I: Science Honors (2) **AND** HIST 104 Western Civilization II: Science Honors (2) (Students take both)
 - HIST 105: Western Civilization: Ancient to the Present (4)
 - HIST 220: American History Survey (4)
 - HIST 360: Early National Period (4)
 - HIST 362: Recent America (4)
 - HIST 326: Europe: 1890-1945 (4)
 - HIST 230: Medieval Europe (4)
 - HIST 223: Latin Am. History to 1800 (4)
 - HIST 249: African History (4)
 - HIST 359: Colonial America (4)
 - HIST 361: Civ. War and Indust. America (4)
 - HIST 325: Europe in the 19th Century (4)
 - HIST 332: History of Rome (4)
 - HIST 368: The Reformation (4)
 - HIST 224: Latin Am. History since 1800 (4)
 - INTS 153 Honors: East Meets West (15)

- **Literature** – one of the following:
 - ENGL 202 Literary Voices (4)
 - ENGL 214 English Literature II (2)
 - ENGL 218 American Literature II (2)
 - INTS 203 Literature and Wisdom (6) (meets Literature & Philosophy)
 - Completion of either a major or minor in English, or a major in Writing, satisfies the Culture: Literature requirement.
 - ENGL 213 English Literature I (2)
 - ENGL 217 American Literature I (2)
 - INTS 153 Honors East Meets West (15)

- **Philosophy** – one of the following:
 - INTS 203 Literature and Wisdom (6) (meets Literature & Philosophy)
 - PHIL 202 Metaphysics, Morality and Mind (4)
 - PHIL 203 Theism, Naturalism, & the Sciences (4)
 - PHIL 230 Philosophy in Film (4)
 - PHIL 244 Medieval Philosophy (4)
 - PHIL 246 Late Mod. & Contemp. Phil. (4)
 - PHIL 204 Philosophy in Film (4)
 - PHIL 243 Ancient Philosophy (4)
 - PHIL 245 Early Modern Philosophy (4)

Creation: Understanding the Natural World

Students must choose at least one course from each category.

Courses must have two different prefixes.

- **Lab Science** – one of the following:
 - BIOL – any Houghton course with a BIOL prefix (4)
 - CHEM 151 General Chemistry I (lab) (4)
 - CHEM 187/188 Introduction to Nutrition and lab (3/1)
 - ESCI 101 Physical Geology (lab) (4)
 - ESCI 212 Environmental Earth Science (lab) (4)
 - INTS 154/155 Science Honors (3.5/3.5)
 - PHYS 102 General Astronomy (lab) (4)
 - PHYS 130 How Things Work (4)
 - PHYS 151 General Physics I (lab) (4)
- **Math or Science** – one of the following:

(If Quantitative Literacy in Competencies is not met, student must take a MATH course.)

 - MATH 111 Math for the Liberal Arts (4)
 - MATH 181 Calculus I (4)
 - MATH 183 Science Honors Calculus (4)
 - CHEM 121 Impact: Science on Society (3)
 - CHEM 187 Introduction to Nutrition (3-4)*
 - PHYS 140 Physics of Music (no lab) (2)
 - ESCI 101 Physical Geology (3-4)*
 - ESCI 212 Environmental Earth Science (3-4)*
 - MATH 115 Introduction to Calculus (4)
 - MATH 182 Calculus II (4)
 - BIOL – any Houghton BIOL course (3-4)
 - CHEM 151 General Chemistry I (4)
 - CSCI 211 Programming I (4)
 - PHYS 151 General Physics I (4)
 - PHYS 102 General Astronomy (3-4)*
 - PHYS 130 How Things Work (4)

**These courses may be taken for 4 hours including a lab component; or, for students who have taken a different lab science and have satisfied their QL competency without a Houghton math course, for 3 hours without a lab.*

Community: Understanding Human Society

Students must choose at least two of the following disciplines:

ANTH, COMM, ECON, POLS, PSY, SOC.

- Economics Combination: ECON 201 Intro to Economics (2) (prerequisite)
AND one of the following:
 - 210 Principles of Microeconomics (2)
 - 211 Principles of Macroeconomics (2)
 - 212 International Economics (2)
 - 213 American Economic History I: Colonial Era-1865 (2)
 - 214 American Economic History II: 1865-Present (2)
 - 237 Comparative Economic Systems (2)
- ANTH 243 Cultural Anthropology (4)
- BADM 301 Business Communication (COMM) (2)
- COMM 101 Presentational Speaking (2)
- COMM 205 Introduction to Communication Theory (4)
- COMM 214 Introduction to Mass Media (4)
- COMM 215 Interpersonal Communication (4)
- COMM 216 Organizational Communication (4)
- COMM 244 Oral Performance of Literature (4)
- COMM 319 American Public Address (4)
- INTS 153 Honors East Meets West (POLS) (15)
- INTS 159 Science Honors Communication (COMM) (2)
- POLS 205 In Search of Justice (4)
- PSY 111 Introduction to Psychology (4)
- PSY 218 Social Psychology (4)
- PSY 230 Lifespan Development of the Family (4)
- PSY/SOC 328 Community & Society in Australia and New Zealand (4)
- PSY/SOC 329 Australian and New Zealand Culture through Film (4)
- SOC 101 Principles of Sociology (4)
- SOC 222 Social Problems (4)
- SOC 225 Foundations of Environmental Sociology (4)
- SOC 226 Culture, Faith, and Creation (4)
- SOC 237 Introduction to Marriage and Family Studies (4)
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