University of Arkansas
Rich Mountain - Mena

HIS013-lec 02
Ozark Regional History
Spring Semester 2020

Class is held Mondays 9:30AM - 10:20AM
Maddox Building, Room 115

Instructor: Michael Cate
479-437-4902

Prerequisite: None required

Resources: No textbook required; Lecture summary sheets are provided when appropriate.
Course Description: This course involves a study of the cultural and natural history of the Ozark Region.

Program Outcomes: Although open to all, HIS013-02 is designed specifically for the 60+ program. Credit is non-transferable and does not appear on transcript. (Offered on demand)

Rationale: Lectures and location tours to museums, gardens and historical sites are coordinated to promote a personalized knowledge and appreciation of the Ozark Region.

Course Objective: Upon successful completion of Ozark Regional History, the student should be able to enjoy and communicate interesting facts about the Ozark Mountains, it's geology, climate and historic impact.

Course Overview: The Spring Semester will focus on the Civil War Reconstruction years in Arkansas discussing various viewpoints and political challanges of the era.

Conduct: Material will be communicated to students by overhead visuals, maps, book narratives, story telling, guest speakers, historic sites and museum visits, as well as handouts.
Although there is no required assignments, tests or homework, however, participants are encouraged to further research topics of specific interest to them. Shared experiences from class tours will be discussed and used as illustrations during lectures. Students are invited to join in the conversation. Ultimately, a successful student of Ozark History will be able to confidently share interesting stories about the region with accurate recall of significant names, dates and data. Furthermore, they will have a curosity to continue learning and possess a grasp of study resources.

Course Requirements/Evaluation: There is no required grade point or testing for this class.

Class Procedures/Student requirements: Enrolled participants are encouraged to arrive on time; classes will start promptly in order for all material to be covered sufficiently. Common courtesy is expected to allow everyone in the class to hear and interact with the instructor. Please silence all cell phones before entering the classroom. If a call must be attended during class, exit immediately to the hall so as to not disturb others.

Class trips, tours and outings: Be aware of forecast conditions and come prepared for shifting temperature or rain when appropriate. For your safety, always choose proper footwear. A quality well fitting walking shoe is preferred. Effort is made to accommidate participant needs. Some activities are less strenious while others may involve extensive walking. Please inform your instructor or other class members if you begin to feel ill, weak or need emergency assistance. We all need special accommodation from time to time so speak up! We care about your health and your experience in the 60+ program!

Disability Policy: It is the policy of UA Rich Mountain to accommodate students with disabilities, pusuant to state and federal law. Any student with a disability who needs accommodations should contact the Vice President for Student Affairs Office at 394-7622 ext 1400.

Arkansas Clean Air Act: In compliance with the Arkansas Clean Air Act, UA Rich Mountain is a smoke and tobacco free facility. Students and guests are to refrain from the use of all tobacco products while on campus or riding in any UARM transportation.

Student Misconduct: Students committing misconduct are subject to discipline or restriction. Prohibited behavior includes, but is not limited to endangerment, harassment, disruption, sexual misconduct, dishonesty, illegal drug or alcohol use, fire or safety issues, gambling, property violations, computer violations or other violations as detailed in the UARM Catalog.

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University of Arkansas
Rich Mountain - Mena

HIS003-lec 01
Ouachita Regional History
Spring Semester 2020

Class is held Mondays 10:30AM - 11:20AM
Maddox Building, Room 115

Instructor: Michael Cate
479-437-4902

Prerequisite: None required

Resources: No textbook required; Lecture summary sheets are provided when appropriate.
Course Description: This course involves a study of the cultural and natural history of the Ouachita Region.

Program Outcomes: Although open to all, HIS003-02 is designed specifically for the 60+ program. Credit is non-transferable and does not appear on transcript. (Offered on demand)

Rationale: Lectures and location tours to museums, gardens and historical sites are coordinated to promote a personalized knowledge and appreciation of the Ouachita Region.

Course Objective: Upon successful completion of Ouachita Regional History, the student should be able to enjoy and communicate interesting facts about the Ouachita Mountains, it's geology, climate and historic impact.

Course Overview: The Spring Semester will focus on the Civil War Reconstruction years in Arkansas discussing various viewpoints and political challanges of the era.

Conduct: Material will be communicated to students by overhead visuals, maps, book narratives, story telling, guest speakers, historic sites and museum visits, as well as handouts.
Although there is no required assignments, tests or homework, however, participants are encouraged to further research topics of specific interest to them. Shared experiences from class tours will be discussed and used as illustrations during lectures. Students are invited to join in the conversation. Ultimately, a successful student of Ouachita History will be able to confidently share interesting stories about the region with accurate recall of significant names, dates and data. Furthermore, they will have a curosity to continue learning and possess a grasp of study resources.

Course Requirements/Evaluation: There is no required grade point or testing for this class.

Class Procedures/Student requirements: Enrolled participants are encouraged to arrive on time; classes will start promptly in order for all material to be covered sufficiently. Common courtesy is expected to allow everyone in the class to hear and interact with the instructor. Please silence all cell phones before entering the classroom. If a call must be attended during class, exit immediately to the hall so as to not disturb others.

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University of Arkansas
Rich Mountain

LLDN 0110 - lec 01
Resources for Healthy Aging
Spring Semester 2020

Class is held Mondays 11:30AM -12:20AM
Maddox Building, Room 115

Instructor: Michael Cate
Cell Phone: 479.437.4902

Prerequisite: None required

Resources: No textbook required; Lecture summary sheets are provided when appropriate.
Course Description: This course involves a range of topics of special interest to retirement age individuals.

Program Outcomes: Although open to all, LLDN 0110 - lec 01 is designed specifically for 60+ citizens. Credit is non-transferable and does not appear on transcript. (Offered on demand)

Rationale: Lectures and location tours appropriate to address topics of health, safety, and financial planning are coordinated to promote a personalized knowledge and appreciation of topics which enhance longevity and quality of life for senior adults and their caretakers.

Course Objective: Upon successful completion of Resources for Healthy Aging, the student should be able to make decisions regarding health and finance with greater confidence; understand various governmental resources designed to serve older citizens; enjoy the use of modern technology with greater ease and use this knowledge to enhance quality of life for themselves, friends, and family.

Course Overview: The Spring Semester course will feature class lectures, audio visual presentations, and a series of guest speakers with expertise in senior law, real estate, technology, finance, medicine, therapy, security, governmental services including medicare, investment, and estate planning.

Conduct: Material will be communicated to students by overhead visuals, guest speakers, and handouts. Although there is no required assignments, tests or homework, however, participants are encouraged to further research topics of specific interest to them. Shared experiences from class tours will be discussed and used as illustrations during lectures. Students are invited to join in the conversation. Ultimately, a successful student of Resources for Healthy Aging will be able to confidently share what they learn to enhance the quality of life for their friends and family who may be facing challenges associated with aging. Furthermore, they should have a curosity to continue learning and possess a grasp of study resources.

Course Requirements/Evaluation: There is no required grade point or testing for this class.

Class Procedures/Student requirements: Enrolled participants are encouraged to arrive on time; classes will start promptly in order for all material to be covered sufficiently. Common courtesy is expected to allow everyone in the class to hear and interact with the instructor and guest speakers. Please silence all cell phones before entering the classroom. If a call must be attended during class, exit immediately to the hall so as to not disturb others.

Class trips, tours and outings: Be aware of forecast conditions and come prepared for shifting temperature or rain when appropriate. For your safety, always choose proper footwear. A quality well fitting walking shoe is preferred. Effort is made to accommidate participant needs. Some activities are less strenious while others may involve extensive walking. Please inform your instructor or other class members if you begin to feel ill, weak or need emergency assistance. We all need special accommodation from time to time so speak up! We care about your health and your experience in the 60+ program!

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University of Arkansas
Rich Mountain - Mena

HPRO41-lab-01
Line Dance for Seniors
Spring Semester 2020

Class is held Tuesdays and Thursdays 9:00AM - 9:50AM
Activity Room at Mena Senior Center

Instructor: Michael Cate
Cell Phone: 479.437.4902

Prerequisite: None required\

Resources: No textbook required; Dance step sheets are provided when appropriate.

Course Description: A physical fitness program specifically designed for active senior adults. This program uses line dance with exercise components. Nutritional information and physical well-being will also be taught. Credit is non-transferable and does not appear on a transcript. (Offered on demand)

Program Outcomes: Although open to all, HPR041 is designed specifically for the 60+ program. Participants will learn a variety of line dance steps designed to engagement social interaction, self confidence, and promote general emotional and physical well being.

Rationale: Music videos and popular tunes with emphasis on country music line dance styles will involve student interaction in a friendly, welcoming atmosphere. Music used is publicly available online.

Course Objectives: Povide physical and mental exercise while learning easy to moderately challenging line dance steps in a fun environment. Line dance provides moderate heart rate stimulation.

Course Outline: Beginning with basic line dance steps, participants will advance through four wall sets, turns, toe kicks, knee lifts, and grapevine steps. Participants are encouraged to stop and rest whenever they feel it is necessary without redicule or embarrassment whatsoever. This course can be enjoyed by anyone with a relatively healthy lifestyle.

Conduct: Material will be communicated to students by music video, individual and group guidance on a step by step basis, as well as written step guides when appropriate.
Although there is no required assignments, tests or homework, however, participants are encouraged to further research dance steps of specific interest to them. By end of semester, the class will have mastered 8-12 of the most popular country line dance steps.

Course Requirements/Evaluation: There is no required grade point or testing for this class.

Class Procedures/Student requirements: Enrolled participants are encouraged to arrive on time; classes will start promptly in order for all material to be covered sufficiently. Common courtesy is expected to allow everyone in the class to hear and interact with the instructor. Please silence all cell expected to allow everyone in the class to hear and interact with the instructor. Please silence all cell phones before entering the classroom. If a call must be attended during class, exit immediately to the hall so as to not disturb others.

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weak or need emergency assistance. We all need special accommodation from time to time so speak up! We care about your health and your experience in the 55+ program!

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