University of Arkansas
Rich Mountain

HIS003-lec-01
Ouachita Regional History
Fall Semester 2019

Class is held Mondays 8:30AM - 9:20AM
Maddox Building, Room 154

Instructor: Michael Cate
Office 254 by appointment

Office Phone: 479-394-7622 Ext. 1342
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 study of the cultural and natural history of the Ouachita Region.

Program Outcomes: Although open to all, HIS003-01 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 Fall Semester will focus on the Civil War years in Arkansas discussing various view-points 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.

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

HIS003-lec-02
Ouachita Regional History
Fall Semester 2019

Class is held Mondays 9:30AM - 10:20AM
Maddox Building, Room 154

Instructor: Michael Cate
Office 254 by appointment

Office Phone: 479-394-7622 Ext. 1342
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 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 Fall Semester will focus on the Civil War years in Arkansas discussing various view-points 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.

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.

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University of Arkansas
Rich Mountain

HIS013-lec-01
Ozark Regional History
Fall Semester 2019

Class is held Mondays 10:30AM -11:20AM
Maddox Building, Room 154

Instructor: Michael Cate
Office 254 by appointment

Office Phone: 479-394-7622 Ext. 1342
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 study of the cultural and natural history of the Ozark Region.

Program Outcomes: Although open to all, HIS013-01 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 Fall Semester will focus on the Civil War years in Arkansas discussing various view-points 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!

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University of Arkansas
Rich Mountain

HIS013-lec-02
Ozark Regional History
Spring Semester 2019

Class is held Mondays 11:30AM -12:20AM
Maddox Building, Room 154

Instructor: Michael Cate
Office 254 by appointment

Office Phone: 479-394-7622 Ext. 1342
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 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 Fall Semester will focus on the Civil War years in Arkansas discussing various view-points 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!

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University of Arkansas
Rich Mountain

HPRO41-lab-01
Line Dance for Seniors
Fall Semester 2019

Class is held Tuesdays and Thursdays 9:30AM -10:20AM
Maddox Building, Room 127

Instructor: Michael Cate
Office 254 by appointment

Office Phone: 479-394-7622 Ext. 1342
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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fitting walking shoe is preferred.

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