

Integrative Studies 2016-17
Competencies and Courses
that meet Integrative Studies (IS) requirements

Competencies

- **Health and Wellness** - Students choose one of the courses from the theory and fitness lab component and then take the required number of activity courses. Health and Wellness courses can be taken for a grade or pass/fail unless otherwise noted (L=letter grade only, NC=no credit). Students must register for the appropriate INTS course(s) in order to use Intercollegiate athletics.
 - Theory & Fitness Lab Component:
 - PHED 115: Personal Health & Wellness (2) and 1 Activity*
 - PHED 237: Holistic Health (3) and 2 Activities**
 - PHED 330: Physiology of Exercise (4) and 2 Activities**
 - Activity:
 - INTS 20 Intercollegiate Baseball (NC)
 - INTS 21 Intercollegiate Basketball (NC)
 - INTS 22 Intercollegiate Cross-country (NC)
 - INTS 23 Intercollegiate Field Hockey (NC)
 - INTS 26 Intercollegiate Lacrosse (NC)
 - INTS 27 Intercollegiate Track/Field (NC)
 - INTS 28 Intercollegiate Softball (NC)
 - INTS 29 Intercollegiate Soccer (NC)
 - INTS 30 Intercollegiate Tennis (NC)
 - INTS 31 Intercollegiate Volleyball (NC)
 - PHED 121 Badminton (.5)
 - PHED 122 Beginning Ballet (.5)
 - PHED 123 Canoeing (.5)
 - PHED 124 Cross Country Skiing (.5)
 - PHED 125 Downhill Skiing/Snowboarding (.5)
 - PHED 126 Golf (.5)
 - PHED 129 Table Tennis (.5)
 - PHED 130 Racquetball (.5)
 - PHED 131 Rock Climbing (.5)
 - PHED 133 Softball (.5)
 - PHED 135 Swimming for non-majors (.5)
 - PHED 136 Tennis (.5)
 - PHED 137 Volleyball (.5)
 - PHED 138 Walking/Jogging (.5)
 - PHED 139 Water Skiing (.5)
 - PHED 140 Weight Training (.5)
 - PHED 141 Walking for Wellness (.5-1)
 - PHED 145 Continuing Ballet (1)
 - PHED 146 Beginning Jazz Dance (.5)
 - PHED 147 Soccer (.5)
 - PHED 148 Continuing Jazz Dance (1)
 - PHED 220 Adventure Sports (4,L)
 - PHED 228 Lifeguarding (1,L)
 - PHED 229 Ed Gymnastics & Mvmnt Found (2,L)
 - PHED 230 Aquatics (2,L)
 - EQST 113 Horsemanship I (1)
 - EQST 114 Horsemanship II (1,L)
 - EQST 276 Dressage (1,L)
 - EQST 323 Eventing (2,L)
 - EQST 325 Horsemanship: Jumping (2,L)
 - REC 103 Initiatives (1,L)
 - REC 104 Backpacking (1,L)
 - REC 109 Highlander (2,L)
 - REC 202 Scuba Diving in Honduras (.5,L)

- REC 203 Adv. Wilderness First Aid (2,L)
- REC 211 Eco-tour in Honduras (4,L)
- REC 212 Eco-tour in Africa (3,L)
- REC 227 Outdoor Leadership Training (4,L)
- MSL 101, 102, 201, **AND** 202 with C- or above (2,2,2;L)
- MSL 301, 302, 401, **AND** 402 with C- or above (2,2,2;L)

**Students taking this course should choose one activity course from the list above*

***Students taking one of these courses should choose two activity courses from the list above*

➤ **Writing** – (All courses that meet this requirement are Liberal Arts)

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 (3);
- Passes ENGL 301 Critical Approaches to Literature (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** - (All courses that meet this requirement are Liberal Arts)

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 26;
- 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;
- 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; subject to approval by the Integrative studies department*

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

➤ **Foreign Language** – (All courses that meet this requirement are Liberal Arts)

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

- 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 equivalent) of American Sign

Language;

- Completes three years of a single foreign language in high school with a cumulative B+ average; or
- 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)
 - GERM 102 German Level 2 (4)
 - SPAN 102 Spanish Level 2 (4)
 - SPAN 112 Span for Human & Social Services II (4)
 - SPAN 122 Spanish for Educators II (4)
 - SPAN 132 Span for Business & Finance II (4)
 - SPAN 142 Spanish for Health Professionals II (4)
 - SPAN 207 Aspects of Costa Rica (M) (4)
 - GREK 102 Beginning Greek Level 2 (4)
 - HEBR 102 Beginning Hebrew Level 2 (4)

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

All courses are Liberal Arts

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. INTS 210 covers both faith foundation requirements.

➤ **Bible** – one of the following:

- BIBL 101 Biblical Literature (4)
- INTS 210 Scholastica: Scripture, History, & Creed (6) 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.*
- INTS 153 Honors: East Meets West (12)
- INTS 170 & 171 Honors in London (16)
- INTS 210 Scholastica: Scripture, History, & Creed (6)

Culture:

Understanding Human Thought and Creative Expression Across Time

All except studio art, MCHU 451, and major ensembles are Liberal Arts

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 13:1 Intro to Visual Arts (2, L)
- ART 132: Art and Architecture in Context in Europe (4, L)
- ART 211: Drawing I (2, S)
- ART 212: Abstract Drawing (4, S)
- ART 215: Etching (2, S)
- ART 216: Art & History of Film Genre (4,L)
- 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 241: 2 Dimensional Design (2, S)
- ART 242: 3 Dimensional Design (2, S)
- ART 245: Graphic Design I (4, S)
- ART 251: Sculpture I (4, S)
- ART 254: African Cultural Art (3,L)
- ART 255: Thai Cultural Arts (3,L)
- ART 261: Printmaking I (4, S)
- ART 262: Screen-printing (2, S)
- ART 263: Typography & Letterpress Printing (2, S)
- ART 264: Relief Printing (2,S)
- ART 265: Artist Book & Paper (4,S)
- ART 271: Ceramics I (4, S)
- ART 281: Foundations of Photography (4, S)
- ART/COMM 283: Introduction to Digital Photography (4, S)
- ART/COMM 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: Public Studio (4,S)
- ART 295: ST: Textile and Fiber Design (4,S)
- ART 314: The Art and History of Film (4, L)
- INTS 153 Honors: East Meets West (12)
- INTS 170 & 171 Honors in London (16)
- MCHU 451 Music and Worship (3)
- MCHU 311 Historical Congregational Song (2) **AND** MCHU 312 Recent Congregational Song (2) (must take both for IS)
- MHS 222 Introduction to Film Music (3)
- MHS 223 History of Jazz & Pop Music in US (3)
- MHS 230 Music History & Literature I (3)
- MHS 254 Music of World Cultures (3)
- MHS 280 Music History & Literature II (3)
- MHS 380 Music History & Literature III (3)
- MLT 211 Music and Listening: An Introduction (3)
- MTH 101 Music Fundamentals I (3)
- MTH 102 Music Fundamentals II (3)
- MTH 220 Theory 1 (3) **AND** MTH 221 Musicianship 1 (1) (students take both for IS)
- 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.

➤ **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 223: Latin Am. History to 1800 (4)
- HIST 224: Latin Am. History since 1800 (4)
- HIST 230: Medieval Europe (4)
- HIST 249: African History (4)
- HIST 325: Europe in the 19th Century (4)
- HIST 326: Europe: 1890-1945 (4)
- HIST 332: History of Rome (4)
- HIST 359: Colonial America (4)
- HIST 360: Early National Period (4)

- HIST 361: Civ. War and Indust. America (4)
- HIST 362: Recent America (4)
- HIST 368: The Reformation (4)
- INTS 153 Honors: East Meets West (12)
- INTS 170 & 171: Honors in London (16)

➤ **Literature** – one of the following:

- ENGL 202 Literary Voices (3)
- ENGL 213 English Literature I (3)
- ENGL 214 English Literature II (3)
- ENGL 217 American Literature I (3)
- ENGL 218 American Literature II (3)
- ENGL 308 Australian Literature (3)
- ENGL 345 Lit of Cent. and Southeast Eur. (4)
- INTS 153 Honors East Meets West (12)
- INTS 170 & 171 Honors in London (16)
- 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.

➤ **Philosophy** – one of the following:

- INTS 170 & 171 Honors in London (16)
- 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 241 History of Philosophy I (4)
- PHIL 242 History of Philosophy II (4)
- PHIL 243 Ancient Philosophy (4)
- PHIL 244 Medieval Philosophy (4)
- PHIL 245 Early Modern Philosophy (4)
- PHIL 246 Late Mod. & Contemp. Phil. (4)

Creation: Understanding the Natural World

All courses are Liberal Arts

All students must complete 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 101/103 Physical Geology and lab (3/1)
- 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)

Must be a lab science; Online courses from other schools will not be approved.

➤ **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 115 Introduction to Calculus (4)
- MATH 131 Principles of Statistics (4)
- MATH 160 Calculus for Life Sciences A (4)
- MATH 161 Calculus for Life Sciences B (4)
- MATH 170 Calculus I with Pre-Calculus A (4)
- MATH 171 Calculus I with Pre-Calculus B (4)
- MATH 181 Calculus I (4)

- MATH 182 Calculus II (4)
- MATH 183 Science Honors Calculus (4)
- BIOL - any Houghton BIOL course (3-4)
- CHEM 121 Impact: Science on Society (3)
- CHEM 151 General Chemistry I (4)
- CHEM 187 Introduction to Nutrition (3-4)*
- CSCI 211 Programming I (4)
- ESCI 101 Physical Geology (3-4)*
- ESCI 212 Environmental Earth Science (3-4)*
- PHYS 140 Physics of Music (no lab) (2)
- PHYS 151 General Physics I (4)
- PHYS 102 General Astronomy (3-4)*
- PHYS 130 How Things Work (4)
- PHYS 295 ST: Cosmology (3)

**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 course, for 3 hours without a lab.*

Community: Understanding Human Society

All courses are Liberal Arts

Students must complete a course from at least two of the following disciplines:

ANTH, COMM, ECON, POLS, PSY, SOC

- ANTH/SOC 243 Cultural Anthropology (4)
- BADM 301 Business Communication (COMM) (3)
- 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 (3)
- COMM 244 Oral Performance of Literature (4)
- COMM 319 American Public Address (4)
- ECON 210 Principles of Microeconomics (3)
- ECON 211 Principles of Macroeconomics (3)
- ECON 212 International Economics (3)
- ECON 213 American Economic Hist. I: Col. Era-1865 (3)
- ECON 237 Comparative Economic Systems (3)
- INTS 159 Science Honors Communication (COMM) (2)
- INTS 170 & 171 Honors in London (16)
- POLS 205 In Search of Justice (4)
- PSY 111 Introduction to Psychology (3)
- PSY/SOC 218 Social Psychology (3)
- PSY 230 Lifespan Development of the Family (3)
- PSY/SOC 328 Community & Society in Australia and New Zealand (4)*
- PSY/SOC 329 Australian and New Zealand Culture through Film (4)*
- SOC 101 Into to Sociology: Sociological Imagination (3)
- SOC 222 Social Problems (3)
- SOC 225 Environmental Sociology (2)
- SOC 226 Culture, Faith, and Creation (4)
- SOC 237 Introduction to Marriage and Family Studies (3)
- SOC 361 Race, Gender, and Environment (3)

** May use only one of these courses for one Community IS requirement*