

Holiday Classes

GIVE YOURSELF CREDIT THIS HOLIDAY

Four week, fast-paced, online classes! All classes are approved for college transfer under the CAA and ICAA. With tuition at \$76 per semester hour for North Carolina residents, BCC is a low-cost, high quality option for college courses.



BIO-155 NUTRITION (3 credit hours)

This course covers the biochemistry of foods and nutrients with consideration of the physiological effects of specialized diets for specific biological needs. Topics include cultural, religious, and economic factors that influence a person's acceptance of food, as well as nutrient requirements of the various life stages.

BUS-110 INTRODUCTION TO BUSINESS (3 credit hours)

This course provides a survey of the business world. Topics to include the basic principles and practices of contemporary business.

***COM-120 INTRO INTERPERSONAL COMMUNICATION** (3 credit hours)

This course introduces the practices and principles of interpersonal communication in both dyadic and group settings. Emphasis is placed on the communication process, perception, listening, self-disclosure, speech apprehension, ethics nonverbal communication, conflict, power, and dysfunctional communication relationships.

ENG-232 AMERICAN LITERATURE II (prerequisite of ENG 112 or 114) American Lit. I not required (3 credit hours)

This course covers selected works in American literature from 1865 to the present. Emphasis is placed on historical background, cultural context, and literary analysis of selected prose, poetry, and drama.

HEA-110 PERSONAL HEALTH/WELLNESS (3 credit hours)

This course provides an introduction to basic personal health and wellness. Emphasis is placed on current health issues such as nutrition, mental health, and fitness.

***MAT-143 QUANTITATIVE LITERACY** (3 credit hours)

This course is designed to engage students in complex and realistic situations involving the mathematical phenomena of quantity, change and relationship, and uncertainty through project- and activity-based assessment. Emphasis is placed on authentic contexts which will introduce the concepts of numeracy, proportional reasoning, dimensional analysis, rates of growth, personal finance, consumer statistics, practical probabilities, and mathematics for citizenship.

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***MUS-112 INTRODUCTION TO JAZZ** (3 credit hours)

This course introduces the origins and musical components of jazz and the contributions of its major artists. Emphasis is placed on the development of discriminating listening habits, as well as the investigation of the styles and structural forms of the jazz idiom.

PED-110 FIT AND WELL FOR LIFE (2 credit hours)

This course is designed to investigate and apply the basic concepts and principles of lifetime physical fitness and other health-related factors. Emphasis is placed on wellness through the study of nutrition, weight control, stress management, and consumer facts on exercise and fitness.

***SOC-210 INTRODUCTION TO SOCIOLOGY** (3 credit hours)

This course introduces the scientific study of human society, culture, and social interactions. Topics include socialization, research methods, diversity and inequality, cooperation and conflict, social change, social institutions, and organizations.

Universal General Education Transfer Component Courses (UGETC) class

FOR THE FULL SCHEDULE, CLICK THE FOLLOWING LINK: [BCC HOLIDAY COURSES](#)