INTERDISCIPLINARY (INDI)

INDI 1000 Strategies For Academic Success — 2 credits
This course addresses the diverse needs of first-year students at St. Catherine University, introducing them to college-level academic culture in general and St. Kate’s in particular. Evaluating their learning strengths and weaknesses, students develop skills in reading, writing, study skills, note taking, test taking, time management and use of information technologies. Although general objectives have been determined, specific content is based on students’ individual needs. Offered annually.
Prerequisite: Permission of the LEAP Program.

INDI 1150 Basic Patient Care — 2 credits
Principles of basic patient care are demonstrated and practiced, including the monitoring of vital signs, use of the stethoscope and use of proper body mechanics. This course addresses appropriate use of medical information, professionalism, ethics and infection control. An introduction to the interdisciplinary medical/healthcare team is provided. Techniques for the holistic assessment of patients and professional communication skills used with patients and among the disciplines are stressed. Offered in the College for Women.

INDI 1991 Topics — 1 credit
The subject matter of the course is announced in the annual schedule of classes. Content varies from year to year but does not duplicate existing courses.

INDI 2000 Career Development for Women — 2 credits
This course is designed to help women examine their interests, needs and values as they consider their futures and develop career goals. Students are introduced to the importance of the role work will play in their life and will develop plans for matching self-concepts, abilities and interests with their career needs. Guidance and information is provided in helping students to prepare for and develop career related materials, create a professional online presence and plan for a career and/or graduate school. Course offered fall term is geared to first and second year students in the baccalaureate program. January term is a hybrid course that will meet one night per week and open to all undergraduates. Spring term is open to all undergraduates. Course materials vary somewhat depending upon the make up of the class and student goals.

INDI 2010 Personal Financial Fitness — 2 credits
This course will teach students practical, hands-on skills that will be used throughout your lifetime. Students will leave this class with the ability to establish goals, develop a personal budget, create and organize a personal file, and understand the mechanics of successful financial management; specifically, wise use of credit and the importance of risk management.

INDI 2020 Mindfulness: Practice, Science, and Therapeutic Benefits — 4 credits
A growing body of research has documented that mindfulness – a secularized and therapeutically-validated form of meditation – is a powerful tool for reducing stress and improving the health and well-being of mind and body. Mindfulness meditation is now practiced in the hospital, clinic, school, university, corporate office, and therapy room. It is both a topic of study in neuroscience laboratories and a rapidly expanding literature. Through study and practice of mindfulness, readings, lecture, discussion and writing, students will develop their own practice, acquire techniques to teach others and learn about the practice’s scientific, performance-enhancing and therapeutic applications.

INDI 2030 Madness, Psychiatry and Mental Health; A History — 4 credits
The human afflictions of “madness,” “insanity,” and “mental illness” have been present since the dawn of human history. From the ancients to the modern era, those in the throes of “madness” have reported a wide array of experiences, from feeling intimate with the Divine, to being inundated by bizarre perceptions and unwanted impulses, from feeling inspired toward acts of creativity, to falling into unrelenting depths of despair. Across the centuries, treatments for those suffering from these afflictions include compassionate care and pity, hospitalization and imprisonment, counseling and killing, analyzing and medicating. In this interdisciplinary course, we study the histories of medicine, psychiatry and psychology to understand these disorders and ailments (Adapted from Eghigian, From Madness to Mental Illness, 2010, p. 1). Offered in the College for Women.

INDI 2220 Medical Terminology — 2 credits
This course is an introduction to the basic core terms and structure of medical terminology that is used by health professionals. Students learn to define, create and break down common medical terms. The course is primarily completed through self-study with assistance from the instructor. Open to all majors. Also offered in Evening/Weekend/Online Program.

INDI 2350 Essentials of Anatomy & Physio — 2 credits
This course fulfills the anatomy and physiology course requirement for students in the University’s graduate level holistic health studies program. Prequisite: Holistic health studies students only. Offered in the College for Adults.

INDI 2440 Choosing and Using Books for Children — 4 credits
Choosing and Using Books for Children is designed to develop the understanding that literacy is foundational to effective participation in society. The emphasis in this course is on scientifically-based theories and best practices for critical literacy and applying that knowledge to the selection of engaging, socially important literature for children to support language development, personal development, and academic learning. Students in this class learn how to use high-quality children’s books to support language development, personal development, and academic learning. They also learn to work with the strengths, interests, and needs of K-3 students in order to plan engaging instruction that fosters children’s ability to use language to analyze, learn from, and take action inspired by a wide array of texts from textbooks, to literature, to media texts. Fieldwork required. Check the class schedule for hours required.
Prerequisite with concurrency: EDUC 2070W. Junior status required.
Corequisite: EDUC 2800.

INDI 2450 Classical Mythology — 4 credits
This course is an introduction to the major myths of the gods and heroes of ancient Greece, along with their origins and interpretations. Because classical mythology played such an important role in the development of the arts in Western civilization, this course has a strong visual component, and every lecture is accompanied by slides. Also offered as CLAS 2450 and LATN 2450. Fulfills the fine arts requirement. Offered in the College for Women and the College for Adults.

INDI 2910 The Anatomy of Violence — 4 credits
The purpose of this course is to increase the knowledge and understanding of cultural, racial and interpersonal violence and develop a commitment to promoting a violence-free society. Emphasis is on exploration of the extent, causes and effects of violence and strategies for intervention on the micro and macro levels. Specific areas of study include domestic/partner abuse, child abuse/neglect, peer/date violence, elder abuse, sexual assault/sexual harassment, cultural violence, racism and other systemic oppression. Offered in the College for Women and the College for Adults. Also offered as WOST 2910.
INDI 2930 Grief, Loss and Coping — 4 credits
The overall purpose of this course is to help students to develop conceptual understanding, skills, and competencies relative to grief, loss and coping. The course content includes theory from psychology, sociology, social work, medicine, and materials from literature, lay-people and a spectrum of multicultural influences. Small group exercises and reflective writings will provide opportunities for students to learn from other students’ experiences, as well as self-exploration of beliefs regarding grief and loss.

INDI 2951 Independent Study — 1 credit
Independent study offers students the opportunity for specialized research not covered in a course offering, by the action project or thesis. Students work with a faculty advisor to develop a learning contract, which specifies the content and objectives of the study as well as the requirements and procedures for evaluation. The amount of credit earned for the study also is included in the learning contract.
Prerequisites: Permission of the faculty and department chair or program director.

INDI 2952 Independent Study — 2 credits
Independent study offers students the opportunity for specialized research not covered in a course offering, by the action project or thesis. Students work with a faculty advisor to develop a learning contract, which specifies the content and objectives of the study as well as the requirements and procedures for evaluation. The amount of credit earned for the study also is included in the learning contract.
Prerequisites: Permission of the faculty and department chair or program director.

INDI 2953 Independent Study — 3 credits
Independent study offers students the opportunity for specialized research not covered in a course offering, by the action project or thesis. Students work with a faculty advisor to develop a learning contract, which specifies the content and objectives of the study as well as the requirements and procedures for evaluation. The amount of credit earned for the study also is included in the learning contract.
Prerequisites: Permission of the faculty and department chair or program director.

INDI 2982 Topics — 2 credits
Topics courses develop specific topic areas. They do not duplicate existing course offerings. Topics courses are announced in the annual list of courses.

INDI 2990 Topics — 0 credits
Independent study offers students the opportunity for specialized research not covered in a course offering, by the action project or thesis. Students work with a faculty advisor to develop a learning contract, which specifies the content and objectives of the study as well as the requirements and procedures for evaluation. The amount of credit earned for the study also is included in the learning contract.
Prerequisites: Permission of the faculty and department chair or program director.

INDI 2992 Topics — 2 credits
The subject matter of the course is announced in the annual schedule of classes. Content varies from year to year but does not duplicate existing courses.

INDI 2994 Topics — 4 credits
The subject matter of the course is announced in the annual schedule of classes. Content varies from year to year but does not duplicate existing courses.

INDI 3150 Pharmacology for the Healthcare Professional — 4 credits
This course addresses the general principles of pharmacology and medication implications for clinical practice (e.g., pharmacokinetics and pharmacodynamics). Content areas include the autonomic nervous system, cardiovascular, endocrine, respiratory, gastrointestinal, infectious disease, pain therapy, and the central nervous systems. Within these areas major drug classifications, mechanisms, indications, precautions, and adverse effects are addressed. Over-the-counter medications and non-pharmacological therapies are also addressed. Accessing available information about drug therapy is reviewed, including the use of print references and web-based resources. Offered in the College for Women.
Prerequisites: CHEM 1010, BIOL 2200, BIOL 2610, BIOL 2620.

INDI 3400 Implementing Critical Literacy in Early Childhood Education — 4 credits
This course is designed to foster students’ reflection on and engagement with literacy in their own lives. As students develop their understanding that literacy is foundational to effective participation in society as well as to social action that can change the communities including the world in which we live, they will grasp the importance of their role in fostering literacy and implementing culturally relevant literature in early childhood education. Students will begin to facilitate children's ability to enhance their own lives and influence others through the use of effective spoken and written language and the creation of dramatic and multi-media products. Students will learn to plan engaging instruction that fosters critical literacy as a method to promote anti-bias/anti-racist education. The emphasis in this course is on scientifically-based theories and best practices for critical literacy through choosing highly engaging, socially important literature for children and using it to support language development, personal development, and academic learning.
Prerequisite: Admission to Early Childhood Education program.

INDI 4100 Holistic Care and Integrative Therapies — 4 credits
This interdisciplinary course offers students an opportunity to explore current trends and uses of complementary/integrative therapies (CIT) and holistic care. Seminar and experiential learning activities will be used to promote increased understanding and application of CIT and holistic care. Students will study principles and current research in CIT/holistic care, make site visits to assess complementary/holistic care resources in your community, schedule/experience a complementary therapy session for their own personal use, and learn/demonstrate several complementary/integrative therapies such as acupressure, clinical aromatherapy, Healing Touch, and massage.

INDI 4600 Internship — 0 credits
This is a structured out-of-class learning experience that takes place on- or off-campus and includes a substantial work component. An internship involves students in a particular profession in an exploratory way to test career interests and potential. To initiate an internship experience meet with the internship coordinator in the Career Development Office.
Prerequisites: Approval by internship coordinator.

INDI 4602 Internship — 2 credits
This course supplements students’ off-campus internship experience. Students will meet with the instructor and a cohort of students bi-weekly to discuss, reflect on, and learn from their internship experience and participate in professional development activities. The instructor will serve as their internship advisor and will complete a site visit with the student and their site supervisor.
Prerequisites: A work situation approved by the instructor - meet with the instructor to obtain a registration permit.
**INDI 4604 Internship — 4 credits**
This course supplements students’ off-campus internship experience. Students will meet with the instructor and a cohort of students bi-weekly to discuss, reflect on, and learn from their internship experience and participate in professional development activities. The instructor will serve as their internship advisor and will complete a site visit with student and their site supervisor.

**Prerequisites:** A work situation approved by the instructor - meet with the instructor to obtain a registration permit.

**INDI 4900 Introduction to Physical Therapy — 2 credits**
This seven-week course introduces pre-physical therapy students to the profession of physical therapy and provides an opportunity for students to apply and understand the vocational relevance of the knowledge acquired in physical therapy program prerequisite courses. Further, the course is designed to facilitate student appreciation of how each of the three pre-physical therapy academic majors at the University impacts the practice of physical therapy. Students are introduced to the integrative curriculum model of the Doctor of Physical Therapy Program at St. Catherine University, as well as instructional methods utilized in the program (clinical case studies, tutorials). There is a focus on transitioning from an undergraduate to a graduate student.

**Prerequisites:** Completion of one semester each of biology, psychology, physics, chemistry, and anatomy/physiology. Pre-PT students only.

**INDI 4992 Topics — 2 credits**
The subject matter of the course is announced in the annual schedule of classes. Content varies from year to year but does not duplicate existing courses.

**INDI 4994 Topics — 4 credits**
The subject matter of the course is announced in the annual schedule of classes. Content varies from year to year but does not duplicate existing courses.