

UNIVERSITY OF SOUTH ALABAMA

# SPECIAL COURSES

SUMMER 2013

*learn something new!*

## FIRE IT UP!

RAKU POTTERY, pg 7



BUILD YOUR BRAND/NONPROFIT MARKETING, pg 9

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**Call USA Special Courses: 251-405-9928**  
**[www.usacontinuinged.com](http://www.usacontinuinged.com)**

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## School of Continuing Education and Special Programs

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**On the cover:** Get your hands dirty in Raku Pottery this summer with Jeff Knighton. Make your own unique ceramic art - whether it's for functional or decorative use, **page 7**.

The University of South Alabama does not discriminate in its student and employment practices in violation of any applicable laws. The University of South Alabama is an Equal Opportunity/Equal Access educational institution.

The University of South Alabama School of Continuing Education and Special Programs is an affiliate member of the International Association for Continuing Education and Training.

Summer Term Schedule of Courses

Summer Term, June 2013

Published: Quarterly

University of South Alabama

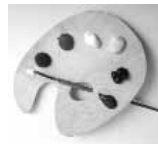
Special Courses

1504 Springhill Ave., Suite 2515

Mobile, Alabama 36604

TEL: (251) 405 - 9928, FAX: (251) 405 - 9931

[www.usacontinuinged.com](http://www.usacontinuinged.com)



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## USA Photography Certificate

USA's Photography Certificate Program teaches the essential skills needed to develop or enhance photography skills. The program provides training in several areas of photography including: camera, darkroom, photographic styles, understanding of techniques and uses, and lighting.

### Program Requirements

- 5 required courses,
- 42 contact hours of electives
- Portfolio review

The portfolio or exhibit should demonstrate the candidate's technical proficiency and visual creativity. **Students completing all course-work must** register for the portfolio review. The final project must satisfy an instructor's review committee before the certificate is awarded. Course work must be completed within three years with no more than 2 excused absences per class. Admission to the University is not required for this program.

### Required Courses (5)

- Camera, Light, Film or Digital I
- Camera, Light, Film or Digital II: Beyond the Basics
- Camera & Darkroom
- Studio Lighting and Portrait Photography
- Adobe Photoshop/Adobe Photoshop Elements or Portrait Photoshop Retouching

*New classes are routinely added to elective offerings and some elective courses are not offered every term. Students should check the latest catalog for classes being offered.*

## Camera, Light, Film or Digital I Walter Bower

Intimidated by the settings on your camera? No need to be! Learn how to use your camera in this introductory photography course designed for both traditional film and digital users. Topics covered include camera formats and use, film (media) selection, choosing the correct lens, flash photography, exposure, composition, and the relationship between shutter speed and aperture. By the end of the course you will know how to use the various functions and modes on your particular camera. Field trips include a behind-the-scene's look at a custom color lab, a studio lighting session, and making your own print at the USA Special Courses' darkroom.

13UPH104AG, 6/3/2013 - 7/15/2013  
7 Sessions, M from 6:00 - 8:00 PM  
1.4 CEU, \$105

## Camera, Light, Film or Digital II: Beyond the Basics Vincent Lawson

Move beyond the basic photography skills in this course that offers an in-depth view of camera use, exposure techniques and composition. The instructor discusses how aperture, shutter speed, light, focal length, depth of field, filters and artificial light can be used creatively. You will participate in one classroom and three outdoor sessions where you will learn various functions of your camera. You will have challenges such as photographing moving and still objects with various shutter speeds and taking advantage of natural lighting as it changes. At the end of this course you will have a deeper trust in your ability to operate your camera in automatic and manual mode. This course is designed to immediately follow Camera, Light, Film or Digital I for the Photography Certificate. Bring either digital or film camera to each class, and film if using a film camera.


**PREREQUISITE:** Camera, Light, Film or Digital I.

13UPH103AG, 7/21/2013 - 8/11/2013  
4 Sessions, Su from 2:00 PM to 5:00 PM  
1.2 CEU, \$95

**Want to know what's new  
next term without waiting  
for the catalog?**



Search for us at  
"Special Courses"



The Center for Continuing Education follows official University of South Alabama decisions regarding class closings. Information about class closings due to inclement weather or other emergencies can be obtained by calling the USA Emergency/Weather Hotline at **460-6999** or online at [www.southalabama.edu](http://www.southalabama.edu)

# Lifestyle & Life Skills

## Don't forget!

Students may now take  
"Adobe Photoshop/Adobe  
Photoshop Elements,"  
"Portrait Photoshop  
Retouching," **OR**

"Introduction to Lightroom"  
to fulfill your USA  
Photography Certificate  
Program requirement.

Beginning students are  
encouraged to take "Adobe  
Photoshop/Adobe  
Photoshop Elements" while  
more advanced students  
have the option of taking  
"Portrait Photoshop  
Retouching."

**For any questions or concerns  
please contact Laurent  
Cadden at  
lcadden@southalabama.edu  
or 251-405-9928**

**Want more info on the USA  
Photography Certificate?**

Scan the QR  
code with your  
smartphone  
and go directly  
to its webpage.



### Camera & Darkroom

Walter Bower

Walter Bower's basic black and white darkroom course is designed for those who value the beauty and permanence of the gelatin silver black and white print. Each student will be provided with an enlarger station and all chemicals. It is an opportunity to print custom prints that would be cost prohibitive if you paid a lab. Topics covered include: dodging, burning, use of multi-contrast filters, paper selection, composition, and archival processing. If you have a film camera and you want to release your hidden Ansel Adams, this is the course for you.

LOCATION: USA Springhill Campus

NOTE: Fee includes darkroom lab fee. Student responsible for camera supplies.

13UPH110AG, 6/4/2013 - 7/9/2013  
6 Sessions, Tu from 6:00 PM to 8:30 PM  
1.5 CEU, \$115

### Intermediate Darkroom Photography: Portfolio Development

Walter Bower

If you wish to prepare an exhibit-quality portfolio you will benefit from this course. You'll find this course is specific to gelatin silver print photography. Topics include paper selection, expanding tone and range of black and white prints, improving negative quality spotting, hand coloring and mounting prints. This is an intermediate-level darkroom course...not for beginning photography students.

PREREQUISITE: Camera and Darkroom

Fee includes darkroom lab fee. Student responsible for camera supplies.

LOCATION: USA Springhill Campus

13UPH130AG, 6/6/2013 - 7/18/2013  
6 Sessions, Th from 6:00 PM to 8:30 PM  
1.5 CEU, \$115

No class July 4, 2013

### Studio Lighting and Portrait Photography

Carlos A Prieto

Lighting is the key to all photography. Learn the various techniques for successful portrait photography with emphasis on creative use of studio lighting. You will learn how to use the various techniques for successful portrait photography with emphasis on creative use of studio lighting. You will also learn how to use natural, artificial, and electronic lights to photograph any subjects in color or black and white. Other topics include: different kinds of portraits, posture, lenses and apertures, flash portraits, flash diffusion, reflectors and diffusers, lighting ratios and errors, camera height, and framing the portrait. **Volunteer models are needed; experience not required.** Students will present their work to family, friends and classmates at their show the last night of class.

NOTE: Bring camera and film (if needed) to each class.

13UPH171AG, 6/12/2013 - 7/17/2013  
6 Sessions, W from 6:00 PM to 8:00 PM  
1.2 CEU, \$95



**Learn the in's and out's  
of natural, artificial, and  
electronic lighting with  
Carlos Prieto's Studio  
Lighting class.**

# Lifestyle & Life Skills

## Adobe Photoshop/ Adobe Photoshop Elements Michael J Behr

Explore your creative options and produce quality images using Adobe Photoshop and Adobe Photoshop Elements. This course will highlight the major differences between the two graphics programs so you can decide which software package is best suited to your needs. These powerful software packages offer fast, professional-quality photo enhancement and photo retouching tools. You will learn to adjust color and density of pictures taken with a conventional film camera, a digital camera, or a scanned image. In addition, the course teaches you how to turn color images into black and white pictures and colorize black and white pictures. The instructor will cover the basic and most-needed controls and tools these programs offer, and then he will begin using more advanced tools such as "Adjustment Layers", "Masks", and Blending Modes." Layers, selections, filters, and channels will be demystified. All handouts included in course fee. To succeed in this class you should be fairly proficient with keyboarding skills and knowledge of using a PC.

NOTE: This program meets the requirements for the Photography Certificate program.

13UPH732AG, 6/10/2013 - 8/5/2013  
9 Sessions, M from 6:00 PM to 8:00 PM  
1.8 CEU, \$199

## Workshop on Posing Sonja Foshee

Have you ever taken a picture of someone that just looked awkward and you couldn't figure out why? Knowing the rules of posing is crucial to taking that great photo. In this workshop you will learn the importance of posing using the triangle and the rule of thirds as well as C curve and S curve. With hand-on demonstration, you will learn other important components of posing-positioning of hands and use of lighting techniques for natural-looking photos.

13UPH146AG, 6/15/2013  
1 Session, Sa from 10:00 AM to 2:00 PM  
0.3 CEU, \$95

## In Camera Artistry Sonja Foshee

Discover how to develop a dynamic style of photography topics such as compositions, pre-visualizations and different light sources. Without using any editing software, students will become comfortable on how to use natural and indoor lighting for their image to have a satisfying outcome. Students will have hands-on photo sessions during classroom times and will take a look at the history dating back of what sources were used to accomplish these settings. Students will also understand camera settings such as the depth of field preview button, to help them take better images. Discussions of white balance, manual settings, iso settings will be covered in detail. You will receive a syllabus the first class night to let you know which class to bring your camera.

13UPH153AG, 7/24/2013 - 8/14/2013  
4 Sessions, W from 6:00 PM to 8:00 PM  
.8 CEU, \$139

## High School Senior Photography Sonja Foshee

Join one of our favorite photography instructors for this hands-on course where you'll learn how to successfully photograph high-school senior portraits. This class will focus on posing, location choices, digital workflow, camera angles and lighting. High-school senior models will be used to discuss and demonstrate the latest trends in photographing teens in indoor and environmental settings. Business aspects of senior photography will also be covered. The final class session will consist of a tour of Jim Owens' Enterprises, photographer of over 10,000 high school seniors a year across five states. Bring your camera, film and notebook to each class.

13UPH137AG, 8/6/2013 - 8/27/2013  
4 Sessions, Tu from 6:00 PM to 8:00 PM  
0.8 CEU, \$149



**Join Sonja this summer for three high-powered, hands-on photography courses this summer! Make the most of your summer with your camera in hand.**

# Lifestyle & Life Skills

## Dog Obedience

Barbara Robinson, AKC Canine Good Citizenship Evaluator, Member National Association Dog Obedience Instructors

Is life with your new (or old) pet unbearable? Then join us for this class which will help your pet learn appropriate behavior for pet companionship and citizenship. Knowledge of your dog's behavior will be explored. All basic obedience commands will be covered. Dogs from 6 months to 12 years old are welcome. A USA certificate of attendance will be awarded if attendance requirements are met. While the course covers the required material outlined in AKC Good Citizenship testing, CGC testing and certification are not included in the course as the test must be conducted by a professional who has not actually trained the dogs. The instructor will notify the class how to obtain CGC testing and certification. Ample time is allowed after each class session for questions.

13UMC100AG, 6/10/2013 - 7/29/2013  
8 Sessions, M from 6:30 PM to 7:30 PM  
.8 CEU, \$79



**Summer's a great time for you and Sparky to bond outdoors in Dog Obedience**

## Women's Personal Safety Seminar

Cynthia Turgeau, Second Degree Black Belt Tae Kwondo

Women 19 and older are invited to join in on this personal safety seminar led by self-defense instructor Cindi Turgeau. In this two-hour session, you will learn the "AAP" method, which stands for Aware, Avoid, and Prepare, of self-defense. Enhance the knowledge of the 10 most vulnerable body targets and how to use them. Learn to use what you have as a weapon and discover the five simple techniques that will enable you to escape, grab, choke, hold, or pull. With dangerous situations that arise just by walking, jogging, or being alone in public, let this course teach you the fundamentals of protecting yourself.

13UED311AG, 6/7/2013  
1 Session, F from 6:00 PM to 8:00 PM  
.2 CEU, \$20

## Beginning Quilting

Kristen Sarowski

Discover the steps to begin how to make your own quilt. Take the terminology taught of rotary cutter, cutting mat, width of fabric, selvage edge, yardage, border, backing, batting, and binding to begin to create your baby or lap quilt as your first project. Students will be shown the best fabric to choose and the appropriate supplies to get to begin to cut and sew their own quilts under supervision. One-on-one instruction will be given to guide you to correctly quilt; small group and class lectures will be used to answer questions and concerns. For the last week of the course, students are encouraged to present their quilts in a quilt show lead by the instructor.

### Student Supplies:

At the first session of class, students will begin practicing rotary cutting skills on fabric scraps provided by the instructor. Students will select their quilt project and will receive the appropriate supply list.

At the second week of class, students are encouraged to bring any sewing supplies they already have, ie: pins, scissors, seam rippers, rotary cutters, cutting mats, rulers and sewing machines. Students will begin working on their quilt project during the second session.

13UCR215AG, 6/10/2013 - 7/15/2013  
6 Sessions, M from 6:00 PM to 8:00 PM  
1.2 CEU, \$119



**Please check your email the day before your class begins. Sometimes for reasons beyond our control, class locations might change. If your class is moved, we will notify you by email 1-2 days prior to the class start date.**



## FEATURED INSTRUCTOR



Artist Jeff Knighton enjoys the various outcomes of the 16th-century, Japanese-style Raku along with its benefits of building hand strength and mind accuracy. Not only does this style have an interesting name, but the end results are unpredictable imperfections that give each piece its own uniqueness. Jeff has done it all, from living in Italy to owning his own art gallery here in Mobile. Now, Jeff teaches students the intricacies of ceramic art and participates in art gallery competitions. His educational path began at USA in printmaking, but he stumbled upon a ceramics elective class and immediately became hooked on the “hands-on” therapy achieved with this art form. For Jeff, seeing the dimensional art come to life after the kiln is very exciting and rewarding.

**Introduction to Raku Pottery**  
Jeff Knighton

Raku pottery originates from 16th century Japan. While using low firing temperature techniques and the removal from the glowing hot kiln, these beautiful Japanese-style pieces are often left with a unique finish. These techniques have been modified and included in modern pottery works all over the world.

This class will utilize various methods and techniques of Raku firing for hand-made decor such as saggar, pit, and sawdust firing. While producing individual works by stamping, carving, incising, and other techniques, students will assist in glazing and firing their work.

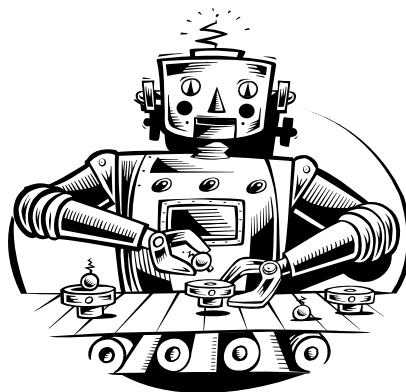
13UCR245AG, 6/18/2013 - 8/1/2013  
12 Sessions, Tu & Th from 6:00 - 8:00 PM  
2.4 CEU, \$199

### HELP YOUR CLASS MAKE!



Special Courses makes decisions to cancel a course based on enrollment THREE working days prior to the class start date.  
*Please enroll early to ensure your class makes!*

*For details on cancellations and refunds, see page 22.*



### USA SCREAM 2013

Summer Camp in Robotics, Engineering and Mathematics

June 17-21  
Registration: \$250  
Call 405-9929  
for a brochure!

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**Interact with other Special Courses participants, check out what’s new, and offer suggestions for new courses.**

# Exploring & Foreign Languages

## Conversational Spanish I: Level 1 Olivia Pinochet

Spanish is one of the fastest growing languages and populations in the country. It is also the easiest foreign language to learn. This introductory course is designed for those with no prior instruction and ideal for travelers and business people, alike. Learn the principles of communicating in Spanish through basic vocabulary, grammar and sentence structure to aid in reading, writing and speaking. Upon course completion, you will be able to communicate with confidence through simple phrases and necessary day-to-day vocabulary.

The instructor will lecture and have small group interaction exercises throughout each class meeting and use visual aids, textbooks and homework assignments.

**TEXTBOOKS:** (1) Spanish is Fun, Book 1, 4th e. by Heywood Wald, Ph.D. and (2) Merriam-Webster's Spanish/English Dictionary.

13UIN201AG, 6/6/2013 - 7/1/2013  
8 Sessions, M & Th from 6:00 - 8:00 PM  
1.6 CEU, \$75

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"Special Courses"

## Conversational Spanish I: Level 2 Olivia Pinochet

If you have completed the Spanish Part I: Level 1 class and are ready to continue building your Spanish, this next level will help you read and comprehend additional words both written and orally. This class builds on lessons learned in Spanish Part I and includes counting, describing things, professions and trades, food vocabulary, weather expressions and how to go places. Verbs essential to basic conversation such as ser, estar, tener and gustar along with their conjugation will also be covered.

**TEXTBOOKS:** (1) Spanish is Fun, Book 1 4th edition by Heywood Wald, Ph.D. and (2) Merriam-Webster's Spanish/English Dictionary.

13UIN202AG, 8/5/2013 - 8/29/2013  
8 Sessions, M & Th from 6:00 - 8:00 PM  
1.6 CEU, \$75



Spanish is the easiest foreign language to learn - discover it this spring with Olivia!



## DO YOU HAVE A BRIGHT IDEA?

Is there a hobby or interest not offered that you would like to see? We are looking for exciting new classes on a variety of topics to offer.

Courses offered through the USA Center for Continuing Education must be educational in nature. If you would like to submit an idea for a class to teach or just an idea of something you would like to see us offer, email us at

[cdrake@southalabama.edu](mailto:cdrake@southalabama.edu)  
or call us at  
**(251) 405-9928**





## FEATURED INSTRUCTORS



Carlisha Bagsby, founder and owner of Hartzog-Bagsby Consulting, and Erica Hunter, founder and creative director of BrandMe Media, are joining forces to bring a new concept of learning to the branding and marketing aspects of creative small businesses. Carlisha holds international accreditation from the British Fashion Council and is a current board member for Distinguished Young Women. She also earned her MBA at the University of South Alabama. Erica, a native of Mobile, majored in Marketing at Bellevue University in Nebraska, as well as earning her Master of Science in Instructional Development and Design from Bellevue. Additionally, Erica has an extensive background in graphic design and photography that led to her successfully earning Adobe Certifications. Together this team will help creatives, think outside their creative boxes.

### Business Fundamentals for Freelance Artists & Creatives

Carlisha Bagsby and Erica Hunter

Business for Creatives informs participants on how to reach branding and marketing harmony, while effectively operating a business based on key principles. This course covers, but is not limited to, small business formation, creating a web site or blog, technical aspects of business, information in copyrighting, proposals, contracts and invoicing techniques. This course is ideal for small businesses like photographers, fashion stylists, salons and other creative services.

13UMG204AG, 6/10/2013 - 6/17/2013  
2 Sessions, M from 6:00 PM to 8:30 PM  
.5 CEU, \$99

### NON-PROFIT MANAGEMENT CERTIFICATION PROGRAM

The Non-Profit Management Training Program is for anyone in the non-profit field with management responsibilities; anyone working in a nonprofit organization; or anyone who wants a basic and introductory perspective on some of the unique issues facing management of a nonprofit organization. This certificate program consists of 7 modules and can be completed in less than a year.

For more details visit:  
<http://bit.ly/usanpgmt>

Scan the QR code with your smartphone and go directly to its webpage.



### Evaluating Nonprofit Organizations for Quality and Effectiveness

Patricia Scanland  
Martin O'Malley

Program evaluation is an essential task for non-profit organizations. Outcome evaluation is increasingly required by nonprofit funders as verification that the nonprofits are effectively serving their clients. More importantly, evaluation reports are one of the best tools for a nonprofit organization to evaluate the strength of management. This course provides you with an overview of the purpose of program evaluation and the basic steps in performing it, as well as the importance of program and organization evaluation in terms of meeting your organization's objectives and client's needs.

13UBU393AG, 6/4/2013 - 6/25/2013  
4 Sessions, Tu from 6:00 PM to 8:30 PM  
1.0 CEU, \$139

### Marketing for Nonprofits

Patricia Scanland  
Martin O'Malley

The effective marketing of a nonprofit involves creating and sustaining the desired image and message of your nonprofit. To accomplish this you must gain an understanding of the eight basic steps of marketing before you develop and implement your marketing plan. Discover the differences between marketing and public relations and their role in creating awareness of your nonprofit, as well as the impact new media tools can play in achieving this awareness. With the existence of so many nonprofits today, marketing your nonprofit to stand out in the crowd has never been more critical.

13UBU394AG, 6/6/2013 - 6/27/2013  
4 Sessions, Th from 6:00 PM to 8:30 PM  
1.0 CEU, \$139

# Professional Development

## PARALEGAL STUDIES CERTIFICATE PROGRAM

The USA Paralegal Studies Certificate Program is designed to prepare students to assist attorneys with day-to-day management and operations, trial preparation, and routine tasks paralegals frequently perform for attorneys and firms.

The Certificate Program can be completed in as little as two years with nine required courses, and seven electives.

### Want more info on the USA Paralegal Certificate?

Scan the QR code with your smartphone and go directly to its webpage.



Or visit this page at  
[www.usacontinuinged.com](http://www.usacontinuinged.com)

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Continuing Education  
Paralegal Studies



## Workers' Compensation Law Sean Hampton, Attorney-at-Law

Focusing on remedies and rights that injured workers have, this course is designed to shed light on situations regarding on the job injuries. Students enrolled will effectively cover Federal Worker's compensation and tort law. This course is inclusive of, but not limited to, injuries, benefits, the system, insurance, appeal, and medical issues under workers' compensation.

13ULA620AG, 6/13/2013 - 7/25/2013  
6 Sessions, Th from 6:00 PM to 8:00 PM  
1.2 CEU, \$159

Note: No class on July 4, 2013

## Torts: Personal Injury Litigation for Paralegals

Melinda Maddox, Jr., Attorney-at-Law

This introductory civil litigation course focuses on torts, specifically in the area of personal injury. During this course you will become familiar with the different torts, including but not limited to negligence, intentional torts, product liability, medical malpractice and related torts. You will also follow the litigation process from the initial stage of the tort occurrence through the appellate process. Classroom discussion will cover the role of the paralegal in this process and their role in discovery and pretrial. Additional discussion topics include tort reform, insurance and bad faith.

TEXTBOOK: Tort Law for Legal Assistants (required)

13ULA601AG, 6/3/2013 - 8/5/2013  
10 Sessions, M from 6:00 PM to 9:00 PM  
3.0 CEU, \$159

## Are you interested in pursuing a certificate in Paralegal Studies?

We are excited to announce the Taylor-Martino scholarship for students NEW to the USA Paralegal Studies Certificate Program.

Two \$225 scholarships will be awarded this summer to two **new** students to the Paralegal Studies program.

For application details, call us at 405-9928  
or online at  
[www.usacontinuinged.com](http://www.usacontinuinged.com)

- **Current Paralegal Studies Students** -  
**Visit us online for details on**  
2013-2014 Bruce McCall Endowed Memorial  
Scholarship Fund for Paralegal Studies

[WWW.USACONTINUINGED.COM](http://WWW.USACONTINUINGED.COM)

ICD-10 Classes  
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## **MEDICAL BILLING AND CODING CERTIFICATE PROGRAM**

This classroom-based certificate is for those who wish to explore a career in healthcare records and prefer a face-to-face setting with dedicated time in the classroom with interaction and learning from classmates. Typically working in this field includes coding and billing based on medical histories, symptoms, examination results, diagnostic tests, treatment methods, and other services by healthcare providers.

This certificate program begins each fall term with Medical Terminology and ICD coding. Students are required to complete these courses before moving on to Beginning CPT, Chart Reviewing, or Comprehensive Coding Parts I & II.

For admission to the Medical Billing and Coding Certificate Program, download the application at <http://bit.ly/usamedcdng> and return it with the \$25 application fee.

## **Want more info on the USA Medical Billing and Coding Certificate?**

Scan the QR  
code with your  
smartphone  
and go directly  
to its webpage.



## **Comprehensive Coding for Physician's Office: Part II**

Jeremy Kohn, Certified Professional Coder (CPC)

Building on coding skills learned in Part I, this Part II course will give you a deeper understanding of the tools used for proper coding of physician services. Upon completion of the Part II class you will be familiarized with coding practices most commonly used in physician's offices and prepared to sit for the coding certification exams of your choice.

Information and registration for industry coding exams are independent of the USA Center for Continuing Education. Students must have completed the Comprehensive Coding Part I class prior to enrolling in this Part II class.

13UMD324AG, 6/4/2013 - 8/6/2013  
10 Sessions, Tu from 6:00 - 8:00 PM  
1.6 CEU, \$139

**PREREQUISITES:** Beginning ICD-9-CM, Beginning CPT/HCPCS, Medical Terminology or basic coding knowledge and experience.

**TEXTBOOKS:** 1.) Step-by-Step Medical Coding by Carol J. Buck, 2.) Workbook to Accompany Step-by-Step Medical Coding (Textbook and Workbook both Required), and 3.) ICD-9-CM Professional 2013 Edition Volumes I and II by Medical Management Institute/Contexo Media Co.

**This course replaces Advanced Physician Office Coding and Certified Coder Exam Prep.**

**ATTENTION NURSES:  
Contact us for  
Legal Nurse Consultant Courses  
in Mobile and Mississippi.**

# Exam Review & Personal Improvement

## ACT Math Review

Patti McKinley, M.S.

Enhance your understanding of basic material covered on the ACT Exam through this math review. The instructor will cover topics that include arithmetic, algebra, geometry, trigonometry and advanced high school mathematics. In addition, you will receive testing hints to assist you in preparing for this portion of the ACT. Two years of algebra and one year of geometry will be covered. In order for students taking the math section of the review to achieve maximum benefits from this review, it is recommended they have completed algebra and geometry courses.

TEXTBOOK: Barron's Educational Series ACT (latest edition) Required at each class

13UER106AG, 8/3/2013 - 8/24/2013  
4 Sessions, Sa from 11:00 AM - 1:30 PM

13UER106BG, 8/3/2013 - 8/24/2013  
4 Sessions, Sa from 2:00 - 4:30 PM

1.0 CEU, \$59

*Students must bring calculator to every class. If you do not have a calculator, the instructor recommends the TI30XIIS.*

## ACT English Review

Larry Perdue, M.A., National Board Certified Teacher

This preparation program will cover material most likely found in the English section of the ACT. While practicing with sample questions and learning test-taking strategies, you will become more skilled regarding the rules of English grammar, usage, style, and punctuation that are necessary to score well on the ACT English test. Reduce your test anxiety and enhance your test-taking skills through the frequent practice our exam review courses offer.

TEXTBOOK: Barron's Educational Series ACT (latest edition) Required at each class

13UER100AG, 8/3/2013 - 8/24/2013  
4 Sessions, Sa from 8:00 - 10:30 AM  
1.0 CEU, \$59

## ACT Reading Review

Stephanie Roberts, M.Ed.

This preparation program will cover material most likely found in the Reading section of the ACT. Students will practice specific strategies for speeding up test-taking time as well as skills for faster reading and answering questions about what they have read. Students will also learn to recognize generalizations, determine main ideas, make comparisons, understand cause-effect relationships, distinguish between various narrative voices, and trace the link between context and meaning.

TEXTBOOK: Barron's Educational Series ACT (latest edition) Required at each class

13UER115AG, 8/8/2013 - 8/29/2013  
4 Sessions, Th from 6:00 PM to 8:30 PM  
1.0 CEU, \$59



**FALL 2013**  
**ACT TEST DATES**  
**SEPTEMBER 21**  
**OCTOBER 26**  
**DECEMBER 14**  
**[www.actstudent.org](http://www.actstudent.org)**



## PLEASE NOTE

There is absolutely no text messaging during any ACT review class. ALL cell phones MUST be turned off upon entering classroom.

# Exam Review & Personal Improvement

## ACT Science Review

Gaines Stubblefield, M.Ed.

Through the exploration of several areas of science in this review, you will prepare to take the science portion of the ACT exam. This review class focuses on understanding analysis, generalization of scientific data, and the practice of time management while practicing the three types of science reasoning questions.

TEXTBOOK: Barron's Educational Series ACT (latest edition) Required at each class

13UER110AG, 8/6/2013 - 8/27/2013  
4 Sessions, Tu from 6:00 PM to 8:30 PM  
1.0 CEU, \$59



**Please check your email the day before your class begins. Sometimes for reasons beyond our control, class locations might change. If your class is moved, we will notify you by email 1-2 days prior to the class start date.**

## GRE Preparation Program

Charlotte Matthews, Ph.D.  
Larry Perdue, M.A., National Board Certified Teacher

Instructors focus on reviewing academic material as well as test-taking skills and strategies in this preparation program for the Graduate Record Exam. Our review offers a unique instructor-coached format with a student-friendly approach. Instructors will cover material and questions most likely found in the math, verbal and analytical writing sections of the GRE. There is a \$70 non-refundable charge included in the registration fee to cover the cost of study materials. In addition, you will benefit by enhanced performance on the computer-based test through this in-class review. This preparation course approach includes pre-testing for diagnostic purposes and post-testing for assessment. Each section will also contain analysis of question formats and question types. A series of presentations and exercises serve to explain and reinforce the concepts and subject areas tested including two days of verbal reasoning and two days of quantitative reasoning

Computerized test may be taken at any time.

13UER300AG, 6/8/2013 - 6/29/2013  
4 Sessions, Sa from 9:00 AM to 5:00 PM  
2.8 CEU, \$359

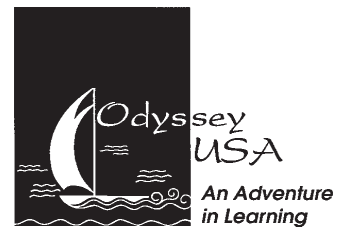
*Verbal Review: June 8 & 15*

*Math Review: June 22 & 29*

**This GRE Preparation Program prepares the student for the current GRE. Test scores are valid for 5 years.**

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# Computer Technology

## Word 2010- Basic Marcy McKee

Learn how to navigate the newest version of Microsoft Word as you explore the Help system and documents by entering and editing text; creating and saving your documents; and how to enhance their appearance through various formatting options. You will also gain the confidence needed to create and edit tables, insert headers and footers, proofing and printing functions, and inserting and manipulating graphics.

13UCW710AG, 7/29/2013  
1 Session, 8:30 AM to 5:00 PM  
0.75 CEU, \$139 with textbook  
\$119 with course card

## Access 2010 - Basic Robert Byrd, M.A.

After an introduction to database concepts and the Access environment and Help systems, students will learn how to design and create databases. Then they will work with tables, fields, and records; sort and filter data; and set field properties and data entry rules. Students will then learn to create queries, forms and reports.

13UCW575AG, 6/20/2013  
1 Session, Th from 8:30 AM to 5:00 PM  
0.75 CEU, \$139 with textbook  
\$119 with course card

## Access 2010 - Intermediate Robert Byrd, M.A.

Students will learn how to normalize data, manage table relationships, and enforce referential integrity; work with Lookup fields and sub datasheets; create join queries, calculated fields, and summary values; add objects to forms and create advanced form types; print reports and labels; create and modify charts; and use PivotTables and PivotCharts.

13UCW576AG, 7/18/2013  
1 Session, Th from 8:30 AM to 5:00 PM  
0.75 CEU, \$139 with textbook  
\$119 with course card

## Excel 2010 - Basic Marcy McKee

This course will teach students the basic functions and features of Excel 2010. Students will learn how to enter and edit text, values and formulas as well as how to save workbooks in various formats. Additionally, students will learn how to move and copy data and work with ranges, rows and columns. The course also covers simple functions, basic formatting techniques and printing. Students will create and modify charts and learn how to manage Excel workbooks with multiple pages.

13SCW619AG, 6/5/2013  
1 Session, W from 8:30 AM - 5:00 PM  
0.75 CEU, \$139 with textbook  
\$119 with course card

## Excel 2010 - Intermediate Marcy McKee

Intermediate will cover using multiple worksheets and workbooks. Students will start working with more advanced formatting options and advanced charting techniques.

13UCW620AG, 7/17/2013  
1 Session, W from 8:30 AM to 5:00 PM  
0.75 CEU, \$139 with textbook  
\$119 with course card

## Excel 2010 - Advanced Marcy McKee

Excel 2010- Advanced will cover mathematical and statistical formulas; lookup functions and data tables; validating cell entries and database functions.

13UCW621AG, 8/7/2013  
1 Session, W from 8:30 AM to 5:00 PM  
0.75 CEU, \$139 with textbook  
\$119 with course card

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Development**

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# Online Learning



Whether you are looking to master a new skill for the workplace, a new hobby, or a creative outlet, we offer 100's of courses online for students with hectic schedules.

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**usacontinuinged.com**

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Math Refresher  
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Visual Basic  
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Administrative Professional  
Certified Wedding Planner  
Cisco CCNA Certification Training  
CompTIA A+ Certification Training  
CompTIA Network+ Certification  
CompTIA Security+ Certification  
Management for IT Professionals



- 24-Hour Access
- One-On-One Instructor Assistance
- Self-paced, start anytime
- All Materials and Books are Included!

#### Most popular certificates include:

Inpatient/Outpatient Medical  
Billing & Coding  
Medical Transcription  
Medical Transcription Editor  
Pharmacy Technician

# Sports, Leisure & Exercise

## Registration Deadline for all Sports, Leisure, and Exercise classes is May 28.

No registrations for these classes will be accepted after this date.

### Golf - Basic

Randall Anastasio

Learn the basic skills of hitting irons, woods, chipping and putting. Course will also cover proper etiquette on the course and the basic rules of golf. Group lessons will be held on the driving range and practice greens. In case of inclement weather, a classroom is available.

13USP103AG, 5/28/2013 - 7/16/2013  
8 Sessions, Tu from 1:50 PM to 3:30 PM  
1.33 CEUs, \$139

### Intermediate Golf

Randall Anastasio

Review the "full swing" skills, chipping, putting and sand play. You will learn techniques to execute shots from special circumstances. Course will also cover practice, conditioning, and improving your game.

NOTE: In case of inclement weather, a classroom is available.

NOTE: Clubs can be provided if necessary.  
PREREQUISITE: Completion of a beginners golf course or a score of 60 or less in 9 holes (women) or 50 or less (men).

13USP101AG, 5/29/2013 - 7/17/2013  
8 Sessions, W from 1:50 PM to 3:30 PM  
1.33 CEUs, \$139

### Wii Fit

Randall Anastasio

Instruction and practice in physical activity using the Wii System

13USP130AG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu and Th from 10:20 AM to 11:15 AM  
1.37 CEUs, \$139

No Class JULY 4, 2013

### Disc Golf

Randall Anastasio

Disc golf is a lot like traditional "ball" golf, except players use specially made plastic flying discs instead of balls and clubs, and throw them for 'par' at an above-ground target instead of a hole in the ground. There are different types of discs used for different purposes, much like ball golfers use different clubs. The object of the game is to throw a golf disc into the target, typically a "Pole Hole" basket (a steel basket over which chains hang), in the fewest number of throws. The player begins by 'driving' from a designated tee area and continues toward the target, throwing each consecutive shot from the spot where the previous throw has landed. Finally, a successful 'putt' sends the disc into the target. The most satisfying sound a disc golfer can hear is the 'ching!' of a disc crashing the chains before dropping into the basket. Come learn the fundamentals of disc golf, rules, etiquette, and identify strategies, techniques, and personal skills needed in disc golf. You should be ready to play 18 holes at the completion of the course and see an improvement in distance, accuracy and scores. Wear appropriate apparel for walking and throwing disc outdoors. Basic throwing discs will be available.

13USP129AG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu and Th from 10:20 AM to 11:15 AM  
1.37 CEUs, \$139

NO CLASS JULY 4, 2013

### Beginner's Bowling

Randall Anastasio

Learn the basics of bowling at Camellia Bowling Lanes. You will learn beginning bowling terminology and etiquette, as well as the four-step approach, ball control and pin bowling.

13USP250AG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu & Th from 1:50 - 2:45 PM  
1.37 CEUs, \$139

NO CLASS ON JULY 4, 2013

### Weight Training

Randall Anastasio

A progressive conditioning course using isotonic contraction for the development of strength and muscular endurance. You will learn proper warm up and stretching techniques, the benefits of resistance training, proper lifting techniques and the benefits associated with weight training. Weight training has been shown to better define and sculpt muscles resulting in a more toned appearance.

13USP310AG, 5/29/2013 - 7/22/2013  
16 Sessions, M and W from 9:10 AM to 10:05 AM  
1.46 CEUs, \$139

13USP310BG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu and Th from 8:00 AM to 8:55 AM  
1.37 CEUs, \$139

13USP310CG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu and Th from 9:10 AM to 10:05 AM  
1.37 CEUs, \$139

NO CLASS JULY 4, 2013

### Racquetball

Randall Anastasio

Racquetball is an exciting year-round sport; fast-paced and mentally stimulating. Beginners are invited to learn correct techniques, skills and strategies. You may compete in singles and doubles play as the course progresses. Enroll with a friend for a wonderful time and a healthy workout.

13USP400AG, 5/29/2013 - 7/22/2013  
16 Sessions, W and M from 10:20 AM to 11:15 AM  
1.46 CEUs, \$139

13USP400BG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu and Th from 10:20 AM to 11:15 AM  
1.37 CEUs, \$139

NO CLASS JULY 4, 2013



# Sports, Leisure & Exercise

## Registration Deadline for all Sports, Leisure, and Exercise classes is May 28.

No registrations for these classes will be accepted after this date.

### Muscle Toning and Conditioning

Staff

This is a physical activity class which includes various methods of physical conditioning. Through active participation, you will develop knowledge and skills sufficiently adequate to toning all muscle groups of the body using weights, resistance tubes and other equipment, as provided, as well as to increase cardioconditioning. Agility, coordination and balance, strength, flexibility, posture and good positioning will also be gained. Bring exercise mat to each class.

13USP320AG, 5/29/2013 - 7/22/2013

16 Sessions, M and W from 9:10 - 10:05 AM  
1.46 CEUs, \$139 / Instructor: Randy Anastasio

13USP320BG, 5/28/2013 - 7/18/2013

15 Sessions, Tu and Th from 5:30 - 6:20 PM  
1.25 CEUs, \$139 / Instructor: Lori H. Huber

NO CLASS JULY 4, 2013

### Table Tennis

Yan Ge

This fast-paced class is for the serious ping-pong player. Yan Ge is a national table tennis champion from the city of Beijing in the People's Republic of China. Fundamentals of the sport will be covered and playing techniques will be stressed for both singles and doubles play.

13USP450AG, 5/29/2013 - 7/22/2013

16 Sessions, M and W from 10:20 AM to 11:15 AM  
1.46 CEUs, \$139

13USP450BG, 5/28/2013 - 7/18/2013

15 Sessions, Tu and Th from 10:20 AM to 11:15 AM  
1.37 CEUs, \$139

NO CLASS JULY 4, 2013

### Indoor Cycling

Join this great indoor cycling class at the new Student Recreation Center. This non-impact class is done on exercise bikes. Come and improve your cardio fitness, muscular endurance, and strength. Improvements in flexibility will also be addressed. All levels of physical fitness are welcome. Bike shorts or a gel seat are recommended.

13USP485AG, 5/28/2013 - 7/18/2013

15 Sessions, Tu & Th from 10:20 - 11:15 AM  
1.37 CEUs, \$139 / Instructor: Lori H. Huber

NO CLASS JULY 4, 2013

13USP485BG, 5/29/2013 - 7/22/2013

16 Sessions, M & W from 11:30 AM - 12:25 PM  
1.46 CEUs, \$139 / Instructor: Sarah S. Schrenk, M.S., AFAA Certified

### Pilates

Sara Hendrix

This course is designed to improve muscular flexibility, strength, balance, coordination and posture without adding muscle bulk. Additionally, pilates increases circulation, helps to sculpt the body and strengthens the torso. People who do pilates regularly feel they have better posture, are less prone to injury, and experience better overall health.

13USP330AG, 5/29/2013 - 7/22/2013

16 Sessions, M and W from 4:10 - 5:05 PM  
1.46 CEUs, \$139

### Yoga

Sarah Schrenk, M.S., AFAA Certified

You will learn how to stretch the body gently, increase flexibility, and use breathing techniques to improve health and calm the mind. Guided relaxation exercises will show participants ways to reduce stress and tension.

NOTE: Bring exercise mat to class.

13UDA452AG, 5/29/2013 - 7/22/2013

16 Sessions, M & W from 10:20 - 11:15 AM  
1.46 CEUs, \$139

### Beginner's Tennis

Randall Anastasio

Learn the fundamentals of an active and popular sport. Forehand and backhand ground strokes, volley, approach shots, and the serve will be covered. Additionally, you will learn the rules of the game, strategy, and singles and double play. This course is progressive as new skills and techniques are introduced each week.  
SUPPLIES: Please bring a racquet to each class.

13USP470AG, 5/29/2013 - 7/22/2013

16 Sessions, M and W from 9:10 AM to 10:05 AM  
1.46 CEUs, \$139

13USP470BG, 5/28/2013 - 7/18/2013

15 Sessions, Tu and Th from 9:10 AM to 10:05 AM  
1.37 CEUs, \$139

NO CLASS JULY 4, 2013

### Jogging

Randall Anastasio

Understand the basics of running/jogging, including warm-up and cool-down, the fundamentals of form, and how long and how often to run. Topics also include proper clothing and shoes, alternate techniques of conditioning, and the connection between jogging and weight control.

13USP650AG, 5/29/2013 - 7/22/2013

16 Sessions, M and W from 8:00 - 8:55 AM  
1.46 CEUs, \$139

### Volleyball

Randall Anastasio

This course will familiarize you with the basic elements of volleyball including scoring, defending and attacking. Topics to be covered include: rotation, digs, passing, sets, spikes, dinks, basic team strategy and defensive skills.

13USP580AG, 5/28/2013 - 7/18/2013

15 Sessions, Tu & Th from 9:10 - 10:05 AM  
1.37 CEUs, \$139

NO CLASS JULY 4, 2013

# Sports, Leisure & Exercise

## Registration Deadline for all Sports, Leisure, and Exercise classes is May 28.

No registrations for these classes will be accepted after this date.

### Cardio Mix Fitness

Sarah Schrenk, M.S., AFAA Certified

If you easily get bored with your cardio workout, this class has been designed for you. With sessions focused on various cardio activities, you accomplish your workout and stay motivated to continue your exercise program. Kickboxing, step aerobics, traditional floor aerobics (hi- and low-impact) and dance aerobics will be covered throughout the course. All levels of physical fitness are welcomed as you learn guidelines for each type of cardio exercise and understand how to build your own exercise program.

13UDA389AG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu & Th from 8:00 - 8:55 AM  
1.37 CEUs, \$139

NO CLASS JULY 4, 2013

### Dance Combo

Aleesha Palombo, M.Ed., Dance  
Choreographer

Instruction and practice in dance. Students will learn various forms and styles of dance that combine skill levels with exposure to Ballet, Jazz and Contemporary dance.

13UDA110AG, 5/28/2013 - 7/16/2013  
8 Sessions, Tu from 10:20 - 11:15 AM  
0.73 CEUs, \$139

### Movement, Rhythms and Developmental Activities

Aleesha Palombo, M.Ed., Dance  
Choreographer

This course begins with movement awareness and basic movement skills, and progresses to rhythmic activities such as the traditional dance steps in folk and square dancing. Developmental games and relays are also explained and practiced. Basic manipulative skills of controlling and propelling moveable objects are practiced with jump ropes.

13UDA301AG, 5/29/2013 - 7/17/2013  
8 Sessions, W from 9:10 AM to 1:45 PM  
3.66 CEUs, \$139

### STEP Aerobics

Randall Anastasio  
Sara Hendrix

This course provides a fun, exciting and challenging low impact aerobic workout with minimal stress to the joints. You will begin by learning the fundamentals of STEP Aerobics and progress to more complex routines. All fitness levels can enjoy this class by adjusting the bench height. Wear exercise clothes and tennis shoes, and bring a bottle of water. Feel free to use the locker rooms in the USA Gymnasium.

13UDA390AG, 5/29/2013 - 7/22/2013  
16 Sessions, M and W from 3:00 -3:55 PM  
1.46 CEUs, \$139

### Aerobics

Aleesha Palombo, M.Ed., Dance  
Choreographer

Aerobic exercise is a physical fitness program that offers complete and effective conditioning. It involves jogging, jumping, lunging, kicking, and stretching to music.

13UDA395AG, 5/29/2013 - 7/22/2013  
16 Sessions, M and W from 11:30 AM to 12:25 PM  
1.46 CEUs, \$139

### Urban Line & Mixer

Aleesha Palombo, M.Ed., Dance  
Choreographer

A varying-content course with exposure to various skill levels and modern styles. Student will learn line and mixer dancing that will combine skill levels with exposure to various dance styles that included Urban, Rhythm & Blues, Country Western, Latin, Waltz and Swing.

13UDA580AG, 5/30/2013 - 7/18/2013  
7 Sessions, Th from 10:20 - 11:15 AM  
0.64 CEUs, \$139

NO CLASS JULY 4, 2013

### Beginning Swimming

Alexandra Barter, M.Ed., ARC  
Certified Instructor

Instruction and practice in beginning swimming and water safety. You will have the opportunity to become more confident in and around water and have an opportunity to participate in an outstanding form of exercise.

13USP800AG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu & Th from 12:40 -1:35 PM  
1.37 CEUs, \$139

NO CLASS JULY 4, 2013

### American Red Cross First Aid: Responding to Emergencies

Alexandra Barter, M.Ed., ARC  
Certified Instructor

This course is designed to help the citizen responder react in respiratory and circulatory emergencies and provide care in life threatening situations of cardiac arrest, shock, and bleeding. Course covers first aid for musculoskeletal injuries and sudden illnesses and more. This course is a complete first aid program with certification offered in Adult CPR and First Aid.

TEXTBOOK: First Aid: Responding to Emergencies

NOTE: Final Certification Exam Date (check with instructor).

13UHL500AG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu & Th from 10:20- 11:15 AM  
1.37 CEUs, \$139

13UHL500BG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu & Th from 11:30 AM to 12:25 PM  
1.37 CEUs, \$139

NO CLASS JULY 4, 2013

# Sports, Leisure & Exercise

## Registration Deadline for all Sports, Leisure, and Exercise classes is May 28.

No registrations for these classes will be accepted after this date.

### Karate I

Phylis Logsdon, 3rd Degree black-belt (Sandán), M.S.  
Richard Lightcap

This beginning course is based on traditional teaching methods that gradually build balance, conditioning, flexibility, and concentration. Techniques include blocking, punching, striking, and kicking. This course focuses on kihon (basics), kata (form), and sanbon kumite (three step sparring). The first kata, Heian Shodan, is taught.

13UKA100AG, 5/29/2013 - 7/22/2013  
16 Sessions, M & W from 10:20 - 11:15 AM  
1.46 CEUs, \$139 / Instructor: Phylis A. Logsdon, 3rd Degree blackbelt (Sandán), M.S.

13UKA100BG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu & Th from 5:00 - 5:50 PM  
1.25 CEUs, \$139 / Instructor: Richard A. Lightcap

### Karate II

Phylis Logsdon, 3rd Degree black-belt (Sandán), M.S.  
Jimmy Williams, 2nd Degree Blackbelt (Nidan)

This is a continuation of the beginning course that expands the concepts of this traditional martial art. Training in the katas (forms) through the Heians and advanced kata takes the student into the higher levels. Additional techniques and applications expand the concepts of this art. Black belt training is also incorporated in this class.  
PREREQUISITE: Karate I (yellow, orange and green belts recommended)

13UKA200AG, 5/29/2013 - 7/22/2013  
16 Sessions, M & W from 11:30 AM - 12:25 PM  
1.46 CEUs, \$139 / Instructor: Phylis A. Logsdon, 3rd Degree blackbelt (Sandán), M.S.

13UKA200BG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu & Th from 6:00 - 6:50 PM  
1.25 CEUs, \$139 / Instructor: James T. Williams, 2nd Degree Blackbelt (Nidan)

NO CLASS JULY 4, 2013

### Soo Bahk Do: Beginning

Steven Diaz, Ph.D., 6th degree Master Instructor

Soo Bahk Do is a traditional Korean martial art with a history that spans 2000 years. It is a distinctly unique martial art that focuses on developing mind, body and spirit to develop a functional capability in its practitioners through the practice of the combat oriented exercises. This training conditions the mind and body for the realities of unarmed self defense and provides for a high degree of personal awareness. As an art form, it focuses on form, theory and aesthetics. As a system of self defense, Soo Bahk Do has great practical applications. Through systematic instruction, Soo Bahk Do teaches step-by-step methods of utilizing your body's energies in self defense. The training conditions the whole person- mind, body and spirit; to effectively generate, organize and disperse your body's energy in a powerful, focused way. This course is designed to you with the basic skills to perform traditional Soo Bahk Do techniques. The course will focus on beginner conditioning and flexibility exercises, and the step by step instruction of basic hand and foot movements. Beginner self defense and hand-to-hand practice with partners will also be introduced.  
NOTE: Uniform is required.

13UKA740AG, 6/1/2013 - 7/20/2013  
8 Sessions, Sa from 9:10 AM to 10:50 AM  
1.33 CEUs, \$139

### Interim Shotokan Karate Session

Steve Van Fleet, M.S., 3rd Degree Black Belt

Designed for intermediate and advanced karate students who wish to continue their karate training between semesters. This course will provide an additional emphasis on kime (focus) training, timing exercises and kata application review. A short-term session.

13UKA450AG, 7/23/2013 - 8/13/2013  
7 Sessions, Tu & Th from 6:00 - 6:50 PM  
0.5 CEUs, \$35

### Soo Bahk Do: Intermediate

Steven Diaz, Ph.D., 6th degree Master Instructor

This intermediate course of Soo Bahk Do is designed for students who have completed the beginner course of this traditional Korean martial art. Focusing on the development of mind, body and spirit, intermediate training involves a completion of basic movements and an introduction to pre-sequenced and non-sequenced sparring techniques.

NOTE: Uniform is required.

PREREQUISITE: Soo Bahk Do: Beginner

13UKA741AG, 6/1/2013 - 7/20/2013  
8 Sessions, Sa from 11:00 AM to 12:50 PM  
1.46 CEUs, \$139

### Aikido

Phillip M Norrell, Sandán, Ed.D.

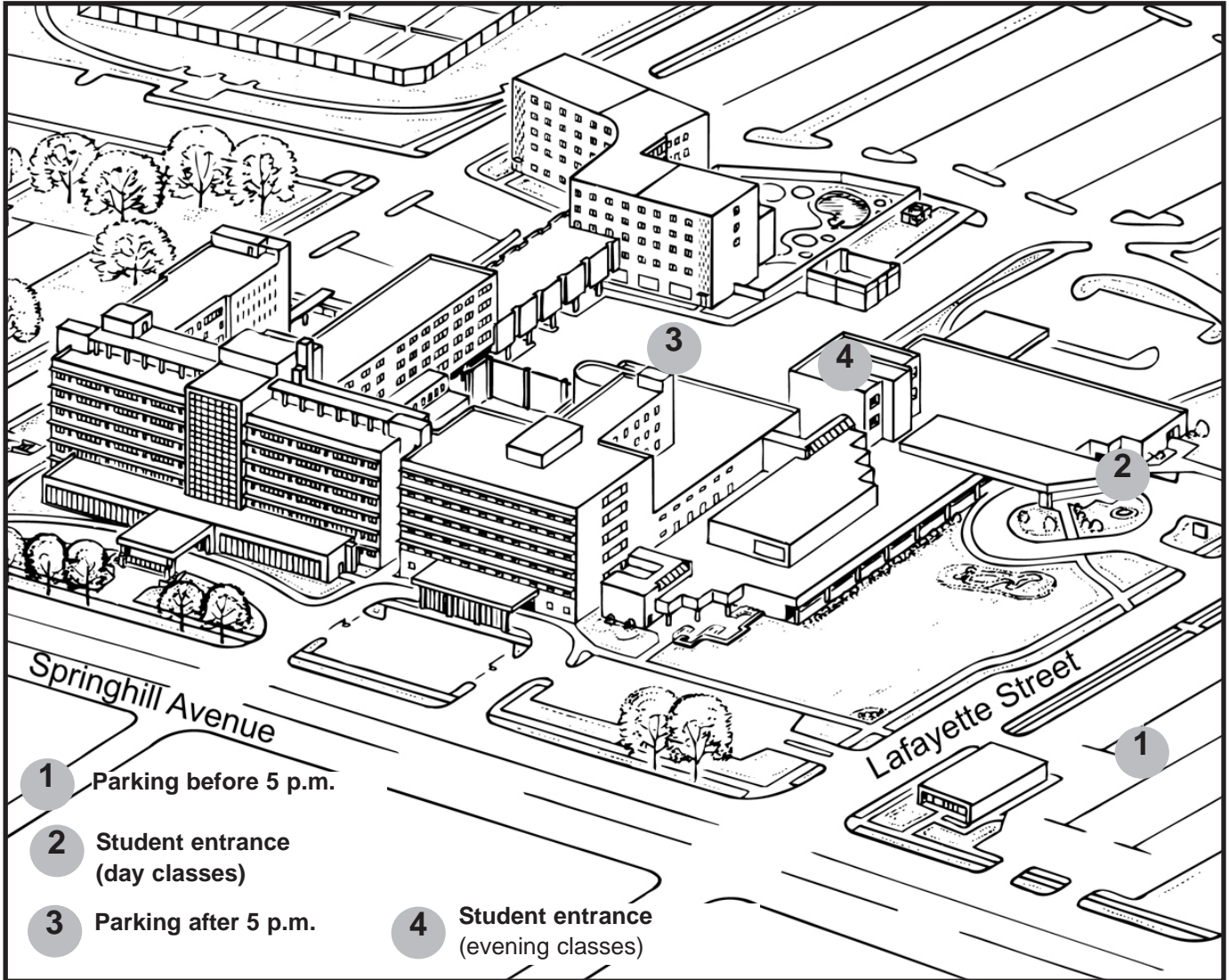
Interested in learning self-defense techniques but are concerned that you may not be strong or aggressive enough to benefit from martial arts training? Then Aikido--a defensive, but effective Japanese martial art-is a must for you! Aikido emphasizes the use of natural movement, avoidance, off-balances and redirection of an attacker's force to overcome aggression. Aikido allows you to come to a peaceful resolution while causing the least amount of harm even if the opponent is larger and stronger than you.

Textbook: Aikido: Principles of Kata and Randor

13UKA745AG, 5/28/2013 - 7/18/2013  
15 Sessions, Tu & Th from 5:30 - 6:45 PM  
1.87 CEUs, \$139

NO CLASS JULY 4, 2013

# USA Springhill Campus



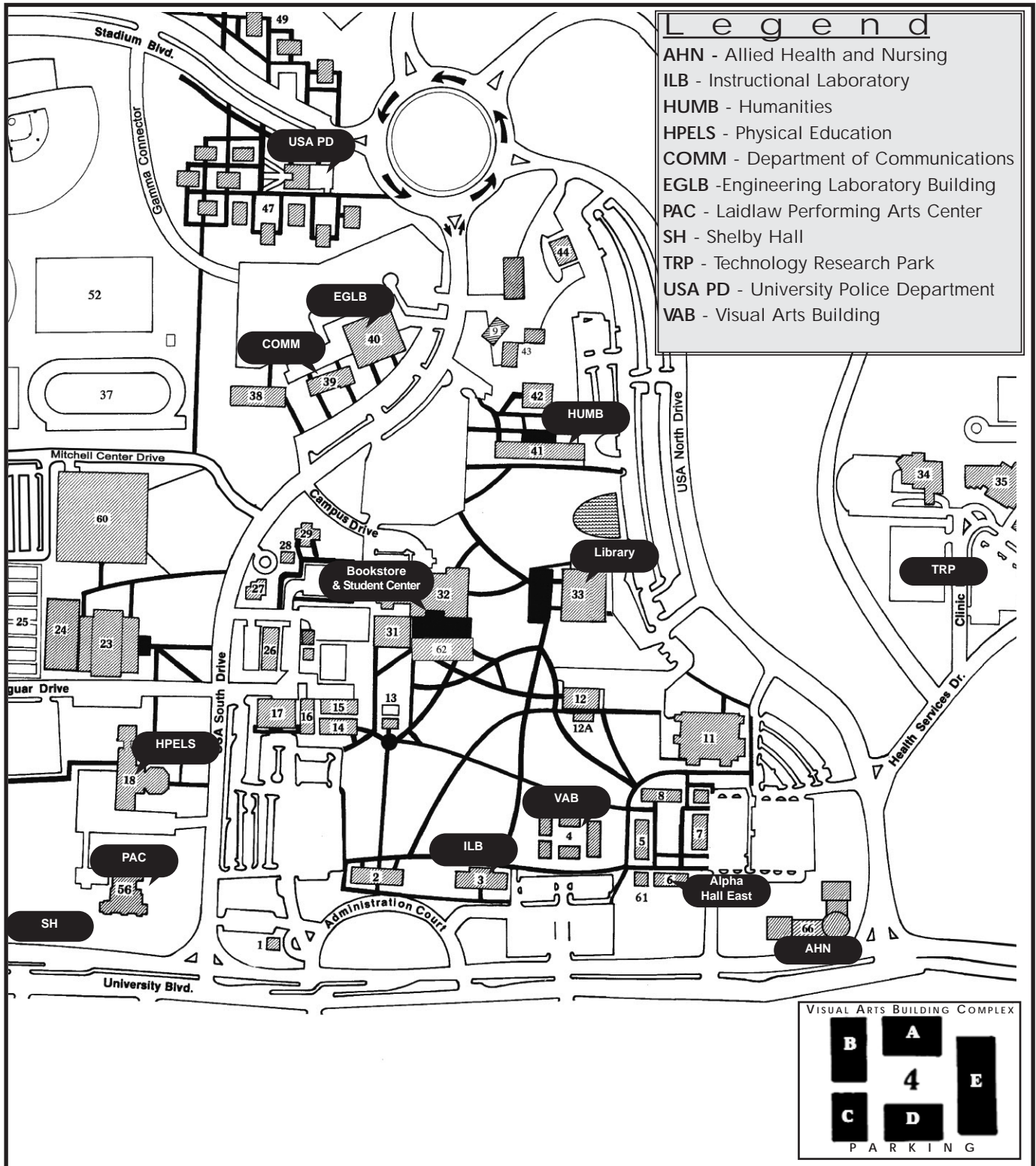
## DO YOU HAVE A BRIGHT IDEA?

Is there a hobby or interest not offered that you would like to see?  
We are looking for exciting new classes on a variety of topics to offer.

Courses offered through the USA Center for Continuing Education must be educational in nature. If you would like to submit an idea for a class to teach or just an idea of something you would like to see us offer, email us at

**[cdrake@southalabama.edu](mailto:cdrake@southalabama.edu) or call us at (251) 405-9928**

# USA Main Campus



- Anyone 19 years or older can attend Special Courses. Individuals under 18 may enroll in our Exam Reviews, Speed reading, and Camp/Youth Programs.

- Continuing Education Units (CEUs) are awarded for many Special Courses. One CEU is equal to "ten contact hours of participating in any organized, continuing education experience under responsible sponsorship, capable direction and qualified instruction."

**NOTE:** CEUs for most courses are only awarded for successful completion of classes as defined by attendance at 80% of class sessions, unless otherwise specified in course descriptions. For questions regarding CEUs for specific organizations, please contact our office.

- The Special Courses office maintains all student records according to social security number. Records or transcripts may be requested at any time by calling (251)TEL: (251) 405 - 9928 for a \$5 fee.

- Textbook requirements are listed below course descriptions. For many courses, you will need to purchase the text. For specific textbook information, contact the University of South Alabama Bookstore at 251-460-7011. Textbooks for instructor-led Special Courses are in the Continuing Education section of the textbook department.

Some Course fees include the cost of the text or other course materials. These textbook costs are non-refundable if you attend the first class meeting. Please see the individual course descriptions for further details.

- If you need any of the auxiliary aids or services identified in the Americans with Disabilities Act, please call (251)405-9928.

*The University of South Alabama does not discriminate in its student and employment practices in violation of any applicable laws. The University of South Alabama is an Equal Opportunity/Equal Access educational institution.*

## REGISTRATION CANCELLATION & REFUND POLICY

If you decide to cancel your registration, we will be glad to issue a refund according to the following schedules:

### USA Special Courses and Computer Classes:

- Up to three business days prior to the first class meeting—full refund
- After three business days prior to the first class meeting—no refund
- Failure to attend **does not** constitute withdrawal

Registration Cancellation may be made by telephone, mail or e-mail and must be received by our office no later than 5:00 PM. Substitutions are always welcome. PHONE: 251-405-9928 for computer classes.

### Course Cancellation Policy

The University of South Alabama reserves the right to cancel any course for which there is not sufficient enrollment. Should a course be canceled after you enroll, you may transfer to another class or receive a full refund. Decisions to cancel a course, based on enrollment, are made three business days prior to the course start date, see course description for specific cancellation details.

#### If your class begins on:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

#### Cancel By:

The Wednesday Prior Before 5 PM

The Thursday Prior Before 5 PM

The Friday Prior Before 5 PM

The Monday Prior Before 5 PM

The Tuesday Prior Before 5 PM

The Wednesday Prior Before 5 PM

The Wednesday Prior Before 5 PM

The Center for Continuing Education follows official University of South Alabama decisions regarding class closings. Information about class closings due to inclement weather or other emergencies can be obtained by calling the USA Emergency/Weather Hotline **460-6999** or online at **www.southalabama.edu**





## Take 3 & Get 5!

When you register for your third class within a 6 month period, take \$5 off the registration fee! It's our way of saying thanks for your repeat business! Just clip this coupon and return it with your third registration!

Not valid when used with another discount coupon. Not all courses are eligible for coupon discounts. Please check the course description to see if a course is eligible.

**DISCOUNT COUPON**

**Please check your email the day before your class begins. Sometimes for reasons beyond our control, class locations might change. If your class is moved, we will notify you by email 1-2 days prior to the class start date.**



# Non Credit Registration Form

Continuing Education registration is continuous, which means you may register for any course up until the day it begins, as long as it has not been filled. Registrations are accepted on a first-come, first-served basis. Many courses have limited enrollment and fill quickly, so we urge you to... **please register early!**

**NOTE: All course fees are due at the time of registration!**

## Ways to register:



### 1. PHONE-IN (251) 405-9928:

Call 405-9928 to register by telephone. There is no need to fill out a registration form -- we'll do it for you! Payment may be made by VISA, MasterCard, American Express or Discover.



### 2. FAX (251) 405-9931:

FAX us your registration form for added convenience! CREDIT CARD CUSTOMERS ONLY. Fax available 24 hours a day, seven days a week.



### 3. MAIL-IN:

Fill out the registration form on the back cover. Photocopy for additional registrations. Enclose your check, money order or VISA/MasterCard/American Express/Discover number and expiration date.

### Mail to:

Special Courses Registration  
University of South Alabama  
Center for Continuing Education  
1504 Springhill Ave., Suite 2515  
Mobile, AL 36604



### 4. IN-PERSON:

Register in person at one of the locations listed below:

USA Center for Continuing Education  
M-F, 8 am - 5 pm  
1504 Springhill Ave., Suite 2515  
Mobile, AL 36604

USA School of Continuing Education  
Dean's Office  
M-F, 8 am - 5 pm  
USA Main Campus,  
555 University Blvd. Mobile, AL 36618  
Alpha Hall East Building lobby

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## Non-credit Courses Registration Form

Summer Term 2013

Are you a new student?  yes  no

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening/Cell Phone: \_\_\_\_\_

E-mail : \_\_\_\_\_

Special Needs Request: \_\_\_\_\_

Course# \_\_\_\_\_ Title: \_\_\_\_\_

Starting Date: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

Course# \_\_\_\_\_ Title: \_\_\_\_\_

Starting Date: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

Course# \_\_\_\_\_ Title: \_\_\_\_\_

Starting Date: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

How did you obtain this catalog?

Received at home: \_\_\_\_\_ Received at work: \_\_\_\_\_ Called/ Requested \_\_\_\_\_

Picked up at: \_\_\_\_\_ Friend/ Colleague: \_\_\_\_\_ Media: \_\_\_\_\_

Other: \_\_\_\_\_

Payment Information:

Check Amount: \_\_\_\_\_ Check #: \_\_\_\_\_ Bank: \_\_\_\_\_

VISA  MasterCard  American Express  Discover

Card#: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Cardholders Name: \_\_\_\_\_

We gladly accept the following credit cards for registration fees.



\$5

## Bring a Buddy Coupon

\$5



When you register for a Special Courses class, get a friend to sign up for class, too! Mail **both** registrations with this coupon and take \$5 off your course fee as a bonus for **BRINGING A BUDDY!**

*(You don't have to register for the same course.)*

Registration Name to Apply To Discount: \_\_\_\_\_

Not valid when used with another discount coupon. Not all courses are eligible for coupon discounts. Check the course description to see if a course is eligible.



UNIVERSITY OF SOUTH ALABAMA  
1504 Springhill Ave.  
SHAC 2515  
Mobile, AL 36604-3273

143143-310400-711050-4300

Non-Profit  
U.S. Postage  
PAID  
Mobile, AL  
Permit No. 506

# SPECIAL COURSES

*learn something new!*

251-405-9928

[www.usacontinuinged.com](http://www.usacontinuinged.com)



## BUSINESS FUNDAMENTALS FOR CREATIVES

As a creative service providers you're passionate about your art form, but sometimes overlook ways to promote your services. Discover key business principles and easy to use marketing tools that will keep your art and money in harmony with Business Fundamentals for Freelancers and Creatives, **pg 9**.



## DOG OBEDIENCE

Summer is a perfect time for you and Fido to spend time together outdoors in a Dog Obedience class learning basic commands. See a new side of Fido as he learns how to act in public and be a better companion for you, **pg 6**.



[www.usacontinuinged.com](http://www.usacontinuinged.com)