

Department of Art and Music

COURSE CATALOG

B.A. in Modest Fashion

MAJOR COURSES

FSH1 Introduction to Fashion Design (3 credits)

Description: This course offers students an introductory exploration into the world of fashion design, interwoven with the rich teachings of the Torah. Emphasizing creativity within the framework of modesty and ethical considerations, students will engage with the fundamental aspects of fashion design including textile selection, garment construction, and thematic styling. The curriculum covers the historical evolution of fashion, with a focus on how trends have aligned or clashed with spiritual values through the ages.

Pre-requisites: None

When Offered: Fall and Spring Semesters

FSH2 History of Torah-based Clothing and Traditions (3 credits)

Description: This course delves into the historical and cultural evolution of clothing and dress practices as seen through the lens of Torah values and Jewish traditions. Students will explore the significance of garments from biblical times to

the modern era, examining how clothing reflects spiritual ideals, societal roles, and ethical standards. The curriculum includes a study of the materials, colors, and designs prescribed by the Torah, as well as the meaning behind the garments of Kohen Gadol, traditional Jewish attire, and contemporary fashion that adheres to modesty laws. Through lectures, discussions, and project-based learning, students will gain insights into the impact of Jewish law on fashion trends and personal identity within the Jewish community and beyond.

Pre-requisites: None

When Offered: Fall Semester

FSH3 Textiles, Materials, and Halakhah for Modest Fashion (3 credits)

Description: This course provides an in-depth exploration of the textiles and materials used in fashion, with a focus on adherence to Halachic laws of modesty. Students will study the properties of various fabrics and their applications in creating modest apparel, analyzing how different textiles impact both the aesthetics and practicality of garments. The curriculum covers the principles of Halacha as they relate to clothing, including the laws of Shatnez (prohibited mixtures of fabrics), guidelines for modest cuts, and the ethical considerations in fabric production.

Pre-requisites: Introduction to Fashion Design from a Torah Perspective (recommended)

When Offered: Spring Semester

FSH4-1 Pattern-making and Draping Alef: Sewing and Construction Techniques for Modesty (3 credits)

Description: This course introduces students to the fundamental principles of pattern-making and draping specifically tailored for modest fashion. Students will learn essential sewing and construction techniques that emphasize modesty while maintaining style and elegance. The course covers a range of topics, including pattern development, fabric manipulation, garment assembly, and finishing

details. Through hands-on projects and practical exercises, students will gain proficiency in creating modest clothing designs that meet both aesthetic and cultural requirements. Additionally, students will explore innovative approaches to modest fashion design, incorporating contemporary trends and technological advancements in the field. By the end of the course, students will have developed a strong foundation in pattern-making, draping, sewing, and construction techniques essential for creating stylish and modest clothing designs.

Pre-Requisites: Textiles, Materials, and Halacha for Modest Fashion

When Offered: Fall or Spring Semester

FSH5 Computer Aided Design (CAD) in Fashion (3 credits)

Description: This course introduces students to the principles and applications of Computer-Aided Design (CAD) in the context of fashion design, with a focus on modest fashion. Students will learn how to use industry-standard CAD software to create digital designs, patterns, and technical drawings for clothing and accessories. The course covers topics such as digital pattern-making, virtual draping, 3D modeling of garments, color and texture rendering, and presentation techniques. Through hands-on projects and practical exercises, students will develop proficiency in using CAD tools to translate their design ideas into digital formats, enhancing their creativity and efficiency in the design process. Additionally, students will explore the integration of CAD technology with traditional fashion design techniques, incorporating digital tools to streamline production processes and create innovative and sustainable fashion designs. By the end of the course, students will have gained practical skills in CAD software relevant to the fashion industry, empowering them to create and communicate their design concepts effectively in a digital environment.

Pre-Requisites: Core Courses, Basics of Computer Literacy

When Offered: Fall or Spring Semester

FSH6 Fashion Sketching and Illustration (3 credits)

Description: This course focuses on the fundamental principles and techniques of fashion sketching and illustration within the context of modest fashion. Students will learn to develop their artistic skills to effectively communicate design ideas through sketches and illustrations. Emphasis will be placed on understanding

proportions, garment construction, and rendering techniques specific to modest fashion styles. Through hands-on exercises and projects, students will explore various mediums and styles to create visually compelling fashion illustrations.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH4-2 Pattern-Making and Draping Bet: Sewing and Construction Techniques for Modesty (3 credits)

Description: This course builds upon the foundational knowledge gained in Pattern-making and Draping Alef, focusing on advanced sewing and construction techniques for modest fashion. Students will delve deeper into pattern development, fabric manipulation, garment assembly, and finishing details, with a specific emphasis on creating modest clothing designs that are stylish and culturally appropriate. Through hands-on projects and practical exercises, students will refine their skills in pattern-making, draping, sewing, and construction, gaining a comprehensive understanding of the technical aspects involved in modest fashion design.

Pre-Requisites: FSH4-1

When Offered: Spring and Fall Semester

FSH4-3 Pattern Making and Draping Gimmel: Sewing and Construction Techniques for Modesty (3 credits)

Description: This advanced course in pattern-making and draping focuses on refining students' skills in sewing and construction techniques specifically tailored

for modest fashion. Building upon the knowledge and techniques learned in previous courses, students will explore complex pattern development, intricate fabric manipulation, advanced garment assembly methods, and detailed finishing techniques. The course emphasizes the creation of sophisticated and elegant modest clothing designs that are both culturally sensitive and fashion-forward. Through a combination of theoretical study, practical demonstrations, and hands-on projects, students will deepen their understanding of the technical intricacies involved in modest fashion design. Topics such as advanced garment structure, fit customization, design innovation, and industry standards will be covered to prepare students for professional-level work in the modest fashion industry. By the end of the course, students will have honed their skills to a high level of expertise, ready to create intricate and stylish modest clothing designs that meet the highest standards of craftsmanship and creativity.

Pre-Requisites: FSH4-1, FSH4-2

When Offered: Fall or Spring

FSH8 Color Theory and Fabric Dyeing (3 credits)

Description: This course explores the principles of color theory and their application in the context of modest fashion design, with a focus on both synthetic and natural dyeing techniques. Students will study the psychological and cultural aspects of color, learning how to effectively utilize color palettes to convey mood, style, and cultural significance in modest fashion collections. Additionally, students will gain hands-on experience in both synthetic and natural fabric dyeing techniques, understanding the properties of different dye types and their effects on various fabric compositions. The course will also cover the process of making techelet, a traditional blue dye used in tzitzit, providing insight into its historical significance and modern applications in modest fashion.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH9 Modesty and Tzniut Fashion Styling (3 credits)

Description: This course explores the concepts of modesty and Tzniut within the context of fashion styling, providing students with a comprehensive understanding of modest fashion principles and their application in contemporary styling practices. Students will examine the historical, cultural, and religious foundations of modesty, gaining insight into its significance across different societies and belief systems. Through case studies, discussions, and hands-on projects, students will learn to integrate modesty guidelines with contemporary fashion trends, developing skills in outfit composition, accessorizing, and presentation techniques tailored to modest fashion aesthetics. Emphasis will be placed on understanding the diverse needs and preferences of modest fashion consumers and the role of fashion stylists in meeting those needs effectively.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH10 Sustainable Practices in Modest Fashion (3 credits)

Description: This course explores sustainable practices within the context of modest fashion, examining the environmental, social, and economic impacts of the fashion industry and identifying strategies for promoting sustainability throughout the design, production, and consumption processes. Students will critically evaluate the ecological footprint of fashion materials and manufacturing techniques commonly used in modest fashion, exploring alternative approaches that minimize waste, conserve resources, and promote ethical labor practices. Through case studies, guest lectures, and hands-on projects, students will develop practical skills in sustainable fashion design, sourcing eco-friendly materials, and implementing responsible production methods. Emphasis will be

placed on fostering a holistic understanding of sustainability and its relevance to the principles of modesty and social responsibility in fashion.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH11 Designing for Special Occasions (3 credits)

Description: This course focuses on the principles and practices of designing modest fashion for special occasions, including Bat Mitzvahs, Bar Mitzvahs, weddings, and other significant events. Students will explore the unique requirements and cultural considerations associated with designing attire for various ceremonies and celebrations within the context of modest fashion. Through case studies, design projects, and guest lectures from industry professionals, students will gain insights into the cultural significance of attire in different ceremonies and develop the skills necessary to create garments that reflect both modesty and elegance. Emphasis will be placed on understanding client preferences, incorporating traditional and contemporary design elements, and ensuring garments are both functional and aesthetically pleasing for special occasions.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH12 Sample Making and Production (3 credits)

Description:

FSH13 Fashion Marketing and Branding (3 credits)

Description: This course examines the principles and strategies of marketing and branding within the context of modest fashion. Students will explore the fundamental concepts of marketing, including market research, consumer behavior, branding, and promotional techniques, with a focus on their application in the modest fashion industry. Through case studies, projects, and practical exercises, students will develop an understanding of the unique challenges and opportunities in marketing modest fashion products to diverse consumer segments. Topics covered include brand identity development, digital marketing strategies, social media management, and effective communication techniques. Emphasis will be placed on developing students' ability to create comprehensive marketing plans that align with modest fashion brand values and resonate with target audiences.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH14 Social Media Promotion (3 credits)

Description: This course provides an in-depth exploration of social media promotion strategies tailored to the modest fashion industry. Students will learn how to effectively utilize various social media, including Instagram, Facebook, Pinterest, and TikTok, to promote modest fashion brands, engage with audiences, and drive sales. Through case studies, hands-on projects, and practical exercises, students will develop proficiency in creating compelling content, implementing targeted advertising campaigns, and analyzing social media metrics to measure campaign effectiveness. Emphasis will be placed on understanding the unique characteristics of different social media platforms, identifying trends, and leveraging storytelling techniques to build brand identity and foster community engagement within the modest fashion sphere.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH15 Retail Management for Modest Fashion (3 credits)

Description: This course delves into the principles and practices of retail management specifically tailored for the modest fashion industry. Students will explore the key components of successful retail operations, including merchandising, inventory management, store layout, customer service, and sales techniques, with a focus on meeting the unique needs of modest fashion consumers. Through case studies, simulations, and real-world projects, students will develop essential skills in retail strategy development, assortment planning, pricing strategies, and omni-channel retailing. Emphasis will be placed on understanding consumer behavior, adapting retail strategies to changing market trends, and creating immersive shopping experiences that resonate with modest fashion consumers.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH16 Fashion Law and Intellectual Property (3 credits)

Description: This course provides an overview of the legal principles and regulations relevant to the fashion industry, with a focus on intellectual property rights and fashion law. Students will explore the legal frameworks governing trademarks, copyrights, patents, and trade secrets as they pertain to the creation, production, and distribution of fashion designs and brands. Through case studies, discussions, and practical exercises, students will gain an understanding of legal issues commonly encountered in the fashion business, including design protection, brand licensing, counterfeit goods, and international trade agreements. Emphasis will be placed on developing strategies to protect intellectual property, navigate contractual agreements, and mitigate legal risks in the fashion industry.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH17 Supply Chain Management for Tzniut Clothing (3 credits)

Description: This course focuses on the principles and practices of supply chain management specifically tailored for the production and distribution of Tzniut clothing within the modest fashion industry. Students will explore the various stages of the supply chain, including sourcing raw materials, manufacturing processes, logistics, distribution, and retailing, with a particular emphasis on meeting the unique requirements of modest fashion consumers. Through case studies, simulations, and real-world projects, students will develop essential skills in supply chain strategy development, supplier relationship management, demand forecasting, inventory optimization, and sustainable supply chain practices. Emphasis will be placed on understanding the cultural, ethical, and logistical considerations inherent in sourcing and producing Tzniut clothing, and implementing strategies to ensure transparency and integrity throughout the supply chain.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH18 Entrepreneurship in Tzniut Fashion (3 credits)

Description: This course explores the entrepreneurial aspects of establishing and managing a business in the Tzniut fashion sector. Students will examine the unique opportunities and challenges faced by entrepreneurs in the modest fashion industry, including market analysis, business planning, financing, branding, and marketing strategies. Through case studies, guest lectures, and practical exercises, students will develop the skills and knowledge necessary to launch and grow a successful Tzniut fashion venture. Topics covered include identifying niche markets, developing product offerings, building brand identity, and navigating the legal and regulatory landscape of the fashion business. Emphasis will be placed on fostering creativity, innovation, and strategic thinking in entrepreneurship within the context of Tzniut fashion.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH19-1 Internship in Modest Fashion Brand (3 credits)

Description: This course provides students with the opportunity to gain practical experience in the modest fashion industry through an internship with a reputable modest fashion brand. Students will work closely with professionals in the field to apply theoretical knowledge and skills acquired throughout their academic studies to real-world scenarios. Under the guidance of industry mentors, interns will engage in various tasks and projects related to design, production, marketing, retail, or other areas of the fashion business, depending on the focus of the host organization. Through hands-on experience and reflective practice, students will enhance their professional competencies, expand their professional networks, and gain valuable insights into the workings of the modest fashion industry. Emphasis will be placed on integrating classroom learning with practical experience and fostering professional growth and development.

Pre-Requisites: Completion of core coursework in the B.A. Modest Fashion program

When Offered: Spring and Fall Semester

FSH19-2 Internship in Modest Fashion Brand (3 credits)

Description: This internship course provides students with an advanced opportunity to further their practical experience in the modest fashion industry through an internship with a prominent modest fashion brand. Building upon the skills and knowledge gained in previous coursework and internships, students will have the chance to immerse themselves in a professional setting and contribute meaningfully to the operations of a respected brand. Under the guidance of industry mentors and supervisors, interns will take on specialized tasks and projects that align with their career interests and aspirations within the fashion

business. This could include roles in design, production, marketing, retail, sustainability, or other key areas of the industry, depending on the focus of the host organization. Through hands-on experience, critical reflection, and professional mentorship, students will further develop their skills, expand their professional networks, and gain valuable insights into the inner workings of a successful modest fashion brand. Emphasis will be placed on applying theoretical knowledge to practical situations, fostering leadership skills, and preparing students for future careers in the dynamic and evolving field of modest fashion.

Pre-Requisites: Successful completion of the first internship course (FSH19-1) and core coursework in the B.A. Modest Fashion program

When Offered: Summer Session

FSH20 Advanced Draping and Tailoring Techniques (3 credits)

Description: This course builds upon the draping and pattern making skills that student had acquired in the FSH4-1, FSH4-2, and FSH4-3 courses, focusing on advanced techniques specific to modest fashion design. Students will explore intricate draping methods and advanced pattern manipulation to create custom-fit garments tailored to individual preferences and body types. Through hands-on projects and experimentation with various fabrics and silhouettes, students will refine their understanding of garment construction and develop mastery in tailoring techniques essential for producing high-quality, couture-level modest fashion pieces. Emphasis will be placed on precision, attention to detail, and creative problem-solving to achieve innovative and aesthetically pleasing designs.

Pre-Requisites: FSH4-1, FSH4-2, and FSH4-3

When Offered: Spring and Fall Semester

FSH21 Designing for Children (3 credits)

Description: This course focuses on the principles and practices of designing modest fashion for children, exploring unique considerations in garment construction, fabric selection, and aesthetic appeal for young wearers. Students will examine developmental factors, cultural influences, and practical considerations in designing clothing that meets the modesty standards while accommodating the needs and preferences of children. Through hands-on projects, case studies, and research, students will gain insights into age-appropriate design elements, sizing standards, and functional details crucial for creating comfortable and stylish modest fashion pieces for children. Emphasis will be placed on creativity, versatility, and understanding the evolving fashion trends in children's clothing.

Pre-Requisites: FSH4-1, FSH4-2, and FSH4-3

When Offered: Spring and Fall Semester

FSH22 Fashion Technology and Innovation (3 credits)

Description: This course explores the intersection of technology and fashion, focusing on innovative applications and advancements in the modest fashion industry. Students will examine emerging technologies, such as wearable electronics, 3D printing, augmented reality, and sustainable materials, and their impact on design, production, and consumer experiences in modest fashion. Through hands-on experimentation, case studies, and collaborative projects, students will gain practical skills in integrating technology into garment design, exploring new possibilities for functionality, aesthetics, and sustainability. Emphasis will be placed on fostering creativity, critical thinking, and adaptability in response to evolving technological trends and consumer demands within the modest fashion landscape.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH23 Modest Fashion PR and Publishing (3 credits)

Description: This course explores the principles and practices of public relations (PR) and publishing within the context of the modest fashion industry. Students will examine strategies for building brand awareness, managing media relations, and developing effective communication campaigns tailored to modest fashion brands and audiences. Through case studies, practical exercises, and guest lectures from industry professionals, students will learn how to craft compelling narratives, utilize various media channels, and leverage digital platforms to promote modest fashion brands and cultivate a positive brand image. Additionally, students will explore the role of publishing in the modest fashion landscape, including fashion magazines, online platforms, and social media influencers, gaining insights into content creation, curation, and distribution strategies. Emphasis will be placed on understanding the evolving media landscape, ethical considerations in PR practices, and the impact of effective storytelling in shaping perceptions of modest fashion.

Pre-Requisites: None

When Offered: Spring and Fall Semester

FSH24 Thesis Project: Tzniut Fashion Collection (4 credits)

Description: In this thesis project, students will develop a Tzniut Fashion Collection, focusing on the principles of modesty across diverse cultural and religious contexts. Through research, design development, and garment construction, students will create a cohesive collection that embodies the essence of tzniut while demonstrating creativity, craftsmanship, and sensitivity to cultural nuances.

Pre-Requisites: Completion of foundational courses in fashion design or equivalent experience. Students should have a strong understanding of garment construction, pattern-making, and design principles.

When Offered: Fall and Spring Semesters

FSH25 Portfolio Development and Industry Connections (4 credits)

Description: In this course, students will focus on refining their skills, developing a professional portfolio, and establishing connections within the fashion industry. Through a combination of practical assignments, industry guest speakers, and networking opportunities, students will gain valuable insights into the fashion business and enhance their career prospects.

Pre-Requisites: Completion of foundational courses in fashion design or equivalent experience. Students should have a basic understanding of design principles, garment construction, and industry terminology.

When Offered: Fall and Spring Semesters

CORE COURSES (42 credits)

ENG1. English Writing and Composition (3 credits)

Description: This course provides a comprehensive exploration of English writing and composition, integrating Torah-based narratives and kosher literature into its curriculum. Through a variety of readings, discussions, and writing assignments, students will develop critical thinking skills, analytical abilities, and effective communication strategies. The course covers various forms of writing, including essays, creative fiction, and analytical responses. Students will engage in close reading and textual analysis of selected works, examining themes, characters, and literary techniques within the context of Torah-based narratives and kosher literature. They will also receive feedback on their writing from peers and instructors to enhance their skills and refine their voice. By the end of the course, students will have cultivated a deeper understanding of language and storytelling,

as well as the ability to express themselves proficiently through written communication.

Pre-Requisites: None

When Offered: Fall and Spring Semesters

ADM3. Foundation of Law (3 credits)

Description: Students will delve into the fundamental principles and concepts of law, providing a solid groundwork for further studies in legal studies or related fields. The course covers key topics such as the structure of legal systems, sources of law, legal reasoning, and the role of precedent. Through a combination of lectures, case studies, and discussions, students will explore the theoretical underpinnings of law and its practical applications in society. Special emphasis will be placed on understanding the legal system within the context of ethical and moral frameworks. By the end of the course, students will have gained a foundational understanding of law and its significance in shaping individual rights, responsibilities, and societal norms.

Pre-Requisites: None

When Offered: Fall and Spring Semesters

GEN1. Principles of Logic (3 credits)

Description: Principles of Logic introduces students to the fundamental principles and techniques of logical reasoning. Through a combination of theoretical study and practical exercises, students will develop skills in critical thinking, argument analysis, and deductive reasoning. The course covers topics such as propositional logic, predicate logic, informal fallacies, and the construction of valid arguments. Emphasis is placed on recognizing and evaluating the structure of arguments, identifying logical fallacies, and constructing well-reasoned arguments of their own. By the end of the course, students will have acquired a solid foundation in logic that can be applied to various academic disciplines and real-world situations.

Pre-Requisites: None

When Offered: Fall and Spring Semesters

COM1. Oral Presentation Skills (3 credits)

Description: This class is designed to equip students with the necessary skills and confidence to deliver effective oral presentations in a variety of contexts. Through interactive workshops, practice sessions, and constructive feedback, students will learn techniques for structuring presentations, engaging with audiences, and delivering clear and persuasive messages. Topics covered include speech organization, visual aids, vocal delivery, body language, and overcoming public speaking anxiety. Emphasis will be placed on practical application, with students delivering multiple presentations throughout the course. By the end of the semester, students will have honed their oral communication skills and be prepared to communicate effectively in academic, professional, and personal settings.

Pre-Requisites: None

When Offered: Fall and Spring Semesters

COM2. Oral Communications (3 credits)

Description: This course provides students with a comprehensive exploration of oral communication principles and practices. Through a combination of theory and practical application, students will develop essential skills for effective verbal expression in various contexts. Topics covered include public speaking, interpersonal communication, group dynamics, and nonverbal communication. Emphasis is placed on developing clarity, coherence, and persuasiveness in spoken communication, as well as cultivating active listening skills. Students will engage in a variety of speaking assignments, including speeches, presentations, and group discussions, to enhance their communication abilities. By the end of the course, students will have gained confidence in their oral communication skills.

and be better equipped to communicate effectively in both personal and professional settings.

Pre-Requisites: None

When Offered: Fall and Spring Semesters

ADM1. Principles of Business Administration (3 credits)

Description: This course not only provides students with foundational knowledge of business principles, but also integrates the study of halakha (Jewish law) related to business practices. Through examination of relevant halakhic texts and case studies, students will explore how Jewish legal principles intersect with contemporary business practices. Topics covered may include ethics in business dealings, contractual obligations, financial transactions, and workplace ethics from a halakhic perspective. Emphasis will be placed on understanding the ethical considerations and moral responsibilities inherent in conducting business according to Jewish law. By the end of the course, students will have gained insights into the intersection of business administration and halakha, enabling them to make informed and ethical decisions in their future business endeavors.

Pre-Requisites: None

When Offered: Fall and Spring Semesters

ADM3. Fundraising for Business (3 credits)

Description: In this course students will examine that examines the principles and strategies of fundraising within the context of both for-profit businesses and non-profit organizations. Through lectures, case studies, and practical exercises, students will explore various fundraising methods, including donor cultivation, grant writing, special events, and online fundraising campaigns. The course will also cover the legal and ethical considerations involved in fundraising, as well as effective communication strategies for engaging donors and stakeholders. Emphasis will be placed on developing practical fundraising plans tailored to the unique needs and objectives of different types of organizations. By the end of the

course, students will have acquired the knowledge and skills necessary to plan, implement, and evaluate successful fundraising initiatives.

Pre-Requisites: None

When Offered: Fall and Spring Semesters

EDU4. Teaching Modesty to Children (3 credits)

Description: This course focuses on strategies for promoting modesty and values related to dress and behavior in children. Through a combination of theoretical study, practical activities, and case studies, students will explore various approaches to teaching modesty within educational settings, including schools, religious institutions, and community organizations. The course will cover topics such as the cultural and religious significance of modesty, age-appropriate methods for discussing modesty with children, and strategies for fostering self-respect and healthy body image. Emphasis will be placed on understanding the developmental stages of children and tailoring educational interventions to meet their needs effectively. By the end of the course, students will have gained the knowledge and skills necessary to facilitate meaningful conversations about modesty and promote positive values in children.

Pre-Requisites: None

When Offered: Fall and Spring Semesters

JWH1. Jewish History (3 credits)

Description: Jewish History provides students with an in-depth exploration of the rich tapestry of Jewish history from ancient times to the present day. Through lectures, readings, and discussions, students will trace the historical development of the Jewish people, examining key events, figures, and movements that have shaped Jewish identity and experience. Topics covered may include the biblical period, the exile and diaspora, medieval Jewish communities, modern Jewish movements, and the establishment of the State of Israel. Emphasis will be placed on understanding the diverse cultural, religious, and political contexts in which Jewish history unfolded, as well as the impact of external forces and internal

dynamics on Jewish life. By the end of the course, students will have gained a deeper appreciation for the complexity and resilience of the Jewish experience throughout history.

Pre-Requisites: None

When Offered: Fall and Spring Semesters

NSH1. Principles of Family Dynamics (3 credits)

Description: This course offers students an exploration of the foundational principles and dynamics within family structures. Through a combination of theoretical study, case analyses, and interactive discussions, students will examine various aspects of family life, including communication patterns, roles and responsibilities, conflict resolution strategies, and cultural influences. The course will also cover topics such as family systems theory, attachment theory, and the impact of societal changes on family dynamics. Emphasis will be placed on understanding the complexities of family relationships and applying theoretical concepts to real-life situations. By the end of the course, students will have gained insights into the dynamics of healthy family functioning and be better equipped to navigate interpersonal relationships within family settings.

Pre-Requisites: None

When Offered: Fall and Spring Semesters

NED1. Principles of Nutrition and Wellness (3 credits)

Description: A comprehensive course that explores the foundations of nutrition, wellness, and holistic health, integrating principles from diverse perspectives. Throughout the course, students will delve into various modalities including nutrition, homeopathy, and herbal remedies to understand their roles in promoting overall well-being.

Additionally, students will explore the spiritual dimensions of wellness, drawing from Torah-based texts, the power of individual and collective prayer, and

Chasidic teachings. Emphasis will be placed on understanding the holistic approach to health and wellness, incorporating both scientific evidence and spiritual insights into the curriculum.

Pre-Requisites: None

When Offered: Fall and Spring Semesters