

Knight 102 Course Descriptions for Spring 2026

Knight 102: Liberal Arts and Sciences in Society

Knight Life II offers the opportunity to delve deeply into a topic while continuing to develop skills built in KNGT I such as critical thinking, critical reading, information fluency, and reflective learning. Bellarmine's KNGT II is a Writing Intensive course, building from English 101, and it serves as Bellarmine's First-Year Seminar. Concepts of Human Dignity will be central to content, under one of 5 central topics in which students may enroll: Meeting Basic Needs: Poverty and Privilege · Justice · Environmental Sustainability · Ethics and Technology · Wellness

WELLNESS

PEER HEALTH AND LEADERSHIP

KNGT 102-01, MW 8:00-8:50 in person + 50 minutes of asynchronous online

Instructor: Werner

This course combines engaging in-person workshops and interactive discussions to equip students with essential skills in peer health education and leadership. Students will explore key wellness topics and build competencies in communication, critical thinking, and cultural understanding. Through collaborative learning and reflection, students will enhance their ability to lead health initiatives, solve complex problems, and foster inclusive, supportive environments. This course not only promotes personal growth but also prepares students to positively impact the well-being of their peers and community. At the end of the course, students will be able to complete an optional online certification to become a Certified Peer Educator through NASPA (Professional Higher Education organization).

WELLNESS

KNGT 102-02, MWF 10:00-10:50am

Instructor: Murphy

This course will be focused on 4 of the 8 dimensions of Wellness. The 4 dimensions that will be touched on in this class are physical, social, emotional and financial. Physical Wellness defined as making informed decisions about physical activity, nutrition, and sleep to cultivate a healthy lifestyle. Social Wellness defined as developing the capacity for intimacy, meaningful relationships, and a well-developed support system. Emotional Wellness defined as coping with healthy strategies that foster personal resilience, satisfying relationships, and optimism. Financial Wellness defined as utilizing good fiscal management habits and developing skills to make informed financial decisions. These topics will be explored through a group project, group presentation, and a paper. By the end of this class a successful student should be able to define and distinguish between these 4 dimensions of wellness.

BODIES POLITICAL AND ETERNAL

KNGT 102-09, TTh 8:00-9:15am

Instructor: Spalione

This course explores the multifaceted nature of the human body, examining it from personal, political, and spiritual perspectives. We will delve into practices of self-care and body positivity, recognizing the importance of physical and mental well-being. Additionally, we will examine the concept of body politics, exploring how societal norms, cultural expectations, and power structures shape our understanding and experiences of bodies. Finally, the course will introduce the religious concept of resurrection, exploring its significance in various belief systems and its implications for understandings of morality, mortality, and afterlife. By the end of this course, students will have a deeper understanding of the body as a complex intersection of biological, social, and spiritual factors. They will be equipped with tools for selfcare, critical thinking about body politics, and informed engagement with religious perspectives on mortality, morality, and afterlife.

SURVIVING VS THRIVING

KNGT 102-13, TTh 12:15-1:30pm

Instructor: Navin

How do different cultures define the concept of “wellness”? How has this concept changed over time? From the Himalayas to the Arctic, from the Everglades to the Sahara, human beings are uniquely gifted to accomplish amazing things in whatever setting they find themselves. What wisdom can we glean for our own survival? In this course, students will hone their critical thinking, researching, writing, and general communication skills through discovering how humans thrive across varied environments and societies.

MY MENTALITY MOVES ME (restricted to students in the Galileo Learning Community)

KNGT 102-LC01, MWF 8:00-8:50am

Instructor: Siegel

Will cover wellness and making physical activity a lifestyle.

MOVEMENT IS MEDICINE (restricted to students in the Galileo Learning Community)

KNGT 102-LC02, MW 3:00-4:15pm

Instructor: McGrew

This class will explore the role of physical activity in promoting health for ourselves and the community. Learn how movement serves as a form of preventive medicine, how access to physical activity is shaped by social and environmental factors, and how public health initiatives can promote equitable opportunities of wellness for everyone. This class will help students understand the importance of living a physically active lifestyle and develop strategies to advocate for active living in their communities on and off campus.

MONEY MATTERS: ACHIEVING FINANCIAL WELLNESS IN COLLEGE AND BEYOND (restricted to students in the Compassio Learning Community)

KNGT 102-LC05, TTh 12:15-1:30pm

Instructor: Bosi-Linton

This course focuses on the principles of financial wellness, one of the eight dimensions of wellness. Students will explore personal finance topics including budgeting, saving, credit, debt

management, and long-term financial planning. Through group projects, research, and presentations, students will learn practical skills for making sound financial decisions while fostering overall wellness. The course encourages critical thinking about financial systems and the impact of socio-economic factors on financial health. This is not a business class but does prepare you to have practical skills to develop healthy financial habits as a young adult.

ENVIRONMENTAL RESPONSIBILITY

ARTS AND SCIENCE HIKING (restricted to students in the Honors Program)

KNGT 102H-02, MW 12:00 – 1:15

Instructor: Abee Biskis

This course examines the physical, psychological, environmental, and cultural aspects of hiking, both as a recreational activity and a meaningful form of human interaction with nature. This course offers an interdisciplinary approach, blending the practical skills required for hiking with insights from ecology, geography, fitness science, environmental philosophy, and the arts. Through practical lectures, hands-on outdoor experiences, and creative projects, students will acquire essential hiking skills, including navigation, trail safety, gear selection, and wilderness survival. Students will also learn the cultural dimensions and various ways humans interact with nature by engaging in the arts, such as ecomusicology and art installations in parks. By the end of the course, students will develop not only the practical expertise to hike responsibly and safely but also an appreciation for the deeper connection between humanity and the natural world.

THE WORTH OF PARKS

KNGT 102-03, MW 12:00 – 1:15

Instructor: Schroeder

What is the value of outdoor spaces and wild places? How do we determine what we gain or lose by protecting land for now and future generations? Whether it was the local neighborhood park that you went to often growing up, or the state or national park that you experienced on a trip, this class will take a closer look at the complexities, impact, and choices of land conservation at the local, regional, and national level. Additionally, there will be discussion on how these decisions connect with the communities that they exist within. The class will have potential opportunity for field trips during the semester.

CARE FOR OUR COMMON HOME

KNGT 102-06, MW 4:30-5:45pm

Instructor: Bell

Together we will take a universal view of our common home, planet Earth, from the perspective of astronauts, Pope Francis (1936—2025), scientists, wellness experts, and many others who bring passion to their work caring for biodiversity, water, land and air quality. You get to help choose the environmental responsibility themes we focus on, as well as influence impactful ways we will engage with our local community. We can put the lens on global issues from every major on campus for a truly interdisciplinary course.

ETHICS & TECHNOLOGY

WRITING IN THE AGE OF AI: THE NECESSITY OF THE SOUL

KNGT 102-04, MW 12:00-1:15pm

Instructor: Greenwald

This course will explore some of the ways in which artificial intelligence is affecting the act and art of writing, particularly for college students. While we investigate how AI evolves and mutates, we will also actively search to identify ways for us to co-exist with AI technology without becoming its collaborators. Students can expect to be asked to write without using their devices; to connect with other art forms including music and film; and to engage in meaningful dialogue with their classmates as we puzzle through what is necessary to sustain the soul when we write, think, and create.

DATA, DECISIONS, AND DIGNITY

KNGT 102-08, MW 6:00-7:15pm

Instructor: Martin

How do we prepare for life after college while engaging with the challenges of our community? This course equips students with essential business, communication, and critical thinking skills through the analysis of community data. Students will learn to read budgets, IRS Forms, and community data reports, while also exploring civic tools and political structures. At every stage, students will be required to make decisions, defend them with evidence, and reflect on the ethical dimensions of their reasoning. Each class will also conclude with an anonymous electronic poll, where students vote on a decision question tied to that day's lesson. These poll results will generate class-wide data that can be analyzed across sections to reveal trends in decision-making. Artificial intelligence (AI) tools may be incorporated into assignments when disclosed and applied responsibly; however, students will be expected to demonstrate original analysis, ethical reasoning, and communication skills that AI cannot replace. As a culminating experience, students will present a project that integrates data, analysis, and ethical reflection, offering a defensible response to a community or social challenge.

ETHICS & TECHNOLOGY: AI, HUMANITY, & THE FUTURE

KNGT 102-20, Th 6:00-7:15pm in person + 75 min asynchronous online

Instructor: Elias Hybrid

Artificial intelligence (AI) is one of the most empowering technologies ever developed. It's also one of the most potentially dangerous. On the fine line between the two stands you: a human being whose choices determine our tomorrows. This course will focus on AI literacy (how to use it), ethics (when and whether to use it), and the future (where it may take us, for better or worse).

NEO, EINSTEIN, & GOD (restricted to students in the Honors Program)

KNGT 102H-05, MW 3:00 – 4:15

Instructor: Holt

Would you take the red pill or the blue pill? In the world depicted in *The Matrix*, AI has become self-aware, responding to human cruelty with enslavement. Is this a potential reality? As science and

technology evolve, is this outcome inevitable? Should ethical constraints guide scientific research? What about technology? Can it satisfy our desire for meaning? And what is the role of religion in exploring these questions? This is a course about questions—questions about science, questions about technology, questions about religion, questions about reality, questions about meaning. In *The Matrix*, Trinity says to Neo, “...It’s the question that drives us, Neo. It’s the question the brought you here...” Questions should drive you, too. In this course, you will develop and explore your own questions about life and meaning. Welcome to the Desert of the Real.

ETHICS & TECHNOLOGY: AI, HUMANITY, & THE FUTURE (restricted to students in the Eureka, Explore, or Terra Learning Communities)

KNGT 102-LC04, Hybrid: Th 4:30-5:45pm in person + 75 min asynchronous online

Instructor: Elias

Artificial intelligence (AI) is one of the most empowering technologies ever developed. It's also one of the most potentially dangerous. On the fine line between the two stands you: a human being whose choices determine our tomorrows. This course will focus on AI literacy (how to use it), ethics (when and whether to use it), and the future (where it may take us, for better or worse).

Humans and Machines: Ethics in the Age of Technology (restricted to students in the Business Learning Community)

KNGT 102-LC06

Instructor: Wright

As technology continues to evolve at a rapid pace, the line between human and machine grows increasingly blurred. Humans and Machines: Ethics in the Age of Technology invites students to explore the moral, social, and personal questions that arise in our digital world. From artificial intelligence and automation to data privacy, social media, and biotechnology, this course challenges students to think critically about how technological innovation shapes our values, relationships, and sense of identity. Ultimately, this course encourages students to consider one essential question: What does it mean to be human in an age increasingly defined by machines?

JUSTICE

BRIDGING THE GAP: TRANSFORMATIVE LEADERSHIP

KNGT 102-05, MW 1:30-2:45pm

Instructor: Adams

This course offers an immersive learning experience about how to dialogue and work with people across political, cultural, and experiential differences through the study of transformative leaders and core skill development using the lenses of race and religion in the U.S. to conduct an in-depth policy reform.

In a time of intense and often hostile political and social polarization, we must build the capacity to bridge the gap of our differences to understand one another and work together

toward meaningful solutions. This course aims to: (1) Build listening and dialogue skills and practice these skills across lines of difference; (2) Increase self-awareness as well as interpersonal understanding, empathy and intellectual humility; (3) Collaborate across difference on issues of race and religion to develop a multi-stakeholder approach to policy change; and (4) Imagine how, as emerging leaders, to apply these skills on a range of social challenges and contexts.

AMERICA'S FOUNDING TEXTS

KNGT 102-10, TTh 9:25-10:40am

Instructor: Rodriguez

This class introduces students to the United States' founding documents within their historical and intellectual context. Through close reading of primary sources and engagement with leading scholars, students will practice critical thinking, oral communication, and collaboration. The course emphasizes connections between the founding era and contemporary democratic issues, encouraging students to consider how these documents continue to inform debates about governance and civic life.

HOLOCAUST: A STUDY OF HATE

KNGT 102-11, TTh 12:15-1:30pm

Instructor: Penner

The Holocaust will be investigated in detail and substance. We will look at German culture and history and how it was a factor in its occurrence. We will see how conditions in early 20th century Germany, as well as impacting world events, were major factors in the establishment of an environment that allowed Hitler and the Nazi Party to take over the government. Anti-Semitism will be explained and explored. Hitler will be a major topic . . . why and how he was able to convince the German people to accept his ideas and follow a path of hate and destruction. The role of the world during the Holocaust, including the United States, will be addressed. Relevant to the Holocaust as well as events of today, we will examine the role of the bystander. The course will study, research and compare similar events of the past and present where man has been inhumane to man. We will look at hate and try to learn how we as individuals can help fight this cancer of society and pass the message of acceptance to others. There are other lessons one can learn from the study of the Holocaust relevant to events of today. The class may very well change one's way of thinking and how one treats others in a diverse society.

JUSTICE AND SOCIETY: CONJECTURES, THE FREE MARKET, AND WAR

KNGT 102-12, TTh 12:15-1:30pm

Instructor: Richardson

This course is an academic inquiry into a wide variety of Social Justice issues in the United States and globally. We will study three distinct but interrelated literary works. Conjectures of a Guilty Bystander by Thomas Merton (a Gethsemani monk) was published in 1965, towards the end of his life. In a mind-bending collection of short pieces, Merton discusses violence, bigotry,

war and peace, materialism, embracing difference, religion far beyond tolerance, and the impacts of technology. The Big Myth How American Business Taught Us to Loathe Government and Love the Free Market by Naomi Oreskes (a history of science professor) and Erik Conway (a historian of science and technology) was published in 2023. They trace how a relatively small group of wealthy capitalists, from the 1920s through the present, have orchestrated campaigns promoting free market ideology and promoting anti-government sentiment, resulting in major societal repercussions. In War - How Conflict Shaped Us (2020), Margaret MacMillan (an international history professor) analyses war throughout human history (3300 BC through the present). She explores how war has impacted humanity and has influenced human history, institutions, values, and culture.

GLOBAL SOCIAL JUSTICE (restricted to students in the Honors program)

KNGT 102H-03, TTh 12:15-1:30pm

Instructor: Wallitsch

This course is an academic inquiry into global issues of social justice vis-à-vis themes derived from literature with a global perspective. In the context of cultures of the world, specific topics discussed in the course include community, values, gender, race, religion, and class. Through inclass simulations, students will discover their own, often hidden, cultural values thus creating a platform for the critical analysis of global cultural themes related to social justice. Books, journal articles, documentaries, small-group discussions, and whole-class discussions, are used to gain a better understanding of the selected topics. Students will be expected to develop well-supported critical arguments for short essays and writing assignments throughout the semester and will be responsible for leading a class discussion on a global issue or individual relevant to the course.

MEETING BASIC NEEDS: Poverty and Privilege

MEETING BASIC NEEDS: ADDRESSING THE GAPS BETWEEN PRIVILEGE AND POVERTY

KNGT 102-18, TTh 6:00-7:15pm

Instructor: Pavlov

This course explores how social structures, privilege, and systematic inequalities impact access to basic needs such as food, water, housing, and education. Students will analyze how race, gender, class, and power shape the distribution of resources in society.

DISABILITIES IN SOCIETY (restricted to students in the Galileo Learning Community)

KNGT 102-LC03, Hybrid: MW 9:00-9:15am in person + 50 min asynchronous online

Instructor: Henry

This course examines how disability is understood, experienced, and regulated in society. Through historical, cultural, ethical, and economic lenses, students will explore how disability intersects with power, identity, and policy. Emphasis is placed on critical thinking, research, and reflection as students analyze real-world issues and advocate for inclusive change.

SPEECHES, SONGS, AND POLITICS (restricted to students in the Honors program)

KNGT 102H-04, TTh 9:25-10:40am

Instructor: Remington

This course will focus on how famous speeches, lyrics, and other writings have impacted American politics. Using original source materials, students will discuss the interrelationship between these important works and the surrounding political environment at the time.

US CONSTITUTION (restricted to students in the Honors program)

KNGT 102H-01, TTh 1:40-2:55pm

Instructor: Hoffman

This course will be an Honors-level introduction to the U.S. Constitution. American politics is fundamentally constitutional politics, yet too many U.S. citizens do not have a firm grasp of the text, history, and principles of the U.S. Constitution. This course will use the Constitution as a lens to understand the structure of our government and the nature of our rights. What is the purpose of government? What are the proper powers and role of government? What rights do you have as citizens and as persons? We will examine all these questions in this course. Students will be told a dynamic story about the people and events that have shaped the document that governs us all and will also debate and discuss how our fundamental freedoms – speech, religion, press, assembly, petition, gun ownership, privacy, criminal justice, and the powers and limits of government can only be understood through an examination of the meaning of the Constitution. What is the meaning of the U.S. Constitution? This course will raise that question and then examine the conflict between different constitutional traditions. Through close textual analysis of the Constitution and constitutional interpretation, viewing documentaries and panel discussions of experts, engaging in debates and discussions with other students, and finally writing their own original analysis of a constitutional issue or controversy, students will fully engage with the deeper meaning of American constitutional politics.