

## Approved Experiential Essay Topics

### General Education

Essay topics should be selected based off of personal or professional experience and the needs of the student program. Students should contact an academic advisor to determine program needs.

Possible Course Duplication - This identifies possible course duplication between the essay topic and other coursework. The essay descriptions listed below could duplicate the courses indicated and/or any other coursework required or completed. Please contact your AC or plac@phoenix.edu to verify there is no duplication with your chosen topic before writing an essay.

Possible Supporting Documentation - This section identifies possible or recommended supporting documentation for the chosen topic. This is to assist students in choosing appropriate documentation. It is not all inclusive. If you are unable to provide the possible supporting documentation identified please contact PLA customer service to discuss other options for appropriate documentation.

### Table of Contents

#### Lower Division Topics

Course Title	Credit Award	General Education
Fundamentals of Horticulture	3 LD	Physical/Biological Science
Human Nutrition and Health	3 LD	Physical/Biological Science

#### Upper Division Topics

Course Title	Credit Award	General Education
Environmental Science: Ethics and Issues	3 UD	Physical/Biological Science
Management of Communicable and Infectious Disease	3 UD	Physical/Biological Science
Management and Analysis of Hazardous Materials and the Environment	3 UD	Physical/Biological Science
Principles of Animal Nutrition	3 UD	Physical/Biological Science
The Physical and Biological Aspects of Aging	3 UD	Physical/Biological Science
The Theory and Practice of Complementary and Alternative Medicine	3 UD	Physical/Biological Science
Weight Management	3 UD	Physical/Biological Science

Lower Division Topics		
Course Title	Credit Award	General Education
<b>Fundamentals of Horticulture</b>	<b>3 LD</b>	<b>Physical/Biological Science</b>
<p>Discuss the principles and practices of horticulture in an urban or rural environment including plant anatomy and physiology, growth and development, and the environmental factors affecting these processes. The following subtopics are to be addressed:</p>		
Subtopic 1:	A brief discussion of Horticulture as opposed to Agronomy, Forestry and Agriculture; include a discussion of ornamentals vs. edibles.	
Subtopic 2:	The production, marketing, and maintenance of floral crops	
Subtopic 3:	The production, marketing, and maintenance of fruits and/or vegetables.	
Subtopic 4:	The production, marketing, and maintenance of landscaping	
Subtopic 5:	The environmental considerations in the planting, care, and removal of trees, shrubs, vines, and other perennial woody plants.	
Subtopic 6:	The environmental impact of care strategies of horticultural projects, especially the long-range impact of "protective strategies."	
Possible Duplication		
This course may duplicate courses of similar content.		
Possible Documentation		
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content		

Course Title	Credit Award	General Education
<b>Human Nutrition and Health</b>	<b>3 LD</b>	<b>Physical/Biological Science</b>
Course Description		
<p>Discuss the basic concepts and theories of human nutrition and how the application relates to overall health and wellness. The following subtopics are to be addressed:</p>		
Subtopic 1:	Explain the physiological role of protein, fat, and carbohydrates in maintaining health.	
Subtopic 2:	Explore the physiological role of vitamins and minerals in disease prevention.	
Subtopic 3:	Discuss major nutritional guidelines to decrease heart disease, cancer, and osteoporosis.	
Subtopic 4:	Analyze modifications from national recommended guidelines you have made in your diet and the rationale for those modifications.	
Subtopic 5:	Explore challenges US citizens encounter in attaining sound nutrition.	
Subtopic 6:	Discuss current fad diets and the hazards they bring to overall health and wellness.	
Possible Duplication		
This course may duplicate courses of similar content.		
Possible Documentation		
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content		

Upper Division Topics		
Course Title	Credit Award	General Education
<b>Environmental Science: Ethics and Issues</b>	<b>3 UD</b>	<b>Physical/Biological Science</b>
Course Description		
Discuss the relationship of people to their environment and the ethics and issues such as sustainability and environmental responsibility and how the responses to these issues impact the natural world. The following subtopics are to be addressed:		
Subtopic 1:	Discuss one environmental problem and its biological and physical impacts on human health.	
Subtopic 2:	Describe approaches and technologies available to individuals and corporations to support the environment.	
Subtopic 3:	Identify competing needs and rights of man, animals, plants and the planet.	
Subtopic 4:	Apply Deontological and Utilitarian Theories in the analysis of environmental dilemmas.	
Subtopic 5:	Discuss competing social factors involved in any cost-benefit analysis for resolution of environmental problems.	
Subtopic 6:	Explore approaches to influence needed changes in attitudes and behaviors to promote environmental sustainability.	
Possible Duplication		
This course may duplicate courses of similar content.		
Possible Documentation		
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content		

Course Title	Credit Award	General Education
<b>Management of Communicable and Infectious Disease</b>	<b>3 UD</b>	<b>Physical/Biological Science</b>
Course Description		
Discuss the principles of communicable and infectious disease including causation, physical manifestations, and the affects of different methods of prevention and treatment on the progression of the illness and overall wellness of the individual. The following subtopics are to be addressed:		
Subtopic 1:	Explore settings and populations at increased the risk of communicable disease.	
Subtopic 2:	Explain the chain of transmission for a specific infectious disease.	
Subtopic 3:	Discuss the biological, physical and social factors affecting host resistance.	
Subtopic 4:	Describe appropriate methods for the prevention of a specific infectious disease.	
Subtopic 5:	Describe appropriate interventions and their rationale in the treatment of a specific infectious disease.	
Subtopic 6:	Examine emerging patterns of infectious diseases on a local, national and global scale.	
Possible Duplication		
This course may duplicate courses of similar content.		
Possible Documentation		
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content		

Course Title		Credit Award	General Education
<b>Management and Analysis of Hazardous Materials and the Environment</b>		<b>3 UD</b>	<b>Physical/Biological Science</b>
Course Description			
Discuss the environmental and health related factors associated with hazardous materials and the methods of identification and proper disposal of these materials. The following subtopics are to be addressed:			
Subtopic 1:	Define Hazardous Materials/Dangerous Goods and briefly trace the history of the approach of the United States and the rest of the world to the handling of these materials. A brief analysis of attitudes should be included.		
Subtopic 2:	Discuss the different approaches to the handling of common household materials vs. the use of these materials in commercial applications; e.g., the use of carbon tetrachloride might serve as a good example. Discuss the use of protective clothing and the changing approach in that area; include a discussion of the changing approach to storage and disposal of these materials from a personal and community standpoint; e.g., disposal of paint, lubricating oil from cars and other household uses.		
Subtopic 3:	List and discuss the various U.S. and United Nations agencies; analyze their authorities, responsibilities and overlapping jurisdictions		
Subtopic 4:	Discuss the various laws that apply (US v. UN) to the storage, transportation and handling of various hazardous materials.		
Subtopic 5:	Discuss the laws governing the labeling of hazardous materials as well as the various penalties for failure to comply with the legislation.		
Subtopic 6:	Analyze the changing attitudes of the United States since September 11, 2001; specifically discuss the implications of terrorism and how the United States has been viewed by the rest of the world.		
Possible Duplication			
This course may duplicate courses of similar content.			
Possible Documentation			
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content			

Course Title		Credit Award	General Education
<b>Principles of Animal Nutrition</b>		<b>3 UD</b>	<b>Physical/Biological Science</b>
Course Description			
Explore each of the following in relation to needs of a selected species. The following subtopics are to be addressed:			
<b>*NOTE* Only one submission per student for this topic covering any selected species.</b>			
Subtopic 1:	Contrast of anatomy and physiology of the species to human anatomy and physiology		
Subtopic 2:	Describe digestive and absorption needs of the species		
Subtopic 3:	Analyze the role of water, protein, fats, carbohydrates, vitamins and minerals in this species		
Subtopic 4:	Describe feed selection and balancing		
Subtopic 5:	Discuss signs of nutritional deficiency or toxicity and appropriate interventions		
Subtopic 6:	Analyze biological impact as a result of this species' status		
Possible Duplication			
This course may duplicate courses of similar content.			
Possible Documentation			
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content			

Course Title	Credit Award	General Education
<b>The Physical and Biological Aspects of Aging</b>	<b>3 UD</b>	<b>Physical/Biological Science</b>
Course Description		
Discuss the physical and biological changes that occur with aging and the affects these changes have on the overall health and wellness of the individual. The following subtopics are to be addressed:		
Subtopic 1:	Summarize some of the contemporary scientific theories of aging.	
Subtopic 2:	Describe physiological changes that affect mobility in aging.	
Subtopic 3:	Describe physiological changes that affect cognition in aging.	
Subtopic 4:	Discuss physiological factors that affect nutrition in aging and the impact on general health.	
Subtopic 5:	Discuss physiological & social changes that affect disease resistance in aging.	
Subtopic 6:	Explore pharmacodynamics and cautions as they affect health in the geriatric population.	
Possible Duplication		
This course may duplicate courses of similar content.		
Possible Documentation		
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content		

Course Title	Credit Award	General Education
<b>The Theory and Practice of Complementary and Alternative Medicine</b>	<b>3 UD</b>	<b>Physical/Biological Science</b>
Course Description		
Discuss the theory and practice of complimentary and alternative medicine (CAM) and the physiological, psychological, and holistic benefits as it relates to health and wellness. The following subtopics are to be addressed:		
Subtopic 1:	Contrast the principles and philosophy of CAM to the conventional Western medical model.	
Subtopic 2:	Describe the physiological mechanism(s) of action of one or more CAM modalities as they relate to health and wellness.	
Subtopic 3:	Discuss the psychological factors that promote consumer interest in CAM.	
Subtopic 4:	Examine safety issues related to CAM.	
Subtopic 5:	Discuss the government's role in the regulation of both CAM and conventional Western medical care.	
Subtopic 6:	Explore the potential future of CAM in the U.S.	
Possible Duplication		
This course may duplicate courses of similar content.		
Possible Documentation		
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content		

Course Title		Credit Award	General Education
<b>Weight Management</b>		<b>3 UD</b>	<b>Physical/Biological Science</b>
Course Description			
Discuss the physical and psychological impact of obesity on overall health and wellness and the importance of proper nutrition and physical activity in maintaining a healthy weight. The following subtopics are to be addressed:			
Subtopic 1:	Discuss physiological consequences and health risks of excess body weight.		
Subtopic 2:	Analyze weight current nutritional theories and recommendations for maintaining healthy weight.		
Subtopic 3:	Review psychosocial principles in weight management.		
Subtopic 4:	Explain the physiologic influence of and recommendations for aerobic, anaerobic and resistance training in weight management.		
Subtopic 5:	Explain the advantages and disadvantages of the various methods for determining healthy weight.		
Subtopic 6:	Discuss the hazards of various fad weight loss diets.		
Possible Duplication			
This course may duplicate courses of similar content.			
Possible Documentation			
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content			