The visibility of Buddhism in the United States has increased dramatically in the last half century, and Buddhism has come to mean many different things to many different people. In this course we will uncover the original meaning and intentions of Buddhism as it emerged in ancient India. We will encounter directly the original discourses of the Buddha and consider the teachings of his disciples. We will then go on to consider the prominent interpretation of Buddhism today, Mahayana (popularly called “Tibetan”) Buddhism; and last, but certainly not least, we will look at the interpretation of Buddhism in the Japanese Zen tradition.

Graduation Requirement, Fitness for Life, HPX 177, lecture & activity

New OPTIONS for Summer Session1, 2, or 3

You may take either the 1 credit online lecture as a class or as a challenge exam ($200 fee). Next exam dates are listed below.

During the same semester you must take the 1 activity credit either as a class in Danbury or through the HPX 177 Student Independent Activity (“SIA”) arrangement

- To use your independently monitored 30 hours of physical activity, for approval, send the SIA application to the instructor for the appropriate semester: Robyn Housemann for Summer 1 (May 18-June 19); Emily Stevens Summer 2 (June 22-July 24) and Summer 3 (July 27-August 21).
- Complete the SIA Permission Request Form electronically, in Word. A handwritten form cannot be accepted.
- The SIA classes fill up quickly. Send your form as soon as possible to the attention of either Robyn Housemann or Emily Stevens, HPX, WCSU 181 White Street, Danbury, CT 06810.

The Challenge Exam will be offered at Danbury during the 2015 summer sessions:
Thursday, 5/14; Tuesday, 6/23; Tuesday, 8/4

The Challenge Exam Application (indicate your choice of test date) and check ($200 made out to WCSU) must be addressed to Emily Stevens, HPX, WCSU 181 White Street, Danbury, CT 06810.

Email or call with any further questions you may have Emily Stevens, HPX department: StevensE@wcsu.edu
V: 203-596-8777 f: 203-596-8788

50288 HPX 177-43
Complete your required Activity at your own pace, on your own schedule using your fitness club/gym membership. To register for Independent Online Activity first email HousemannR@wcsu.edu Instructor Robyn Housemann will send you the paperwork that must be completed and approved before you can register.

LECTURE (all online) Section-41

50286 HPX 177-41   Fitness For Life – Lecture

R. Housemann May 18 – June 19 (SSI)
E. Stevens June 22- July 24 for SS2 or E. Stevens July 27-August 21 for SS3

The lecture section will be all online with weekly discussion boards and quizzes.

For more information: 750 Chase Parkway, Ekstrom Hall 627, Waterbury, CT 06708
(203) 596-8777  langellottic@wcsu.edu  www.wcsu.edu/waterbury