



Course: UNIV 100 – Section 023 **Theme:** Popular Culture

Course Topic: *Body Image Culture*

Description: In this course, we will discuss how fashion, fitness and pop culture have affected the way we look at body types. As part of the course, you will learn more about body image spanning several decades of movies and magazines. We will also look at health risks as well as some benefits of falling prey to what pop culture presents as "ideal body image". Through a variety of readings, discussions, projects and interactive learning, we will find ways to maintain a healthy and realistic view of what an ideal body type can and should be.