



Centre for General Studies (CGS)

Liberal Arts Requirement (LAR) Courses

LAR Course	Description
Arabic Language and Literature / LAR 101	This course provides an introduction to the basics of Arabic language. It explores the topics of the form and structure, lexicography, and connotation. It addresses methods of literary criticism and stylistics through texts from different genres, in both prose and poetry.
French I / LAR 102	Introduction to French language stresses the development of basic listening, speaking, reading, and writing skills through an interactive communicative approach. The course will teach students to communicate in French and understand the cultural context of the language. The course will cover basic grammar, syntax and vocabulary with emphasis on oral skills and phonetics. Students will be equipped to interact in basic French and adapt their speech based on the context.
English for Tertiary Studies / LAR 103	English for tertiary studies is designed to advance ESL students' communication skills in the English language. By the end of this course, students will grasp the English language at the necessary level for university education. The course transitions from general English skills to academic skills in reading and writing. Some oral presentations skills are also introduced. Using authentic texts, this course covers general grammar beginning with sentences and ending with short essays.
Italian Language I / LAR 104	Introduction to the Italian language, designed to develop listening, speaking, reading, and writing skills through an interactive communicative approach. The course will teach students to communicate in Italian and understand the cultural contexts of the language. The course will cover basic grammar, syntax, and vocabulary, with emphasis on oral skills and phonetics. Upon course completion, students will be equipped to interact in basic Italian, and adapt their speech based on the context.
Italian Language II / LAR 105	This course is designed for students with basic knowledge in Italian language. This course is a continuation of Italian language I and continues to review the basic Italian vocabulary and grammar patterns and to build competence in all four skill areas: speaking, listening, reading, and writing. Through varied activities, emphasis will be placed on oral proficiency and communication. The course will enable the students to achieve linguistic competences necessary to express opinions, advices, personal preferences and to describe simple situations. An appreciation of the Italian culture will be an integral part of the course.

Korean Language I / LAR 106	Introduction to the Korean language, designed to develop listening, speaking, reading, and writing skills through an interactive communicative approach. The course will teach students to communicate in Korean and understand the cultural contexts of the language. The course will cover basic grammar, syntax, and vocabulary, with emphasis on oral skills and phonetics. Upon course completion, students will be equipped to interact in basic Korean, and adapt their speech based on the context.
Study and Research Skills / LAR 111	The aims of this course are to provide students with knowledge and understanding of study skills essential for enhanced organization, productivity, flexibility, and self-sufficiency. Students will attain basic research skills necessary for undergraduate studies and learn to research, retrieve, access, evaluate, process and document information from a range of resources. Students will also be Introduced to key issues of academic integrity, including plagiarism and copyright and be able to comprehend the importance and methods of referencing external data used in scholastic work. Learners will also be able to acquire and imbibe time management and other important study skills.
Human Rights/ LAR 112	This course deals with the principles of human rights in terms of the definition of the concept human rights, its scope, and the sources of human rights with focus on the international bill of human rights including: The Charter of 1- the United Nations; 2- Universal Declaration of Human Rights; 3- The International covenant on Economics, Social and Cultural rights; 4- The International covenant on Civil and Political rights. In addition, this course addresses the international and national mechanisms of monitoring human rights and its applications. Also, the course explains the achievements of the kingdom of Bahrain in the field of human rights.
Mathematics / LAR 113	This course is intended to provide students with important mathematical background needed for the study of more advanced courses in mathematics. The course focuses on the mastery of critical skills and exposure to new skills necessary for the success in subsequent math courses. Students will learn how to work with various types of functions in symbolic, numerical, and graphical form. Topics includes necessary algebraic skills, Functions and their properties, Exponential and Logarithmic functions and their graphs, Polynomial equations and their graphs, and trigonometric functions.
Soft Skills / LAR 114	This course is designed to equip students with the necessary practical and theoretical skills to enhance their chances of success in college and professional careers. The course is focused on advancing students' knowledge and building critical skills for ongoing personal and professional development. It assesses skills to baseline students' strengths and weaknesses and measure their readiness for college and career success. By the end of this course, students will be able to build academic, contextual, and study skills through learning path as well as reflect on the learning journey and assess their skills development.
History of Bahrain / LAR 121	This course provides the students with a brief introduction to the history of Bahrain. It explores the strategic location of Bahrain and gives glimpse of the history of Bahrain starting with the civilization of Delmon, the Islamic period, tackling the Portuguese invasion and the role of Bahraini women throughout those eras. The course then provides an overview of Bani Utbah migration and Bahrain`s. Subsequent foundation. Lastly, the course Looks at

	British presence in Bahrain and relevant treaties, British withdrawal, and Bahrain independence. Through this course, the students will be introduced to how women have been empowered starting from giving them the right in education, politics and leading roles.
Effective Communication / LAR 131	The course is part of the Liberal Arts Requirement (LAR) courses available to all students from all colleges. This is a skills-based course providing students with academic and also life skills. The skills taught will prove to be useful to students throughout their studies as well as in certain aspects of their lives. The course helps students develop crucial communication skills for life and learn about various aspects and methods of communication including but not limited to message adaptation, body language, cross-cultural communication, job search strategies, CV writing and presentation skills.
Women Across Cultures/ LAR 133	The course provides students with an opportunity to study at a basic level, the diversity of cultures in relation to women and their lives. It also raises collective consciousness and sensitivity towards women's issues in a global and local context and encourage critical and alternative thinking.
Principles of Leadership / LAR 134	The course is part of the Liberal Arts Requirement (LAR) courses available to all students from all faculties. Students learn the different views on leadership, its definition and the various theories and approaches. The course encourages students to identify and evaluate leadership approaches in various environments from home to professional settings. The course introduces students to the various theories of leadership and the students are encouraged to reflect on the social implications of various leadership approaches.
Gender in Film / LAR 135	The course will focus on the power of film as a cultural medium and the depiction of gender in films across different cinemas. Analysing a wide variety of films, the course will discuss gender representation, discrimination (gender pay parity, inequality) and gender stereotyping. It will also examine portrayal of women in films by women film directors.
Introduction to Sociology/ LAR 136	The course provides a broad overview of sociology and how it applies to everyday life. It develops sociological perspective to understand the complexities of contemporary societies, individuals, and institutions. It encourages students to employ sociological imagination to identify and analyse a variety of social issues.
Introduction to Entrepreneurship and Innovation/ LAR 137	This course presents the fundamentals of entrepreneurship, unleashing the innovative and entrepreneurial qualities for students, capacity building and business opportunity identification and success testimonials. It discusses the creative force for marketing and financial sourcing. Highlighting the innovative ideas, identifying business opportunities and seeking solutions for entrepreneurs. The focus of the course is the students' motivation in building the required skills to identify innovative ideas and entrepreneurial opportunities. This course also provides the practical approach on formulating the business model canvas and value proposition.
Community Service / LAR 138	This course offers an understanding of community theories and models and familiarizes students with the concept of civic responsibility. In the course, we will explore how to create social change through social service, how to evaluate community needs, what it means to be a good leader, and methods of advocacy. Through service-learning,

	the students will collaborate with a community service organization of interest, carry out community service work with them, and base a final project on addressing the needs of that particular organization. Furthermore, the course will develop students' research and analytical skills regarding community development and sustainability.
Introduction to Information Technology / LAR 139	This course provides students with the basis for understanding the main concepts in the field of Information Technology. Topics to be included are basics and specialized applications software, system software, input and output devices and the system unit (HW), moreover in this course an emphasis will be on practical skills such as word processing, spreadsheet, and presentation applications software.
Women and Leadership / LAR 140	This course explores challenges and opportunities women face in the pursuit of leadership. It also looks into the cultural circumstances that have either improved or hindered women leadership in diverse fields. There is also an examination of how and why women are gaining more access to leadership positions as well as why they continue to be under-represented in spite of the change. The course reviews research on gender and leadership styles and other areas of social science, discrimination and stereotypes, and ways in which major cultural mindsets about gender and leadership impact availability of leadership positions for women. From a theoretical point of view, the course reviews research and debates in leadership and gender. Finally, the learners' own leadership attributes are explored allowing them to develop an understanding of who they are as leaders in their relevant contexts.
General Psychology / LAR 141	This course provides a basic understanding of psychology and an overview of the main schools of thought and topics in the field such as a history of psychology, Freudian psychoanalysis, humanistic psychologies, social psychology, cultural psychology, abnormal psychology, cognitive psychology and developmental psychology as well as theories and models of perception, memory, language and intelligence. The course will also provide a basic understanding of research methods in psychology including reviewing studies based on quantitative and qualitative research approaches, and how psychology is applied to a variety of fields such as the arts through creativity, management and leadership studies through organisational behavior and the psychology of leadership, as well as how it applies to other fields like law, IT, and cross-cultural and multicultural environments.
Women's Health / LAR 142	This course discusses women and facets of women's health through an interdisciplinary perspective. It is developed, focusing on health promotion, disease prevention, and treatment throughout a woman's lifespan. Course format included didactic lectures, in-class activities, field visit, case studies, and guest speaker.
Physical Education / LAR 143	This course will provide undergraduate students with an introduction to physical education. Each student will develop and follow a training programme based on the material covered in lectures, class discussions and assigned readings. This is a combined course covering theory and practice. The theory will cover fitness and nutrition for physical training.
Oil Painting / LAR 151	To introduce students to the media and techniques of painting in oil. Explores the technical and aesthetic possibilities and limitations of the oil medium. Emphasizes formal painting concerns, including colour theory and composition. To improve students' skills in colour mixing with oil paint. The students will learn how to paint application and surface quality, to colour, to value, to composition, to volume, light and space as the necessary

	elements of recreating perceptual experience. Students will investigate and develop knowledge of art as a profession.
Mixed Media / LAR 152	In this course students will explore mixed media techniques and concepts to reach a personal aesthetic expression.
Freehand Drawing / LAR 153	The course introduces basic tools that enable designers to describe their designs by using special visual language of drawing and get familiar using the drawing materials. Starting with charcoal drawing, students will learn how to draw the grade of the black color tones. Also, students will be encouraged to practice freehand drawing using pencil.
Introduction to Colour / LAR 155	This course introduces students to the significance and usage of the element of colour in art and design practice. It provides a practical investigation and theoretical overview of the attributes, symbolic origins, emotional perceptions and cultural meanings associated with colour within the aesthetic discourse of art practice and design.
Women in Literature and Popular Culture/ LAR 161	Literature and popular culture, like society itself, have from their very own inception been entwined with images of gender and femininity. In this course we will follow the threads of this entanglement in a combination of formal lectures and student-led discussion. Both the analytical approaches we will take and the readings we will analyse are, to an extent, eclectic in nature. This eclecticism will shed light on different female identities, helping us answer the question: "What does it mean to be a woman?" This course will include an introductory examination of two critical theories: intersectionality and identity politics. These two theories will serve as a scholarly backbone to our analyses of texts and images from different cultures and time periods.
Philosophy/ LAR 171	The course provides basic understanding of philosophical concepts and focusses on enhancing student's ability to identify problems, develop arguments, and apply reasoning to arrive at logical conclusions. It also contributes to effective leadership and decision making.