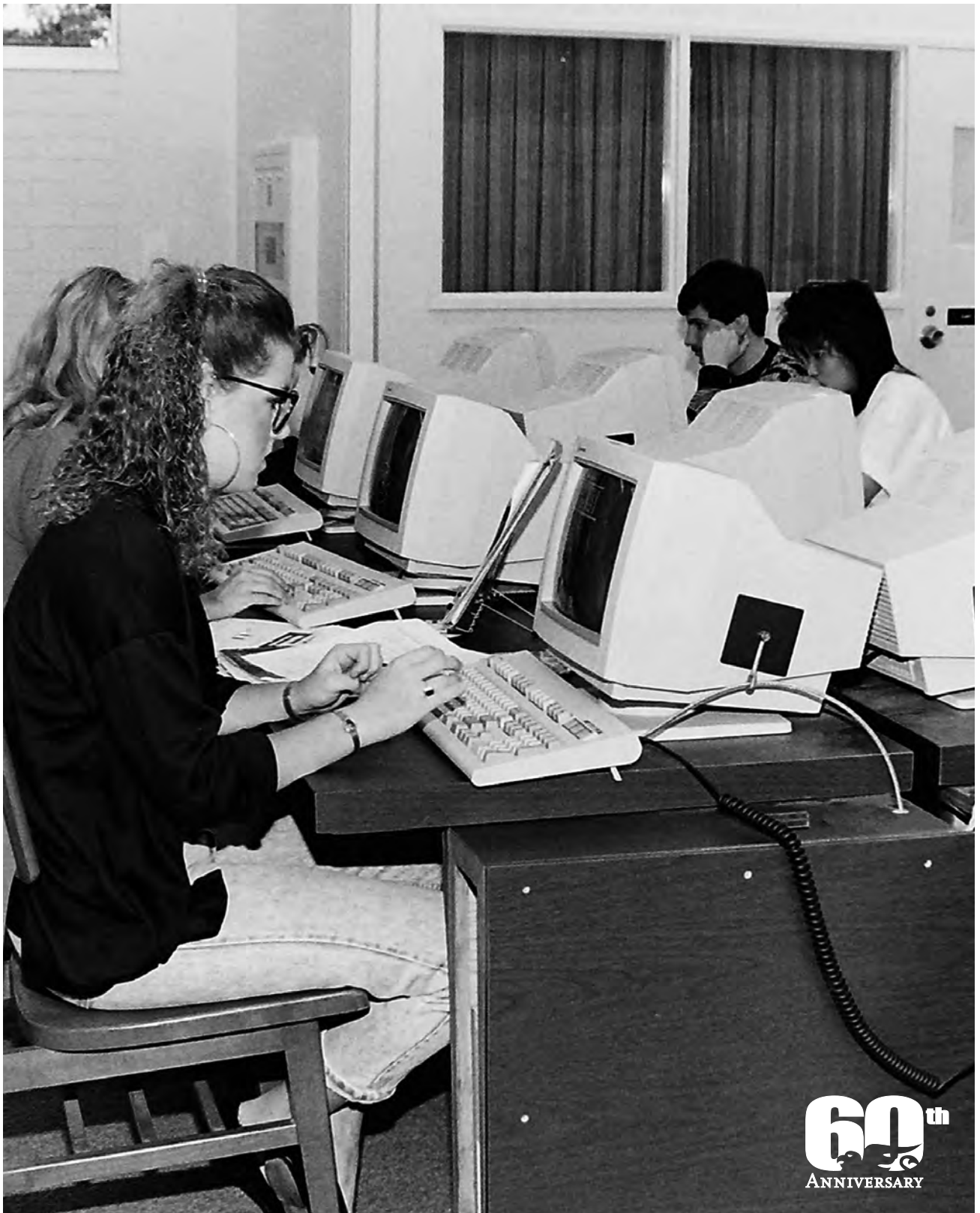


COURSES OF INSTRUCTION



COURSE OFFERINGS BY DIVISION

ALLIED HEALTH AND NURSING

Cardiovascular Technology, Health Sciences, Nursing, Occupational Therapy Assistant, Orthopedic Technology, Respiratory Therapy

ARTS, LANGUAGES AND COMMUNICATION

American Sign Language, Arabic, Art, Chinese, Communication, Dance, French, German, Humanities, Italian, Japanese, Media Communications, Music, Photography, Russian, Spanish, Theatre Arts

CAREER AND TECHNICAL EDUCATION/ WORKFORCE DEVELOPMENT

Administration of Justice, Business, Business Office Technology, Child Development, Computer Science Information Systems, Culinary Arts, Education, Family Studies

COUNSELING SERVICES

Counseling, Personal Development-Special Services

ENGLISH AND SOCIAL/BEHAVIORAL SCIENCES

Anthropology, Economics, English, English as a Second Language, Ethnic Studies, Gender Studies, History, Philosophy, Political Science, Psychology, Religious Studies, Sociology

MATHEMATICS, NATURAL SCIENCES, EXERCISE SCIENCE AND WELLNESS

Astronomy, Biological Sciences, Chemistry, Exercise Science, Geography, Geology, Health Education, Mathematics, Nutrition, Oceanography, Physical Science, Physics, Science

EXPLANATION— COURSES OF INSTRUCTION

The courses of study offered at Grossmont College are presented alphabetically in this section. Courses are designated as either associate degree credit courses or nondegree credit courses. Associate degree credit courses may be used as required or elective courses in a degree or certificate program. Nondegree credit courses are designed to assist the student in preparation for college level course work. Units earned in nondegree credit courses may not be applied toward a degree or certificate. Above each course description is information, including course title, designation of

associate degree credit or nondegree credit status, unit value granted for the course, indication of the hours of lecture and/or laboratory, and any required prerequisite(s) and/or corequisite(s). If no designation is indicated, the hours are lecture (exceptions are 199, 298, 299As and 299Bs). Courses listed in sequence punctuated by hyphens, unless otherwise indicated, must be taken in order of listing.

Every course at Grossmont College is designed to be of collegiate value and created to contribute to the fulfillment of objectives of the college and its students. Thus, each student will discover opportunities to explore general education curricula, developmental programs and courses equivalent to those of lower division curricula at four-year colleges and universities. In addition, Grossmont offers career programs which provide technical skills for immediate employment, retraining and advancement.

Transferability should be determined through consultation with the counseling staff. Articulation agreements with transfer institutions are available in the Counseling Center. Although course numbers in the 100 series are usually taken prior to those in the 200 series, prerequisites determine when they can be taken. Therefore, certain courses in the 200 series with no prerequisites may be taken in the freshman year. The student may wish to consult with a counselor as to the advisability of such programming.

PREREQUISITES, COREQUISITES AND ADVISORIES ON RECOMMENDED PREPARATION

See page 38.

SUPERVISED TUTORING (198)

Supervised tutoring courses use a variety of educational tools to assist students with various learning needs. These courses can be used to assist students to strengthen prerequisite skills prior to enrolling in a specific course or to receive supplemental assistance while enrolled in another course. Students must be referred by an instructor to enroll in supervised tutoring classes. Supervised tutoring courses may be repeated with different content in various departments. There is no fee charged and no credit given for supervised tutoring.

SPECIAL STUDY (199)

The Special Study (199) is for the purpose of allowing students to increase their knowledge of a subject matter not included in regular course offerings. Because the Grossmont College curriculum provides an opportunity for the student to explore a wide variety of subject matter disciplines (art, computer science, music, etc.) the Special Study (199) should be limited to unusual circumstances.

Special studies shall be available to those students who have accumulated the skills and breadth of academic experience necessary to utilize the special learning method. Special study credit shall be limited to nine (9) units at Grossmont College. The unit value for a special study or project will be determined on the basis of one (1) unit for each forty-eight (48) hours of work.

A one-page paper describing the goals and methods of the special study or project is to be written by the student and attached to the contract. This paper will be used as a criterion for acceptance or rejection of the proposal. This paper will also be used by the instructor to evaluate the extent to which the stated goals of the special study have been achieved. Grades will be assigned by the instructor based on the level of this achievement. The Grossmont College grading policy applies to 199s.

Contracts for special studies or projects are available in the Admissions and Records Office. The deadline for enrolling in a special study or project will be the end of the second week for full-term classes and the end of the first week for eight (8)-week and summer session classes.

Special studies or projects generally do not qualify as units for purposes of applying for financial aid. Students on financial aid should check with the Financial Aid Office.

298 COURSES-SELECTED TOPICS

Courses of this type are new and experimental and may be found in the various disciplines of the college. They are not regular catalog offerings and may be offered in a seminar, lecture and/or laboratory format. Course content and unit credit will be determined by the discipline offering the course. A description of the current offerings may be found in the class schedule. Pass/ No Pass only. Non-associate degree applicable.

299 A-B COURSES-SELECTED TOPICS

Courses of this type are new and experimental and may be found in the various disciplines of the college. They are not regular catalog offerings, nor do they qualify for general education credit. The topics may be offered in a seminar, lecture, and/or laboratory format. Course content and unit credit will be determined by the discipline offering the course. A description of the current offerings can be found in the class schedule. **299A** courses are associate degree level and may not transfer to four-year universities. **299B** courses are baccalaureate level and transfer to California State Universities. Contact the four-year university you wish to attend for information regarding the acceptance of individual 299 courses.

COMMUNITY SERVICE LEARNING EXPERIENCE

Grossmont College offers students the opportunity to earn academic credit while volunteering in the community. Community Service Learning Experience provides thoughtfully organized service experiences which meet community needs and which are integrated into academic course work. As part of our nation's service agenda, Grossmont is extending student learning beyond the classroom and into the community. Speak to the department chairperson for more information.

ZERO TEXTBOOK COST (ZTC)



Zero Textbook Cost sections, designated as "ZTC" in the class schedule, do not require students to purchase a textbook. These sections may have recommended (but not required) books, or may use free, openly licensed teaching and learning resources, such as Open Educational Resources (OER). ZTC sections may have a materials fee such as lab supplies, calculator, test forms, etc. but no conventional textbook fees. The college strives to ensure that the ZTC designations are accurate; however, under some circumstances, the instructor or assigned materials may change, affecting course material costs. **The online version of the class schedule has the most current listing of ZTC course offerings.** If possible, please refer to the online schedule instead of the printed schedule for the most up-to-date list of ZTC classes.

OPEN EDUCATIONAL RESOURCES (OER)

Open Educational Resources are teaching, learning, and research resources that reside in the public domain or have been released under an open license. OER are legally available and free of cost to students. Class sections using OER with no textbook costs are designated as "ZTC" in the class schedule.

ONLINE EDUCATION

Online education at Grossmont College, encompassing technologies, services, resources, programs, classes, and teaching/learning experiences that are mediated at least partially through the Internet.

Distance education is a more specific term and is important for accreditation and compliance with state and federal regulations. Grossmont's administrative procedure on distance education, AP 4105, defines distance education (DE) in accordance with federal statute as "instruction in which the instructor and student are separated by distance and interact through the assistance of communication technology." It is important to note that the distinguishing characteristic of DE as opposed to correspondence education is regular and substantive interaction between instructor and students, or in the language of California's Title 5, regular effective contact opposed to correspondence education is regular and substantive interaction between instructor and students, or in the language of California's Title 5, regular effective contact.

1. Distance education classes are defined, in accordance with California Community College and ACCJC procedures for data reporting and disaggregation, as course sections in which over half of the instructional time is structured as DE.
2. Distance education programs, in accordance with ACCJC procedures, are those in which half or more of the required courses have been approved to be offered via distance education through the college curriculum process.
3. Hybrid classes are those in which the instructional time is conducted partially online and partially in-person. All hybrid classes are required to comply with AP 4105 for the portions of the course that are conducted via distance education.

ADMINISTRATION OF JUSTICE (AOJ)

ADMINISTRATION OF JUSTICE

101 A-B-C-D †

Firearms for PC 832 Laws of Arrest

.5 unit, .5 hour lecture, 1 hour laboratory

Prerequisite: Students must not have any felony or domestic violence convictions and must meet state and federal requirements for possessing a firearm.

This course meets the basic requirements for those who need California Peace Officer powers of arrest course with firearms. Meets the requirements of Penal Code Section 832, Laws of Arrest with firearms, as required by P.O.S.T. This course is offered on a Pass/No Pass basis only.

ADMINISTRATION OF JUSTICE

102 A-B †

PC 832 Laws of Arrest (40 hours)

1.5 units, 1.875 hours lecture, .625 hours laboratory

Meets the basic requirements of Penal Code Section 832, Laws of Arrest, as required by P.O.S.T. Recommended for those with current employment in a position requiring powers of arrest. This may include search and rescue, lifeguards, animal control, probation officers and allows for some limited support duties by Level III Reserves. AOJ 102 is offered in a 40 hour intensive format. There is no firearm instruction in this course. This course is offered on a Pass/No Pass basis only.

The following applies to Police Academy courses, AOJ 103, 104: There are three levels of law enforcement training, Module III, Module II, and Module I. Each has a specific curriculum designed to correlate with the actual duties Reserve and Regular Police Officers perform. Grossmont College does not offer Module I at this time. After completing Module II at Grossmont College, those seeking Module I certification must transfer to a college that offers Module I. The Police Academy is a structured paramilitary environment. Uniforms and equipment must be purchased by the student. According to state law, record checks for criminal history must be made prior to acceptance into the program. Students must not have any felony or domestic violence convictions, and must meet state and federal requirements for possessing a firearm. Students should note that the courses are certified by the California Commission on Peace Officer Standards (P.O.S.T.) and P.O.S.T. specifies strict attendance, performance, and testing policies.

† This course meets all Title 5 standards for Associate Degree Credit.

ADMINISTRATION OF JUSTICE 103 A-B-C-D † Police Academy (Module III)

6.5 units, 5.9 hours lecture, 4.3 hours laboratory

Prerequisite: Students must not have any felony or domestic violence misdemeanor convictions and must meet state and federal government requirements for possession of a firearm.

A study of professionalism, leadership, ethics, community policing, criminal law, search and seizure, laws of arrest, investigations, note-taking, report writing, human relations, use of force, firearms, arrest and control, vehicle operation, first aid/CPR, and chemical agents. Meets requirements of Penal Code Section 832 for laws of arrest and search and seizure as well as the requirements for limited support duties of Level III Reserve Police Officers as specified by P.O.S.T. Limited duties include traffic control, security at public events, prisoner and evidence transportation, parking enforcement and report writing. This course is offered on a Pass/No Pass basis only.

ADMINISTRATION OF JUSTICE 104 A-B-C-D † Police Academy (Module II)

9.5 units, 7.88 hours lecture, 6.25 hours laboratory

Prerequisite: A "Pass" grade in AOJ 103A-B-C-D or equivalent. Students must not have any felony or domestic violence misdemeanor convictions and must meet state and federal government requirements for possession of a firearm.

Topics include report writing, laws of arrest, firearms, search and seizure, cultural awareness, and weapons violations. Meets P.O.S.T. Module II requirements and allows Reserve Police Officers to perform more law enforcement related duties than Level III Reserve Police Officers. Successful completion of Modules III and II may qualify the student for entry into a P.O.S.T. –certified Module I program. Students may repeat this course every three years because certification expires unless one is appointed as an officer. This course is offered on a Pass/No Pass basis only.

ADMINISTRATION OF JUSTICE 107 † Corrections Academy

11.5 units, 10 hours lecture, 4.6 hours laboratory

Prerequisite: Students must not have any felony or domestic violence misdemeanor convictions and must meet state and federal government requirements for possession of a firearm.

This course addresses specific instructional and performance objectives

for those seeking employment as corrections officers in local or county jails, adult probation, and community correctional facilities in California, as well as privately-contracted federal correctional facilities. This course meets the requirements for PC 6035 Adult Corrections Officer Core Course as specified by the State of California, Board of State and Community Corrections, Standards and Training for Corrections (STC) for entry-level adult corrections officers. This course is offered on a Pass/No Pass basis only.

ADMINISTRATION OF JUSTICE 110 † Introduction to Administration of Justice

3 units, 3 hours lecture

This course introduces students to the characteristics of the criminal justice system in the United States. Focus is placed on examining crime measurement, theoretical explanations of crime, responses to crime, components of the system, and current challenges to the system. The course examines the evolution of the principles and approaches utilized by the justice system and the evolving forces which have shaped those principals and approaches. Although justice structure and process is examined in a cross cultural context, emphasis is placed on the US justice system, particularly the structure and function of US police, courts, and corrections. Students are introduced to the origins and development of criminal law, legal process, and sentencing and incarceration policies.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4
Transfers to: CSU, UC

ADMINISTRATION OF JUSTICE 111 † Introduction to Security Management

3 units, 3 hours lecture

An introduction to private as well as public security management. The historical, philosophical and legal bases for security services are examined. Emphasis is placed on: the role of the security organization and security personnel in modern society; concepts of professionalism and ethics; types and functions of security operations; counterterrorism; and career pathways in security management.

Transfers to: CSU

ADMINISTRATION OF JUSTICE 119 † Public Safety Hiring Procedures

1 unit, 1 hour lecture

A course designed to assist the student in preparing for civil service exams related to public safety. This course is recommended for students who are interested in a career in Forensics, Law Enforcement or other Public Safety related careers and is offered on a Pass/No Pass basis only.

ADMINISTRATION OF JUSTICE 120 † Community Policing and Patrol Procedure

3 units, 3 hours lecture

This course involves an examination of the philosophy, principles, and practices of community policing as well as a discussion of the responsibilities, techniques, and methods of police patrol. Emphasis is placed on strategies designed to engage and assist a community in the development and implementation of solutions to police related problems. Operations, supervision, and leadership within the context of contemporary policing are studied.

Transfers to: CSU

ADMINISTRATION OF JUSTICE 122 † Traffic Law and Enforcement

3 units, 3 hours lecture

A study of traffic management and control. Emphasis is placed on traffic law enforcement procedures, motor vehicle code violations, public safety, and collision investigations.

Transfers to: CSU

ADMINISTRATION OF JUSTICE 125 † Introduction to Corrections

3 units, 3 hours lecture

This course provides a critical analysis of punishment, including various types of alternatives, and the impact on the Criminal Justice System. A critical examination of the types of correctional institutions and the clients housed in each institution.

Transfers to: CSU

† This course meets all Title 5 standards for Associate Degree Credit.

ADMINISTRATION OF JUSTICE 140 † Inmate Psychology and Supervision

3 units, 3 hours lecture

This course is an overview of the psychological aspects of inmate supervision in local, state and federal correctional institutions as well as the techniques in counseling and interviewing. The student will learn confidence-building techniques and theories to properly assess and react to the institutional daily living and crisis situations. The course will emphasize the roles played by the inmate and the correctional worker.

Transfers to CSU

ADMINISTRATION OF JUSTICE 143 † Gangs and Law Enforcement

3 units, 3 hours lecture

This course is designed to provide students with a base of knowledge as it relates to the impact of gangs in both correctional and community settings. It includes a review of the types of gangs, history, and criminal activities associated with gangs.

Transfers to CSU

ADMINISTRATION OF JUSTICE 144 † Probation and Parole

3 units, 3 hours lecture

This course is a survey of the role of probation and parole in today's criminal justice system and includes theoretical concerns and case law effects in probation and parole supervision. A review and evaluation of community-based corrections and analysis of the diverse roles of the probation officer and parole agent.

Transfers to: CSU, UC

ADMINISTRATION OF JUSTICE 148 † Fingerprint Identification

3 units, 2 hours lecture, 3 hours laboratory.

Prerequisite: A "C" grade or higher or "Pass" in AOJ 110 or equivalent or concurrent enrollment in AOJ 110.

A study of the history and application of fingerprints for personal identification, including the proper techniques for recording fingerprints. Emphasis is placed on recognition of fingerprint patterns, fingerprint classification systems, preparing fingerprints for computer searches, and aspects of individualizing fingerprints.

Transfers to CSU

ADMINISTRATION OF JUSTICE 150 † Forensic Photography

4 units, 3 hours lecture, 3 hours laboratory

Corequisite: A "C" grade or higher or "Pass" in AOJ 110 or concurrent enrollment in AOJ 110.

This course is designed to provide students with an emphasis on the technical application of basic investigative photography. This course would be of benefit for public safety investigators, and those who are interested in forensic photography. The course includes using the types of cameras, lighting, enlargers, etc., most often used by law enforcement agencies. Students will be expected to demonstrate proficiency in the use of this equipment, using simulated crime scenes. Legal issues related to criminal investigations will also be discussed.

Transfers to CSU

ADMINISTRATION OF JUSTICE 155 † Digital Investigations

3 units, 3 hours lecture

This course provides an introduction to the forensic analysis of digital devices (most commonly used cell phones, smart phones, tablets, computers) and focuses on the procedures, policies, and technology utilized in digital evidence recovery. Emphasis is placed on the analysis of digital evidence for use during criminal or civil investigations. This course also prepares students with knowledge in investigative principles and applicable case law that is applicable to both civil and criminal investigations.

Transfers to CSU

ADMINISTRATION OF JUSTICE 158 † Public Safety Dispatcher

7 units, 7 hours lecture, .5 hours laboratory

Methods and operation of law enforcement and public safety communications. The course will include federal communications regulations, data retrieval systems, and applications in communications. Students will be analyzing data to determine priorities for making decisions under stress. This course is offered on a Pass/No Pass basis only.

Transfers to CSU

ADMINISTRATION OF JUSTICE 171 A-B-C-D † Basic Security Academy

3 units, 3 hours lecture

The criminal justice system and the role of the security sector: the law and procedures relative to arrest, search and seizure, interrogation, custody, civil liability, and the moral, legal and ethical use of force for security personnel. Emphasis is placed on security operations, emergency procedures, public relations, report writing, CPR/first aid, AED techniques, preparation for employment, and career opportunities in contract as well as proprietary security services. Satisfies California Department of Consumer Affairs, Bureau of Security and Investigative Services, licensing requirements for guard registration (guard card) for security officers. This course is offered on a Pass/No Pass basis only.

Transfers to CSU

ADMINISTRATION OF JUSTICE 172 A-B-C-D † Advanced Security Academy

2 units, 2.25 hours lecture, .75 hours laboratory

Prerequisite: A "Pass" grade in Administration of Justice 171 A-B-C-D or equivalent, or work experience as a California State Certified Security Guard and current CA Bureau of Security and Investigative Services (BSIS) guard card.

The role of the security officer with emphasis placed on the laws and liability of school security operations including disaster and emergency procedures. The course will include student conflict resolution and behavioral analysis, first aid, baton, defensive tactics, handcuffing, and chemical reagent use. Satisfies California Department of Consumer Affairs, Bureau of Security and Investigative Services, licensing requirements for baton permits for security officers. This course is offered on a Pass/No Pass basis only.

Transfers to CSU

**ADMINISTRATION OF JUSTICE 200 †
Criminal Law**

3 units, 3 hours lecture

This course offers an analysis of the doctrines of criminal liability in the United States and the classification of crimes against persons, property, morals, and public welfare. Special emphasis is placed on the classification of crime, the general elements of crime, the definitions of common and statutory law, and the nature of acceptable evidence. This course utilizes case law and case studies to introduce students to criminal law. The completion of this course offers a foundation upon which upper-division criminal justice courses will build. The course will also include some limited discussion of prosecution and defense decision making, criminal culpability and defenses to crimes.

*Transfers to: CSU, UC***ADMINISTRATION OF JUSTICE 201 †
Legal Aspects of Security Management**

3 units, 3 hours lecture

This course assesses the legal issues that affect security officers and security management. Emphasis is placed on laws of arrest, search and seizure, detention, interrogation, and use of force. This course will also cover civil liability, property and privacy rights, and security management policy consideration.

*Transfers to CSU***ADMINISTRATION OF JUSTICE 202 †
Criminal Evidence**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher in AOJ 200 or equivalent.

This course examines categories of evidence and legal rules governing its admission and exclusion in the criminal process. Discussions will include the origin, development, philosophy and constitutional basis of evidence; constitutional and procedural consideration affecting arrest, search and seizure, and custodial interrogations; kinds and degrees of evidence and rules governing admissibility; and judicial decisions involving criminal evidence.

*Transfers to CSU***ADMINISTRATION OF JUSTICE 204 †
Criminal Trial Process**

3 units, 3 hours lecture

This course provides an examination and analysis of due process in criminal proceedings from pre-arrest through trial and appeal utilizing statutory law and state and constitutional law precedents.

*Transfers to CSU***ADMINISTRATION OF JUSTICE 206 †
Criminal Investigation**

3 units, 3 hours lecture

This course addresses the techniques, procedures, and ethical issues in the investigation of crime, including organization of the investigative process, crime scene searches, interviewing and interrogating, surveillance, source of information, utility of evidence, scientific analysis of evidence and the role of the investigator in the trial process.

*Transfers to CSU***ADMINISTRATION OF JUSTICE 207 †
Investigative Techniques for Security Management**

3 units, 3 hours lecture

An overview of civil as well as criminal investigations in a security management setting. Emphasis is placed upon procedures, legalities, and technical aspects of specialized investigations relating to crime, pre-employment screening, sexual harassment, unlawful employment discrimination, accidents, unexplained losses, and other business activities. Proper documentation of a security investigation is also discussed.

*Transfers to CSU***ADMINISTRATION OF JUSTICE 208 †
Juvenile Procedures**

3 units, 3 hours lecture

This course is an examination of the origin, development, and organization of the Juvenile Justice System as it evolved in the American Justice System. The course explores the theories that focus on enforcement, adjudication and correctional policies associated with juvenile justice in addition to the constitutional protections extended to juveniles administered in the American Justice System.

*Transfers to CSU***ADMINISTRATION OF JUSTICE 210 †
Leadership in Criminal Justice**

3 units, 3 hours lecture

An examination of the principles and practices of organization, administration and management in public safety and security environments (law enforcement, courts, corrections, and security). Emphasis is placed on planning, budgeting, human resources development, operations, supervision, evaluation, leadership, and ethical decision making.

*Transfers to CSU***ADMINISTRATION OF JUSTICE
214-215 †
Public Service Internship**

2 units, 10 hours work experience per week

120 volunteer hours or 150 paid hours

Prerequisite: A "C" grade or higher or "Pass" in AOJ 110 or equivalent.

Work experience as a sworn, reserve or volunteer person with a local public or private agency. For work experience requirements, see page 43.

*Transfers to CSU***ADMINISTRATION OF JUSTICE 218 †
Crime Scene Technology**

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher in AOJ 150 or equivalent.

Recommended Preparation: A "C" grade or higher in AOJ 148 or equivalent.

This course is specially designed to prepare students to work in the field of forensic technology. This includes recognizing items of evidentiary value, preservation of the crime scene, crime scene photography, sketching a crime scene and evidence. The student will demonstrate proficiency in various forensic processing techniques and will prepare a court room ready presentation.

*Transfers to CSU***ADMINISTRATION OF JUSTICE 220 †
Forensic Analysis**

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher in AOJ 218 or equivalent.

This course will examine the scientific method as it applies to the collection, processing and analysis of physical evidence associated with crime scenes. Lectures and labs will be utilized to explore techniques and theories related to collecting, processing and analyzing trace evidence, bloodstain patterns, footwear/tire impressions, firearms, ballistics, questioned documents, toxicology and serology.

*Transfers to CSU***ADMINISTRATION OF JUSTICE
224-225 †
Forensic Public Service Internship**

2 units, 10 hours work experience per week

120 volunteer hours or 150 paid hours

Prerequisite: A "C" grade or higher or "Pass" in AOJ 148 and 150 or equivalent.

Forensic work experience as a sworn, reserve or volunteer person with a local public or private agency. For work experience requirements, see page 43.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.



ADMINISTRATION OF JUSTICE 230 † Public Safety Communications

3 units, 3 hours lecture

This course deals with all aspects of public safety communications. It will cover the techniques of effectively communicating facts, information and ideas in a clear and logical manner for a variety of public safety reports; i.e., crime/violation/incident reports, letters, memoranda, directives and administrative reports. Students will gain practical experience in interviewing, note taking, report writing and testifying.

Transfers to CSU

ADMINISTRATION OF JUSTICE 240 † Community and the Justice System

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher in AOJ 110 or equivalent.

This course examines the complex, dynamic relationship between communities and the justice system in addressing crime and conflict with an emphasis on the challenges and prospects of administering justice within a diverse multicultural population. Topics covered may include crime prevention, restorative justice, conflict resolution, and ethics.

Transfers to: CSU, UC

ADMINISTRATION OF JUSTICE 249 A-B-C-D † Advanced Officer Course

.5 units, 8 (total) hours lecture

Prerequisite: Peace Officer status or paraprofessional in a related field, or AOJ students with 18 units in Administration of Justice coursework.

A basic introductory course designed for peace officers or paraprofessionals in a related field, who have completed their probationary period and are required to update their knowledge of current laws and procedures. Topics may include, but are not limited to: illegal substances, auto theft, gangs, telecommunications update, homeland security, blood spatter interpretation, forensic photography, CAD (computer aided design), leadership and ethics, digital imaging, crime scene investigation, field evidence technology, report writing, and physical training. This course is offered as a Pass/No Pass basis only.

Transfers to CSU

ADMINISTRATION OF JUSTICE 250 A-B-C-D † Advanced Officer Course

1.5 units, 24 (total) hours lecture

Prerequisite: Peace Officer status or paraprofessional in a related field, or AOJ students with 18 units in Administration of Justice coursework.

A basic introductory course designed for peace officers or paraprofessionals in a related field, who have completed their probationary period and are required to update their knowledge of current laws and procedures. Topics may include, but are not limited to: illegal substances, auto theft, gangs, telecommunications update, homeland security, blood spatter interpretation, forensic photography, CAD (computer aided design), leadership and ethics, digital imaging, crime scene investigation, field evidence technology, report writing, and physical training. This course is offered as a Pass/No Pass basis only.

Transfers to CSU

ADMINISTRATION OF JUSTICE 251 A-B-C-D † Advanced Officer Course

2.5 units, 40 (total) hours lecture

Prerequisite: Peace Officer status or paraprofessional in a related field, or AOJ students with 18 units in Administration of Justice coursework.

A basic introductory course designed for peace officers or paraprofessionals in a related field, who have completed their probationary period and are required to update their knowledge of current laws and procedures. Topics may include, but not be limited to: illegal substances, auto theft, gangs, telecommunications update, homeland security, blood spatter interpretation, forensic photography, CAD (computer aided design), leadership and ethics, digital imaging, crime scene investigation, field evidence technology, report writing, and physical training. This course is offered as a Pass/No Pass basis only.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

ADMINISTRATION OF JUSTICE 252 † Advanced Forensic Photography

4 units, 3 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher in AOJ 150 or equivalent.

Students will learn advanced investigative photographic techniques using still photographs, video tape, and digital imaging for evidentiary presentations. The latter method will include computerized applications of forensic photography. These special techniques will be practiced and demonstrated by students for use in police training, public information, police investigation, evidence preparation, court demonstration, and police community relation applications.
Transfers to CSU

ADMINISTRATION OF JUSTICE 254 † Advanced Fingerprint Identification

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher in AOJ 148 or equivalent.

This course covers analyses, comparison and evaluation of friction ridge skin with emphasis on individualization of finger and palm prints including learning the topography of palms and soles. This course would be of benefit to criminal investigators, and those who are interested in forensic identification. Students will learn methods and procedures for developing and preserving visible and latent crime scene impressions. Students will be expected to demonstrate proficiency in identification of finger and palm prints.
Transfers to CSU

ADMINISTRATION OF JUSTICE 260 † Information Security

3 units, 3 hours lecture

This course focuses on procedures, policies, and equipment designed to protect private and government proprietary and intellectual information and investigate breaches of security. This course also examines the collection, analysis, and preservation of digital evidence from computer crime scenes. Emphasis is placed upon knowledge of investigative principles, applicable case law, physical and technical security, security management responsibilities, and countermeasures designed to protect and analyze information collection, storage, processing, and transmission.

Transfers to CSU

ADMINISTRATION OF JUSTICE 264 † Terrorism and Homeland Security

3 unit, 3 hours lecture

This course is an introduction to global and domestic terrorism, and the homeland security response of the United States government and local agencies. Also examined is how international and domestic terrorist groups affect the U.S. to include their history, ideological beliefs, motivation, funding, and methods of operation. The effort of the U.S. military, intelligence, and law enforcement to combat terrorism will be examined as well as how effective the response has been and what impact it's had on civil liberties and homeland security.
Transfers to CSU

ADMINISTRATION OF JUSTICE 271 † Action Planning for Ethical Leadership

1.5 units, 1.5 hours lecture

This is a twenty-four hour course, designed for all sworn and civilian law enforcement personnel to provide a forum for them to explore and address self-identified contemporary leadership and ethical issues. The purpose of this course is to build on basic and advanced leadership, management and ethical courses to enhance personal and professional growth in ethics and leadership. This course will concentrate on learner-identified issues pertinent to each learner's experience and organization. The learners will work in small groups to create a prioritized list of leadership and ethical challenges and competencies facing their organizations and law enforcement in general.

Learners will assess their leadership styles and competencies, and assist in determining the content for the course. The learners will research identified issues, and develop action plans to address those issues. Each learner and small group will be required to create action plans and present a portion of their plans to the larger learning group. This course is offered on a Pass/No Pass basis only.

Transfers to CSU

AMERICAN SIGN LANGUAGE (ASL)

AMERICAN SIGN LANGUAGE 120 † American Sign Language I

4 units, 4 hours lecture

Introduction to American Sign Language as it is used within the Deaf culture. Instruction in the basic structure of the language and development of its use. Skill development practice. Introduction to the history of Deaf culture and the language. Introduction to the Deaf perspective on the establishment of Deaf communities and ASL.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

AMERICAN SIGN LANGUAGE 121 † American Sign Language II

4 units, 4 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in ASL 120 or equivalent.

This course is a continuation of American Sign Language 120. Students will increase their knowledge of ASL, the Deaf community, and the deaf culture. Students will develop conversational skills by learning to use grammar functions that increase fluency. Complex narratives will be used to expand vocabulary and apply linguistic features of ASL. This course will provide an opportunity for students to improve and enhance their ability to communicate in American Sign Language.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

AMERICAN SIGN LANGUAGE 130 † American Sign Language: Fingerspelling

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in ASL 120 or equivalent ability to sign.

This course is taught using American Sign Language. The manual alphabet of fingerspelling and its use within native signers is introduced. The emphasis is placed on learning decoding strategies using a cognitive science approach. Upon completion of this course, students will demonstrate increased ability to accurately produce and comprehend fingerspelling and number systems when they appear in narratives. Extensive practice of cognitive approaches for both receptive and expressive use will be applied. This is the first course in a two sequence series.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

AMERICAN SIGN LANGUAGE 131 † **American Sign Language:** **Fingerspelling II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in American Sign Language 130 or equivalent or one year of high school American Sign Language fingerspelling or equivalent.

This course is a continuation of American Sign Language 130 using fingerspelling skills at an intermediate to advanced level. Students will increase their ability to produce and comprehend fingerspelling and number systems at an intermediate level and beyond. Expressive skills will focus on "Rapid," "Careful," and "Lexicalized" types of fingerspelling as well as shortcuts at near-native fluency rates. Receptive skills will focus on comprehension of fingerspelling at near-native fluency rates.

Transfers to: CSU, UC

AMERICAN SIGN LANGUAGE 140 † **Inside Deaf Culture**

3 units, 3 hours lecture

This course will introduce students to the unique aspects of the Deaf culture. Students will examine political and social issues, past and present trends, historical perspectives, and distinguish the community from the culture. The unique structure of sign language and its linguistic components will also be studied. Students will be introduced to the dynamics of families when there are both hearing and Deaf family members and how hearing and Deaf cultures impact the family unit. The cultural values and behaviors unique to Deaf people will also be explored through their heritage, literature, and Deaf artists.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

AMERICAN SIGN LANGUAGE 220 † **American Sign Language III**

4 units, 4 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in ASL 121 or equivalent.

This course continues the study of American Sign Language. Students will continue their development of sign language vocabulary, grammar structures, and conversational skills. This course will provide an opportunity for students to greatly improve their ability to communicate in American Sign Language by studying the nuances and intricacies of the language. Students will continue to enhance their studies and awareness by focusing on the Deaf community as a culture and issues that arise between the hearing and Deaf cultures.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

AMERICAN SIGN LANGUAGE 221 † **American Sign Language IV**

4 units, 4 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in ASL 220 or equivalent.

This course is taught using American Sign Language. This is an advanced course designed to increase vocabulary, examine the use of semantic and body classifiers, expand and develop conversational signing ability through the use of appropriate grammar structures and storytelling. Popular Deaf culture stories are learned through the development of storytelling techniques. The rich heritage of Deaf people is studied through biographies of those who are famous for their contribution.

Satisfies General Education for: Grossmont College C, CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

AMERICAN SIGN LANGUAGE 250 † **Introduction to the Language Structure of ASL**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in ASL 220 or equivalent.

Introduction and practice of the fundamental grammar structures of ASL. This course will examine the function and use of classifiers, syntax, semantics, phonology, morphology, discourse, sentence types, fingerspelling and lexicalized (loan) signs. Cultural aspects of language, bilingualism and society are presented. This course is designed for the student majoring in ASL.

Satisfies General Education for: Grossmont College C

Transfers to: CSU

ANTHROPOLOGY **(ANTH)**

ANTHROPOLOGY 120 † **Cultural Anthropology**

3 units, 3 hours lecture

An introduction to the study of cultural aspects of humans. The course explores human diversity through comparative, cross-cultural study of subsistence practices, economics, language, social organization, political structure, religion, and social identity including gender, class and ethnicity. Theories and methods used by anthropologists to study culture are presented.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

ANTHROPOLOGY 122 † **Anthropology of Magic,** **Witchcraft, and Religion**

3 units, 3 hours lecture

This course examines magic and religion from a cross-cultural perspective.

Emphasis is placed on understanding supernatural beliefs, practices, and rituals in their social contexts including societies in Africa, Oceania, the Americas, Asia, and elsewhere. Anthropological theories of magic and religion are explored.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

ANTHROPOLOGY 127 † **Cultures of Latin America**

3 units, 3 hours lecture

This course focuses on the ethnographic study of Latin American cultures.

Students learn how various Latin American nation-states emerged and changed from the pre-Colombian period to today. Specific topics may include: colonialism, revolution, social movements, race, ethnicity, indigenous peoples, inequality, gender, health, religion, globalization, and popular culture. Throughout, we consider similarities and differences among the cultures of Latin America.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

ANTHROPOLOGY 130 † **Introduction to Physical Anthropology**

3 units, 3 hours lecture

An introduction to physical anthropology, the study of human biology and behavior from an evolutionary perspective. Topics covered include evolutionary theory, principles of genetics, biology and behavior of nonhuman primates, the fossil evidence for human and primate evolution, and modern human biological and cultural diversity.

Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

ANTHROPOLOGY 131 † **Physical Anthropology Laboratory**

1 unit, 3 hours laboratory

Corequisite: A "C" grade or higher or "Pass" or concurrent enrollment in ANTH 130 or equivalent.

A laboratory experience designed to reinforce and expand ideas introduced in Anthropology 130. Students will use physical anthropological methods and tools to solve problems in the areas of genetics, human variation, human osteology, primate biology and behavior, and human evolution.

Satisfies General Education for: Grossmont College B1; CSU B3; IGETC 5C
Transfers to: CSU, UC

ANTHROPOLOGY 140 † **Introduction to Archaeology**

3 units, 3 hours lecture

An introduction to the field of archaeology, the study of past human societies through their material remains. The course will provide an introduction to field methods, categories of data and theoretical approaches in archaeology. Major developments in world prehistory will be examined using archaeological evidence. The relevance of archaeological research to contemporary society will also be addressed.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4
Transfers to: CSU, UC

ANTHROPOLOGY 215 † **(Psychology 215, Sociology 215)** **Statistics for the Behavioral Sciences**

4 units, 3.5 hours lecture, 1.5 hours laboratory

Prerequisite: A "C" grade or higher in MATH 103 or 110 or equivalent.

Methods and experience in defining and solving quantitative problems in the behavioral sciences. Emphasis is on the design of experiments and the application of a variety of parametric and nonparametric techniques to the analysis of data.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A
Transfers to: CSU, UC (credit limited: see page 54)

ARABIC (ARBC)

ARABIC 120 † **Arabic I**

5 units, 5 hours lecture

An introductory course to the Arabic language and the cultures of its speakers. This course is designed for students with very little or no knowledge of Arabic. It facilitates the practical application of the language in everyday oral and written communication at the beginning level. Since the focus will be on basic communication skills, the class will be conducted in Arabic as much as possible. Students will learn structures that will enable them to function in Arabic in everyday contexts while becoming familiar with the Arabic speaking world.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

ARABIC 121 † **Arabic II**

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Arabic 120 or two years of high school Arabic or equivalent.

This second course will continue to develop oral skills based on practical everyday needs and written skills based on the formal communication on practical everyday needs. Students with three years of high school Arabic should enroll in Arabic 220.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

ARABIC 122 † **Arabic for the Arabic Speaker I**

5 units, 5 hours lecture

Fundamentals of spoken and written Arabic for the bilingual speaker. This course is designed to help Arabic-speaking students further improve their oral and written communication skills. Emphasis on writing, translation, reading comprehension, and vocabulary building at the intermediate level in a cultural and linguistic context. Exposure to the diversity within the cultures of the Arabic-speaking world. The students will also gain skills which will help them translate sentences accurately while preserving their integrity and their meaning.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

ARABIC 123 † **Arabic for the Arabic Speaker II**

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Arabic 122 or equivalent.

This course is designed to help the bilingual Arabic-speaking students further improve their oral and written communication skills. In addition, it provides the bilingual speaker with the linguistic and learning skills required for successfully completing upper division courses in Arabic. This course will be beneficial to students interested in gaining proficiency in translation skills needed for employment as bilingual interpreters.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

ARABIC 148 † **Language, Culture, and Literature of the Arab World**

3 units, 3 hours lecture

Social, literacy and cultural study of the modern Arab societies. Introduction to the peoples and culture of the Arab world as reflected in language and literature. Discussion of linguistic variations as well as differences in cultural habits and practices. Literature, television and culture will form the basis of discussions on major themes. Reading will include novels, newspapers articles and short stories. The course will be taught in English.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B
Transfers to: CSU, UC

ARABIC 161 † **Basic Arabic for Healthcare Professionals**

1 unit, 1 hour lecture

A course leading to basic medical communication and interaction in Arabic. The course provides the healthcare professionals with elementary oral skills and exploration of Arabic culture to facilitate communication with Arabic-speaking patients.

Transfers to CSU

ARABIC 196 † **Community Service Learning Experience**

1 unit, 5 hours work experience per week

60 volunteer hours or 75 paid hours

Prerequisite: A "C" grade or higher or "Pass" in Arabic 120 or equivalent.

Community Service-Learning Experience (CSLE) is a community outreach program, which promotes the national agenda of volunteer engagement. The purpose of this course is to provide the student an opportunity to practice and use the Arabic language in a community-based site and to explore different

† This course meets all Title 5 standards for Associate Degree Credit.

career options. This program also aims to immerse students in advocacy and civic engagement initiatives and expose them to social movements, change efforts and intergroup relations. For work experience requirements, see page 43.
Transfers to CSU

ARABIC 220 † **Arabic III**

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Arabic 121 or three years of high school Arabic or equivalent.

This third course will emphasize a higher level application of the language in oral, listening, reading and writing in order to acquire proficiency in Arabic while further becoming familiar with the Arabic speaking world. Students with four years of high school Arabic should enroll in Arabic 221.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

ARABIC 221 † **Arabic IV**

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Arabic 220 or four years of high school Arabic or equivalent.

This fourth course will continue to develop, at an increasingly complex level, the practical application of the Arabic language. The course will focus on the oral, reading, writing and listening skills as well as cultural awareness in order to obtain advanced proficiency in Arabic while further becoming familiar with the Arabic speaking world.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

ARABIC 250 † **Conversational Arabic I**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Arabic 121 or 122 or 123 or 220 or 221 or three years of high school Arabic or equivalent.

This course focuses on intermediate level conversation development with vocabulary building and improvement of speaking proficiency in the context of Arabic culture. Conversations in the Egyptian dialect are based on everyday situations and cultural events.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

ARABIC 251 † **Conversational Arabic II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Arabic 250 or four years of high school Arabic or equivalent.

This course continues to focus and expand on intermediate level conversation development with more complex and varied vocabulary building and improvement of speaking proficiency in the context of Arabic-speaking culture. Conversations on Egyptian dialect are based on current and cultural events.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

ART (ART)

Unless specifically required by a transfer institution for preparation for an Art major, students are limited to four enrollments in any combination of courses related in content (families). Students intending to major in Art at a California State University or University of California campus that requires more than the limit should see a counselor. Refer to pages 34-35 to see "Limitations on Enrollment" for specific groups of families in art.

ART 100 † **Art Appreciation**

3 units, 3 hours lecture

This course provides a general introduction to art through the analysis of art theory, terminology, themes, design principles, media, and techniques. This course also introduces the visual arts across time and through diverse cultures with an emphasis on function, meaning, and style. This course includes topics such as: Defining Art; Functions; Visual Elements of Art; Principles of Design, Media and Techniques; Methodologies of Art History and Art Criticism; museum and gallery visits; and an overview of art history from a local and global perspective.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A
Transfers to: CSU, UC

ART 104 † **Artists and Designers Today**

3 units, 3 hours lecture

This course examines the wide variety of formats that contemporary artists work in today. It is an overview of current practices and enables students to gain insight into art, design, craft and new genre disciplines, including but not limited to painting, sculpture, graphic design, interior design, industrial design, furniture design, photography, fibers, ceramics, metalwork, installation, performance, street art and multimedia. Students will be introduced to ways in which visual culture is contextualized, theorized, and displayed through curatorial studies as well as social media. Students will be exposed to course content through lecture, visiting artists talks, readings, and visits to local galleries and museums. This course is designed for students beginning the study of art and/or related disciplines.
Transfers to CSU

ART 106 † **Introduction to Mural Painting and Design**

3 units, 2 hours lecture, 4 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in Art 120 or Art 124.

This course explores the cultural history of mural painting as well as the social and political issues related to the creation and public reception of mural paintings. Several aspects and methods used in the production of public art works will be covered. Issues examined will include proposal, design, budget, procuring materials, safety concerns, and installation. Students will implement artistic skills, techniques and concepts to design and produce works collaboratively and consider the importance of the community in the mural-making process.

Transfers to CSU, UC

ART 119 † **Color Theory**

3 units, 2 hours lecture, 4 hours laboratory

A star of visual expression, color is both physical and psychological. This course will explore the principles, theories, and applications of additive and subtractive color in two dimensions. Topics will include major historical and contemporary color systems, production of projects in applied color, and the elements of design as they apply to the optical perception of color.
Transfers to CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

**ART 120 †
Two-Dimensional Design**

3 units, 2 hours lecture, 4 hours laboratory

Introduction to two-dimensional arts through the study of historical, theoretical and cultural works of the human imagination. Examine form and content through the application of the art elements and the principles of organization to elicit unity in visual communication. Development of the fundamentals needed for creative expression in visual composition and design.

Satisfies General Education for: Grossmont College C; CSU C1, IGETC 3A

Transfers to: CSU, UC

**ART 121 †
Painting I**

3 units, 2 hours lecture, 4 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Art 120 or Art 124 or equivalent.

Introduction to principles, elements, and practices of painting. Emphasizes painting tools, materials, techniques and color theory as well as creative responses to subject matter. Students will develop skill in handling form, space, and plastic aspects of acrylic and/or oil paints as well as examine painting as a vehicle for social, political, and cultural expression.

Transfers to: CSU, UC

**ART 124 †
Drawing I**

3 units, 2 hours lecture, 4 hours laboratory

Introduction to drawing through the study of historical, theoretical, and cultural works of the human imagination. Examine form and content through conceptual and stylistic developments of drawing as a vehicle for social and cultural expression. Focus on perceptually based drawing, observational skills, technical abilities, and creative responses to materials and subject matter.

Satisfies General Education for: Grossmont College C

Transfers to: CSU, UC

**ART 125 †
Drawing II**

3 units, 2 hours lecture, 4 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Art 124 or equivalent.

Drawing II stresses the media techniques and craftsmanship of both traditional and contemporary drawing. There will be a greater analysis and emphasis on the expressive possibilities of drawing as well as its aesthetic component. Exploration of conceptual and stylistic developments of drawing as a vehicle for social and cultural expression.

Transfers to: CSU, UC

**ART 126 †
Ceramics I**

3 units, 2 hours lecture, 4 hours laboratory

Ceramics I is the examination of historical and contemporary ceramic art. Ceramic artwork from differing cultures, time periods, and artists will be analyzed and critiqued while investigating how societal and technological beliefs and developments have influenced the evolution of the ceramic arts. Fundamental, essential historic and intellectual approaches of ceramic art creation will be explored, as well as both functional and conceptual applications. Assignments and projects for this course require no prior knowledge of tools, equipment or ceramic materials. This is a comprehensive introductory ceramics course that will aid in gaining knowledge of historical and contemporary works of ceramic art and could lead to further study of ceramics or 3-D and 2-D based art courses and professions.

Satisfies General Education for: Grossmont College C; CSU C1

Transfers to: CSU, UC

**ART 127 †
Ceramics II**

3 units, 2 hour lecture, 4 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Art 126 or equivalent.

A course for those who wish to understand the principles of ceramic material, technologies related to the field of ceramics, and design within a problem-solving environment. Specific aesthetic and technical criteria will be examined and individual development will be emphasized. Health and safety concerns are stressed.

Transfers to: CSU, UC

**ART 128 †
Ceramics III**

3 units, 2 hours lecture, 4 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Art 127 or equivalent.

A course for those who wish to develop more advanced skills of clay technique and glaze formulation and increase their knowledge of ceramics as an art form. Historical and contemporary works will be emphasized. Health and safety concerns are stressed.

Transfers to: CSU, UC

**ART 129 †
Three-Dimensional Design**

3 units, 2 hours lecture, 4 hours laboratory

Three-Dimensional Design is an introduction to the fundamental principles of three-dimensional composition emphasizing the formal elements and language of design. Basic visual, tactile and conceptual methods of defining space are examined in a series of compositional exercises. A variety of materials are used to explore the Elements of line, shape, mass, texture and volume through the application of design Principles such as balance, emphasis, rhythm, harmony, contrast, repetition, proportion, scale and unity. The historical development of design and aesthetics is studied along with how social, political and cultural beliefs have influenced artists and design professionals. Assignments in this course are non-technical and do not require prior knowledge of tools and equipment. Three-dimensional design is a comprehensive introductory course that could lead to future study in a diverse range of art and design professions.

Satisfies General Education for: Grossmont College C

Transfers to: CSU, UC

**ART 130 †
Sculpture I**

3 units, 2 hours lecture, 4 hours laboratory

An examination of the theories, methods and materials used in modern sculpture. The focus of this course will be on the conceptual and technological developments of sculpture in the twentieth century with an historical examination of sculpture as a vehicle for social, political and cultural expression. An emphasis is placed on skill development, the ability to control media, and the exploration of communication and personal expression through the aesthetic object.

Satisfies General Education for: CSU C, IGETC 3A

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

**ART 131 †
Jewelry Design I***3 units, 2 hours lecture, 4 hours laboratory*

A beginning course that introduces fundamentals of design and execution of jewelry forms. A variety of materials and processes will be used to explore jewelry as a vehicle of aesthetic expression. The historical development of Metal Casting, Metal Smithing, Precious Stones and Found Objects as body adornment will be introduced along with an examination of cultural influence on the small-scale metal and jewelry designer.

*Transfers to CSU***ART 132 †
Jewelry Design II***3 units, 2 hours lecture, 4 hours laboratory*

Prerequisite: A "C" grade or higher or "Pass" in Art 131 or equivalent.

An intermediate course continuing the development of skills introduced in Jewelry Design I. This course will introduce the design and technical skills required for the execution of more complex jewelry forms. A variety of materials and processes will be explored through a series of design problems. Historical development of metalsmithing and advanced casting processes will be examined.

*Transfers to CSU***ART 133 †
Jewelry Design III***3 units, 2 hours lecture, 4 hours laboratory*

Prerequisite: A "C" grade or higher or "Pass" in Art 132 or equivalent.

An advanced course continuing the development of skills achieved in Jewelry Design II. This course will emphasize new techniques and fabrication skills as well as development of personal aesthetics and design goals. New processes are introduced and will be explored through individually selected projects appropriate to meet the student's objectives.

*Transfers to CSU***ART 136 †
Glaze Formulation***3 units, 2 hours lecture, 4 hours laboratory*

Prerequisite: A "C" grade or higher or "Pass" in Art 126 or equivalent

A course for those who wish to develop skills in glaze formulation, calculation, and response to defects for cone 6 glazes. The course will also discuss issues of health and safety. The class will not include construction of any objects to be glazed other than test tiles.

*Transfers to CSU***ART 140 †
Survey of Western Art I:
Prehistory Through Middle
Ages***3 units, 3 hours lecture*

This course provides an overview of western artworks and architecture from prehistory through the Middle Ages with an emphasis on content, context, and style. This course covers subject matter, function, iconography, patronage, artistic methods and influences, and social and cultural contexts of artworks and monuments. This course includes art from: the Paleolithic and Neolithic periods; Mesopotamia, Ancient Egypt, the Aegean, Ancient Greece, Etruscan, and Roman times; Early Christian, Byzantine, Islamic, and Early Medieval periods; Romanesque; and Gothic.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

*Transfers to: CSU, UC***ART 141 †
Survey of Western Art II:
Renaissance Through Modern***3 units, 3 hours lecture*

This course provides an overview of art and architecture, from the Renaissance to the modern era with an emphasis on content, context, and style. This course covers subject matter, function, iconography, patronage, artistic methods and influences, and social and cultural contexts of artworks and monuments. This course includes art from: the Italian Renaissance, Mannerism, Fifteenth- and Sixteenth-Century Flemish art, Baroque, Rococo, Neo-Classicism, Romanticism, Realism, Impressionism, Post-Impressionism, and art of the major movements of the twentieth century.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

*Transfers to: CSU, UC***ART 142 †
Art of Africa, Oceania and the
Americas***3 units, 3 hours lecture*

This course provides an overview of visual culture within select regions in Africa, Oceania, and the Americas with an emphasis on content, context, and style. This course covers subject matter, function, iconography, patronage, artistic methods and influences, and social and cultural contexts of artworks and monuments. This course includes art from: Africa, Oceania, Indigenous North America, Mesoamerica, and South America.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

*Transfers to: CSU, UC***ART 143 †
Modern Art***3 units, 3 hours lecture*

This course provides an overview of art and architecture from the Western modern period of the nineteenth and the twentieth centuries with an emphasis on content, context, and style. This course covers subject matter, function, iconography, patronage, artistic methods and influences, and social and cultural contexts of artworks and monuments. This course includes art from: Impressionism, Post-Impressionism, Symbolism, Art Nouveau, Fauvism, Cubism, Non-Objectivity, Expressionism, Dada, Surrealism, Post WWII art forms in Europe and America through Pop Art and Conceptual Art.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

*Transfers to: CSU, UC***ART 145 †
Contemporary Art***3 units, 3 hours lecture*

This course provides a survey of periods, artworks, and architecture in Contemporary Art with an emphasis on content, context, and style. This course covers subject matter, iconography, patronage, artistic methods and influences, and social and cultural contexts of artworks and monuments within local and global cultures. This course explores themes of: personal and group identity; gender and sexual identity; national identity; political and social commentary; public funding of controversial art; representation, abstraction, and site-specific art and architecture, Appropriation and New Media, and global and local art movements collectively called Contemporary Art.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

Transfers to: CSU, UC

ART 146 †
Asian Art*3 units, 3 hours lecture*

This course provides a select overview of art and architecture from Asia from prehistory to modern times with an emphasis on content, context, and style. This course covers subject matter, function, iconography, patronage, artistic methods and influences, and social and cultural contexts of artworks and monuments. This course includes art from: the Indus Valley, Early Buddhist and Hindu Art in Ancient India, later Indian art including Mughal, Neolithic through early Imperial China, Northern Wei through Tang dynasties, later China through contemporary era, Korea, archeological Japan through Heian, and later Japan through contemporary era.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A
Transfers to: CSU, UC

ART 147 †
American Art*3 units, 3 hours lecture*

This course provides a survey of periods, artwork, and architecture of the United States with an emphasis on content, context, and style. This course covers subject matter, function, iconography, patronage, artistic methods and influences, and social and cultural contexts of artworks and monuments. This course includes art from the following topics: Colonial art before and after the American Revolution; painting, sculpture, and architecture as emblems for national identity and class; themes of race, freedom, and war in art; images of the working class and domestic culture; industrialization and its influence on modernism in art.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A
Transfers to: CSU, UC

ART 171 †
Introduction to Digital Art*3 units, 2 hours lecture, 4 hours laboratory*

Introductory studio course into the fundamental theories, concepts and practices of digital art production. The course provides for an in-depth study and experimentation in various digital visualization theories and processes used in the visual arts. Topics include integration of traditional design, color, and compositional principles with contemporary digital tools and emerging technologies. Lectures, demonstrations, and practice with digital technology as artistic tools in a variety of mediums including

illustration and painting, digital photography and image manipulation, typography and page layout, digital animation and/or time-based media.

Satisfies General Education for Grossmont College C

Transfers to: CSU, UC

ART 172 †
Web and Portfolio Design*3 units, 2 hours lecture, 4 hours laboratory*

Introductory course that focuses on the aesthetics of digital media and emerging technology elements and issues surrounding usability in interactive environments. Through the integration of historical studies, theory and practice, students will address issues central to interactivity in art making and interactive responsive design. Students will engage in projects that incorporate a variety of digital media and emerging technology strategies, including lens-based, time-based, on-screen, sound and physical computing and interactive environments within the contexts of art, business and marketing, design, and interactivity for the web. Students are introduced to authoring techniques and technologies as they learn how to create and develop a portfolio of projects in which interactivity and web design are the focus.

Transfers to: CSU, UC

ART 175 †
Digital Imaging and Art*3 units, 2 hours lecture, 4 hours laboratory*

In introduction to the principles of digital imaging for artists, using computers as a primary image manipulation tool. Course content will include fundamentals of the computer imaging environment, digital scanning, image enhancement through current raster-based software applications and optimized printing strategies for both photographs, graphics and drawings. Image restoration, experimental manipulations, merging of visual files and digital sequential presentations will provide students with an elementary understanding of the scope and range the computer provides for today's digital imaging artists.

Transfers to CSU

ART 177 †
Digital Drawing and Painting*3 units, 2 hours lecture, 4 hours laboratory*

This introductory course will survey traditional drawing and painting strategies using the simulated tools and textures of current computer technologies such as painting software, drawing tablets, scanners and still video for input and the final image output will utilize color printers for optimum results. These digital technologies will allow for immediate investigation of the fundamental pictorial elements of line, shape, space, color, and texture, as well as the formal relationship of these elements to image composition, harmony, contrast and balance. Various image formats and presentation modes will be explored including description, narrative, illustration, collage, and image sequencing.

Transfers to: CSU, UC

ART 184 †
Introduction to Animation*3 units, 2 hours lecture, 4 hours laboratory*

Prerequisite: A "C" grade or higher or "Pass" in Art 120 or Art 124 or equivalent.

Drawing and visual design are required skills to be successful in the field of animation. The principles of motion, story telling and conceptual development, as well as the application of these disciplines to current technology, will develop for the student an understanding of animation. By examining these essential steps and skills involved for visual artists, this course will emphasize such classical drawing topics as perspective, composition and color theory as well as develop life-drawing skills through the study of proportion, line of action, structure and basic anatomy. The rudiments of animation such as layout and character design are introduced, as are clean-up, inbetweening and assisting. Students will develop an understanding of animation through the exploration of timing and movement via digital vector graphics, digital ink and paint software and digital editing software to complete an animated sequence.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

ART 210 † **Introduction to Printmaking**

3 units, 2 hours lecture, 4 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Art 120 or Art 124

This course is an introduction to the basic materials, equipment, and processes of printmaking, including relief (linocut and woodcut), intaglio (drypoint and collagraph), planography (monotype), and stencil (screen print). Topics will include major historical and contemporary cultural movements in printmaking, color and design applications, as well as creative responses to materials and subject matter.

Transfers to CSU, UC

ART 220 † **Painting II**

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Art 121.

Continuation of Painting I with emphasis on stylistic analysis and development of personal expression.

Transfers to: CSU, UC

ART 221 † **Painting III**

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in ART 220 or equivalent.

This advanced painting course offers a wider selection of painting mediums to include acrylic, oil, and encaustic. Topics will include major historical and contemporary cultural movements in painting, as well as creative responses to materials and subject matter. Students will continue developing a personal style of expression.

Transfers to CSU, UC

ART 222 † **Painting IV**

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in ART 221 or equivalent.

This advanced painting course focuses on a series of paintings that develop a personal theme or statement. Advanced painting techniques will be combined with complex compositional devices. Students will create an extensive art portfolio.

Transfers to CSU, UC

ART 226 † **Ceramics IV**

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Art 128 or equivalent.

A course for those who wish to develop a specific body of ceramic works with an emphasis on the aesthetic development of a personal style. The fundamentals of exhibiting and professionalism will be discussed as well as portfolio development.

Transfers to: CSU, UC

ART 227 † **Ceramics Exhibition and Portfolio**

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Art 226 or equivalent.

A course for those who wish to focus on creating a cohesive and individual body of handbuilt or thrown ceramic works with the goal of presenting it as an exhibition or portfolio for advanced education or exhibition purposes. This would include photographing of the work for archival purposes and creating an artist statement and resume.

Transfers to CSU

ART 229 † **Sculpture II**

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Art 130 or equivalent.

An expansion of the concepts covered in Art 130. This course is for those who wish to develop a more advanced conceptual and technological knowledge of contemporary sculpture. The history, theories and techniques used in contemporary sculpture will be emphasized. An examination of personal direction and communication skills through mixed media will be explored.

Transfers to: CSU, UC

ART 230 † **Figure Drawing I**

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Art 124 or equivalent.

Introduction to the theory, practice, and history of drawing the human figure from life. Study surface anatomy related to the skeletal and muscular systems of the human form. Examine issues pertaining to larger cultural views of the body and seek to create individual meaning in the act of drawing the figure.

Transfers to: CSU, UC

ART 231 † **Figure Drawing II**

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Art 230 or equivalent.

Builds on concepts and skills developed in Art 230. Study surface anatomy related to the skeletal and muscular systems of the human form. Emphasize stylistic analysis and interpretation as well as development of individual expression working from the nude model. Examine issues pertaining to larger cultural views of the body in art. Explore working on a larger scale and using an assortment of dry and wet media in contemporary styles.

Transfers to: CSU, UC

ART 240 † **Portraiture and Character Design**

3 units, 2 hours lecture, 4 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Art 124 or equivalent.

The investigation of the human face and body through portraiture and character design is the basis for drawings of both representational and expressive styles, using both analog and digital media. The student will study the human face by means of fundamental shapes, axes, and formal devices as guides for correct proportions and structured compositions. The student will learn the names of the various bones that make up the skull and the musculature of the human head. The students study facial expressions and caricature. Students will design their own characters based on unique scenarios and environments. The history of portraiture and character design will be examined as well as its aesthetic and cultural implications as a genre in society. The course examines how portraiture and character design may express ideas about power, status, stages of life, gender, and identity and considers the many functions of portraiture as works of art, design, biography, document, commemoration and memorial.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

ART 280 † **Sculpture III: The Structure of Sculpture**

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Art 229 or equivalent.

This course concentrates on the role of structure in sculpture of all media. Basic principles of balance and structural stability; fabrication of shapes and elements; and the design of frameworks, membranes, plates, shells and connection elements will be examined. Students will demonstrate their understanding of the course curriculum by producing individual sculptures. The course offers students the opportunity to learn how medium to large scale sculpture is conceived, planned, constructed and installed.
Transfers to: CSU, UC

ART 281 † **Studio Workshop in Public Sculpture**

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Art 229 or equivalent

This course is designed for students that have an interest in public art theory as applied to planning and applying for commissions in a public context. The course will examine issues of planning and public art design, as well as examining public art theory through case studies and planning models. Issues examined will include funding models, issues of community context, collaboration with public and private agencies, contracts, liability issues, and strategies for planning and implementation. Students will design a public art proposal, a detailed budget, and prepare a presentation within a lab context. In most cases, students and the department will attempt to secure an actual commission in conjunction with the course.

Transfers to: CSU

ART 282 † **Public Art Fabrication and Installation**

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Art 229 or equivalent.

This course is designed for students that have an interest in fabricating sculpture for a public context and/or Public Art through a commissioning process. The course will cover several aspects and methods used in the physical production of commissioned works. Issues examined will include sub-contractor negotiation, design and budget issues with the procurement of materials, fabrication techniques, and

installation methodology. Students will implement skills, techniques and concepts learned in sculpture courses to design and produce sculpture for a public context. In most cases, the department will attempt to secure an actual commission during the course.
Transfers to: CSU

ART 283 A-B-C-D † **Foundry Technology and Equipment**

2 units, 1.5 hours lecture, 2.5 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Art 130 or equivalent.

The practice, operation and fabrication of sculpture foundry equipment and casting production tools. Students will demonstrate their understanding of the course curriculum by participating in metal casting through the actual operation of furnaces and related foundry equipment. The course will offer students a rare opportunity to learn the theory and practice of refractory, burner and combustion safety systems indispensable to the production of contemporary sculpture. Students may wish to produce their own castings in conjunction with course activities.

Transfers to: CSU

See Ethnic Studies for Chicano/Chicana and Mexican Art (ETHN 126) and Introduction to American Indian Art (ETHN 134) on pages 224 and 225.

ASTRONOMY (ASTR)

ASTRONOMY 105 † **Practice in Observational Astronomy**

1 unit, .5 hours lecture, 1.5 hours laboratory

A lecture/field course designed to enhance the student's appreciation of the night sky. Topics include optics and telescopes, constellation study, and interpretation of astronomical phenomena observable with the unaided eyes, binoculars, and telescopes. Evening field trips will be scheduled.

Transfers to: CSU

ASTRONOMY 110 † **Descriptive Astronomy**

3 units, 3 hours lecture

This course enables students to view the historical development of astronomy, to be aware of the tools of astronomy, and to critically analyze collected data to achieve an appreciation of the nature of the universe. This study begins with the ancient concept of the heavens, through medieval investigations of natural laws, and leads to present concepts in planetary systems, stellar evolution, cosmology and exobiology.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC

ASTRONOMY 112 † **General Astronomy Laboratory**

1 unit, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" or concurrent enrollment in ASTR 110 or ASTR 120 or equivalent..

Designed to accompany and augment Astronomy 110 or Astronomy 120. Topics can include constellations and astronomical coordinates, astronomical instruments, the solar system, stars and stellar systems, and the Universe. These will be addressed using naked eye and telescope observations, laboratory experiments, computer simulations and calculations.

Satisfies General Education for: Grossmont College B2; CSU B3; IGETC 5C

Transfers to: CSU, UC

ASTRONOMY 120 † **Exploration of the Solar System**

3 units, 3 hours lecture

This course investigates the origin of our Solar System and how its contents change with time. The course surveys and analyzes the physical properties of solar system contents, including the Sun, planets, moons, rings, comets and asteroids. Methods of space exploration will be discussed as related to past, current, and future efforts. Topics include: origins of the chemical elements in our solar system, formation and evolution of the solar system; comparative planetology (geology and atmosphere), gravitational and thermal effects on solar system objects, space exploration, and recent developments in the search for extrasolar planets.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfer to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

BIOLOGICAL SCIENCES (BIO)

Biology 105 † Marine Biology

4 units, 3 hours lecture, 3 hours laboratory

Recommended Preparation: A "Pass" grade in MATH 090 and a "C" grade or higher or "Pass" in ENGL 120 or equivalent.

An introductory college-level course using marine plants and animals and their interrelations with their aquatic environment to develop an understanding of modern biological principles and processes basic to all forms of life. Information dealing with several aspects of taxonomy, evolution, ecology, behavior and physiology of marine organisms is included.

Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B
Transfers to: CSU, UC

Biology 110 † Environmental Biology

4 units, 3 hours lecture, 3 hours laboratory

Recommended Preparation: A "Pass" grade in MATH 090 or a "C" grade or higher or "Pass" in ENGL 120 or equivalent.

A basic college-level ecology course designed to acquaint the student with living systems and their environment. Local plants and animals and their habitats will be used to investigate fundamental ecological principles. Almost half of the laboratory periods will be devoted to field studies. Due to the time involved, some of these field studies will take place on Saturdays or Sundays.

Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B
Transfers to: CSU, UC

Biology 112 † Contemporary Issues in Environmental Resources

3 units, 3 hours lecture

Through the study of basic ecological concepts, students apply their knowledge to contemporary problems dealing with renewable and nonrenewable resources. Environmental resource problems, such as climate change, water shortage and pollution, energy shortages, air pollution, increasing human populations and wildlife conservation are integrated with political, economic and social implications. The student will consider alternate life styles as possible solutions to existing environmental problems, as well as other means of solving or dealing with these situations.

Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B
Transfers to: CSU, UC

Biology 113 † Introduction to the Biotechnology Lab

2 units, 2 hours lecture, 1 hour laboratory

This course examines biology laboratory technology as it relates to the field of Biotechnology. The class addresses skills and techniques common to the biotechnology industry including measuring activity and quantity of proteins, growth and manipulation of bacteria, genetic engineering, polymerase chain reaction and antibody methods. In addition to hands-on skills, the course will provide context for how and why these techniques are used in the industry. The course also includes activities in team-building and proper lab behaviors. This course enhances the laboratory skills of students wishing to be employed by the biotechnology industry.

Transfers to CSU

Biology 114 † Heredity, Evolution and Diversity

3 units, 3 hours lecture

This course presents the basic principles of heredity and evolution. Following an introduction to scientific methods and characteristics of living systems, the student learns about the process of evolution and the mechanisms of heredity. These genetic studies will equip the student to better understand a number of current issues concerning medical genetics, genetic counseling, biotechnology, the cancer problem and human diversity.

Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B
Transfers to: CSU, UC

Biology 118 † Introduction to Human Biology

3 units, 3 hours lecture

An introduction to biological principles with a human perspective. Such basic areas as the chemistry of biological systems, cell structure and function, the structure, function, and adaptation of organisms, and cellular genetics will be covered by utilizing the human species to develop an understanding of these processes. Related topics such as Mendelian and population genetics, human evolution, ecosystem structure and environmental problems related to human populations will be introduced.

Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B
Transfers to: CSU, UC

Biology 120 † Principles of Biology

4 units, 3 hours lecture, 3 hours laboratory

Recommended Preparation: A "Pass" grade in MATH 090 or equivalent and a "C" grade or higher or "Pass" in ENGL 120 or equivalent.

This course uses Evolutionary Theory to discuss and explain the major principles in Biology. These areas include natural selection, general and biochemistry, cell biology, homeostasis & metabolism, classical and molecular genetics, systematics, animal and plant structure and function, and ecology. The laboratory component extends and complements that lecture with hands-on experiences that include experimental design, light microscopy, cellular biology, enzymes, data analysis and interpretation, organismal biology, genetics, systematics, and ecology.

Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B
Transfers to: CSU, UC (credit limited: see page 54)

Biology 132 † Mammals of the Sea

2 units, 2 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in MATH 090 and ENGL 110 or equivalent.

A course covering evolution and adaptation, taxonomy, behavior, zoogeography, and physiology of whales, pinnipeds, and other marine mammals. Historical and modern interactions of marine mammals with humans are also examined.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

Biology 140 † Human Anatomy

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in BIO 120 or equivalent. Only Nursing majors may fulfill the BIO 120 prerequisite with one year of high school biology with a lab.

All BIO 120 courses, course equivalents and high school biology with lab must be completed within last 7 years of enrollment in BIO 140.

Recommended Preparation: A "C" grade or higher or "Pass" in Math 90 and English 120.

A study of the structure of the systems of the human body with emphasis divided between gross anatomy and the cellular detail (histology) of tissues and their evolutionary developments and relationships with other organisms. Cats or other suitable and available specimens are used as dissection specimens in the laboratory along with selected human organs and tissue slides, including cadaver and computer demonstrations. The course meets the anatomy requirement for baccalaureate degrees in nursing, a variety of paramedical fields, including physical and occupational therapy, and exercise science majors.

Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B

Transfers to: CSU, UC (credit limited: see page 54)

Biology 141 † Human Physiology

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in BIO 120 or equivalent. Only Nursing majors may fulfill the BIO 120 prerequisite with one year of high school biology with a lab.

Recommended Preparation: A "C" grade or higher or "Pass" in Biology 140 and Math 090 and English 120 or equivalents.

A study of the function and interrelationships of the nervous, endocrine, muscular, circulatory, respiratory, digestive, exocrine and reproductive systems of the humans body. The course emphasizes the homeostatic and evolutionary nature of these systems with some reference to human disease state.

Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B

Transfers to: CSU, UC (credit limited: see page 54)

Biology 141L † Laboratory in Human Physiology

1 unit, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in BIO 141 or equivalent or concurrent enrollment in BIO 141 or equivalent.

A laboratory experience utilizing a lecture and laboratory instruction format, designed to reinforce and expand the student's understanding of basic physiological principles studied in Biology 141. Emphasis is on lab-based investigations of human physiological processes.

Satisfies General Education for: CSU B3; IGETC 5C

Transfer to CSU, UC (credit limited: see page 54)

Biology 144 † Anatomy and Physiology I

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in BIO 120 or equivalent. Only Nursing majors may fulfill the BIO 120 prerequisite with one year of high school biology with a lab.

The study of physiological chemistry, cell physiology, tissues and the structure and functions of following human systems: bone, muscle, endocrine and nervous systems. The gross anatomy, micro-anatomy as well as functions and inter-relationships of these systems are studied. The course emphasizes the homeostatic nature of these systems with some reference to human disease states. Cat or other suitable, available specimens are used as dissected specimens in lab along with selected human organs, tissue slides, cadaver and computer demonstrations. This course, along with Biology 145, meets the anatomy and physiology requirements for associate degrees and baccalaureate degrees in nursing as well as degrees in a variety of related paramedical fields.

Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B

Transfers to CSU, UC (credit limited: see page 54)

Biology 145 † Anatomy and Physiology II

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in BIO 144 or equivalent.

This course is a continuation of Biology 144, Anatomy and Physiology I. It is a study of structures and functions of the following systems: circulatory, respiratory, digestive, excretory, immune, lymphatic, and reproductive systems. The gross anatomy, micro-anatomy as well as functions and interrelationships of these systems are studied. The course emphasizes the homeostatic nature of these systems with reference to human disease states. Cat or other suitable, available specimens are used as dissected specimens in lab along with selected human organs and tissue slides and computer demonstrations. This course, along with Biology 144, meets the anatomy and physiology requirements for associate degree, and baccalaureate degrees in nursing as well as degrees in a variety of other related paramedical fields.

Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B

Transfers to CSU, UC (credit limited: see page 54)

Biology 150 †

(Geography 150, Geology 150, Oceanography 150)

Field Study of the Natural History of the Greater San Diego Region

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in BIO 110 or 120; or GEOG 120 or 121 or 140; or GEOL 110 or 111; or OCEA 112 or equivalent.

An exciting, team-taught, interdisciplinary, field-based study of the natural environment of the San Diego region, including related parts of Imperial, Riverside, and Orange Counties. Vans are utilized to visit sites that best illustrate (1) the region's physical environment (including tectonics, geologic history, geomorphology, hydrology, meteorology, climatology, and soils), (2) the evolutionary response to environmental variation (focusing on coastal sage scrub, chaparral, and desert ecosystems), and (3) the interaction of humans with the natural environment. Emphasis on field measurement includes use of GPS, compass, clinometer, maps, the current Jepson plant taxonomy, etc. Four weekends in spring semester only. Overnight campouts required. Students with credit in Biology 150 will not be able to enroll in Geography 150, Geology 150 or Oceanography 150.

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

Biology 152 † **Paramedical Microbiology**

5 units, 3 hours lecture, 6 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in BIO 120 or equivalent. Only Nursing majors may fulfill the BIO 120 prerequisite with one year of high school biology with a lab.
Recommended Preparation: A "C" grade or higher or "Pass" in Chemistry 115 or equivalent.

An introduction to the major groups of micro-organisms and the diseases they cause. Emphasis in the lecture and laboratory is on concepts and techniques relevant to students entering paramedical professions: identifying and handling bacteria, basic principles of immunology, medical microbiology and epidemiology. Principles of microbial physiology, genetics, growth and control are also discussed. Biology 152 will also satisfy the introductory microbiology requirement needed by students who major in nursing and other paramedical fields, leading to a B.S. or B.A. degree.
Satisfies General Education for: Grossmont College B1; CSU B2, B3, IGETC 5B
Transfers to CSU, UC

Biology 215 † **Statistics for Life Sciences**

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in MATH 110 and BIO 120 or 230 or 240 or equivalent.

Methods and experience in defining and solving quantitative problems in the life sciences. Emphasis is on the design of experiments and the application of a variety of parametric and nonparametric statistical techniques to the analysis of data.
Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A
Transfers to: CSU, UC (credit limited: see page 54)

Biology 230 † **Principles of Cellular, Molecular and Evolutionary Biology**

4 units, 3 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in CHEM 141 or equivalent.
Recommended Preparation: A "C" grade or higher or "Pass" in BIO 120 and ENGL 120 or equivalent.

This course surveys the general principles of biology at an advanced level. Emphasis is placed on the following topics: prokaryotic and eukaryotic, cellular processes including energy metabolism, membrane transport and cell cycle/cell division and molecular genetics along with recombinant DNA; Mendelian and Non-Mendelian genetics; communication between cells; and the current models for cellular evolution. The course also includes laboratory exercises emphasizing the topics listed

and the application of those topics to biotechnology. This course along with Biology 240 is the recommended Biology sequence for life science majors. It is suggested that students contact the anticipated transfer institution to ascertain specific transfer requirements for their major.
Satisfies General Education for Grossmont College B1; CSU B2; IGETC 5B
Transfers to: CSU, UC

Biology 240 † **Principles of Ecology, Evolution and Organismal Biology**

5 units, 4 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in MATH 110 or equivalent.
Recommended Preparation: A "C" grade or higher or "Pass" in BIO 120 and ENGL 120 or equivalent.

This course along with Biology 230 is the recommended biology sequence for life science majors. It surveys the general principles of biology at an advanced level. Emphasis is placed on the following topics: the history of life on Earth and modern biodiversity; structures for reproduction, nutrition, respiration, transport, regulation of the internal environment, and response to the environment, the diversity of structures that perform these processes, how these structures allow adaptation to different environments and trophic roles; fundamental ecological principles, including population growth and regulation, nutrient cycling, succession and interspecific interactions; human impacts on the environment; and the theory of evolution, including population genetics, the mechanisms of evolution, and the evolutionary basis of species classification. The course includes a laboratory component emphasizing the systematics and diversity of prokaryotes and eukaryotes, including fungi, plants and animals, as well as activities investigating ecological and evolutionary processes using the scientific method. It is suggested that students contact the anticipated transfer institution to ascertain specific transfer requirements for their major.
Satisfies General Education for: Grossmont College B1; CSU B2; IGETC 5B
Transfers to: CSU, UC

Biology 251 † **Human Dissection**

1 unit, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Biology 140 or equivalent and recommendation from the students' Biology 140, Human Anatomy, instructor.

This course provides the supervised study of human anatomy through dissection of a human cadaver. It is a course intended to enhance knowledge gained from a college-level Human Anatomy course by observing and

relating those organ systems learned to an actual human cadaver. Students will begin by identifying surface landmarks and relate them to successively deeper structures. Students will develop and refine dissecting skills use on human cadavers. Instruction of human anatomy at this level is intended to assist students pursuing careers in nursing and other allied health professions. This class has limited enrollment. Preregistration counseling with instructor is required.
Transfers to CSU, UC

BUSINESS (BUS)

Business 109 † **(Business Office Technology 109)** **Elementary Accounting**

3 units, 3 hours lecture
 A one-semester introduction to elementary accounting principles. Presentation includes journals, ledgers, work sheets and financial statement for the single proprietorship. The course is designed for the clerical employee. (May not be substituted for Business 120 where required. Not open to students with credit in Business 120.)
Transfers to CSU

Business 110 † **Introduction to Business**

3 units, 3 hours lecture
 A survey in business providing a multidisciplinary examination of how culture, society, economic systems, legal, international, political, financial institutions, and human behavior interact to affect a business organization's policy and practices within the U.S. and a global society. Demonstrates how these influences impact the primary areas of business including: organizational structure and design; leadership, human resource management, organized labor practices; marketing; organizational communication; technology; entrepreneurship; legal, accounting, financial practices; the stock and securities market; and therefore affect a business' ability to achieve its organizational goals.
Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

BUSINESS 115 † **Human Relations in Business**

3 units, 3 hours lecture

Examines the human aspects of the organization with an emphasis on the role of the individual in the formal and informal structure of the organization. Learning styles, motivation theories, personality theories, communication, group dynamics, leadership, ethics and diversity within the organization will be covered.

Transfers to CSU

BUSINESS 118 † **Retail Management**

3 units, 3 hours lecture

A survey course in the management of retail businesses, including store operating practices, layout, inventory, buying, retail mathematics and supervision of personnel.

Transfers to CSU

BUSINESS 120 † **Financial Accounting**

4 units, 4 hours lecture

This course introduces the student to the accounting function and how it is used within our economic society. It views accounting as an information-generating system that communicates financial data to support end users in their economic decision-making.

This course covers the accounting information system and the recording and reporting of business transactions with a focus on the accounting cycle, the application of generally accepted accounting principles, the classified financial statements, and statement analysis. It also covers issues related to asset, liability, and equity valuation, revenue and expense recognition, cash flow, internal controls and ethics. This course is designed for students with an understanding of computer applications in word processing and spreadsheets, basic math skills and the ability to write in a businesslike manner.

Transfers to: CSU, UC

BUSINESS 121 † **Managerial Accounting**

4 units, 4 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in BUS 120 or equivalent.

This course introduces the student to the concepts, methods, and procedures for the development and use of accounting information to support and assist management in their internal cost accounting processes and financial decision-making. The following areas are examined: cost terms and concepts, cost behavior, cost structure, product costing in a manufacturing environment (including activity based costing), cost-volume-profit analysis, budgeting, standard costing, differential analysis, capital budgeting, variable and absorption costing, and responsibility accounting.

Transfers to: CSU, UC

BUSINESS 123 A-B-C-D † **Accounting Internship**

2 units, 10 hours work experience per week

120 volunteer hours or 150 paid hours

A work experience course to enable accounting students to gain practical experience in a finance or accounting organization and to apply knowledge gained in other business courses. For work experience requirements, see page 43.

Transfers to CSU

BUSINESS 125 † **Business Law: Legal Environment of Business**

3 units, 3 hours lecture

Legal environment of business, sources of law, constitutional bases of regulation, critical legal thinking, social and ethical influences, corporate responsibility, judicial and administrative systems, contracts, torts, agency, business organizations, bankruptcy, securities regulation, regulation of property and protection of intellectual property interests, consumer protection, antitrust law, Internet and e-commerce.

Transfers to: CSU, UC

BUSINESS 128 † **Business Communication**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in ESL 122 or placement into ENGL 120 or equivalent.

This course applies the principles of effective communication to the creation of effective letters, memos, emails, and written and oral reports for a variety of business situations. The course emphasizes planning, organizing, composing, and revising business documents using word processing software for written documents and presentation-graphics software to create and deliver professional-level oral reports. Since this course is designed for students who already have college-level writing skills, very little time will be devoted to the basics of writing or grammar.

Transfers to CSU

BUSINESS 131 † **Introduction to Transportation**

3 units, 3 hours lecture

A course on the selection of freight carriers and the monitoring of their performance. Use of tariffs, rates, shipping documents, and contracts for carriage. All modes of transportation are studied including: air, truck, rail, and ocean. Warehousing and materials handling are examined.

Transfers to CSU

BUSINESS 133 † **Direct Mail Marketing**

3 units, 3 hours lecture

A course for those interested in mail order, direct mail catalogs, direct response advertising, and the use of direct marketing to supplement conventional marketing. The course will include study of mailing lists, customer data bases, customer profiling, media, creating and testing direct mail advertisements and packages, sales tracking and forecasting, and profitability analysis. The role of creative agencies, list brokers, letter shops, fulfillment houses, and telephone marketers will be examined.

Transfers to CSU

BUSINESS 137 A-B-C-D † **Marketing Internship**

3 units, 15 hours work experience per week

180 volunteer hours or 225 paid hours

A work experience course to enable marketing students to gain practical experience in a marketing company or a marketing-oriented department of an organization and to apply knowledge gained in other marketing courses. For work experience requirements, see page 43.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

BUSINESS 140 † **Entrepreneurship: Developing a Business Plan**

3 units, 3 hours lecture

This course is designed to help the student prepare a business plan suitable for submission to a bank or to investors. The student will prepare profit and loss statements, cash flow statements, and balance sheets; will determine financing, facilities, equipment and personnel requirements; and will develop a marketing and distribution strategy.

Transfers to CSU

BUSINESS 141 † **Entrepreneurship: Managing a New Business**

3 units, 3 hours lecture

This course is a combination of academic and applied concepts of entrepreneurship. The course is designed to help the student apply theories of management, marketing, personnel, finance, cash flow, and production to problems encountered daily in managing a small business. The focus of the course will be on practical solutions to common business management problems with an emphasis on small businesses.

Transfers to CSU

BUSINESS 142 † **Effective Sales – Skills of Personal Selling and Persuasion**

3 units, 3 hours lecture

This course emphasizes understanding and using persuasive communication skills in selling situations and in any business where one person wants to influence another person.

Transfers to CSU

BUSINESS 144 † **Advertising**

3 units, 3 hours lecture

A basic course in the study of advertising, and its role within the larger framework of the marketing mix. Advertising agency structure, employment options, and the process and costs involved in agencies producing campaigns will be reviewed. Traditional versus online media vehicles will be reviewed and compared. Advertising strategy for social media networks will be explained. Copywriting, art and layout, mechanical production, and planning will be discussed. Successful advertising campaigns will be reviewed and evaluated as well as consumer buying behavior as it relates to advertising.

Transfers to CSU

BUSINESS 146 † **Marketing**

3 units, 3 hours lecture

This course focuses on the function of marketing in an organization. It examines the essential elements of a marketing strategy; product, promotion, distribution and price; the effect of the business environment on marketing decisions; consumer behavior; identification of markets; and current issues in marketing, including new and traditional media options, market research strategy, and collaborative tools for group marketing efforts.

Transfers to CSU

BUSINESS 147 † **(Computer Science Information Systems 147)**

Social Media and Internet Marketing

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in Business 146 and CSIS 132 or equivalent.

This course will provide students with skills to achieve online marketing success in social media and integrate their Web presence with offline traditional marketing methods. The course will provide students with a basic working knowledge of methods used to help drive traffic to a web site, attract visitors and turn them into customers. Students will develop search engine optimization skills as well as explore search engine marketing, social media marketing, affiliate marketing, directory submission, and email marketing. Students will learn how to compete in new internet marketing channels, employ market research, acquire traffic, and track visitor trends.

Transfers to CSU

BUSINESS 148 † **Customer Relations Management**

1.5 units, 1.5 hours lecture

This course is designed to provide the student with certain key skills and attitudes necessary to meet effectively the needs of customers. The student will be introduced to the concept of internal and external customers, customer satisfaction and customer retention. Topics will also include communicating with customers, developing a positive attitude, handling complaints and sales skills.

Transfers to CSU

BUSINESS 149 † **Consumer Behavior**

3 units, 3 hours lecture

This course provides students with an introduction to the complexities involved in consumers selecting, purchasing, using and disposing of products and services in our marketplace. Students will investigate and learn about factors affecting consumer decisions such as personality, culture, attitudes, motivations, perceptions, and reference groups. Course emphasis will be on understanding the decision-making process and its application to the development of sound marketing strategy.

Transfers to CSU

BUSINESS 152 † **Business Mathematics**

2 units, 2 hours lecture

This course is a comprehensive introduction to arithmetic applications used in business transactions, including: fractions, percentages, interest, discounts, banking, depreciation, payrolls, merchandising markup/markdowns, inventory, taxes, investments, and business statistics.

Transfers to CSU

BUSINESS 155 † **Human Resources Management**

3 units, 3 hours lecture

Introduction to the management of human resources and an understanding of the impact and accountability to the organization of human resource activities. Global human resource strategies, social and organizational realities, legal implications affecting people at work, union/non-union practices, employee compensation and benefits, employee rights, and safety issues.

Transfers to CSU

BUSINESS 156 † **Principles of Management**

3 units, 3 hours lecture

Planning, organizing, directing, and controlling for management. Interaction of the functions includes setting objectives, MBO, decision-making tools, alternative organization structures, leadership, motivation, communication, group dynamics, managements of stress and change, time management, ethics and diversity. A survey of the quantitative tools available to the manager is also made.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

BUSINESS 158 † **Introduction to Hospitality and Tourism Management**

3 units, 3 hours lecture

Overview of the hospitality and tourism industry with a focus on basic management theories and principles as they apply to hospitality and tourism; basic structure, organization, and management of industry components and the services/products they deliver. *Transfers to CSU*

BUSINESS 159 A-B-C-D † **Management Internship**

3 units, 15 hours work experience per week
180 volunteer hours or 225 paid hours

A work experience course to enable management students to gain practical experience in an organization and to apply knowledge gained in other business courses. For work experience requirements, see page 43. *Transfers to CSU*

BUSINESS 160 † **Hospitality Managerial Accounting and Controls**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in BUS 120 or equivalent.

Integrates the areas of managerial accounting and controls to applications in the hospitality industry. Topics include internal control and cost management, operations budgeting, occupancy projections and pricing decisions, credit policy and cash flow, and investment decision-making. *Transfers to CSU*

BUSINESS 166 † **Hospitality and Tourism Law**

3 units, 3 hours lecture

This course is designed to introduce the Hospitality and Tourism Management student to the legal principles and issues common to the hotel and travel industries. Students will gain a working knowledge of the laws and government regulations applicable to the hospitality and tourism industry. The student will be required to identify legal issues and learn how to evaluate those issues in a structured format. Attention will be given to statutory regulations of hotels and food service and other areas such as contracts, employment law, labor relations, product liability and insurance. *Transfers to CSU*

BUSINESS 176 †

(Business Office Technology 176, Computer Science Information Systems 176)

Computerized Accounting Applications

2 units, 2 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" or concurrent enrollment in BUS/BOT 109 or BUS 120.

An introductory course of computerized accounting functions utilizing an integrated general ledger software package. This course is especially beneficial for students, teachers and professionals who are using, or who plan to use, computerized accounting packages in a business environment. *Transfers to CSU*

BUSINESS 195 † **Principles of Money Management for Success**

3 units, 3 hours lecture

This course explores the theories and techniques of managing personal income by setting goals, which will culminate in the development of a personal plan to manage their financial lives. Topics include financial planning, budgeting, institutional savings and checking services, investment analysis, retirement planning, consumerism, insurance, home ownership, credit management, taxes and estate planning. *Satisfies General Education for CSU E* *Transfers to CSU*

BUSINESS 229 † **Property and Liability Insurance**

3 units, 3 hours lecture

This course will provide knowledge of property and liability insurance as well as a review of insurance basics. Course content includes loss exposure, contract provisions, marketing, underwriting, claims, and risk management. *Transfers to CSU*

BUSINESS 231 † **Legal Office Procedures II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in BUS 228.

Recommended Preparation: Some form of professional note-taking skill recommended. A continuation of Business 228, Legal Office Procedures I, with emphasis on completing and handling court documents and forms relating to civil procedures in various areas of the law operative in State and Federal Court. *Transfers to CSU*

BUSINESS 233 † **Personal Insurance**

3 units, 3 hours lecture

Recommended Preparation: BUS 229 or equivalent insurance industry experience.

This course will provide knowledge of how to analyze personal loss exposures and personal insurance coverages including homeowners, personal liability, inland marine, auto, life, health, and government programs. *Transfers to CSU*

BUSINESS 234 † **Commercial Insurance**

3 units, 3 hours lecture

Recommended Preparation: BUS 229 or equivalent insurance industry experience.

This course will provide knowledge of commercial property and casualty insurance loss exposures and coverages. Course content includes analyzing property, general liability, commercial automobile, workers compensation, inland marine, and crime forms and coverages. *Transfers to CSU*

BUSINESS 235 † **Delivering Insurance Services**

3 units, 3 hours lecture

This course will cover the fundamentals of continuous improvement in the delivering of insurance services. It will focus on customer relations and expectations through quality management. *Transfers to CSU*

BUSINESS 250 † **Introduction to International Business**

3 units, 3 hours lecture

An overview of international business designed to provide both beginners and experienced business people with a global perspective on international trade including foreign investments, impact of financial markets, international marketing, and the operation of multinational corporations. Classes will feature expert guest lecturers who will present practical solutions to actual problems in international trade. *Transfers to CSU*

BUSINESS 251 † **Import/Export Procedures**

2 units, 2 hours lecture

An in-depth examination of import/export techniques, terminology, methods of payment and collection, insurance and bonds, customs regulations and tariffs, Department of Commerce aids, export quotations and landed cost analysis. *Transfers to CSU*

† This course meets all Title 5 standards for Associate Degree Credit.

BUSINESS 252 † **Global Sourcing, Buying and Manufacturing**

1.5 units, 1.5 hours lecture

A course on locating and obtaining goods and services used for international trade. Sourcing on the Internet, the national Trade Data Bank and other computer-aided techniques for locating goods and trading partners are covered. Contracts, shipping terms and methods of payment are reviewed. The use of contract or offshore manufacturing facilities such as maquiladoras is discussed.

Transfers to CSU

BUSINESS 253 † **International Marketing: Expanding Exports**

3 units, 3 hours lecture

A course which examines the economic, legal, political, competitive and cultural environments of foreign markets in order to design appropriate products, establish price and develop promotion strategies to effectively reach those markets. Special focus is on preparing small to medium enterprises to compete abroad. Starting your own export management company is covered.

Transfers to CSU

BUSINESS 256 † **International Financial Transactions**

2 units, 2 hours lecture

This course surveys the international monetary system as it affects import and export. Students will learn about letters of credit, drafts and other banking documents used in foreign commerce. They will also examine foreign exchange rates, financing of international trade, methods of reducing financial risk and services provided by an international banker.

Transfers to CSU

BUSINESS 257 † **International Transportation**

1.5 units, 1.5 hours lecture

This course deals with all aspects of international freight forwarding as utilized by an importer or an exporter. Domestic transportation is described as it relates to export and import shipments. All modes of transportation are explored; ocean, air, rail and truck. Quoting air and ocean shipments is covered, as well as auditing freight invoices and negotiating rates with freight forwarders.

Transfers to CSU

BUSINESS 258 † **The Cultural Dimensions in International Business**

3 units, 3 hours lecture

A course examining the cultural barriers encountered when engaging in international trade. Coping effectively with the challenges of a foreign assignment and specific information on working and negotiating with foreign nationals will be presented.

Transfers to CSU

BUSINESS 265 A-B-C-D † **Internship in International Business**

1 unit, 5 hours work experience per week

60 volunteer hours or 75 paid hours

Work experience in a business organization engaged in international business. The intern spends between 60 and 75 hours per semester in on-the-job training. For work experience requirements, see page 43.

Transfers to CSU

BUSINESS 266 † **Internship in International Business**

2 units, 10 hours work experience per week

120 volunteer hours or 150 paid hours

Prerequisite: Limited to International Business majors who have completed at least 12 units in the major.

Work experience in a business organization engaged in international business. The intern spends between 120 and 150 hours per semester in on-the-job training. For work experience requirements, see page 43.

Transfers to CSU

BUSINESS 267 † **Internship in International Business**

3 units, 15 hours work experience per week

180 volunteer hours or 225 paid hours

Prerequisite: Limited to International Business majors who have completed at least 12 units in the major.

Work experience in a business organization engaged in international business. The intern spends between 180 and 225 hours per semester in on-the-job training. For work experience requirements, see page 43.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY (BOT)

BUSINESS OFFICE TECHNOLOGY

086 ††

Essential Skills for Workplace Success

4 units, 4 hours lecture

A class designed for office occupation students, providing essential skills and techniques necessary for success in college and in the world of work. The course includes basic keyboarding skills as well as basic literacy and arithmetic refresher skills using business office occupations curriculum as the subject matter. Special emphasis will be placed on conflicting role demands of student, parent and employee in order to provide students with basic life management skills. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

BUSINESS OFFICE TECHNOLOGY

100 †

Basic Keyboarding

1 unit, 3 hours laboratory

A course in beginning keyboarding techniques for those students who wish to use keyboarding skills for inputting information to computers. The course is taught on computers using appropriate software. Emphasis will be placed on the development of speed and accuracy by use of touch keyboarding methods. Keys taught include alphabetic, numeric and symbol keys.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

BUSINESS OFFICE TECHNOLOGY 101A † Keyboarding/Document Processing I

1.5 units, .8 hours lecture, 2.2 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in BOT/CSIS 100 or equivalent.

Business Office Technology 101A is equivalent to the first half of Business Office Technology 101. The focus will be on learning or reviewing the alphabetic and numeric keyboard, including the 10-key pad for numeric data entry. Students will learn to use basic features of Microsoft Word software to produce simple memos, letters, and reports. Keyboarding software will be used to build speed and accuracy. Students wishing to progress to Business Office Technology 102 should also complete Business Office Technology 101B. Not open to students with credit in Business Office Technology 101.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 101B † Keyboarding/Document Processing II

1.5 units, .8 hours lecture, 2.2 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in BOT 101A or equivalent.

This course is equivalent to the second half of Business Office Technology 101. Students will use Microsoft Word software to produce correctly formatted and accurate business documents, including letters, reports, and tables. Students will also use keyboarding software to build speed and accuracy. Not open to students with credit in Business Office Technology 101.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 102A † Intermediate Keyboarding/ Document Processing I

1.5 units, .8 hours lecture, 2.2 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in BOT 101B or equivalent.

Business Office Technology 102A is equivalent to the first half of Business Office Technology 102. Students review and create business documents to apply formatting skills taught in BOT 101 (or BOT 101A and 101B), and then students are introduced to new formatting and report styles options, including agendas, formal reports, and multipage tables. This course begins with intermediate Microsoft Word functions so entering students should be proficient in using basic Word features and should key a minimum of 30 net words per minute on a 5-minute timing. Not open to students with credit in Business Office Technology 102.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 102B † Intermediate Keyboarding/ Document Processing II

1.5 units, .8 hours lecture, 2.2 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in BOT 102A or equivalent.

Business Office Technology 102B is equivalent to the second half of Business Office Technology 102. Students continue to create business documents, applying new formatting skills including using templates, designing letterheads and office forms, and learning specialized applications such as medical and legal forms. This course begins with intermediate Microsoft Word functions so entering students should be proficient in using basic Word features and should key a minimum of 35 net words per minute on a 5-minute timed writing. Not open to students with credit in Business Office Technology 102.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 103A † Building Keyboarding Skill I

.5 unit, 1.5 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in BOT/CSIS 100 or equivalent.

This course is for students who have completed a keyboarding course but wish to work further on developing speed and accuracy. Entering students should know the alphabetic keyboard by touch and key at a minimum rate of 20 net words per minute on a 5-minute timed writing. Students keying at a lower rate should enroll in Business Office Technology 095, Keyboarding Skill Reinforcement.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 103B † Building Keyboarding Skill II

.5 unit, 1.5 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in BOT 103A or equivalent.

This is a continuation course in building keyboarding speed and accuracy. Entering students should be keying by touch at a minimum rate of 25 net words per minute on a 5-minute timed writing. Students keying at a lower rate should enroll in Business Office Technology 103A.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 103C † Building Keyboarding Skill III

.5 unit, 1.5 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in BOT 103B or equivalent.

This is a continuation course in building keyboarding speed and accuracy. Entering students should be keying by touch at a minimum rate of 30 net words per minute on a 5-minute timed writing. Students keying at a lower rate should enroll in Business Office Technology 103B.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 104 † Filing and Records Management

1 unit, .5 hour lecture, 1.5 hours laboratory

This course offers instruction in the Association of Records Managers and Administrators (ARMA) filing rules and techniques which are widely used in business to create and maintain files. Alphabetic, numeric, geographic, and subject filing rules are included. The course also includes instruction in records management, including the rules for retention, transfer and disposition of records. Students use a microcomputer software package to learn basic filing rules.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 105 † Data Entry Skills

1 unit, .5 hour lecture, 1.5 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in BOT 100 or equivalent.

This course is designed for students who wish to prepare for employment in the data entry field. Emphasis is on development of speed and accuracy in the use of the microcomputer alphabetic keyboard and the microcomputer numeric keypad to reach employable levels of skill. Students will complete assignments, drills, and timed speed and accuracy tests.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

BUSINESS OFFICE TECHNOLOGY**106 †
Effective Job Search***1 unit, 1 hour lecture*

This course will provide comprehensive and valuable skills that are needed to successfully secure employment, specializing in the office technology industry. It is designed to examine the continuous process of career/life planning through effective, well-planned and efficiently organized job search procedures.

*Transfers to CSU***BUSINESS OFFICE TECHNOLOGY****107 †
Office Systems and Procedures***2 units, 2 hours lecture***Recommended Preparation:**

BOT/CSIS 096 and 097, BOT 101 or 101A and 101B, or equivalent or concurrent enrollment. ENGL 105 or equivalent reading level.

Content includes office ethics and professionalism; prioritizing and productivity; human relations; working in teams; customer service skills; telephone skills; scheduling appointments; using e-mail, copiers, fax machines, and scanners; handling office mail; and using the Internet for common office functions such as travel reservations and ordering supplies.

*Transfers to CSU***BUSINESS OFFICE TECHNOLOGY****108 †
Using Calculators to Solve Business Problems***1 unit, .5 hour lecture, 1.5 hours laboratory*

Introduces the ten-key, digital display, electronic calculator. The student will build skill in performing fundamental arithmetic operations using a calculator. Topics include use of decimals, fractions, constants, discounts, percentages, and memory keys.

*Transfers to CSU***BUSINESS OFFICE TECHNOLOGY****109 †
Elementary Accounting***(Business 109)**3 units, 3 hours lecture*

A one-semester introduction to elementary accounting principles. Presentation includes journals, ledgers, work sheets and financial statement for the single proprietorship. The course is designed for the clerical employee. (May not be substituted for Business 120 where required. Not open to students with credit in Business 120.)

*Transfers to CSU***BUSINESS OFFICE TECHNOLOGY****110 †
Business English and Communication***3 units, 3 hours lecture*

A class designed to provide English and communication skills for use in office occupations. Areas covered include spelling, vocabulary, language structure, mechanics of style, and writing business memos, e-mails, and letters. All memo, e-mail and letter assignments must be typed or prepared on a computer. This course is designed primarily for Business Office Technology students.

*Transfers to CSU***BUSINESS OFFICE TECHNOLOGY****111 †
Virtual Assistant***2 units, 2 hours lecture*

Recommended Preparation: *A "C" grade or higher or "Pass" in BOT 100 or 103A and 103B and 107.*

An overview course providing information to those interested in careers as Virtual Assistants (those whose work consists mainly of internet communications and email correspondence) with a focus on virtual administrative services. Topics include defining a virtual career; creating, organizing and managing your virtual office, office and business ethics, financial planning; time management, buying and using technology, and promoting a virtual business.

*Transfers to CSU***BUSINESS OFFICE TECHNOLOGY****113 †
Social Media Basics for the Job Seeker***.5 unit, 1.5 hours laboratory*

Social Media Basics for the Job Seeker is an introduction to social media, social media providers, and social media uses. Definitions of social media and related terminology will be provided. Students will learn how to develop Facebook, LinkedIn, Twitter, and other accounts to develop a professional profile online. Safety and privacy will be covered. The course is designed for the beginner who wants to learn more about social media and how to use it to create an online professional portfolio.

*Transfers to CSU***BUSINESS OFFICE TECHNOLOGY****114 †
Essential Word***1 unit, .5 hour lecture, 1.5 hours laboratory***Recommended Preparation:**

A "C" grade or higher or "Pass" in BOT 101A and BOT 101B or equivalent or concurrent enrollment.

This course is designed for the student who wants to learn the most commonly used features of a current popular word processing software package. Students who complete this course will be proficient in using text editing and formatting commands to produce typical business documents. They will also be proficient at using the mail merge feature to produce form letters, labels, and envelopes. Students who wish to study word processing software in more depth should consider enrolling in Business/Computer Science Information Systems 173 or Business Office Technology/Computer Science Information Systems 120, 121 and 122. See the current class schedule for version of Microsoft Word currently being used. Not open to students with credit in Business Office Technology/Computer Science Information Systems 121 or 122.

*Transfers to CSU***BUSINESS OFFICE TECHNOLOGY****115 †
Essential Excel***1 unit, .5 hour lecture, 1.5 hours laboratory***Recommended Preparation:**

A "C" grade or higher or "Pass" in BOT 100 or equivalent.

This course is for the student who wants to become proficient in the most commonly used features of Microsoft Excel. Basic spreadsheet concepts and terms will be introduced. Students will learn how to create, format, and revise spreadsheets and charts. They will also learn how to create basic formulas and templates. The use of simple macros will be introduced. Students who desire more in depth coverage of these and additional topics should consider enrolling in Business Office Technology 123 and 124.

Transfers to CSU



BUSINESS OFFICE TECHNOLOGY 116 † Essential Access

1 unit, .5 hour lecture, 1.5 hours laboratory

Recommended Preparation:

A "C" grade or higher or "Pass" in BOT 100 or equivalent.

This course is for the student who wants to become proficient in the most commonly used features of Microsoft Access. Basic database concepts and terms will be introduced. Students will learn how to create, format, edit, and revise simple databases. They will learn to sort and filter records, to use queries, and to create forms, reports, and labels. Students who desire more in depth coverage of these and additional topics should consider enrolling in Business Office Technology 126, 127 and 128.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 117 † Essential PowerPoint

1 unit, .5 hour lecture, 1.5 hours laboratory

This course is for the student who wants to become proficient in the most commonly used features of Microsoft PowerPoint. Basic concepts and terms will be introduced. Students will learn how to create, format, and revise PowerPoint presentations, including animation effects. Students who desire more in depth coverage of these and additional topics should consider enrolling in Business Office Technology 129, 130, and 131. Not open to students with credit in Business Office Technology 130 or 131.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 118 † Integrated Office Projects

1 unit, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in BOT 114 and 115 and 116 and 117 or equivalent.

Capstone course for BOT majors who have completed prerequisite courses in all applications of the Microsoft Office suite (Word, Excel, Access, PowerPoint). Students will apply their skills and use cloud computing technologies such as Microsoft OneDrive, Microsoft OneNote, and Google Drive to complete projects that integrate these applications.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 119 † Windows for the Information Worker

2 units, 2 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in BOT 100 or equivalent or concurrent enrollment in BOT 100.

This course is designed for students who wish to learn the latest generation of Windows. Students will learn to use the Windows operating system efficiently to customize desktop settings, control desktop applications and online apps, create an online account to access email and the cloud, conduct sophisticated online searches, understand and avoid online threats, and manage drives, files and folders. In addition, students will learn the latest in the "universal" application.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 120 † Comprehensive Word, Level I

1 unit, .5 hour lecture, 1.5 hours laboratory

Recommended Preparation:

A "C" grade or higher or "Pass" in BOT 101A and BOT 101B or equivalent.

This is the first level of a three-level course sequence designed to give students thorough coverage of most features of Microsoft Word. Students who complete all three levels will be prepared to take the Microsoft Office User Specialist (MOUS) certification examination or similar examinations. Students wishing less comprehensive coverage of Microsoft Word should consider enrolling in Business Office Technology 114.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 121 † Comprehensive Word, Level II

1 unit, .5 hour lecture, 1.5 hours laboratory

Recommended Preparation:

A "C" grade or higher or "Pass" BOT 120 or equivalent.

This course is the second level in a three-level course sequence designed to give students thorough coverage of all features of Microsoft Word. Students who complete all three levels will be prepared to take the Microsoft Office User Specialist (MOUS) certification examination or similar examinations.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 122 † Comprehensive Word, Level III

1 unit, .5 hour lecture, 1.5 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in BOT 121 or equivalent.

This course is the third in a three-level course sequence designed to give students thorough coverage of most features of Microsoft Word. Students completing this three course sequence and preparing to take the Microsoft Office User Specialist (MOUS) certification examination or similar examinations should consider enrolling in Business Office Technology 280 prior to taking the examination.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

BUSINESS OFFICE TECHNOLOGY 123 † Comprehensive Excel, Level I

1 unit, .5 hour lecture, 1.5 hours laboratory

Recommended Preparation:

A "C" grade or higher or "Pass" BOT 100 or equivalent.

This is the first level of a three-level course sequence designed to give students thorough coverage of most features of Microsoft Excel. Students who complete all three levels will be prepared to take the Microsoft Office User Specialist certification examination or similar examinations. Students wishing less comprehensive coverage of Microsoft Excel should consider enrolling in Business Office Technology 115.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 124 † Comprehensive Excel, Level II

1 unit, .5 hour lecture, 1.5 hours laboratory

Recommended Preparation:

A "C" grade or higher or "Pass" BOT 123 or equivalent.

This course is the second level in a three-level course sequence designed to give students a thorough coverage of all features of Excel. Students who complete all three levels will be prepared to take the Microsoft Office User Specialist (MOUS) certification examination or similar examinations.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 125 † Comprehensive Excel, Level III

1 unit, .5 hour lecture, 1.5 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in BOT 124 or equivalent.

This is the third level in a three-level course sequence designed to give students thorough coverage of all the features of Excel.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 126 † Comprehensive Access, Level I

1 unit, .5 hour lecture, 1.5 hours laboratory

Recommended Preparation:

A "C" grade or higher or "Pass" in BOT 100 and BOT 116 or equivalent.

This is the first level of a three-level course sequence designed to give students thorough coverage of most features of Microsoft Access. Students who complete all three levels will be prepared to take the Microsoft Office User Specialist certification examination or similar examinations. Students wishing less comprehensive coverage of Microsoft Access should consider enrolling in Business Office Technology 116.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 127 † Comprehensive Access, Level II

1 unit, .5 hour lecture, 1.5 hours laboratory

Recommended Preparation:

A "C" grade or higher or "Pass" in BOT 126 or equivalent.

This course is the second level in a three-level course sequence designed to give students a thorough coverage of all features of Microsoft Access. Students who complete all three levels will be prepared to take the Microsoft Office User Specialist (MOUS) certification examination or similar examinations.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 128 † Comprehensive Access, Level III

1 unit, .5 hour lecture, 1.5 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in BOT 127 or equivalent.

This course is the third in a three-course sequence designed to give students thorough coverage of most features of Microsoft Access. Students who complete all three courses in the sequence will be prepared to take the Microsoft Office User Specialist (MOUS) certification examination or similar examinations in Access.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 129 † Comprehensive PowerPoint, Level I

1 unit, .5 hour lecture, 1.5 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in BOT 101A and BOT 101B and BOT 114 or equivalent.

This is the first level of a three-level course sequence designed to give students thorough coverage of most features of Microsoft PowerPoint. Students who complete all three levels will be prepared to take the Microsoft Office User Specialist (MOUS) certification examination or similar examinations. Students wishing less comprehensive coverage of Microsoft PowerPoint should consider enrolling in Business Office Technology 117.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 130 † Comprehensive PowerPoint, Level II

1 unit, .5 hour lecture, 1.5 hours laboratory

Recommended Preparation:

A "C" grade or higher or "Pass" in BOT 129 or equivalent.

This course is the second level in a three-level course sequence designed to give students a thorough coverage of all features of Microsoft PowerPoint. Students who complete all three levels will be prepared to take the Microsoft Office User Specialist (MOUS) certification examination or similar examinations in PowerPoint.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 132 † Google Applications for Business

3 units, 3 hours lecture

In this course, students learn how to use Google Apps, a collection of free Web-based productivity tools, in a business environment. Topics include Google Search, Gmail, Google Calendar, Google Docs, Google Spreadsheets, Google Presentations, and emerging trends in Google Apps. Students use the Internet to access their files and the tools to manipulate and collaborate with them.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

BUSINESS OFFICE TECHNOLOGY 133 † **Adobe Acrobat for the Workplace**

1 unit, .5 hours lecture, 1.5 lab

Recommended Preparation: A "C" grade or higher or "Pass" in BOT 119 or equivalent.

This course involves the study of Adobe Acrobat to create, manage, edit, assemble, and search PDF documents. Students will learn to create Adobe Portable Document Format (PDF), the universal file format for portable documents that preserves all of the fonts, formatting, colors, and graphics of any source document. Additionally, Acrobat can be used to create fillable forms, initiate review processes and apply legal features. Students will learn how to create PDF files from almost any file or paper document, as well as review and comment on PDF files, edit their contents, combine multiple documents into a single PDF file, keep PDF files secure, sign them electronically using the Adobe Document Cloud, and work with interactive online forms. This course will equip students to use Adobe Acrobat successfully in all professional settings, including law offices.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 150 † **Using Microsoft Publisher**

1 unit, .5 hour lecture, 1.5 hours laboratory

Recommended Preparation: A "C" grade or higher or a "Pass" in 101A and 101B or 121 or equivalent.

An introductory course in Microsoft Publisher for those students who wish to acquire a basic understanding of concepts and terminology for the production of professional quality publications. The emphasis is on graphics, word processing, and page layout.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 151 † **Using Microsoft Outlook**

1 unit, .5 hour lecture, 1.5 hours laboratory

Recommended Preparation:

A "C" grade or higher or "Pass" in BOT 100 and BOT 114 or BOT 120, or equivalent.

This course is designed to offer students proficiency in the use of Microsoft Outlook to create e-mail messages, maintain personal calendars and schedules, plan work, maintain contact lists, and organize information.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 160 † **Speech Recognition Applications**

1 unit, 1 hour lecture, 1 hour laboratory

Hands-on application with a current speech recognition software package. This includes training the software to recognize the user's voice; speaking accurately to improve the user's voice profile; opening and closing programs; selecting text; creating, editing, and formatting a variety of business documents; capitalizing, moving, inserting, saving, opening, and printing a variety of business documents; customizing the software; managing applications and documents; and managing keyboard and mouse control techniques.

Transfers to: CSU

BUSINESS OFFICE TECHNOLOGY 161 † **Medical Terminology**

3 units, 3 hours lecture

A basic course designed to familiarize students with fundamental medical terms and to help them recognize common prefixes, roots, and suffixes that will give clues to meaning. Stresses correct spelling, pronunciation, usage, and syllabication. Uses anatomy and physiology as a basis of study.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 163 † **Introduction to Basic Insurance Principles**

3 units, 3 hours lecture

This course will provide a working knowledge of the insurance basics necessary to begin a career in an insurance agency or an insurance company. Course content includes the principles of property and casualty insurance and the coverage they provide.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 164 † **Computer Software for the Insurance Industry**

2 units, 2 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" or concurrent enrollment in BOT 163 or equivalent insurance industry experience.

This course will provide knowledge of common rating software utilized in the rating of auto insurance, homeowners, and dwelling fire policies. In addition, the student will learn how to complete common industry forms such as applications. Students will be expected to recognize and understand common insurance industry terms.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 165 † **Medical Insurance Billing**

4.5 units, 4 hours lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in BOT 102B and 161 or equivalent. May be concurrently enrolled in BOT 161.

The course provides entry-level training in medical insurance billing. The course will cover government, military, private and group insurance claim forms and process, including the use of standardized forms. Students will develop an understanding of Current Procedural Terminology (CPT), International Classification of Diseases (ICD) and Health Care Procedural Coding System (HCPCS) as they are used in medical records, insurance billing, and related correspondence. Emphasis is placed on: ICD-9, CPT and HCPCS coding; processing and monitoring health care claims, manually and using specialized software; interpretation and processing of Explanation of Benefits (EOB) information; and claims review and appeal. Students will use word processing and patient accounting software to produce billing correspondence and documents.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 167 † **Medical Coding**

4 units, 4 hours lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in BOT 161 and 165 or equivalent

This course provides entry-level training in medical coding. Students will develop an understanding of Current Procedure Terminology (CPT) and International Classifications of Diseases (ICD-9-CM), Volumes I and II as they are used in records.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

BUSINESS OFFICE TECHNOLOGY 170 † **Medical Office Procedures**

6 units, 6 hours lecture

Prerequisite: A "C" grade or higher or "Pass" or concurrent enrollment in BOT 161 or equivalent.

A course designed for those who wish to pursue a career as a medical business office worker or for those currently working in a medical office who wish to improve their skills. Students will develop skills in oral and written communications, records management, office supervision, legal and ethical obligations, credit and collections, banking procedures, bookkeeping for a medical office, employer and payroll taxes, special administrative procedures and preparation of a procedure manual for the medical office.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 171 † **Microcomputer Business Applications Lab**

1 unit, 3 hours laboratory

Corequisite: Concurrent enrollment in BOT/CSIS 172.

This lab is highly recommended for all students enrolled in Business Office Technology / Computer Science Information Systems 172, and is especially beneficial for students who do not have access to a microcomputer outside of class hours. Hands-on assignments will facilitate skill development in all areas of microcomputer applications covered in Business Office Technology / Computer Science Information Systems 172.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 172 † **Introduction to Microcomputer Applications**

2 units, 2 hours lecture

Recommended Preparation: A "C" or higher or "Pass" in BOT 119 and BOT 100 or BOT 101A.

This class introduces a student to microcomputer application software. It is taught using a Windows operating system and IBM-compatible microcomputer, using business software in a hands-on lecture approach. Topics include the use of microcomputers for word processing, spreadsheet, database, electronic publishing and presentation functions.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 176 † **Computerized Accounting Applications**

(Business 176)
2 units, 2 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" or concurrent enrollment in BUS/BOT 109 or BUS 120.

An introductory course of computerized accounting functions utilizing an integrated general ledger software package. This course is especially beneficial for students, teachers and professionals who are using, or who plan to use, computerized accounting packages in a business environment.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 179 † **Computerized Accounting Lab**

1 unit, 3 hours laboratory

Corequisite: BOT/BUS 176.

Supervised laboratory practice to enhance computer skills in subject areas included in Business / Business Office Technology. Use of integrated general accounting software for completion of projects assigned in Computerized Accounting Applications class.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 223 † **Office Work Experience**

1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours

Prerequisite: Limited to majors in Business Office Technology who have completed at least 12 units in the major.

Work experience in an office. Trainee spends 60-75 hours per semester in on-the-job training in an office. Keyboarding and computer skills as well as training in a variety of office procedures are required by most worksites. For work experience or field experience requirements, see page 43.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 224 † **Office Work Experience**

2 units, 10 hours work experience per week
120 volunteer hours or 150 paid hours

Prerequisite: Limited to majors in Business Office Technology who have completed at least 12 units in the major.

Work experience in an office. Trainee spends 120-150 hours per semester in on-the-job training in an office. Keyboarding and computer skills as well as training in a variety of office procedures are required by most worksites. For work experience or field experience requirements, see page 43.

Transfers to CSU

BUSINESS OFFICE TECHNOLOGY 225 † **Office Work Experience**

3 units, 15 hours work experience per week
180 volunteer hours or 225 paid hours

Prerequisite: Limited to majors in Business Office Technology who have completed at least 12 units in the major.

Work experience in an office. Trainee spends 180-225 hours per semester in on-the-job training in an office. Keyboarding and computer skills as well as training in a variety of office procedures are required by most worksites. For work experience or field experience requirements, see page 43.

Transfers to CSU

CARDIOVASCULAR TECHNOLOGY (CVTE)

CARDIOVASCULAR TECHNOLOGY 100 † **Physical Principles of Medicine I**

2 units, 2 hours lecture

Prerequisite: Admission to the Cardiovascular Technology Program.

Corequisite: CVTE 101 and 102 and 103.

A course in the mathematics and physical principles of medicine specifically applicable to the field of Cardiovascular Technology. Designed for students enrolled in the Cardiovascular Technology Program, the course includes studies in the use of mathematic formulas and physics used to evaluate the hemodynamics of the cardiovascular system.

Transfers to CSU

CARDIOVASCULAR TECHNOLOGY 101 † **Cardiovascular Physiology I**

4 units, 4 hours lecture

Prerequisite: Admission to the Cardiovascular Technology Program.

Corequisite: CVTE 100 and 102 and 103.

A study of the anatomy, physiology, structural relationships, and pathophysiology of the human heart and vascular system. Designed for students enrolled in the Cardiovascular Technology Program, the course will concentrate on specialized terminology, cardiac anatomy, electrocardiography, and hemodynamics.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

**CARDIOVASCULAR TECHNOLOGY
102 †****Medical Instrumentation I**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: Admission to the Cardiovascular Technology Program.

Corequisite: CVTE 100 and 101 and 103.

An integrated course in medical electronics and instrumentation for the cardiovascular technology student. The course will emphasize the concepts of electrical safety, the clinical application of electronic instruments and devices used in cardiovascular medicine, and the characteristics, recording, and measurement of bioelectric signals.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
103 †****Laboratory Practicum and Proficiency Testing I**

2 units, 1 hour lecture, 3 hours laboratory

Prerequisite: Admission to the Cardiovascular Technology Program.

Corequisite: CVTE 100 and 101 and 102.

A practicum course designed to insure competency in the basic skills required in the clinical practice of cardiovascular technology. Students acquire skills in the performance of indirect blood pressure measurement, ultrasound imaging of the heart and vascular system, and calculation of specified hemodynamic parameters.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
104 †****Electrocardiographic Theory**

3 units, 3 hours lecture

Prerequisite: Admission to the ECG Program

Corequisite: CVTE 105.

This course will provide the electrocardiograph theory and principles required to perform basic 12-lead electrocardiograms. Basic cardiac anatomy and physiology will be covered with a focus on the cardiac conduction system. Basic rhythm strip analysis will be included. This course and CVTE 105 are designed to train students in the administration of a resting 12-lead electrocardiogram, stress testing, and ambulatory monitoring, and to prepare the student for the Certified Cardiographic Technician (CCT) exam through Cardiovascular Credentialing International.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
105 †****Electrocardiographic Technique**

2 units, 6 hours laboratory

Corequisite: CVTE 104.

A course in the practical application of the technique for recording and interpreting standard electrocardiograms. There is an emphasis on the techniques for administering a 12-lead electrocardiogram. Students will perform electrocardiograms in an on-campus laboratory setting and be assigned to lab rotations in local clinical facilities for a portion of the semester. This course and CVTE 104 will prepare the student for the Certified Cardiographic Technician (CCT) exam through the Cardiovascular Credentialing International.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
106 †****Advanced Electrocardiographic Studies**

5 units, 4 hours lecture, 3 hours laboratory

Prerequisite: Admission to the Telemetry Program.

Corequisite: CVTE 108

A study of the theory, clinical application and administration of specialized monitoring equipment to identify and analyze cardiac rhythms. This course along with CVTE 108 will prepare the student to take the Certified Rhythm Analysis Technician (CRAT) exam through Cardiology Credentialing International.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
107 †****Introduction to Clinical Practicum I**

.5 unit, 1 hour lecture

Corequisite: CVTE 100 and 101 and 102 and 103.

A course to introduce the first year / fall semester CVTE student, enrolled in the CVTE Program, to Invasive Cardiology, Adult Echocardiography and Vascular Technology in the hospital/clinical environment. The course is designed to acquaint and educate the student with the day-to-day procedures and specific job requirements and descriptions for each track specialty. This course will provide the needed information and clinical observations to enable them in selecting a subspecialty within the field of Cardiovascular Technology.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
108 †****Advanced Cardiac Monitoring**

2 units, 2 hours lecture

Corequisite: CVTE 106

A study of the advanced cardiac arrhythmias that Cardiac Monitoring Technicians are required to know before employment can be obtained in this field. Special attention will be given life-threatening dysrhythmias along with techniques for distinguishing between aberrant rhythms and life-threatening dysrhythmias. Treatment for abnormal rhythms will be discussed. This course along with CVTE 106 will prepare the student to take the Certified Rhythm Analysis Technician (CRAT) exam through the Cardiovascular Credentialing International.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
109 †****X-Ray Physics and Radiation Safety**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher in CVTE 100 and 101 and 102 and 103.

Corequisite: CVTE 116.

A course providing advanced study in medical electronics and instrumentation which focuses on imaging technologies, utilized in invasive cardiology. Emphasis will be placed upon radiation safety, fluoroscopic regulations, fluoroscopy techniques, the x-ray imaging chain, x-ray physics, cardiovascular angiographic projections, coronary angiographic techniques, optical principles, intravascular ultrasound and Doppler techniques. Additional emphasis is placed on fluoroscopic data collection, analysis and interpretation of clinical patterns.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
110 †****Physical Principles of Medicine II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher in CVTE 100 and 101 and 102 and 103.

Corequisite: CVTE 115 or 117.

This course is a continuation of Cardiovascular Technology 100 with emphasis on the physical characteristics of sound, ultrasound, and Doppler ultrasound as utilized in medical diagnostic testing. The course explores the physics involved in the formation, propagation, and reflection of sound and ultrasound, the characteristics of the various types of transducers used in echocardiography and vascular duplex scanning, and the mathematical techniques employed in the use of ultrasound to measure and calculate hemodynamic function indices.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

**CARDIOVASCULAR TECHNOLOGY
111 †****Cardiovascular Physiology II**

4 units, 4 hours lecture

Prerequisite: A "C" grade or higher in CVTE 100 and 101 and 102 and 103.

Corequisite: CVTE 113.

A continuation of Cardiovascular Technology 101, Cardiovascular Physiology I, with emphasis on electrocardiographic arrhythmia recognition, the anatomy, physiology, and pathophysiology of specified congenital heart disease, the structure and function of the arterial, venous, capillary and pulmonary circulations and the techniques for measuring and/or calculating specified hemodynamic function indices.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
113 †****Introduction to Clinical Practicum II**

1 unit, 1 hour lecture

Prerequisite: A "C" grade or higher in CVTE 100 and 101 and 102 and 103.

Corequisite: CVTE 111.

This course prepares the Cardiovascular Technology student for the clinical setting with topics such as HIPAA, infection control, radiation safety, patient transport, basic patient care, professionalism in the healthcare setting and expectations of the Cardiovascular Technology student during clinical assignments.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
114 †****Cardiovascular Pharmacology**

2 units, 2 hours lecture

Prerequisite: A "C" grade or higher in CVTE 111 and 113.

This course introduces the concepts of drug classification, pharmacokinetics, delivery systems, drug interactions and dosage. A survey of all drug categories will be presented, but emphasis will be placed on cardiac and vascular, and thrombolytic medications. Drugs administered during cardiovascular procedures is the focus of this course.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
115 †****Introduction to Adult Echocardiography**

4 units, 2 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 100 and 101 and 102 and 103.

Corequisite: CVTE 110

An introduction to Adult Echocardiography. This course is in specialized techniques and cardiovascular theory to develop cognitive and manipulative skills in the clinical operation of specified ultrasound instrumentation, and in the performance of adult echocardiography.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
116 †****Introduction to Invasive Cardiology**

4 units, 2 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 100 and 101 and 102 and 103.

Corequisite: CVTE 109

An introductory course in Invasive Cardiology with instruction in specialized techniques used in Invasive Cardiology and designed to provide lecture and laboratory practicum necessary to develop cognitive and manipulative skills in the clinical operation of specified cardiovascular instrumentation, and in the performance of diagnostic tests in cardiac catheterization procedures.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
117 †****Introduction to Vascular Technology**

4 units, 2 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 100 and 101 and 102 and 103.

Corequisite: CVTE 110

An introduction to vascular diagnostic sonography. This course covers specialized techniques of noninvasive testing of the human vascular system. It is designed to provide lecture and laboratory instruction in cognitive and psychomotor skills required for the clinical operation of ultrasound and other diagnostic instrumentation, as well as in the rationale, performance, and interpretation of diagnostic tests used in the vascular lab.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
121 †****Clinical Practicum I: Adult Echocardiography**

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 110 and 115.

This laboratory course is the first student opportunity to perform cardiovascular diagnostic testing in a clinical setting under the guidance of an experienced Cardiovascular Technologist. Basic patient interaction, routine patient care, diagnostic testing in a clinical setting, preliminary findings and the physician's final report will be introduced. The diagnostic proficiencies learned in the classroom and practiced during the first-year lab sessions with the adult echocardiography specialists will be applied to situations in the hospital, clinic or doctor's office setting.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
122 †****Clinical Practicum I: Invasive Cardiology**

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 109 and 116.

This laboratory course is the first student opportunity to perform cardiovascular diagnostic testing in a clinical setting under the guidance of an experienced Cardiovascular Technologist. Basic patient interaction, routine patient care, diagnostic testing in a clinical setting, preliminary findings and the physician's final report will be introduced. The diagnostic proficiencies learned in the classroom and practiced during the first-year lab sessions with the invasive cardiology specialists will be applied to situations in the hospital setting.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

**CARDIOVASCULAR TECHNOLOGY
123 †****Clinical Practicum I:
Vascular Technology**

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 110 and 117.

This laboratory course is the first student opportunity to perform cardiovascular diagnostic testing in a clinical setting under the guidance of an experienced Cardiovascular Technologist. Basic patient interaction, routine patient care, diagnostic testing in a clinical setting, preliminary findings and the physician's final report will be introduced. The diagnostic proficiencies learned in the classroom and practiced during the first-year lab sessions with the vascular technology specialists will be applied to situations in the hospital and clinic setting.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
221 †****Diagnostic Procedures I:
Adult Echocardiography**

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 115.

Corequisite: CVTE 231

A course in specialized techniques using echocardiography for testing and evaluation of cardiovascular disease. Lectures will stress the performance and analysis of cardiac ultrasound findings to cardiac pathology and the measurement and calculation of specified hemodynamic parameters. The classroom laboratory provides advanced instruction in the topics and performance of diagnostics tests in echocardiography. The theory, calibration, operation and clinical application of specified diagnostic medical instrumentation will be applied. Hospital based laboratory sessions are conducted in non-invasive cardiac labs in local hospitals with advanced instruction in two dimensional, m-mode, color-flow, cardiac Doppler, transesophageal and stress echocardiography.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
222 †****Interventional Procedures I:
Invasive Cardiology**

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 116.

Corequisite: CVTE 232.

This course provides advanced study in medical electronics and instrumentation, focusing on devices utilized in invasive cardiology. Specialized techniques and interpretation of physiologic data obtained during diagnostic and interventional procedures performed in the Cardiac Catheterization Lab will be emphasized. Classroom and hospital based lab sessions will focus on coronary, peripheral and electrophysiologic procedures.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
223 †****Diagnostic Procedures I:
Vascular Technology**

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 117.

Corequisite: CVTE 233.

A course of instruction in the specialized techniques of noninvasive testing of the human vascular system and the evaluation of vascular pathophysiology. Lectures will stress the performance and analysis of vascular ultrasound scanning, spectral analysis and the interpretation of scanning and non-scanning modalities for vascular testing. The classroom laboratory provides advanced instruction in the topics and performance of diagnostics tests in vascular technology. The theory, calibration, operation and clinical application of specified diagnostic medical instrumentation will be applied. Hospital based laboratory sessions are conducted in vascular laboratories in local hospitals, with instruction in techniques of duplex scanning of the cerebrovascular and lower-extremity vasculature.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
225 †****Extended Experience in
Clinical Practicum**

1 unit, 3 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 231 or 232 or 233.

A course designed to provide students with a continuation of their clinical experience. This course will provide continued application of invasive, noninvasive and vascular diagnostic techniques and clinical instruction. Students are assigned to local clinical facilities where they participate in the performance of cardiac catheterization procedures, echocardiography and vascular studies as determined by clinical specialty.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
231 †****Clinical Practicum II:
Adult Echocardiography**

5 units, 15 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 121

Corequisite: CVTE 221

A laboratory course providing clinical practicum with emphasis on the calibration and operation of medical instrumentation used in the non-invasive labs in local hospitals and clinics with which the CVTE Program is affiliated. The performance of specified diagnostic tests, calculation of hemodynamic data, and professional performance in the clinical environment will be stressed.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
232 †****Clinical Practicum II:
Invasive Cardiology**

5 units, 15 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 122

Corequisite: CVTE 222

A laboratory course providing clinical practicum with emphasis on the calibration and operation of medical instrumentation used in the Cardiac Catheterization Labs in local hospitals with which the CVTE Program is affiliated. The performance of specified diagnostic tests, calculation of hemodynamic data, and professional performance in the clinical environment will be stressed.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

**CARDIOVASCULAR TECHNOLOGY
233 †****Clinical Practicum II:
Vascular Technology**

5 units, 15 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 123

Corequisite: CVTE 223

A laboratory course providing clinical practicum with emphasis on the calibration and operation of medical instrumentation used in the Vascular Labs in local hospitals and clinics with which the CVTE Program is affiliated. The performance of specified diagnostic tests, calculation of hemodynamic data, and professional performance in the clinical environment will be stressed.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
251 †****Diagnostic Procedures II:
Adult Echocardiography**

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 221.

Corequisite: CVTE 261.

This course is a continuation of Cardiovascular Technology 221, Adult Echocardiography Diagnostic Procedures I. It is an advanced course in the techniques utilized in the diagnosis and serial follow-up of cardiovascular disease with emphasis on pulsed wave, continuous wave and color-flow, Doppler techniques, conventional and echocardiographic stress testing and trans-esophageal echocardiography. The classroom laboratory continues advanced instruction in the topics and performance of diagnostic tests in echocardiography. The theory, calibration, operation and clinical application of specified diagnostic medical instrumentation will be applied. Hospital based laboratory sessions are conducted in non-invasive cardiac labs in local hospitals supporting lecture topics.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
252 †****Interventional Procedures II:
Invasive Cardiology**

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 222.

Corequisite: CVTE 262.

This course continues the advanced study of cardiac medical electronics and instrumentation, focusing on devices utilized in invasive cardiology. Specialized interventional procedures performed in the Cardiac Catheterization Lab will be emphasized, along with cardiac rhythm management, device implantation, and electrophysiology studies. Classroom and hospital based lab sessions will focus on coronary, peripheral and electrophysiologic procedures.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
253 †****Diagnostic Procedures II:
Vascular Technology**

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 223.

Corequisite: CVTE 263.

A course of instruction in the specialized techniques of noninvasive testing of the human vascular system and the evaluation of vascular pathophysiology. Lectures will stress the performance and analysis of vascular ultrasound scanning, spectral analysis and the interpretation of scanning and non-scanning modalities for vascular testing. The classroom laboratory provides advanced instruction in the topics and performance of diagnostics tests in vascular technology. The theory, calibration, operation and clinical application of specified diagnostic medical instrumentation will be applied. Hospital based laboratory sessions are conducted in vascular laboratories in local hospitals, with instruction in techniques of duplex scanning of the cerebrovascular and lower-extremity and abdominal vasculature.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
261 †****Clinical Practicum III:
Adult Echocardiography**

5 units, 15 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 231

Corequisite: CVTE 251

This laboratory course provides a continuation of clinical practicum with emphasis on the acquisition and refinement of skills in the calibration and operation of medical instrumentation used in the non-invasive labs in local hospitals and clinics with which the CVTE Program is affiliated. The performance of specified diagnostic tests, calculation of hemodynamic data, and professional performance in the clinical environment will be stressed. Emphasis will be on consolidating skills acquired in CVTE 231 into complete diagnostic studies, including qualitative diagnostic interpretations.

Transfers to CSU

**CARDIOVASCULAR TECHNOLOGY
262 †****Clinical Practicum III:
Invasive Cardiology**

5 hours, 15 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 232

Corequisite: CVTE 252

This laboratory course provides a continuation of clinical practicum with emphasis on the acquisition and refinement of skills in the calibration and operation of medical instrumentation used in the Cardiac Catheterization Labs in local hospitals with which the CVTE Program is affiliated. The performance of specified diagnostic tests, calculation of hemodynamic data, and professional performance in the clinical environment will be stressed. Emphasis will be on consolidating skills acquired in CVTE 232 into complete diagnostic studies, including qualitative diagnostic interpretations.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

CARDIOVASCULAR TECHNOLOGY 263 †

Clinical Practicum III: Vascular Technology

5 units, 15 hours laboratory

Prerequisite: A "C" grade or higher in CVTE 233

Corequisite: CVTE 253

This laboratory course provides a continuation of clinical practicum with emphasis on the acquisition and refinement of skills in the calibration and operation of medical instrumentation used in the Vascular Labs in local hospitals and clinics with which the CVTE Program is affiliated. The performance of specified diagnostic tests, calculation of hemodynamic data, and professional performance in the clinical environment will be stressed. Emphasis will be on consolidating skills acquired in CVTE 233 into complete diagnostic studies, including qualitative diagnostic interpretations.

Transfers to: CSU

CHEMISTRY (CHEM)

CHEMISTRY 102 † Introduction to General, Organic and Biological Chemistry

5 units, 4 hours lecture, 3 hours laboratory

Prerequisite: A "Pass" grade in Mathematics 090 or equivalent.

A one-semester course covering the basic principles of general, organic and biochemistry as needed to understand the biochemistry, physiology and pharmacology of the human body. This course is intended for students planning to transfer to a California State University nursing program. Students with a grade of "C" or higher in Chemistry 115 and 116 are not eligible for this class.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC

CHEMISTRY 110 † Environmental Chemistry

3 units, 3 hours lecture

A course in chemistry designed for the nonscience student who wishes to discover how chemistry is an intricate part of our everyday life. Emphasis will be placed on basic chemical principles and practices, fundamental concepts, and modern implications of chemistry. Students will also become acquainted with environmental applications of topics covered, including the study of environmental issues such as ozone depletions, global warming, air and water pollution, and radioactivity. Demonstrations and hands-on in-class experiments involving student participation take the place of a laboratory.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC (credit limited: see page 54)

CHEMISTRY 113 † Forensic Chemistry

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "Pass" grade in Mathematics 090 or equivalent.

Elementary principles of inorganic and general chemistry with application to the field of criminal justice. Students will learn basic chemical terminology, problem solving techniques and chemical explanations of our environment. Emphasis will be placed on forensic applications of topics covered, including the study of physical evidence such as hair, fibers, glass fingerprints, and paint. Organic and inorganic techniques for analyzing evidence will be studied in lecture and practiced in lab. Previous chemistry background is helpful, but not required. This course is recommended for students needing a one semester general chemistry laboratory course. This course does not satisfy the prerequisite for Chemistry 141. Students will not receive credit toward graduation for more than one of the following courses: Chemistry 113, Chemistry 115 and Chemistry 120.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC (credit limited: see page 54)

CHEMISTRY 115 † Fundamentals of Chemistry

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "Pass" grade in Mathematics 090 or equivalent.

Elementary principles of inorganic and general chemistry with an overview of organic and biochemistry. Basic chemical terminology, problem solving techniques and chemical explanations of our environment will be studied. Chemical concepts will be explained through common applications such as health science and forensic science. Previous chemistry background is helpful, but not required. This course is recommended for students needing a one semester general chemistry laboratory course. This course does not satisfy the prerequisite for Chemistry 141. Students will not receive credit toward graduation for more than one of the following courses: Chemistry 113, Chemistry 115 and Chemistry 120.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC (credit limited: see page 54)

CHEMISTRY 116 † Introductory Organic and Biochemistry

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Chemistry 115 or equivalent.

This course introduces the study of carbon compounds with emphasis on their structure, properties, and reactivity. Introduction to the structure of the major classes of biomolecules – carbohydrates, lipids, and proteins – and their relationship to the major classes of organic compounds.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

CHEMISTRY 117 † Introductory Biochemistry

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Chemistry 116 or Chemistry 102 or Chemistry 241 or equivalent.

This course is an introduction to the chemistry of biochemical reactions and biochemical molecules. Topics include: acid/base chemistry, thermodynamics, cell biology, amino acids and proteins, enzymes, lipids, membranes and transport, carbohydrates, metabolism, nucleic acids, and information transfer. This course is designed for students majoring in nutrition, allied health, nursing, and the chemical or life sciences. *Satisfies General Education for: Grossmont College B2; CSU B2; IGETC 5C*
Transfers to CSU, UC

CHEMISTRY 120 † Preparation for General Chemistry

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: "C" grade or higher or "Pass" in Mathematics 110 or equivalent.

A beginning general chemistry course for students with little or no background in chemistry. This course will prepare students for a full year general chemistry course. This course will be an intensive study in the areas of problem solving, basic atomic theory, chemical nomenclature, stoichiometry, gas laws, solutions, acid-base chemistry, and redox. The laboratory will be an introduction to quantitative techniques, descriptive chemistry, gas laws, and data treatment. Students will not receive credit toward graduation for more than one of the following courses: Chemistry 113, Chemistry 115 and Chemistry 120. *Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A*
Transfers to: CSU, UC (credit limited: see page 54)



CHEMISTRY 141 † General Chemistry I

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Chemistry 120 or equivalent or the Chemistry 141 assessment and a "C" grade or higher or "Pass" in Mathematics 110 or equivalent.

Basic principles and calculation of chemistry with emphasis in stoichiometry, gas laws, kinetic-molecular theory, basic equilibrium including gas phase and solution phase, pH atomic and molecular structures, chemical bonding, and applications of the First Law of Thermodynamics. The laboratory is an introduction to classical and instrumental analysis, the principles of equilibrium, and atomic and molecular structures.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A
Transfers to: CSU, UC

CHEMISTRY 142 † General Chemistry II

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Chemistry 141 or equivalent.

Basic principles and calculations of chemistry with emphasis on the areas of thermodynamics, kinetics, aqueous equilibrium, electrochemistry, coordination chemistry, nuclear chemistry and an introduction to organic and biochemistry. The laboratory will demonstrate the concepts presented in lecture and in addition will introduce qualitative analysis.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A
Transfers to: CSU, UC

CHEMISTRY 231 † Organic Chemistry I

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Chemistry 142 or equivalent.

First of a two semester organic chemistry sequence. The topics covered will include nomenclature of organic compounds, stereochemistry, reaction mechanisms, and the study of representative reactions for certain classes or organic compounds. The relationship of structure to properties, reactivity and mechanism or reaction will be emphasized. Students will become familiar with organic structure and functional groups by performing organic reactions. These will include nucleophilic substitution, dehydration, and organic redox used to synthesize new compounds from starting materials. Students will become proficient at separation and purification techniques including TLC, column chromatography, recrystallizations and distillations. They will also utilize a variety of instrumentation including NMR, FTIR spectroscopy, gas chromatography, UV spectroscopy, and HPLC.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A
Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

CHEMISTRY 232 † Organic Chemistry II

5 units, 3 hours lecture, 6 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Chemistry 231 or equivalent.

Second of a two semester sequence. The topics covered will include: structure and reactivity of carboxylic acids and their derivatives, amines and other nitrogen functional groups, aromatic compounds, heterocyclic compounds, polyfunctional compounds, conjugation and aromaticity, and multistep organic synthesis.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A
Transfers to: CSU, UC

CHEMISTRY 241 † Organic Chemistry I Lecture

3 units, 3 hours lecture
Prerequisite: A "C" grade or higher or "Pass" in Chemistry 142 or equivalent.

First of a two semester organic chemistry lecture sequence. The topics covered will include nomenclature of organic compounds, stereochemistry, reaction mechanisms, and the study of representative reactions for certain classes of organic compounds. The relationship of structure to properties, reactivity and mechanism or reaction will be emphasized.

Satisfies General Education for: Grossmont College B2; CSU B1, IGETC 5A
Transfers to: CSU, UC

CHEMISTRY 241L † Organic Chemistry I Laboratory

2 units, 6 hours laboratory
Corequisite: A "C" grade or higher or "Pass" in Chemistry 241 or equivalent or concurrent enrollment in Chemistry 241.

First of a two semester organic chemistry laboratory sequence. The topics covered will include basic organic chemistry laboratory operations. Students will become familiar with organic structure and functional groups by performing organic reactions. These will include nucleophilic substitution, dehydration, and organic redox used to synthesize new compounds from starting materials. Students will become proficient at separation and purification techniques including TLC, column chromatography, recrystallizations and distillations. They will also utilize a variety of instrumentation including FTIR spectroscopy, gas chromatography, UV spectroscopy, and HPLC. They will also evaluate NMR data based on their experimental results.

Satisfies General Education for: Grossmont College B2; CSU B3, IGETC 5C
Transfers to: CSU, UC

CHEMISTRY 242 † Organic Chemistry II Lecture

3 units, 3 hours lecture
Prerequisite: A "C" grade or higher or "Pass" in Chemistry 231 or Chemistry 241 or equivalent.

Corequisite: Completion of or concurrent enrollment in Chemistry 241L or equivalent. Second of a two semester sequence. The topics covered will include: structure and reactivity of carboxylic acids and their derivatives, amines and other nitrogen functional groups, aromatic compounds, heterocyclic compounds, polyfunctional compounds, conjugation and aromaticity, and multistep organic synthesis.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A
Transfers to: CSU, UC

CHEMISTRY 242L † Organic Chemistry II Laboratory

2 units, 6 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Chemistry 231 or Chemistry 241 and 241L or equivalent

Corequisite: Completion of or concurrent enrollment in Chemistry 242 or equivalent. Second of a two semester laboratory sequence. The topics covered will include: structure and reactivity of carboxylic acids and their derivatives, amines and other nitrogen functional groups, aromatic compounds, heterocyclic compounds, polyfunctional compounds, conjugation and aromaticity, and multistep organic synthesis. This class is intended as a second semester organic chemistry laboratory for students needing additional laboratory expertise.

Satisfies General Education for: Grossmont College B2; CSU B3; IGETC 5C
Transfers to: CSU, UC

CHILD DEVELOPMENT (CD)

CHILD DEVELOPMENT 101 † Parent Education

1 unit, 1 hour lecture
This course is primarily designed for parents of children enrolled in the Child Development Center although others are welcome to take the class. The course includes an overview of child development principles and an exploration of the role of parents in supporting the development of their children. The course will provide guidance in effective parenting strategies reflecting family and cultural beliefs. Discussions and assignments will relate directly to the participants' interaction with young children.
Transfers to: CSU

CHILD DEVELOPMENT 106 † Practicum: Beginning Observation and Experience

1 unit, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in CD 123 or CD 125 or equivalent.

Required Preparation: State of California requires up-to-date immunizations and a negative TB test before working in child care centers. This will be required of CD 106 students. A laboratory experience at an approved placement site, this course includes observing and recording behavior of infant through preschool children and working directly with preschool children. This course is designed to reinforce and augment understanding of principles and techniques for observing, assessing, planning and working with young children through direct experience.
Transfers to: CSU

CHILD DEVELOPMENT 115 † (Family Studies 115) Changing American Family

3 units, 3 hours lecture
A survey of the contemporary American family with emphasis on changes in form, functions and expectations. The history of the family, both public and private, will be considered and examined in relation to the effects of class, ethnicity and social policy. The effects on the family of common life events experienced by individuals and family members will be covered including sexuality, mate selection, marriage, childbearing, the working family, divorce, domestic violence and aging. The future of the family including implications for the individual and society will be discussed.
Satisfies General Education for: Grossmont College D; CSU D; IGETC 4
Transfers to: CSU, UC (credit limited: see page 54)

CHILD DEVELOPMENT 121 † The Arts and Creativity for Young Children

3 units, 3 hours lecture
This course will explore the development of creativity and creative expression through art, music, dramatic play and movement. Students will participate in a variety of creative experiences and learn strategies for incorporating the creative arts into daily routines and curriculum in early care and education settings. Developing skills to prepare an inclusive classroom environment that integrates creativity, is aesthetically pleasing, and developmentally appropriate will be a part of the course. This class meets the Program/Curriculum core requirement for Community Care Licensing and the California Commission on Teacher Credentialing Child Development Permit.
Transfers to: CSU

† This course meets all Title 5 standards for Associate Degree Credit.

CHILD DEVELOPMENT 123 † **Principles and Practices of** **Programs and Curriculum for** **Young Children**

3 units, 3 hours lecture

An examination of theoretical principles of developmentally appropriate practices applied to programs, environments, emphasizing the key role of relationships, constructive adult-child interactions, and teaching strategies in supporting emotional, physical, social, creative and intellectual development for all children. This course includes a review of the historical roots of early childhood programs and the evolution of the professional practices promoting advocacy, ethics and professional identity. Legal requirements for programs in California including Title 22 and Title 5 are also included.

Transfers to CSU

CHILD DEVELOPMENT 124 † **Infant and Toddler** **Development**

3 units, 3 hours lecture

This course is a study of infants and toddlers, ages 0-3, which focuses on development in social-emotional, cognitive, language, and motor domains, including variations due to linguistic, cultural, socioeconomic and special needs. Emphasis is on development as it relates to care in a group setting. Theories and current issues related to group care are examined as well as appropriate methods of guidance and socialization. A strong focus is placed on the importance of the cultural context as it relates to meeting individual needs and building positive relationships with both child and family.

Transfers to CSU

CHILD DEVELOPMENT 125 † **Child Growth and** **Development**

3 units, 3 hours lecture

This course is a study of child growth and development from conception through adolescence as determined by the interaction of the biosocial, cognitive and social/emotional domains of development within the family and the cultural context with implications for raising successful adults. Observations of children of various ages is an integral part of this course.

Satisfies General Education for: Grossmont College D; CSU D or E; IGETC 4

Transfers to: CSU, UC

CHILD DEVELOPMENT 127 † **Science and Mathematics for** **Child Development**

3 units, 3 hours lecture

Recommended Preparation: Child Development 125.

This course stresses the importance and value of science and mathematics in programs for young children. Students will gain an understanding of how children develop basic concepts of math and science, evaluate curriculum, and utilize appropriate methods and materials for early childhood education programs. Emphasis will be on the diverse and developmental differences of children.

Transfers to CSU

CHILD DEVELOPMENT 129 † **Language and Literature for** **Child Development**

3 units, 3 hours lecture

Recommended Preparation: Child Development 125.

This course is designed to enhance the role of the teacher in supporting language and literacy development for young children. Students evaluate children's literature and develop practical skills in communicating, reading and telling appropriate stories. Respectful, nurturing relationships, developmentally appropriate learning environments and collaborations with families and staff of diverse backgrounds will be emphasized as foundations for supporting first and second language acquisition and emergent literacy.

Transfers to CSU

CHILD DEVELOPMENT 130 † **Curriculum: Design and** **Implementation**

3 units, 3 hours lecture

Recommended Preparation: Child Development 121, 123, 125, 127, 129 and 131.

This course integrates knowledge and skills from previous Child Development coursework as a foundation for designing appropriate curriculum and environments for young children. Students will examine a variety of approaches to curriculum development. The class will emphasize a co-constructive process of observation, implementation and documentation for designing environments that generate meaningful relevant learning that is responsive to the child in the context of family and culture.

Transfers to CSU

CHILD DEVELOPMENT 131 † **Child, Family and Community**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher in Child Development 123 and 125 or equivalent.

This course examines the socialization process including the role families, school, media, peers, and community play in children's development. Students will learn strategies to support children and families in a diverse society, including how to develop and maintain effective teacher and family relationships. Community resources and agencies that strengthen families will be examined. This course is required by the California State Department of Social Services for teachers and directors.

Satisfies General Education for: Grossmont College D; CSU D

Transfers to: CSU, UC

CHILD DEVELOPMENT 132 † **Observation and Assessment:** **Field Experience Seminar**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Child Development 106 and 121 and 123 and 125 and 127 and 129 and 131 and 130 or 143 or equivalent.

Corequisite: CD 133

This seminar is for the student participating in field experience as a student teacher in early childhood education programs. Students will develop skills in observation and authentic assessment and portfolio development for children and develop positive communication and guidance skills for working with children and families. These skills will be implemented in CD 133. As part of the course students will reexamine professional ethics, responsibilities and expectations of the work force and explore strategies for job search.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

CHILD DEVELOPMENT 133 † Practicum – Field Experience: Student Teaching

2 units, 10 hours work experience per week
120 volunteer hours or 150 paid hours

Prerequisite: A “C” grade or higher in Child Development 106, 121, 123, 125, 127, 129, 130 and 131 or equivalent.

Corequisite: CD 132

The student teacher will design, implement and evaluate curriculum experiences under supervision, at approved field placement sites. Students will apply previous coursework to make connections between theory and practice, demonstrate professional behaviors and build a comprehensive understanding of children in the group environment. This course emphasizes respectful workplace relationships among children and adults that serve as a foundation for co-construction and positive guidance. For work experience or field experience requirements, see page 43.

Transfers to CSU

CHILD DEVELOPMENT 134 † Health, Safety and Nutrition of Young Children

3 units, 3 hours lecture

This course emphasizes strategies for applying holistic health, safety and nutrition in early childhood settings. This course is designed for teachers, parents or others who desire current information on concepts of health, safety, and nutrition as it applies to children from infancy through school age. This course will cover laws, practices and curriculum regarding physical and mental health, safety, fitness and nutrition. An emphasis on program planning will include collaboration with families and health care providers leading to the development of good habits, attitudes, and responses promoting healthy and safe lifestyles.

Satisfies General Education for: Grossmont College D

Transfers to CSU

CHILD DEVELOPMENT 136 † Adult Supervision

3 units, 3 hours lecture

Recommended Preparation: A “C” grade or higher in 12 units of Child Development core curriculum: CD 125 (3 units); CD 131 (3 units); 6 units from CD 121, 123, 127, 129, 143, 130 and/or 153 and currently teaching in a preschool or child care setting in the role of the lead teacher or head teacher or other supervisory capacity.

This course provides students with the opportunity to develop skills in establishing and maintaining supportive working relationships with adults in early childhood settings. Based on a proactive approach, the course will explore positive communication strategies including team building, collaboration and problem solving.

Transfers to CSU

CHILD DEVELOPMENT 137 † Administration of Child Development Programs I

3 units, 3 hours lecture

Recommended Preparation: A “C” grade or higher in 12 units of Child Development core curriculum: CD 125 (3 units); CD 131 (3 units); 6 units from CD 121, 123, 127, 129, 143, 130 and/or 153 and currently teaching in a preschool or child care setting in the role of the lead teacher or head teacher or other supervisory capacity.

This course is designed for the beginning director of child care and preschool programs. It includes administrative tools, knowledge and techniques needed to organize, open and operate a child development facility. Topics include budget, management, regulatory laws, and development of school policies and procedures. This course is required by the California Department of Social Services and California Department of Education for child care and preschool program directors and site supervisors.

Transfers to CSU

CHILD DEVELOPMENT 138 † Administration of Child Development Programs II

3 units, 3 hours lecture

Recommended Preparation: A “C” grade or higher or “Pass” in Child Development 137 or equivalent.

This course is designed for the experienced director of childcare and preschool programs. The focus of this class is on human relationships in the professional setting. Included topics are political, fiscal, and working conditions and how they affect turnover and morale of staff; support for families in the program and managing personal growth and development.

Transfers to CSU

CHILD DEVELOPMENT 141 † Working with Children with Special Needs

3 units, 3 hours lecture

Recommended Preparation: Child Development 124 or 125.

The course focuses on strategies for working with children with special needs including physical, neurological and sensory challenges, developmental delays, learning disabilities and giftedness, and emotional and behavioral disorders. With an emphasis on inclusion in the traditional classroom and the childcare setting, this class will include compliance with legislation, observation, identification and referral processes, family involvement, and modification of the environment and curriculum.

Transfers to CSU

CHILD DEVELOPMENT 143 † Responsive Planning for Infant/Toddler Care

3 units, 3 hours lecture

Recommended Preparation: A “C” grade or higher in Child Development 124 or 125 or equivalent.

This course will examine programs, philosophies and components of high quality group care for infants and toddlers. Students will develop planning skills for environments, experiences, and care giving routines that are based on respectful relationships and needs of diverse children and families. Emphasis will be on building relationships between the family, child, and caregiver in the context of linguistic, cultural, socioeconomic, individual family differences, and special needs.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

CHILD DEVELOPMENT 144 † **Baby Signs: Communicating with Infants/Toddlers**

1 unit, 1 hour lecture

This course is an introduction to gestural communication or “Baby Signs” with normally developing infants and toddlers. Modified sign-language is taught as a means of communication with preverbal or newly verbal children. An emphasis is placed on incorporating gestures into daily routines, play, and song in infant care settings to foster reciprocal and responsive relationships. Strategies for teaching parents about “Baby Signs” and working with children’s individual needs are included.

Transfers to CSU

CHILD DEVELOPMENT 145 † **Child Abuse and Family Violence in Our Society**

3 units, 3 hours lecture

Child abuse and neglect, domestic violence, elder abuse and community violence as well as safety and self protection will be examined with an emphasis on how the classroom teacher, foster parents and members of the general public can recognize, prevent, report, and intervene in cases of child abuse and domestic violence.

Satisfies General Education for: Grossmont College D; CSU D

Transfers to CSU

CHILD DEVELOPMENT 153 † **Teaching in a Diverse Society**

3 units, 3 hours lecture

Analysis of the many contexts and variables related to an individual’s socialization process and how these forces impact on one’s work with children and families. This course will examine and discuss topics related to culture, race, ethnicity, religion, gender, socioeconomic status, sexual orientation, special needs, and diverse lifestyles as they are represented in our schools and society at large. This course includes self-reflection as a tool for personal growth. Current social issues will be examined through the lens of global diversity. Students will better understand their own attitudes regarding diversity and apply this knowledge to their work with children and families.

Satisfies General Education for: Grossmont College D

Transfers to CSU

CHILD DEVELOPMENT 168 † **Positive Guidance in Early Childhood Setting**

1 unit, 1 hour lecture

This course provides teachers and child care providers with the tools to create an environment that supports children’s behavior. It addresses the development, social, and cultural understanding of the reasons for children’s behavior. Practical classroom strategies including indirect guidance, verbal guidance, positive interaction skills, modeling and problem solving will be explored. The importance of building positive relationships with the family is also included. This course is offered on a Pass/No Pass basis only.

Transfers to CSU

CHILD DEVELOPMENT 169 † **Helping Children Cope with Crisis and Change**

1 unit, 1 hour lecture

Children see the world from an entirely different perspective than adults, including how they cope with life’s adversities. This class will assist the caregiver (parent, teacher or child care provider) in first, identifying children who may be dealing with a crisis or change in their life that is impacting their wellness, and secondly, offering the adult the tools for helping the child learn to cope with a crisis or change.

This course is offered on a Pass/No Pass basis only.

Transfers to CSU

CHILD DEVELOPMENT 174 † **The Reggio Emilia Approach to Learning: An Introduction**

3 units, 3 hours lecture

The Reggio Emilia Preschools and Infant/Toddler programs are recognized as outstanding early childhood programs. This course will provide students with an overview of the principles and classroom applications of the Reggio approach. The role of the teachers, working in collaboration, in daily implementation of a social-constructivist approach will be explored. Students will be provided with information about schools locally and in other areas of the United States implementing the Reggio approach.

Transfers to CSU

CHILD DEVELOPMENT 175 † **Documenting Children’s Learning in Early Childhood Education**

3 units, 3 hours lecture

Recommended Preparation: Child Development 125 and 174.

The preschools and infant/toddler centers of Reggio Emilia, Italy are recognized as examples of best practices in early childhood education. This course will provide students with an in-depth exploration of the process of documentation including the role of the teacher and the use of technology in documenting children’s learning. Students will explore the relationship of documentation to the co-construction of curriculum. Classroom activities and assignments will require a student to be actively involved with young children.

Transfers to CSU

CHILD DEVELOPMENT 212 † **Practicum in Early Childhood Education**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A “C” grade or higher or “Pass” in CD 123, 125, 130 and 131 or equivalent.

In this course students will practice and demonstrate developmentally appropriate early childhood program planning and teaching competencies under the supervision of ECE/CD faculty and other qualified early education professionals. Students will utilize practical classroom experiences to make connections between theory and practice, develop professional behaviors, and build a comprehensive understanding of children and families. Child-centered, play-oriented approaches to teaching, learning, and assessment; and knowledge of curriculum content areas will be emphasized as student teachers design, implement, and evaluate experiences that promote positive development and learning for all young children. This course is for the Associate in Arts in Early Childhood Development for Transfer Degree.

Transfers to CSU

CHILD DEVELOPMENT 213 † **Observation and Assessment**

3 units, 3 hours lecture

This course focuses on the appropriate use of a variety of assessment and observation strategies to document child development and behavior. Child observations will be conducted and analyzed. This course is for the Associate in Arts in Early Childhood Development for Transfer Degree only.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

CHINESE (CHIN)

CHINESE 120 † Chinese I

5 units, 5 hours lecture

An introductory course to the Chinese language and the culture of its speakers. This course facilitates the practical application of the language in everyday oral and written communication at the beginning novice level. Since the focus will be on basic communication skills, the class will be conducted in Mandarin Chinese as much as possible. While becoming familiar with the Chinese speaking world, students will learn structures that will enable them to function in Chinese in everyday contexts.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

CHINESE 121 † Chinese II

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Chinese 120 or two years of high school Chinese or equivalent.

This second course will continue to develop oral skills based on practical everyday needs and written skills based on formal communication.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

CHINESE 220 † Chinese III

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or Pass in Chinese 121 or three years of high school Chinese or equivalent.

Chinese 220 is the continuation of Chinese 121. The course will continue to develop oral, listening, reading, and writing skills in order to acquire proficiency in Mandarin Chinese.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

CHINESE 221 † Chinese IV

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or Pass in Chinese 220 or four years of high school Chinese or equivalent.

Chinese 221 is the continuation of Chinese 220. The course will continue to develop oral, listening, reading, and writing skills in order to acquire proficiency in Mandarin Chinese.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

CHINESE 250 † Conversational Chinese I

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or Pass in Chinese 121 or three years high school Chinese or equivalent.

This course will continue to develop oral, listening, reading, and writing skills with emphasis in oral proficiency in Mandarin Chinese.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

CHINESE 251 † Conversational Chinese II

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or Pass in Chinese 250 or four years high school Chinese or equivalent.

This course will continue to develop oral, listening, reading, and writing skills with emphasis in oral proficiency in Mandarin Chinese.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

COMMUNICATION (COMM)

COMMUNICATION 120 † Interpersonal Communication

3 units, 3 hours lecture

This course provides the student an opportunity to learn and apply, in daily life, principles of interpersonal communication, effective rhetorical strategies, and public speaking skills. Students present speeches and participate in structured oral and written exercises and simulations; these activities are designed to enhance communicative awareness and skills in interpersonal contexts. Emphasis is on personal, situational and cultural influences on interaction. It is designed to assist students in improving their own interpersonal and oral communication skills. Attention is given to rhetorical strategies, human perception, interpersonal dynamics, listening, conflict management, and verbal/nonverbal communication skills, including delivery of speeches.

Satisfies General Education for: Grossmont College A2; CSU A1; IGETC 1C
Transfers to CSU, UC

COMMUNICATION 122 † Public Speaking

3 units, 3 hours lecture

This course offers an opportunity for improvement in the basic process of public speaking to audiences in diverse settings. An introduction to rhetorical theory is included. Attention is given to the basic elements of topic selection, analysis of diverse audiences, research, organization, argumentation and delivery of speeches and presentations.

Satisfies General Education for: Grossmont College A2; CSU A1; IGETC 1C
Transfers to: CSU, UC

COMMUNICATION 123 † Advanced Public Speaking

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in COMM 122 or equivalent.

Advanced training in the preparation and delivery of common types of public speaking. There is an emphasis on new theoretical approaches to the process of oral communication.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

COMMUNICATION 124 † **Intercultural Communication**

3 units, 3 hours lecture

The purpose of this course is to explore and learn about intercultural communication: the study of face-to-face communication between people from different cultural backgrounds, including those reflecting national or ethnic diversity. This course will utilize a culture-general approach, meaning that the focus will be in general principles of intercultural communication that are applicable across a broad spectrum of cultures and contexts.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

COMMUNICATION 126 † **Communication Studies: Health and Wellness**

3 units, 3 hours lecture

This introductory course provides students the opportunity to study and to apply principles and practices of health communication in a variety of contexts. Students will explore ways in which we communicate about health, cope with health-related problems, and influence one another's health-related behaviors. Specifically, topics cover provider-patient interaction, health and identity, the role of culture in health, health literacy, health in the work place, support networks, empathy, listening, and health campaigns. This course benefits all students interested in communication studies. The overall goal for this course is to prepare students to communicate effectively in their roles as health citizens, patients, personal and professional caregivers or healthcare providers.

Satisfies General Education for: Grossmont College D

Transfers to CSU

COMMUNICATION 128 † **Global Communication**

3 units, 3 hours lecture

This interdisciplinary course is a classroom-to-classroom exchange that offers participants the opportunity to grow as global citizens by developing relationships with students at a college in another country. The course merges the Communication, Education, and Information Technology disciplines to form a global communication content base that focuses on the improvement of cross-cultural communication skills. The principles of Cognitive Education Theory set the constructivist mode for the course, while the Theory of Technological Change takes the student on a historical journey of the evolution of technology from data processing to its current form, the merging of minds, technology and human-environment interaction. Theories from the communication field are the foundation for the real cross-cultural interaction that takes place in the course as well as the analysis of real life cultural context situations. Emphasis is placed on global factors that have brought cultures into frequent contact, specifically in the education, business and healthcare contexts, and how cultural and technological factors influence interaction in these environments.

Satisfies General Education for Grossmont College D; CSU D

Transfers to: CSU, UC

COMMUNICATION 130 † **Fundamentals of Human Communication**

3 units, 3 hours lecture

A survey of the theory, basic principles, and methods of human communication with emphasis on improving speaking and listening in public speaking, interpersonal and group context.

Satisfies General Education for: Grossmont College A2; CSU A1; IGETC 1C

Transfers to CSU, UC

COMMUNICATION 135 † **Oral Interpretation of Literature**

3 units, 3 hours lecture

This course provides both a theoretical and a practical exploration of the oral interpretation of literature. Attention is given to art appreciation, art criticism, and analysis as it relates to the performance of literature in various genres. The oral interpretation of traditional literary genres of poetry, prose, and drama is practiced, as well as newer and more diverse modes of expression such as spoken word and other cultural forms of artistic expression. Emphasis is on the effective interpretation, communication, and performance of various literary works.

Satisfies General Education for: Grossmont College C

Transfers to: CSU, UC

COMMUNICATION 136 † **Readers Theatre**

3 units, 3 hours lecture

The course is designed to provide training in the theory, concepts and history of Readers Theatre. The course covers principles of literature selection, analysis, adaptation, direction, and presentation, as well as literary methods and modes of narration.

Satisfies General Education for CSU C2

Transfers to: CSU, UC

COMMUNICATION 137 † **Critical Thinking in Group Communication**

3 units, 3 hours lecture

This course is designed to assist students in the development of critical thinking and decision making skills in the small group communication context. There is an emphasis on the basic elements of critical thinking, such as evidence, reasoning, and language. In addition to examining these basic elements, students become familiar with leadership strategies, problem solving techniques, discussion plans and conflict management as applicable in groups.

Satisfies General Education for: Grossmont College C; CSU A3

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

**COMMUNICATION 144 †**

(Ethnic Studies 144)

Communication Studies: Race and Ethnicity*3 units, 3 hours lecture*

This course provides both a theoretical and a practical exploration of communication, race, and ethnicity in the general context of U.S. culture. Attention is given to race and ethnicity in popular culture and to how contemporary and historical constructions of race and ethnicity influence everyday communication interactions. Emphasis is on developing communication competence in situations where perceived racial or ethnic difference factors into successful communication outcomes.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4

Transfers to: CSU, UC (credit limited: see page 54)

COMMUNICATION 145 †
Argumentation*3 units, 3 hours lecture*

This course emphasizes the construction and analysis of public argument. The course covers the theory of argument, the processes and development of arguments and the application of argument to decision-making. Topics include: methods of critical inquiry and advocacy; identifying fallacies in reasoning and language; testing evidence and evidence sources; advancing a reasoned position; and defending and refuting arguments. Analysis, presentation, and evaluation of oral and written arguments are emphasized.

Satisfies General Education for: Grossmont College C; CSU A3

Transfers to: CSU, UC

COMMUNICATION 238 †
Speech and Debate Competition I*1 unit, 1 hour lecture, 1 hour laboratory*

This is the introductory course to intercollegiate forensics – Grossmont's Speech and Debate Team. It is designed to give students preparation procedures for competitive speech/debate tournaments. Students will learn the requirements for the four major areas of competitive speaking: public address, oral interpretation, impromptu/extemporaneous speaking, and debate. The student will be required to participate or observe at one tournament or public speaking activity.

Transfers to CSU

COMMUNICATION 239 †
Speech and Debate Competition II*2 units, 2 hours lecture, 1 hour laboratory*

This course is designed for the student to compete in intercollegiate speech and debate tournaments, through the Grossmont Speech and Debate Team. Students will develop speech performance skills by selecting areas of emphasis which include public speaking, oral interpretation or debate events. This course requires competition in at least one tournament or public speaking activity.

Transfers to CSU

COMMUNICATION 240 †
Speech and Debate Competition III*3 units, 2 hours lecture, 3 hours laboratory*

This course is designed for students to develop speaking and argumentation skills by competing in multiple intercollegiate speaking competitions, festivals or public events as members of the Grossmont Speech and Debate Team. Emphasis is on group and oral performance for team competition at state and national tournaments. Students will focus on multiple events from parliamentary debate, platform speaking, extemporaneous speaking, or oral interpretations events. Competition at two or more tournaments or public speaking activities required.

Transfers to CSU

COMMUNICATION 241 †
Speech and Debate Competition IV*3 units, 2 hours lecture, 3 hours laboratory*

This course is designed for the student who has competed in intercollegiate forensics tournaments, and wants to focus on one or more specific areas of emphasis as a member of the Grossmont Speech and Debate Team. Team leadership skills, debate theory, research analyzing political and social issues, directing and writing of readers theatre, and coaching skills, may be selected as possible focus areas. Competition at three or more tournaments or public speaking activities required.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

COMPUTER SCIENCE INFORMATION SYSTEMS (CSIS)

COMPUTER SCIENCE INFORMATION SYSTEMS 105 †

Introduction to Computing

3 units, 2 hours lecture, 3 hours laboratory

This is an introductory small computing course for those desiring beginning computer knowledge and skills. It includes an overview of a typical personal computer system including input and output devices, the processor, and storage devices. Also included is hands-on experience with a computer and popular application software, including Microsoft Word, Excel, Access and PowerPoint. Emphasis will be placed on those skills and knowledge needed to use and maintain a home or small business computer.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 110 †

Principles of Information Systems

4 units, 3 hours lecture, 3 hours laboratory

An introductory course in Information Technology with an emphasis on business and business-related applications. Concepts include computer organization, data processing systems, decision support systems, systems analysis and design, as well as ethics, security, e-commerce, global information systems and application software. The laboratory component consists of hands-on problem solving using software applications including spreadsheets and databases.

Transfers to: CSU, UC

COMPUTER SCIENCE INFORMATION SYSTEMS 111 †

Beginning Web Page Design

1.5 units, 1 hour lecture, 1.5 hours laboratory

A beginning web site creation course emphasizing creation and implementation using current web authoring software. This course is intended for the beginner at web page creation. This class provides hands-on instruction in the use of one or more state-of-the-art software website builder tools for creating simple business or personal web sites. This class will cover the essential skills involved in developing, modifying and publishing web sites utilizing modern technology.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 112 †

Windows Operating System

3 units, 3 hours lecture

This course introduces the Microsoft Windows family of operating systems concentrating primarily on the most current version. Coverage begins with the desktop graphical user interface and ends with the configuration and maintenance of Windows as might be required of a home or small business user. Topics will include hardware and software installation maintenance, networking, mobile computing, security and file sharing, administrative tools, scripting and batch files, and maintenance and performance tuning. The course will also cover file systems, storage devices, communication devices, command line options, registry repairs, disaster recovery, and troubleshooting.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 113 †

Introduction to Linux

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 110 and 112 or equivalent.

This course provides a solid framework into the concepts, installation, and configuration of server Operating System (OS). Topics include understanding of the desktop environments used in the server environment. It describes ways of exploring and understanding of the OS. It demonstrates the system administration tasks and how they are used to provide support for multiple users. It describes issues related to security and shows how to automate tasks through shell scripting.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 119 †

Introduction to Computer Programming

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 110 and 112 or equivalent.

An introductory course in computer programming as a foundation for more advanced programming, computer science, computer networking, or software engineering courses. Emphasis is on the development of problem solving skills as it introduces students to computer programming principles and best practices using modular and Object Oriented programming concepts. Attention is given to development of effective software engineering practices emphasizing such principles as analysis and design decomposition, encapsulation, procedural abstraction, testing and software reuse. Students learn and apply standard programming constructs, problem-solving strategies, the concept of an algorithm, fundamental data structures, and the machine representation of data.

Transfers to: CSU, UC

COMPUTER SCIENCE INFORMATION SYSTEMS 120 †

Computer Maintenance and A+ Certification

3 units, 2 hours lecture, 3 hours laboratory

Preparation for the A+ Certification exam, an industry-sponsored test that establishes a benchmark level of knowledge and competence expected of computer service technicians in entry-level positions. A+ Certification also serves as the foundation for computer service professionals who are pursuing other valuable industry certifications such as the Cisco Certified Networking Associate (CCNA), Network+, and Microsoft Certified Professional (MCP). Students will gain a comprehensive knowledge base in computer hardware, DOS and Windows operating systems, networking basics, printers, and customer service. Hands-on labs using the latest computer components and operating systems provide an opportunity for students to enhance their skills in assembling, disassembling, servicing, troubleshooting, and upgrading advanced computer and networking systems.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

COMPUTER SCIENCE INFORMATION SYSTEMS 121 †**Introduction to Cybersecurity**

3 units, 2 hours lecture, 3 hours laboratory

Practical introductory course intended for those interested in learning about cybersecurity. Lectures, laboratories, and practical assignments will emphasize skills needed to work effectively in the area of cybersecurity. Some topics include: Internet security basics, hackers, spyware, phishing, spam, zombies, Trojan horses, worms, viruses, wi-fi security, denial-of-service, web-blocking, firewalls, proxy servers, operating system security, browser and web security, and cryptography. Includes installation and configuration of security tools and utilities.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 125 †**Network + Certification**

3 units, 2 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 110 or CSIS 120 or equivalent.

Practical course intended for those interested in learning computer networking with an emphasis on earning the Computing Technology Industry Association's (CompTIA) Network+ certification, a foundation-level, vendor-neutral international industry credential that validates the knowledge of networking professionals. Earning this certification demonstrates that a candidate can describe the features and functions of networking components, and possesses the knowledge and skills needed to install, configure and troubleshoot basic networking hardware, protocols and services. It also indicates technical ability in the areas of media and topologies, protocols and standards, network implementation, and network support. Throughout the course, theory will be demonstrated and practiced in laboratory exercises. Lectures, laboratories and practical assignments will emphasize skills needed to work effectively in the networking environment and to earn the Network+ certification.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 130 †**Windows Server: Installing and Configuring**

2 units, 1 hour lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in CSIS 112 or equivalent

Comprehensive hands-on system administration course focusing on the installation, initial implementation, and configuration of Windows server software core services, including: Active Directory (AD) Domain Services, local storage, file and print services, group policy and server virtualization technologies.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 132 †**Introduction to Web Development**

3 units, 2 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 105 or 110 or equivalent.

This course surveys and introduces web design and development fundamentals, involving key technologies and skills used in website construction alongside hands-on coding experience. Best practices in coding and debugging HTML and CSS will be emphasized along with the use of modern CMS systems such as WordPress. Other topics will include web terminology, technology and careers, website development platform options, code editors, and web graphics.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 133 †**Intermediate Web Development**

3 units, 2 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 132 or equivalent.

This course builds on the skills introduced in Introduction to Web Development with hands-on projects that reinforce and further develop HTML5 and CSS3 expertise. Mobile development is addressed in detail. Also covered are content management systems (CMS), Search Engine Optimization (SEO), and usability issues.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 135 †**JavaScript Programming**

3 units, 2 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 133 or equivalent.

An introductory course in JavaScript programming focusing on creating dynamic web pages. The course will include embedding JavaScript in HTML, event-handling, writing, and calling JavaScript functions, as well as exploring jQuery and its relationship to JavaScript.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 145 †**Introduction to TCP/IP**

2 units, 2 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 125 or equivalent.

This course introduces the student to the operation of the Transmission Control Protocol/Internet Protocol (TCP/IP) standard and related protocols. The course will cover the underlying components and protocols that make up the Internet. Tools used to navigate and access information on the Internet will be studied.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 147 †

(Business 147)

Social Media and Internet Marketing

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in Business 146 and CSIS 132 or equivalent.

This course will provide students with skills to achieve online marketing success in social media and integrate their Web presence with offline traditional marketing methods. The course will provide students with a basic working knowledge of methods used to help drive traffic to a web site, attract visitors and turn them into customers. Students will develop search engine optimization skills as well as explore search engine marketing, social media marketing, affiliate marketing, directory submission, and email marketing. Students will learn how to compete in new internet marketing channels, employ market research, acquire traffic, and track visitor trends.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

COMPUTER SCIENCE INFORMATION SYSTEMS 151 †**Introduction to Photoshop**

3 units, 3 hours lecture

This course provides the student with step-by-step instructions on how to create cutting-edge graphics and special effects with Photoshop. Using hands-on real world projects, the student will learn the optimal use of layers, layer effects, photo retouching, color adjustments, working with masks and layers, and composites. The student will learn how to create images of different formats for different applications and how to create files for the array of digital devices available today. This is not an artistic design course, but emphasizes tools used by the Photoshop software application.

Transfers to: CSU, UC

COMPUTER SCIENCE INFORMATION SYSTEMS 160 †**Introduction to Video Game Development**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 110 or 105 or equivalent.

This course provides an introduction to the theory and practice of video game design and development. Students will survey the historical, technological, business, social and psychological aspects of the video gaming industry; analyze popular PC, handheld, and console games; understand the roles of the development team members; and design and create their own game using an existing game engine.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 161 †**Intermediate Video Game Development**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 160 or equivalent.

This course will provide students with the theory and practice of computer game design and development. Students will build on their knowledge of PC and console game theory, designing and creating their own games. This course will emphasize game story development and game character development as it pertains to designing a viable video game project. Sprite animation, input controls and sound programming will be covered. Students will be introduced to 3D animation software. This course is intended for non-computer programmers.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 165 †**Assembly Language and Machine Architecture**

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in CSIS 296 or equivalent.

This is an introductory course in assembly language programming and machine architecture for small computers. Topics covered include number theory, registers, memory, CPU, linkers, debuggers, basic language syntax and high-level language/operating system interface. This course is intended for persons with a prior background in any other programming language, and will emphasize those applications not easily performed using higher-level languages.

Transfers to: CSU, UC

COMPUTER SCIENCE INFORMATION SYSTEMS 180 †**Fundamentals of Database Design**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 110 or equivalent.

This course introduces the student to fundamental design strategies of relational data models for organizations. Concepts will include assessing organizational needs, logical design and application generating tools, normalization strategies, database architectures, data models, integrity rules, and query formulation skills. Students will formulate, design, implement, and manipulate databases using a commercial software package.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 195 †**Video Editing on the PC**

3 units, 3 hours lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 105 or 110 or equivalent.

This course introduces the fundamentals of a non-linear video editing software application using a personal computer. This is a hands-on course in which students will gain practical experience in editing digital footage.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 213 †**Linux System Administration**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in CSIS 113 or equivalent.

Comprehensive hands-on application and instruction in multi-user, multi-tasking operating systems and networked operating systems. Topics include: operating system installation and configuration, storage configuration and management, server security configuration, user and group management, configuration and management of various server roles (such as: LDAP, DNS, DHCP, Print, Mail, Samba, Apache), troubleshooting, and disaster recovery. Course maps to the Linux Professional Institute (LPI) Certification Level 2 exam.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 230 †**Windows Server: Administering**

2 units, 1 hour lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in CSIS 130 or equivalent.

Comprehensive hands-on system administration course focusing on the administration tasks essential to administering a Window server infrastructure, including user and group management, network access, and data security.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 240 †**Discrete Structures**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in CSIS 293 or equivalent.

This course is an introduction to the discrete structures in computer science with an emphasis on their applications. Topics covered include: Functions, Relations and Sets; Basic Logic; Proof Techniques; Basics of Counting; Graphs and Trees; and Discrete Probability.

Satisfies General Education for CSU B4

Transfers to CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

COMPUTER SCIENCE INFORMATION SYSTEMS 250 †**Introduction to Python Programming**

4 units, 3 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 119 or equivalent.

This is an introductory course in Python programming. Topics covered include basic language syntax, functions, control flow, looping, data types, strings, lists, dictionaries, exception handling, software tools and libraries, and functional vs object oriented programming concepts. This course is intended for persons with a prior background in any programming language.

Transfers to: CSU, UC

COMPUTER SCIENCE INFORMATION SYSTEMS 251 †**Intermediate Python Programming and Fundamental Data Structures**

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher of "Pass" in CSIS 250 or equivalent.

This course is the continuation of CSIS 250. Topics covered include: Multithreading, Recursion, Network Programming, Client/Server Programming, Searching, Sorting, Big-O Notation, Complexity Analysis, Collections, Arrays and Linked Structures, Interfaces, Implementations, Polymorphism, Inheritance and Abstract Classes, Stacks, Queues, Lists, Hash Tables, Trees, Sets, Dictionaries, and Graphs. Applications in Business Intelligence, Machine Learning, Cybersecurity, Autonomous Systems, Big Data, and Data Science.

Satisfies General Education Requirements for: CSU B4

Transfers to: CSU, UC

COMPUTER SCIENCE INFORMATION SYSTEMS 255 †**Introduction to Programmable Logic Controllers**

4 units, 3 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 250 or equivalent.

An introductory course in Programmable Logic Controller with an emphasis on industrial automation and related applications. Concepts include automation processing systems, input/output decision support systems; basic electronic circuits, ladder logic, basic analog circuit, Boolean logic, digital circuit; introduction to Raspberry Pi as the automation computer and Arduino as open source Programmable Automation Controller (PAC); typical examples of automation using Python to build Human Machine Interface HMI. The laboratory hands-on component consists of hands-on familiarization, diagnostics and solving automation setup and operational problems.

Transfers to: CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 263 †**Security+ Certification**

3 units, 2 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 125 or equivalent

Entry-level course in network security that addresses the various aspects of designing and implementing a secure network. Designed for students interested in understanding the field of network security and how it relates to other areas of Information Technology (IT). Covers materials included in the CompTIA (Computing Technology Industry Association) Security + exam.

Transfers to: CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 264 †**Ethical Cybersecurity Hacking**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in CSIS 263 or equivalent.

This course immerses IT professionals in hands-on intensive environments, providing in-depth knowledge and experience with current essential security systems. Provides understanding of perimeter defenses and leads to scanning and attacking networks; no real networks are harmed. Students learn how intruders escalate privileges and the steps to be taken to secure a system. Also covers Intrusion Detection, Policy Creation, Social Engineering, DDoS Attacks, Buffer Overflows, and Virtual Creation. Focus includes legal and regulatory requirements, ethical issues, basic methodology and technical tools used for ethical hacking and penetration tests. Students establish a pre-test agreement with the enterprise, discover and exploit vulnerabilities, participate as a member of a pen test team and prepare a penetration test report.

Transfers to: CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 265 †**Computer Forensics Fundamentals**

3 units, 2 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 264 or equivalent.

This course introduces the methods used to properly conduct a computer forensics investigation. Topics include ethics, computer forensics as a profession, the computer investigation process, operating systems boot processes and disk structures, data acquisition and analysis, technical writing, and a review of familiar computer forensics tools.

Transfers to: CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 276 †**Introduction to SQL**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 110 or equivalent.

This is an introductory course in Structured Query Language (SQL) programming intended for persons with basic computer literacy skills. The course is designed to teach students the fundamentals of good relational database design and how to use and maintain a database using the industry-standard data query and manipulation language SQL. Students will use SQL to create tables, keys and indexes, handle security in the database; and perform simple and complex queries.

Transfers to: CSU

† This course meets all Title 5 standards for Associate Degree Credit.

COMPUTER SCIENCE INFORMATION SYSTEMS 290 † Introduction to C# Programming

4 units, 3 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 119 or equivalent.

This course is designed to provide students with an introduction to C# programming in the Visual Studio integrated development environment. Emphasis will be on learning the fundamentals including sequence, decision and repetition. The course will also focus on object-oriented design, testing and debugging on a Windows .NET platform.

Transfers to CSU, UC

COMPUTER SCIENCE INFORMATION SYSTEMS 291 † Intermediate C# Programming

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in CSIS 290 or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 132 or equivalent.

This course is designed to provide students with intermediate problem-solving and computer design, primarily in a web-based environment using Microsoft C# and ASPX.

Transfers to CSU, UC

COMPUTER SCIENCE INFORMATION SYSTEMS 293 † Introduction to Java Programming

4 units, 3 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 110 and 119 or equivalent.

An introductory course in Java programming focusing on object-oriented methodology. The course will include developing fundamental programming constructs, using objects from the standard Java Class Library, writing and using new objects, developing inheritance hierarchies of classes, using polymorphism to build extendible systems, and performing the subsequent testing and debugging of these programs.

Transfers to CSU, UC

COMPUTER SCIENCE INFORMATION SYSTEMS 294 † Intermediate Java Programming and Fundamental Data Structures

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in CSIS 293 or equivalent.

This course is the continuation of CSIS 293. Students will concentrate more on the Java techniques available for the development of large, complex systems. Students will utilize the concepts of Abstract Data Type to analyze real world requirements and design class structures to meet those requirements. In particular, students will apply these skills to the understanding and use of Data Structures. The course will progress from arrays, to linear lists, to stacks, queues, deques, and trees. Big-Oh notation will be introduced and used for the analysis and comparison of algorithms to perform sorting and searching of the structures. Students will become familiar with design techniques and tools (such as UML) necessary to develop larger programs. Instruction will also focus on object oriented programming and its principles of polymorphism, encapsulation, inheritance, collection classes and iteration protocols. Recursion and recursive data searching techniques will also be utilized in the creation of efficient, optimized algorithms.

Transfers to CSU, UC

COMPUTER SCIENCE INFORMATION SYSTEMS 295 † Android Application Development with Java

3 units, 2 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 293 or equivalent.

This course is intended to give the student basic and intermediate skills in the development of applications for any Android powered smart phone. Students will utilize the Java programming language and a modern Integrated Development Environment (IDE) to analyze and design real world applications. They will become skilled in use of the Android Application Programming Interfaces (API's) to develop applications that exhibit and/or utilize desirable attributes such as: 1) retrieving Internet data via REST web services; 2) use of Google Maps; 3) location awareness with the ability to utilize/the phone's GPS APIs; 4) complex Graphic User Interfaces (GUI) based on and using Android widgets; 5) development of and/or integration with telephony and networking applications; 6) sprite animation; 7) open GL graphics; 8) game development using existing game engines.

Transfers to CSU

COMPUTER SCIENCE INFORMATION SYSTEMS 296 † Introduction to C++ Programming

4 units, 3 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in CSIS 119 or equivalent.

This is an introductory course in C++ programming. Topics covered include basic language syntax, functions, data types, pointers, strings, structures, software tools, and an introduction to classes. This course is intended for persons with a prior background in any programming language.

Transfers to: CSU, UC

COMPUTER SCIENCE INFORMATION SYSTEMS 297 † Intermediate C++ Programming

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in CSIS 296 or equivalent.

This second course in C++ programming explores some of the more advanced concepts of the language including object oriented programming, error handling, and data structures.

Transfers to: CSU, UC

COUNSELING (COUN)

COUNSELING 095 †† Academic and Financial Aid Planning

.5 units, 8 hours lecture session

This course will familiarize students with: (a) financial aid resources available to them to meet educational expenses; (b) Grossmont College's Financial Aid Satisfactory Academic Progress policy; (c) federal/state regulations for determining and maintaining eligibility for financial aid eligibility; (d) the student's rights and responsibilities in receiving aid. Students will learn how to prepare an income and expense budget. They will receive an overview of campus resources. Finally, they will develop a two-year Student Educational Plan to meet their objectives. This course is offered on a Pass/No Pass basis only. (Non-degree credit course)

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

COUNSELING 104 † **Introduction to College Success Strategies**

1 unit, 1 hour lecture

This course is designed to equip students with the skills they need to be successful in college. An overview of college expectations, student responsibilities, successful student behavior, and study skills will be presented. Students will be exposed to strategies for goal setting, educational planning, time management, textbook reading, note-taking, and test preparation. They will also be introduced to degree/transfer programs and campus resources.

COUNSELING 110 † **Career Decision Making**

1 unit, 1 hour lecture

Lecture, group discussion, experiential activities and vocational assessment tools will be utilized to assist students in identifying their individual interests, values, and personality styles. Students will conduct educational and career research that will help them relate their vocational assessment results to setting academic and career goals. Students will learn essential skills to getting a job; resume formats, job application and interviewing techniques.

Transfers to CSU

COUNSELING 120 † **College and Career Success**

3 units, 3 hours lecture

Learn how to be successful in college by improving study skills such as textbook reading and marking, note-taking, listening to lectures, managing time, studying for tests and improving memory. Additional success topics include exploring motivation and attitudes, managing stress, developing creativity, improving communications and relationships, and maintaining optimum health. Discover your values, interests, aptitudes and personal strengths in order to plan your education and a successful career.

Satisfies General Education for: CSU E

Transfers to CSU, UC

COUNSELING 130 † **Study Skills and Time Management**

1 unit, 1 hour lecture

This course is designed to prepare students to adjust to the academic community by learning to plan and study effectively within given time limitations. Strategies include: time management, textbook mastery, library research skills, note-taking, exam preparation, goal-setting, and stress reduction and educational planning.

Transfers to CSU

COUNSELING 137 † **Maximize Your Learning**

.5 unit, 8 hour lecture session

An interactive and cooperative learning approach designed to explore, discuss and implement proven strategies to enhance success in college. The course will review study skills and emphasize developing a student educational plan to achieve expected outcomes in college and beyond. This course is offered on a Pass/No Pass basis only.

Transfers to CSU

Cross-Cultural Studies (CCS) is now Ethnic, Gender, and Social Justice Studies (EGSJ)

Courses are now found under Ethnic Studies (ETHN) and Gender Studies (GEND)

See Also:

Child Development 153:

Teaching in a Diverse Society

French 152:

The French-Speaking World:

A Cross-Cultural Perspective

Japanese 149:

Japanese Culture and Civilization

Spanish 122:

Spanish for the Native Speaker I

Spanish 123:

Spanish for the Native Speaker II

CULINARY ARTS (CA)

CULINARY ARTS 105 † **Home Cooking Essentials**

2 units, 1 hour lecture, 3 hours laboratory

A course for the home cooking enthusiast who wants to learn and apply scratch cooking to various breakfast/brunch items, appetizers, entrées and desserts. Includes proper sanitation, knife skills, seasonal meal planning, cultural food diversity and costing. This course is offered on a Pass/No Pass basis only.

Transfers to CSU

CULINARY ARTS 160 † **Banquet Service Production**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 171 or equivalent.

Principles and application of banquet food preparation and production for on-campus dining facility. This restaurant service class emphasizes planning, practicing and serving guests a weekly 4-course meal. Cooking skills acquired in previous culinary classes will be practiced and applied as well as sanitation and time utilization. Setting up a dining room and guest services will be examined and applied.

Transfers to CSU

CULINARY ARTS 163 † **Food Purchasing for Culinary Arts**

1 unit, 1 hour lecture

This course covers food purchasing policies, laws, and methods used currently in the food service industries. Focus will be on evaluating food quality requirements, selecting vendors, pricing decisions and purchasing ethics.

Transfers to CSU

CULINARY ARTS 164 † **International Cooking**

3 units, 2 hours lecture, 3 hour laboratory

Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 169 or equivalent.

A course exploring various international and ethnic food patterns and food preparation techniques. Economic, agricultural, religious, historical and nutritional aspects of foods from a variety of world cultures will be examined. Emphasis will be on preparation of popular dishes from different cultures that impact culinary arts today.

Transfers to: CSU, UC

CULINARY ARTS 165 † **Sanitation for Food Service**

1 unit, 1 hour lecture

A basic course in food service sanitation leading to a National Restaurant Association Food Handlers' certificate. Instruction covers microbiology of food borne illnesses, prevention techniques, personal sanitation practices, housekeeping and waste disposal. Food safety and storage information includes receiving and storage techniques, sanitary food production, sanitation of kitchen, dining rooms, legal regulations and safety considerations as well as training techniques.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

CULINARY ARTS 166 † **Menu Management**

1 unit, 1 hour lecture

Introduction and application of principles of basic menu management for the food service industry. Emphasis will be on nutrition and menu planning, styles, pricing, recipe costing, pricing and marketing. Basic math skills will be used to analyze cost, and prepare recipes, conversions and formulas that will provide necessary skills for other culinary arts courses.

Transfers to CSU

CULINARY ARTS 167 † **Wines of the World**

3 units, 3 hours lecture

An introduction to the various kinds and types of wines produced in the world. The course content includes the history of wine, classification of wine, production practices, and food and wine relationships. This class is open to all students 21 years or older who desire a background in enology, especially culinary arts students.

Transfers to CSU

CULINARY ARTS 169 † **Essential Skills for Culinary Arts**

3 units, 2 hours lecture, 3 hours laboratory

Introduction and application of the principles of essential culinary arts skills. Emphasis will be on sanitation practices, knife skills, product identification, basic cooking techniques, tasting and seasoning, proper equipment use and good time management. These essential skills will be used to prepare recipes and formulas that will provide necessary cooking skills for other culinary arts courses.

Transfers to CSU

CULINARY ARTS 170 † **Food Service Management**

3 units, 3 hours lecture

This course is designed to prepare students to enter the professional field of food management through self-employment and off-premise events. Students will be introduced to the catering and personal chef industry including menu development, kitchen organization, cost accounting, service, rentals, staffing, contracts, legal requirements, advertising, promotion and client retention.

Transfers to CSU

CULINARY ARTS 171 † **Intermediate Culinary Skills**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 169 or equivalent.

This course will build on previous knowledge gained in Essential Skills for Culinary Arts and increase proficiency in classical and contemporary cooking techniques and plating presentations. Emphasis will be meat and fish fabrication, fundamentals of breakfast, brunch and lunch items, garde manger, grilling and line cooking.

Transfers to CSU

CULINARY ARTS 172 † **Principles of Soup, Stock and Sauce Preparation**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 169 or equivalent.

This course explores the fundamentals of making meat, fish and vegetable stocks as the building blocks for traditional and specialty soups. Classic French sauces will be covered as well as contemporary salsas, nages, flavored oils, foams and compound butters.

Transfers to CSU

CULINARY ARTS 173 † **Principles of Buffet and Catering**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 169 or equivalent.

This course will include methods and procedures needed for traditional and family style banquets, buffets, tray passed platters, action and raw bar stations. Modern techniques in molecular gastronomy and mocktails will also be introduced. Students will practice traditional and modern themes of banquet services along with a variety of station and table presentations. Logistics such as budgeting, equipment, staff and functional space for off-site buffets and catering will be explored.

Transfers to CSU

CULINARY ARTS 174 † **Principles of Baking and Pastry Making**

3 units, 2 hours lecture, 3 hours laboratory

This course introduces fundamental baking and pastry techniques used as the building blocks for a variety of pastries and desserts. Emphasis is placed on sanitation, professionalism, organization, kitchen equipment, ingredients, recipe analysis and technique, consistency of product, and teamwork.

Transfers to CSU

CULINARY ARTS 175 † **Healthy Lifestyle Cuisine**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 169 or equivalent.

This course builds on skills and techniques learned and practiced in previous culinary arts classes. Emphasis is on understanding nutritional concepts, creating healthy eating patterns, developing healthy recipes and exploring alternative ingredients. Preparations for healthy lifestyles include soups, salads and appetizers to main courses for breakfast, brunch, lunch and dinner. Healthy alternative desserts will also be explored.

Transfers to CSU

CULINARY ARTS 176 † **Advanced Baking and Pastry Arts**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 174 or equivalent.

This course will build on previous building blocks learned in Principles of Baking and Pastry Making and increase technical proficiency. Students will explore and demonstrate a broad spectrum of classical and modern applications for seasonal plated desserts, petit fours and yeast breads. Emphasis will be placed on planning and executing dessert menus utilizing organizational and time management skills for weekly campus restaurant service. Flavor/texture pairings and theory will be covered in this course.

Transfers to CSU

CULINARY ARTS 177 † **Commercial Baking**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 165 and 174 or equivalent.

Students will design and execute a broad spectrum of petit fours, breads and plated desserts for weekly on campus banquet service. Emphasis will be placed on classical and modern techniques, organization, time management and production standards. Constructing a seasonal commercial dessert menu will be introduced and analyzed.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

CULINARY ARTS 178 † **Garde Manger**

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in CA 165 and 169 or equivalent

This course is designed to prepare students in cold food preparations such as salads, dressings, hors d'oeuvres, appetizers, canapés, pâtés, terrines, cold mousses and marinades. Students will be introduced to fruit and vegetable carving as well as a variety of other functional garnishes ideas for composed dishes and platters.

Transfers to CSU

CULINARY ARTS 180 † **Advanced Food Preparation for Fine Dining**

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 171 or equivalent.

Training in advanced principles of food preparation and service for on-campus restaurant. Special instruction and practice for both classical and contemporary food preparation as related to fine dining establishments including hotels and restaurants.

Transfers to CSU

CULINARY ARTS 183 † **Pastry Skills in Bread Baking**

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 165 and 174 or equivalent.

The course will build on previous knowledge and increase proficiency in baking techniques for the production of artisan breads. Students will explore and demonstrate a broad spectrum of baking styles producing Middle Eastern, European and American style breads. Introduction to various grains, pre-ferments, mixing, shaping, and baking techniques will be explored. Other specialty bread related items such as quick breads, crackers and spreads will be incorporated within the course.

Transfers to CSU

CULINARY ARTS 184 † **Pastry Skills in Chocolate Preparation**

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 174 or equivalent.

This course focuses on understanding the process of making chocolate from bean-to-bar and how to apply techniques for making garnishes, centerpieces and various chocolate-based confections. Emphasis is placed on chocolate tasting, tempering and constructing ganache filled candies. Decorating skills will be covered using coloring, transfer sheets and airbrushing cocoa butter. Theory of flavor pairings and infusion techniques will be covered.

Transfers to CSU

CULINARY ARTS 185 † **Sugar Work and Decorative Centerpieces**

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 174 or equivalent.

This course focuses on adapting the skills and understanding needed to design and construct sugar showpieces and sugar-based confections. Students will explore and demonstrate a broad spectrum of skills such as cooking sugar, casting, pulling, blowing and other modern techniques for a variety of centerpieces, candies and sugar decorations for desserts and cakes. Color theory, height and dimensions will be introduced and applied to the finished sugar showpieces.

Transfers to CSU

CULINARY ARTS 186 † **Pastry Skills in Cake Decorating**

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in CA 165 and 174 or equivalent.

The course focuses on techniques for making and constructing specialty cakes. Students will explore and demonstrate a broad spectrum of classical and modern application of cake construction and decorating. Various cake formulas, fillings and buttercreams will be demonstrated and applied. Enrobing cakes with rolled fondant and marzipan will be practiced as well as glazing techniques. Wedding cake principles and design will be explored. Students will sharpen their artistry skills in piping, decorative cake garnishing and icing.

Transfers to CSU

CULINARY ARTS 188 † **World Beer Styles**

2 units, 2 hours lecture

An introduction to the various styles of beers produced locally and around the world. The course content includes the history of beer, production practices, taste and analysis and the relationship of food and beer pairings. This course is open to all students 21 years or older. This course is offered on a Pass/No Pass basis only.

CULINARY ARTS 280 † **Culinary Career Preparation**

1 unit, 1 hour lecture

Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 171 or equivalent.

This course covers professional resume writing, building an online portfolio and developing interview skills for food service employment. Various exciting career opportunities in the food industry will be explored as well as resources for job applications.

Transfers to CSU

CULINARY ARTS 281 † **Work Experience in Culinary Arts**

2 units, 10 hours work experience per week
120 volunteer hours or 150 paid hours

Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 165 and 169 and 171 or equivalent.

On-the-job work experience in Culinary Arts. Externship at a professional food service operation to demonstrate and increase knowledge of food preparation skills. For work experience requirements, see page 43.

Transfers to CSU

CULINARY ARTS 282 † **Advanced Work Experience in Culinary Arts**

2 units, 10 hours work experience per week
120 volunteer hours or 150 paid hours

Prerequisite: A "C" grade or higher or "Pass" in Culinary Arts 165 and 169 and 171 or equivalent.

Second on-the-job work experience in Culinary Arts. Externship at a professional food service operation to demonstrate advanced knowledge of food preparation skills. For work experience requirements, see page 43.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

DANCE (DANC)

Unless specifically required by a transfer institution for preparation for a Dance major, students are limited to four enrollments in any combination of courses related in content (families). Students intending to major in Dance at a California State University or University of California campus that requires more than the limit should see a counselor. Refer to pages 35-36 to see "Limitations on Enrollment" for specific groups of families in dance. Dance and/or Exercise Science courses that meet the fitness/wellness requirements for general education are indicated by an asterisk (*).

DANCE 068* † Introduction to Dance

1.5 units, 1 hour lecture, 2 hour laboratory
This course provides the student with a practical introduction to the technique, theory, and vocabulary of various dance genres. Students will learn and practice the fundamentals of ballet, jazz, modern, tap, and/or musical theater dance. Designed as an overview of dance, this course addresses dance genres from a historical perspective. Attention is also paid to theoretical and stylistic differences between as well as commonalities shared by various dance genres. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Requirements include attendance at one live dance concert produced by the dance department and participation in one department sponsored master class. *Satisfies General Education for Grossmont College Area E*
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 071A* † Studio Workshop in Tap Dance I

1 unit, 1 hour lecture, 1 hour laboratory
A beginning level technique course focusing on rudimentary rhythm tap technique. This class is designed for the beginning dancer or the dancer with previous training who needs to work on specific skills before moving on to a higher level of tap dance. The class will include a basic center floor warm-up, as well as a beginning level loco-motor progressions, dance combinations, and improvisation. Dance videos will be shown periodically to illustrate the history, development, and pioneers of rhythm tap dance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. *Satisfies General Education for Grossmont College Area E*
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 071B* † Studio Workshop in Tap Dance II

1 unit, 1 hour lecture, 1 hour laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 071A or Dance 081A or equivalent.
An intermediate level technique course focusing on rhythm tap technique. This class is designed for the dancer with previous training who needs to work on specific skills before moving on to a high level of tap dance. The class will include a center floor warm-up, as well as increasingly more complex loco-motor progressions, dance combinations, and improvisation. Dance videos will be shown periodically to illustrate the history, development, and pioneers of rhythm tap dance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. *Satisfies General Education for Grossmont College Area E*
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 072A* † Studio Workshop in Modern Dance I

1 unit, 1 hour lecture, 1 hour laboratory
A beginning level technique course focusing on rudimentary modern dance technique. This class is designed for the beginning dancer or the dancer with previous training who needs to work on specific skills before moving on to a higher level of modern dance. The class will include a center floor warm-up, movement progressions, and center floor patterns/combinations composed of qualities and movements introduced in the class. Dance videos will be shown periodically to illustrate a variety of movement styles and performance philosophies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. *Satisfies General Education for Grossmont College Area E*
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 072B* † Studio Workshop in Modern Dance II

1 unit, 1 hour lecture, and 1 hour laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 072A or Dance 080A or equivalent.
An intermediate level technique course which builds on the theories and skills introduced in Dance 080A and 072A. This class is designed for the dancer with previous beginning to low intermediate training who needs to work on specific skills before moving on to a higher level of modern dance. The class will include a center floor warm-up, movement progressions, and center floor patterns/combinations composed of qualities and movements introduced in the class. Dance videos will be shown periodically to illustrate a variety of movement styles and performance philosophies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class. *Satisfies General Education for Grossmont College Area E*
Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

DANCE 074A* † **Studio Workshop in Jazz** **Dance I**

1 unit, 1 hour lecture, 1 hour laboratory

A beginning level technique course which focuses on developing and/ or reinforcing skills specific to jazz dance. This class is designed for the beginning dancer or the dancer with previous training who needs to work on specific skills before moving on to a higher level of jazz dance. The class will include a stylized warm-up, basic loco-motor patterns, and center floor combinations. Dance videos will be shown periodically to illustrate a variety of movement styles and performance philosophies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Attendance is required at one live dance concert produced by the dance department, and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 074B* † **Studio Workshop in Jazz** **Dance II**

1 unit, 1 hour lecture, and 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 074A or Dance 084A or equivalent.

An intermediate level technique course focusing on jazz dance technique. This class is designed for the dancer with previous training who needs to work on specific skills before moving on to a higher level of jazz dance. The class will include a center floor warm-up, intermediate level loco-motor progressions, which will increase in complexity and difficulty, and dance combinations emphasizing intermediate level skills. Dance videos will be shown periodically to illustrate the history, development, and pioneers of American jazz dance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 078A* † **Studio Workshop in Ballet I**

1 unit, 1 hour lecture, 1 hour laboratory

A beginning technique course using a broad spectrum of ballet vocabulary. The class will begin with a warm-up to include center floor stretches, barre work, and alignment exercises. Locomotor patterns will include leaps, jumps, turns, and a variety of other ballet progressions. The class will culminate with center floor patterns composed of qualities and movements introduced during the barre work. Dance films/DVD's will be shown periodically to illustrate a variety of movement styles and performance philosophies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Attendance is required at one live dance concert produced by the dance department and participation in one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 078B* † **Studio Workshop in Ballet II**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 078A or Dance 088A or equivalent.

An intermediate level technique course using a broad spectrum of ballet vocabulary. The class will begin with a warm-up to include center floor stretches, barre work, and alignment exercises. Loco-motor patterns to include leaps, jumps, turns, and a variety of other ballet progressions. The class will culminate with center floor patterns composed of qualities and movements introduced during the barre work. Dance videos will be shown periodically to illustrate a variety of movement styles and performance philosophies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Attendance is required at one live dance concert produced by the dance department and participation in one department-sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 080A* † **Modern I**

1.5 units, 1 hour lecture, 2 hours laboratory

A beginning level technique class that focuses on basic skills related to modern dance and presents dance as a form of artistic expression. This course covers the history, theories and basic vocabulary of modern dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 080B* † **Modern II**

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 080A or equivalent.

A beginning/intermediate level technique class that builds on the theories and principles introduced in Dance 080A, focuses on developing intermediate level skills related to modern dance, and presents dance as a form of artistic expression. This course covers the history, theories and vocabulary of modern dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 080C* † **Modern III**

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 080B or equivalent.

An intermediate/advanced level technique class that builds on the theories and principles introduced in Dance 080B, focuses on developing intermediate/advanced level skills related to modern dance, and presents dance as a form of artistic expression. This course covers the history, and intermediate/advanced theories, and vocabulary of modern dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

DANCE 080D* †
Modern IV

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 080C or equivalent.
 An advanced level technique class that builds on the theories and principles introduced in Dance 080C, focuses on developing advanced level skills related to modern dance, and presents dance as a form of artistic expression. This course covers the history, and advanced theories and vocabulary of modern dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 081A* †
Tap I

1.5 units, 1 hour lecture, 2 hours laboratory
 A beginning technique class, which focuses on basic skills related to tap dance. Dance sequences emphasize rhythm tap technique. This course also covers the history, theories and basic vocabulary of tap dance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 081B* †
Tap II

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 081A or equivalent.
 An intermediate technique class, which builds on the theories and principles introduced in Dance 081A and focuses on developing intermediate level skills related to tap dance. Dance sequences emphasize rhythm tap technique. This course also covers the history, theories, and vocabulary of tap dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department, and one department master class.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 081C* †
Tap III

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 081B
 An intermediate to advanced technique class in tap which builds on the theories and principles introduced in Dance 081B and focuses on developing intermediate to advanced level skills related to tap dance. Dance sequences emphasize Broadway and/or rhythm tap technique. This course also covers the history, theories and vocabulary of tap dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 081D* †
Tap IV

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 081C.
 An advanced level technique course in tap which builds on the theories and principles introduced in Dance 081C and focuses on developing advanced level skills related to tap dance. Dance sequences emphasize Broadway and/or rhythm style tap technique. The course also covers the history, theories and vocabulary of tap dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students are required to attend one live dance concert produced by the dance department and one department sponsored master class.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 082A* †
Social and Ballroom Dance I

1.5 units, 1 hour lecture, 2 hours laboratory
 An introductory course which focuses on the fundamentals of partner dance and basic steps in a variety of ballroom dance genres. Emphasis is placed on partnering technique, frame, style, and variations for selected genres. This course is designed for dance and theatre majors as well as students who wish to explore historical dance. Students will be required to attend one live dance concert produced by the dance department, and one department sponsored master class.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 082B* †
Social and Ballroom Dance II

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 082A or equivalent.
 A beginning/intermediate level class, which builds on the theories and principles introduced in Dance 082A and focuses on developing intermediate level skills related to ballroom dance. Discussions will also focus on the history, theories, and vocabulary of social and ballroom dance. Emphasis is placed on partnering technique, frame, style, and variations which increase in complexity for selected genres. This course is designed for dance and theatre majors as well as students who wish to explore historical dance. Students will be required to attend one live dance concert produced by the dance department, one department sponsored master class, and one ballroom related event.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 083A* †
Latin American Dance I

1.5 units, 1 hour lecture, 2 hours laboratory
 Latin American Dance I is a beginning level survey course in a variety of established and emerging partnered dances of Latin American origin with an emphasis on Salsa dance. This course also addresses introductory techniques, styles, rhythms, leading or following skills, movement patterns and history of other selected dances of Latin American origin. This course is designed for students who wish to explore dances from Latin cultures and partnered dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department, and one department sponsored master class.
Satisfies General Education for Grossmont College Area E
Transfers to CSU (credit limited: see page 54), UC

† This course meets all Title 5 standards for Associate Degree Credit.

DANCE 083B* † **Latin American Dance II**

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 083A or equivalent.
 Latin American Dance II is an intermediate level survey course in a variety of established and emerging partnered dances of Latin American origin with an emphasis on Salsa dance. This course also addresses techniques, styles, rhythms, leading and following skills, movement patterns and history of other selected dances of Latin American origin. This course is designed for students who wish to explore dances from Latin cultures and partnered dance. Students will also learn the principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department, and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to CSU (credit limited: see page 54), UC

DANCE 084A* † **Jazz I**

1.5 units, 1 hour lecture, 2 hours laboratory
 A beginning level technique class that focuses on basic skills related to jazz dance. Discussions will cover the history, theories, and basic vocabulary of jazz dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 084B* † **Jazz II**

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 084A or equivalent.
 A beginning/intermediate level technique class that builds on the theories and principles introduced in Dance 084A and focuses on developing intermediate level skills related to jazz dance. Discussions will cover the history, theories, and vocabulary of jazz dance. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 084C* † **Jazz III**

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 084B or equivalent.
 An intermediate/advanced level technique class that builds on the theories and principles introduced in Dance 084B and focuses on developing intermediate/advanced level skills related to jazz dance. Discussions will cover the history and theories of jazz dance as well as intermediate/advanced level jazz dance vocabulary. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 084D* † **Jazz IV**

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 084C or equivalent.
 An advanced level technique class that builds on the theories and principles introduced in Dance 084C and focuses on developing advanced level skills related to jazz dance. Discussions will cover the history and theories of jazz dance as well as advanced level jazz dance vocabulary. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 088A* † **Ballet I**

1.5 units, 1 hour lecture, 2 hours laboratory
 A beginning level technique class, that focuses on basic skills pertaining to ballet. This course covers the history, theories and basic vocabulary of ballet. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 088B* † **Ballet II**

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 088A or equivalent.
 A beginning/intermediate level technique course that builds on the theories and principles introduced in Dance 088A and focuses on developing intermediate skills related to ballet. This course covers the history, theories and vocabulary of ballet. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

DANCE 088C* †
Ballet III

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 088B or equivalent.
 An intermediate/advanced level technique course that builds on the theories and principles introduced in Dance 088B and focuses on developing intermediate/advanced skills related to ballet. This course covers the history, intermediate/advanced theories and vocabulary of ballet. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 088D* †
Ballet IV

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 088C or equivalent.
 An advanced technique course that builds on the theories and principles introduced in Dance 088C and focuses on developing advanced skills related to ballet. This course covers the history, advanced theories and vocabulary of ballet. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 094A* †
Hip Hop I

1.5 units, 1 hour lecture, 2 hours laboratory
 A beginning level technique course designed to introduce and progressively develop urban street dance skills by integrating movement patterns with theoretical explanations of weight, posture, rhythm and interpretation of style. Emphasis is placed on developing muscle memory, stamina, and movement skills related to hip hop dance. Lectures cover hip hop as a performing art and tool for social, political, and cultural expression. Dance videos are used to further illustrate various dance techniques, movement styles, and performance philosophies. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students are required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 094B* †
Hip Hop II

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 094A
 A beginning/intermediate level technique class that builds on the theories, principles and skills introduced in Dance 094A and focuses on developing intermediate skills related to hip hop dance. Locomotor patterns and center floor combinations progress in length and complexity. Lectures cover hip hop as a performing art and tool for social, political, and cultural expression. Dance videos are used to further illustrate various dance techniques, movement styles, and performance philosophies. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students are required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 094C* †
Hip Hop III

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 094B
 An intermediate to advanced level technique class that builds on the theories, principles and skills introduced in Dance 094B and focuses on developing intermediate/advanced level skills related to hip hop dance. Locomotor patterns and center floor combinations progress in length and complexity. Lectures cover hip hop as a performing art and tool for social, political, and cultural expression. Dance videos are used to further illustrate various dance techniques, movement styles, and performance philosophies. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students are required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 094D* †
Hip Hop IV

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 094C
 An advanced level technique class that builds on the theories, principles and skills introduced in Dance 094C and focuses on developing advanced level skills related to hip hop dance. Locomotor patterns and center floor combinations progress in length and complexity. Lectures cover hip hop as a performing art and tool for social, political, and cultural expression. Dance videos are used to further illustrate various dance techniques, movement styles, and performance philosophies. Students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students are required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 095 †

(was Dance 233)

Musical Theatre Dance

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 084A or equivalent.

A course focusing on technique and performance in the musical theatre genre. Students will be introduced to a variety of Broadway choreographic styles with emphasis placed on characterization and performance quality of each theatrical style. Students will be required to attend one Grossmont College produced dance concert, and/or musical theatre production, and one dance department sponsored master class.

Transfers to: CSU, UC

DANCE 099A* †**Studio Workshop in Pointe I**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 088A or equivalent.

A technique class which focuses on developing the strength and flexibility required for pre-pointe and beginning pointe work. Though this course does cover beginning level pointe skills, students are expected to have previous experience and be able to execute intermediate level ballet skills. Also covered are the theories, and vocabulary of ballet as they relate to pointe. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department, and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 099B* †**Studio Workshop in Pointe II**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 099A or equivalent.

A technique class which focuses on developing intermediate pointe work skills incorporating the strength and flexibility learned in Dance 099A.

Though this course does cover intermediate level pointe skills, students are required to have previous experience and be able to execute high intermediate level ballet skills. Also covered are the theories, and vocabulary of intermediate ballet as they relate to pointe. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 099C* †**Studio Workshop in Pointe III**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 088B, or Dance 099B or equivalent.

A technique class which focuses on developing intermediate to advanced pointe work skills incorporating the strength and flexibility learned in Dance 099B. Though this course does not cover intermediate level pointe skills, students are expected to have previous experience and be able to execute high intermediate level ballet skills. Also covered are the theories, and vocabulary of intermediate ballet as they relate to pointe. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will be required to attend one live dance concert produced by the dance department and one department sponsored master class.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 110 †**Dance History**

3 units, 3 hours lecture

This course explores the development of dance from pre-Christian civilizations to the present and may be of interest to students who are developing an appreciation of dance as well as the serious dance student.

Satisfies General Education for: Grossmont College C, CSU C1, IGETC 3A

Transfers to: CSU, UC

DANCE 116* †**Stretch and Alignment**

1.5 units, 3 hours lecture/laboratory

This course is designed to help the student increase flexibility and improve body alignment. Floor exercises, mat work, and center floor combinations focus on safe, effective stretching. Emphasis is placed on proper body alignment while moving thus preventing injuries while performing a full range of movement. Individual alignment problems will be addressed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E, CSU D

Transfers to: CSU, UC (credit limited: see page 54)

DANCE 118A* †**Pilates I**

1.5 units, 1 hour lecture, 2 hours laboratory

This course is structured for students who seek a theoretical approach to exercise and wellness. Pilates I is designed to improve strength, body alignment, flexibility, balance, coordination, and breathing. Exercises and concepts are based on the Pilates method. The course includes a brief aerobic component with a focus on balance and stamina with a progression to the Pilates mat work. Lectures will focus on injury prevention and recognizing imbalances brought on by poor posture and injuries. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. Students will attend one live dance concert produced by the Dance Department.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

DANCE 118B* † Pilates II

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 118A or equivalent.
 This course is structure for students who seek a theoretical approach to exercise and wellness. Pilates II continues the principles of the Pilates method presented in Pilates I. Exercises and concepts are based on the Pilates method and will progress to more advanced mat work and introduction to the apparatus. The course includes a brief aerobic component with a focus on balance and stamina with a progression to the Pilates mat work. Lectures will focus on injury prevention and recognizing imbalances brought on by poor posture or injuries. Students will attend one live dance concert produced by the Dance Department.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 118C* † Pilates III

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 118B or equivalent.
 This course is structure for students who seek a theoretical approach to exercise and wellness. Pilates III continues the principles of the Pilates method presented in Pilates II. Exercises and concepts are based on the Pilates method and will progress to more advanced mat work and exercises utilizing the Pilates apparatus including the reformer, Cadillac, stability chair, and spine corrector. The course includes a brief aerobic component with a focus on balance and stamina with a progression to the Pilates mat work. Lectures will focus on injury prevention and recognizing imbalances brought on by poor posture or injuries. Students will attend one live dance concert produced by the Dance Department.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 118D* † Pilates IV

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Dance 118C or equivalent.
 This course is structure for students who seek a theoretical approach to exercise and wellness. Pilates IV continues the principles of the Pilates method presented in Pilates III. Exercises and concepts are based on the Pilates method and will progress to advanced mat work and exercises utilizing the Pilates apparatus including the reformer, Cadillac, stability chair, small and large balls, stability circle and spine corrector. The course includes a brief aerobic component with a focus on balance and stamina with a progression to the Pilates mat work. Lectures will focus on injury prevention and recognizing imbalances brought on by poor posture or injuries. Students will attend one live dance concert produced by the Dance Department.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

DANCE 120 † Dance Appreciation

3 units, 3 hours lecture
 Dance Appreciation is a survey course that examines dance as a primary mode of human expression and communication. Through viewing live and recorded performances and engaging in assigned readings, the student will place dance in a variety of cultural, artistic and historical contexts with a focus on dance in the twentieth century. Students will learn to investigate and evaluate trends and styles in dance in the historical and cultural context.
Satisfies General Education for: Grossmont College C; CSU C1, IGETC 3A
Transfers to: CSU, UC

DANCE 121 † Beginning Teaching Practicum – Dance

1.5 units, 1 hour lecture, 2 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Dance 080C or 084C or 088C or 094C or 118C or equivalent.
 This course is designed for the intermediate to advanced dancer who wishes to develop an awareness of proper teaching techniques. The student would implement these techniques into lesson plans for the intermediate technique courses offered at Grossmont College. The student, under the guidance of a department dance instructor, will analyze the instructor's lesson plans as well as develop their own series of warm-up exercises to be discussed for purpose and efficiency.
Transfers to CSU

DANCE 122 † Intermediate Teaching Practicum – Dance

1.5 units, 1 hour lecture, 2 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Dance 121 or equivalent.
 This course is designed for the intermediate to advanced dancer who wishes to develop an awareness of proper teaching techniques. The student would implement these techniques into lesson plans for the intermediate technique courses offered at Grossmont College. The student, under the guidance of a department dance instructor, would analyze the instructor's lesson plans as well as develop their own lessons to be utilized in class. Emphasis on student's lesson plan development and application of lessons in a classroom setting.
Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

DANCE 123 † **Advanced Teaching Practicum – Dance**

1.5 units, 1 hour lecture, 2 hours laboratory
Prerequisite: A “C” grade or higher or “Pass” in Dance 122 or equivalent.

This course is designed for the intermediate to advanced dancer who wishes to develop an awareness of proper teaching techniques. The student would implement these techniques into lesson plans for the intermediate technique courses offered at Grossmont College. The student, under the guidance of a department dance instructor, would analyze the instructor’s lesson plans as well as develop their own lessons to be utilized in class. Emphasis is placed on the development of lessons to be implemented in elementary and secondary schools as well as the studio environment.

Transfers to: CSU

DANCE 200A † **Touring Dance Ensemble I**

2 units, 1 hour lecture, 3 hours laboratory
Prerequisite: Audition

This course focuses on performance skills and techniques in preparation for professional applications. Intermediate and advanced level dance students rehearse and perform choreography in a variety of performance venues both on campus and in the community. Though most performances will be scheduled during class time, additional performances may be held during the evening and/or on weekends.

Transfers to: CSU

DANCE 200B † **Touring Dance Ensemble II**

2 units, 1 hour lecture, 3 hours laboratory
Prerequisite: Audition

This course focuses on choreographic and/or performance skills and techniques in preparation for professional applications. Intermediate and advanced level dance students work as choreographers and/or dancers, and rehearse and perform choreography in a variety of performance venues both on campus and in the community. Though most performances will be scheduled during class time, additional performances may be held during the evening and/or on weekends. Students also learn the rudiments of starting and running a dance company.

Transfers to: CSU

DANCE 201 † **Dance Theatre Performance I**

1 unit, 3 hours laboratory
Prerequisite: Audition.

Supervised participation as a performer in the student choreographed dance concert as determined through the audition process. This course is designed for the student who has been selected to perform in one student choreographed work. Students enrolling in this class are strongly advised to enroll in one or more technique classes for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic and performing process.

Transfers to: CSU, UC

DANCE 202 † **Dance Theatre Performance II**

2 units, 6 hours laboratory
Prerequisite: Audition.

Supervised participation as a performer in the student choreographed dance concert as determined through the audition process. This course is designed for the student who has been selected to perform in two student choreographed works. Students enrolling in this class are strongly advised to enroll in one or more technique classes for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic and performing process.

Transfers to: CSU, UC

DANCE 203 † **Dance Theatre Performance III**

3 units, 9 hours laboratory
Prerequisite: Audition.

Supervised participation as a performer in the student choreographed dance concert as determined through the audition process. This course is designed for the student who has been selected to perform in three student choreographed works. Students enrolling in this class are strongly advised to enroll in one or more technique classes for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic and performing process.

Transfers to: CSU, UC

DANCE 204 † **Dance Improvisation**

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: Dance 080A or 084A or 088A or equivalent

This course introduces the art and practice of improvisational dance. It also focuses on movement generation through the study of time, space, shape, effort, and body. Students are guided through specific exercises which enable them to discover the joy of movement and to enter into a free environment in which one can explore the unique and creative language of physical expression.

Transfers to: CSU, UC

DANCE 205 † **Choreography I**

2 units, 1 hour lecture, 3 hours laboratory
Recommended Preparation: A “C” grade or higher or “Pass” in Dance 080A or 084A or 088A or equivalent.

This course explores analysis of movement composition for the stage. The elements of space, time, shape, and energy will be examined. Movement improvisation using various forms of motivation will enhance the creative process. Various studies in elementary dance composition for solo, duet, trio and small group will be presented.

Transfers to: CSU, UC

DANCE 206 † **Choreography II**

2 units, 1 hour lecture, 3 hours laboratory
Prerequisite: A “C” grade or higher or “Pass” in Dance 205 or equivalent.

This course explores analysis of movement composition for the stage. The elements of space, time, shape, and energy will be examined. Movement improvisation using various forms of motivation will enhance the creative process. Various studies in more complex compositional forms and choreographic tasks for solo, duet, trio and small group will be presented.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

DANCE 223 † **Student Choreography for Production I**

2.5 units, 7.5 hours laboratory

Prerequisite: Audition

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 205 or equivalent.

Supervises participation as a choreographer in the student dance concert. Student choreographers will apply intermediate skills in ballet, jazz, tap, hip hop, and modern dance in concerts and community performances. Emphasis is placed on student application of dance, staging, and performance techniques in student choreographed works for small groups or large ensembles. This course is designed for dance majors and students interested in exploring the choreographic process from the inception to the stage.

Transfers to: CSU, UC

DANCE 224 † **Student Choreography for Production II**

2.5 units, 7.5 hours laboratory

Prerequisite: Audition

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 205 or equivalent.

Supervises participation as a choreographer in the student dance concert. Student choreographers will apply intermediate/advanced skills in ballet, jazz, tap, hip hop, and modern dance in concerts and community performances. Emphasis is placed on student application of dance, staging, and performance techniques in student choreographed works for small groups or large ensembles. This course is designed for dance majors and students interested in exploring the choreographic process from the inception to the stage.

Transfers to: CSU, UC

DANCE 225 † **Student Choreography for Production III**

2.5 units, 7.5 hours laboratory

Prerequisite: Audition

Recommended Preparation: A "C" grade or higher or "Pass" in Dance 205 or equivalent.

Supervises participation as a choreographer in the student dance concert. Student choreographers will apply advanced skills in ballet, jazz, tap, hip hop, and modern dance in concerts and community performances. Emphasis is placed on student application of dance, staging, and performance techniques in student choreographed works for solo, duet, or small groups. This course is designed for dance majors and students interested in exploring the choreographic process from the inception to the stage.

Transfers to: CSU, UC

DANCE 227 † **Performance Ensemble I**

1 unit, 3 hours laboratory

Prerequisite: Audition

Participation as an intermediate dancer in the faculty choreographed dance concert. Students will be admitted into the course upon successful audition. This course is designed for the student who has had prior dance training in the college or studio environment. Dance 227 reflects the number of rehearsal and performance hours required for one choreographic work. Students enrolling in this course are strongly advised to enroll in one or more technique/movement courses for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic process.

Transfers to: CSU, UC

DANCE 228 † **Performance Ensemble II**

1.5 units, 4.5 hours laboratory

Prerequisite: Audition

Participation as an intermediate dancer in the faculty choreographed dance concert. Students will be admitted into the course upon successful audition. This course is designed for the student who has had prior dance training in the college or studio environment. Dance 228 reflects the number of rehearsal and performance hours required for two choreographic works. Students enrolling in this course are strongly advised to enroll in one or more technique/movement courses for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic process.

Transfers to: CSU, UC

DANCE 229 † **Performance Ensemble III**

2 units, 6 hours laboratory

Prerequisite: Audition

Participation as an intermediate dancer in the faculty choreographed dance concert. Students will be admitted into the course upon successful audition. This course is designed for the student who has had prior dance training in the college or studio environment. Dance 229 reflects the number of rehearsal and performance hours required for three choreographic works. Students enrolling in this course are strongly advised to enroll in one or more technique/movement courses for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic process.

Transfers to: CSU, UC

DANCE 230 † **Performance Ensemble IV**

2.5 units, 7.5 hours laboratory

Prerequisite: Audition

Participation as an intermediate dancer in the faculty choreographed dance concert. Students will be admitted into the course upon successful audition. This course is designed for the student who has had prior dance training in the college or studio environment. Dance 230 reflects the number of rehearsal and performance hours required for four choreographic works. Students enrolling in this course are strongly advised to enroll in one or more technique/movement courses for the purpose of learning and/or reinforcing theories, vocabulary, and techniques that are applicable to the choreographic process.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

ECONOMICS (ECON)

ECONOMICS 110 † Economic Issues and Policies

3 units, 3 hours lecture

An introduction to fundamental economic concepts as applied to real-world issues. Topics may include environmental protection, disaster relief, national debt, health care, crime, income inequality, poverty, and financial bubbles. Analysis of government policy and contrasting economic perspectives will also be addressed. (NOTE: The UC system will not award credit for ECON 110 if taken after ECON 120 or 121.)

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

ECONOMICS 120 † Principles of Macroeconomics

3 units, 3 hours lecture

Prerequisite: A "Pass" grade in Mathematics 090 or equivalent or appropriate mathematics placement.

This course provides students with the basic analytical tools necessary to analyze the U.S. economy from the macroeconomic perspective. The course includes an examination of the core problem of scarcity including resource allocation through the price system, market failures, and the elements of international trade, national income statistics, problems of inflation and unemployment, Keynesian macroeconomic theory and policy; the role of money supply; monetary theory; and Federal Reserves policy, alternative stabilization policies, problems of economic growth, income distribution, and other topics. Current economic problems are examined by guest and staff speakers from liberal, conservative, and radical perspectives.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

ECONOMICS 121 † Principles of Microeconomics

3 units, 3 hours lecture

Prerequisite: A "Pass" grade in Mathematics 090 or equivalent or appropriate mathematics placement.

This course provides students with the basic analytical tools necessary to analyze the U.S. economy from the microeconomic perspective. The course includes an examination of the core economic problem of scarcity, the essentials of supply and demand analysis, and the workings of a market system; elasticity; costs of production; market structures of pure competition, monopoly, monopolistic competition, and oligopoly; marginal revenue productivity; theory of wage determination, unions, and government policies; applied cases of microeconomics such as the problems of agriculture, pollution, mal-distribution of income and international economics. Current economic problems are examined by guest and staff speakers from liberal, conservative, and radical perspectives.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

ECONOMICS 195 † Internship in Economics

1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose is to provide students the opportunity to explore options and careers in a selected area of study. This course explores career options in fields such as commercial banking, investment banking, real estate, government, insurance, law, and international trade. For work experience requirements, see page 43.

Transfers to CSU

ECONOMICS 197 † Internship in Economics

2 units, 10 hours work experience per week
120 volunteer hours or 150 paid hours

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose is to provide students the opportunity to explore options and careers in a selected area of study. This course explores career options in fields such as commercial banking, investment banking, real estate, government, insurance, law, and international trade. For work experience requirements, see page 43.

Transfers to CSU

ECONOMICS 215 † Statistics for Business and Economics

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Math 103 or 110 or equivalent.

Introduction to descriptive and inferential statistics including regression and correlation analysis. Application of statistical techniques to conduct research and analysis in various business and economic environments.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A

Transfers to: CSU, UC

ECONOMICS 261 † Economic Relations of the Asia Pacific

3 units, 3 hours lecture

This course is an exploration of the historical and present economic relations of the Asia Pacific region focusing on the interaction of the major economics of East Asia, Southeast Asia and the English-speaking Pacific. Topics such as economic development, regional integration, capital flows, financial architectures, migration, trade, political economy, resource allocation and environmental issues will be investigated.

Satisfies General Education for: CSU D; IGETC 4

Transfers to: CSU, UC

EDUCATION (ED)

EDUCATION 200 † Teaching as a Profession

3 units, 3 hours lecture

Prerequisite: None. Limitation on enrollment: health and safety for a public school field experience placement.

This course is designed for students considering teaching as a profession and for classroom paraprofessionals working in the public school system. Career exploration, foundations of education, critical issues, and an introduction to literacy acquisition are addressed. Standards for the teaching profession and conditions for effective learning are discussed. Guided observation of public school classrooms in a variety of subject areas are a requirement of the course.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

ENGLISH (ENGL)

ENGLISH 020 †† Support for Freshman Composition

1 unit, 1 hour lecture

Corequisite: English 120

This course is designed to review and reinforce the skills necessary to be successful in English 120 (freshman composition). Students will study the elements and principles of composition through the practice of editing and revising narrative, expository, and argumentative essays. Students will also be introduced to effective reading skills and strategies necessary for the reading of college level material. This course is offered on a Pass/No Pass basis only. Nondegree applicable.

ENGLISH 098 †† English Fundamentals

4 units, 4 hours lecture

Prerequisite: Assessment recommendation for English 098.

Recommended Preparation: A "Pass" grade in English 090 and English 090R or a "C" grade or higher or "Pass" in English 105 or equivalent.

This course is designed to introduce students to the process involved in writing effectively. Students will study grammar, punctuation and standard usage and will practice various phases of the writing process and use sentence variety to compose paragraphs and at least one multi-paragraph essay. (Nondegree credit course)

ENGLISH 098R †† Reading Fundamentals

3 units, 3 hours lecture, 1 hour laboratory

Prerequisite: A "Pass" grade in English 090 and 090R or equivalent or assessment recommendation for English 098.

Recommended Preparation: Concurrent enrollment in English 098.

This course is designed to provide an introduction to effective reading skills and strategies for students who speak English fluently. An emphasis is placed on expanding vocabulary, improving reading comprehension, and increasing speed. Students will also learn basic strategies for inferential and critical reading. (Nondegree credit course)

ENGLISH 110R † Principles of College Reading

3 units, 3 hours lecture, 1 hour laboratory

Prerequisite: A "C" grade or higher or "Pass" in English 098 or assessment score indicating placement in English 110.

Recommended Preparation: Concurrent enrollment in English 110.

This course is designed to develop effective reading skills and strategies necessary for the reading of college level material. Emphasis is on developing vocabulary geared toward college textbooks and learning strategies necessary for efficient reading comprehension and retention. Students will also develop college level inferential and critical reading skills.

Transfers to: CSU

ENGLISH 120 † College Composition and Reading

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 099 or equivalent or appropriate placement in English 120.

This first semester transfer-level composition course is designed to develop critical reading and writing skills essential to academic inquiry across the disciplines. Based on analysis and evaluation of texts, and in response to particular audiences and purposes, students will construct expository and argumentative papers, including an extended argument, which synthesizes, integrates, and acknowledges multiple sources.

Satisfies General Education for: Grossmont College A1; CSU A2; IGETC 1A

Transfers to: CSU, UC

ENGLISH 122 † Introduction to Literature

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 120 or equivalent.

This course introduces representative works from various literary genres (such as myths, folktales, short stories, poems, plays, novels, essays, and creative nonfiction); develops students' close reading and analytical writing skills; and promotes appreciation and critical understanding of the cultural, historical, and aesthetic qualities of literature.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

ENGLISH 124 † Advanced Composition: Critical Reasoning and Writing

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 120 or English as a Second Language 122 or equivalent.

This course offers instruction in argumentation and critical thinking, and rhetorical analysis of complex texts with continued practice in information literacy and appropriate integration and documentation of source materials.

Satisfies General Education for: Grossmont College A1; CSU A3; IGETC 1B

Transfers to: CSU, UC

ENGLISH 126 † Introduction to Creative Writing

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 120.

Introduction to the craft of creative writing through study and analysis of the works of established, contemporary, and peer writers. Students will write short fiction, poetry, creative nonfiction, and drama and use the workshop method and instructor feedback to evaluate and revise work. Opportunity for inclusion in college publications, student readings, literary events, and special projects.

Satisfies General Education for: Grossmont College C

Transfers to: CSU, UC

ENGLISH 130 † Short Fiction Writing I

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 126.

The first in a four-course sequence, this class is designed to familiarize students with the study, analysis, and application of fundamental tools, techniques, and forms used by established and contemporary authors of fiction. By composing and submitting original short fiction, students learn to use the writers' workshop to develop their skills as critics and writers of fiction. Students have opportunities for recognition and public readings of their own work. Students may enroll in this class without having to enroll in the other courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

ENGLISH 131 † **Short Fiction Writing II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 130 or equivalent.

The second in a four-course sequence, this intermediate level class is designed to further skill development in the study, analysis, and application of tools, techniques, principles, and forms used by established and contemporary authors of short fiction. By composing and submitting original short fiction, students use the writers' workshop to further develop competency as critics and writers of short fiction. Students have opportunities for recognition, publication and public readings of their own work. Students may enroll in this class without having to enroll in the later courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 132 † **Short Fiction Writing III**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 131 or equivalent.

This advanced level class is designed to expand student proficiency in the study, analysis, and application of tools, techniques, and forms used by established and/or contemporary writers of short fiction. By composing and submitting original works of short fiction, students use workshop to deepen their skills as critics and emerging authors of short fiction. Students have opportunities for publication and public readings of their own work. Students may enroll in this class without having to enroll in the later courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 133 † **Short Fiction Writing IV**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 132 or equivalent.

The final of a four-course sequence, this mastery-level class is designed to strengthen student expertise in the study, analysis and application of the tools, techniques, and forms used by established and contemporary short fiction authors. By crafting and submitting original short fiction, students use the writer's workshop to refine their skills as critics and authors of short fiction, as well as explore markets for publication. Students have opportunities for performance, publication of their own work, and special projects.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 134 † **Creative Nonfiction Writing I**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 126 or equivalent.

The first in a four-course sequence, this class is designed to familiarize students with the study, analysis, and application of fundamental tools, techniques, and forms used by contemporary and established creative nonfiction practitioners. By composing and submitting original creative nonfiction, students learn to use the writers' workshop to develop their skills as critics and writers of creative nonfiction. Students have opportunities for recognition and public readings of their own work. Students may enroll in this class without having to enroll in the other courses in the sequence.

Satisfies General Education for Grossmont College C

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 135 † **Creative Nonfiction Writing II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 134 or equivalent.

The second in a four-course sequence, this intermediate level class is designed to further skill development in the study, analysis, and application of tools, techniques, principles, and forms used by established and contemporary authors of creative nonfiction. By composing and submitting original creative nonfiction, students use the writers' workshop to further develop competency as critics and writers of creative nonfiction. Students have opportunities for recognition, publication and public readings of their own work. Students may enroll in this class without having to enroll in the later courses in the sequence.

Satisfies General Education for Grossmont College C

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 136 † **Creative Nonfiction Writing III**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 135 or equivalent.

The third in a four-course sequence, this advanced level class is designed to expand student proficiency in the study, analysis, and application of tools, techniques, and forms used by established and/or contemporary writers of creative nonfiction. By composing and submitting original works of creative nonfiction, students use workshop to deepen their skills as critics and emerging authors of creative nonfiction. Students have opportunities for publication and public readings of their own work. Students may enroll in this class without having to enroll in the later courses in the sequence.

Satisfies General Education for Grossmont College C

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 137 † **Creative Nonfiction Writing IV**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 136 or equivalent.

The final of a four-course sequence, this mastery-level is designed to strengthen student expertise in the study, analysis and application of the tools, techniques, and forms used by established and contemporary creative nonfiction authors. By crafting and submitting original creative nonfiction, students use the writers' workshop to refine their skills as critics and authors of creative nonfiction, as well as explore markets for publication. Students have opportunities for performance, publication of their own work, and special projects.

Satisfies General Education for Grossmont College C

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

ENGLISH 140 † **Poetry Writing I**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 126 or equivalent.

The first of a four-course sequence, this class is designed to familiarize students with the study, analysis, and application of the fundamental tools, techniques, and forms of poetry used by established and contemporary poets. By composing and submitting original poems, students learn to use the writers' workshop to develop their skills as writers and critics. Students have opportunities for recognition and public readings of their own work. Students may enroll in this class without having to enroll in the other courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 141 † **Poetry Writing II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 140 or equivalent.

The second of a four-course sequence, this intermediate level class is designed to further skill development in the study, analysis, and application of the tools, techniques, and forms of poetry used by established and contemporary poets. By composing and submitting original poems, students use the writers' workshop to further develop competency as critics and writers of poetry. Students have opportunities for recognition, publication, and public readings of their own work. Students may enroll in this class without having to enroll in the other courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 142 † **Poetry Writing III**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 141 or equivalent.

The third of a four-course sequence, this advanced level class is designed to expand student proficiency in the study, analysis, and application of the tools, techniques, and forms of poetry used by established and contemporary poets. By composing and submitting original poems, students use the writers' workshop to deepen their skills as critics and emerging poets. Students have opportunities for publication and public readings of their own work. Students may enroll in this class without having to enroll in the other courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 143 † **Poetry Writing IV**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 142 or equivalent.

The final of a four-course sequence, the mastery-level class is designed to strengthen student expertise in the study, analysis, and application of the tools, techniques, and forms of poetry used by established and contemporary poets. By crafting and submitting original poems, students use the writers' workshop to refine their skills as critics and poets, as well as explore avenues for publication. Students have opportunities for publication, public readings of their own work, and special projects.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 145 † **The Acorn Review: Editing and Production I**

3 units; 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 126 or equivalent.

The first in a four-course sequence, this course is designed to familiarize students with the fundamental tools of reading, selecting, editing, proofreading, and arranging student manuscripts for publication in the Grossmont College student literary journal. Students may enroll in this class without having to enroll in the other courses in the sequence.

Transfers to: CSU

ENGLISH 146 † **The Acorn Review: Editing and Production II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 145 or equivalent.

The second in a four-course sequence, this intermediate level class is designed to further skill development in the reading, selecting, editing, proofreading, and arranging of student manuscripts for publication in the Grossmont College literary journal. Students may enroll in this class without having to enroll in the other courses in the sequence.

Transfers to: CSU

ENGLISH 147 † **The Acorn Review: Editing and Production III**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 146 or equivalent.

The third in a four-course sequence, this advanced level class is designed to expand student proficiency in the reading, selecting, editing, proofreading, and arranging of student manuscripts for publication in the Grossmont College student literary journal. Students may enroll in this class without having to enroll in the other courses in the sequence.

Transfers to: CSU

ENGLISH 148 † **The Acorn Review: Editing and Production IV**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 147 or equivalent.

The final of a four-course sequence, this mastery level class is designed to strengthen student expertise in the reading, selecting, editing, proofreading, and arranging of student manuscripts for publication in the Grossmont College student literary journal.

Transfers to: CSU

† This course meets all Title 5 standards for Associate Degree Credit.

ENGLISH 160 † Drama Writing I

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 126 or equivalent.

The first in a four-course sequence, this class is designed to familiarize students with the study, analysis, and application of fundamental tools, techniques, and forms used by established and contemporary authors of drama. By composing and submitting original works of drama, students learn to use the writers' workshop to develop their skills as critics and drama writers. Students have opportunities for recognition and public reading/performance of their own work. Students may enroll in this class without having to enroll in the other courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 161 † Drama Writing II

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 160 or equivalent.

The second in a four-course sequence, this intermediate level class is designed to further skill development in the study, analysis, and application of tools, techniques, principles, and forms used by established and contemporary authors of drama. By composing and submitting original works of drama, students use the writers' workshop to further develop competency as critics and drama writers. Students have opportunities for recognition, publication and public reading/performance of their own work. Students may enroll in this class without having to enroll in the other courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 162 † Drama Writing III

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 161 or equivalent.

The third in a four-course sequence, this advanced level class is designed to expand proficiency in the study, analysis, and application of tools, techniques, principles, and forms used by established and contemporary authors of drama. By composing and submitting original works of drama, students use the writers' workshop to further deepen their skills as critics and emerging dramatists. Students have opportunities for recognition, publication and public reading/performance of their own work. Students may enroll in this class without having to enroll in the other courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 163 † Drama Writing IV

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 162 or equivalent.

The final in a four-course sequence, this mastery-level class course is designed to strengthen expertise in the study, analysis and application of the tools, techniques, and forms used by established and contemporary dramatists. By crafting and submitting original works of drama, students use the writers' workshop to refine their skills as critics and dramatists, as well as explore markets for production and staging. Students have opportunities for publication and reading/performance of their own work.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 175 † Novel Writing I

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 126 or equivalent.

The first in a four-course sequence, this class is designed to familiarize students with the study, analysis, and application of fundamental tools, techniques, and forms used by established and contemporary novelists, memoirists, literary journalists, and other long-form authors. By composing and submitting original chapters, scenes, and/or excerpts, students use the writers' workshop to develop their skills as critics and emerging writers. Opportunities for publication and public readings of their own work. Students may enroll in this class without having to enroll in the other courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 176 † Novel Writing II

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 175 or equivalent.

The second in a four-course sequence, this intermediate level class is designed to further skill development in the study, analysis, and application of tools, techniques, and forms used by established and/or contemporary novelists, memoirists, literary journalists, and other long-form authors. By composing and submitting original chapters, scenes, and/or excerpts, students use the writers' workshop to deepen their skills as critics and emerging writers. Opportunities for publication and public readings of their own work. Students may enroll in this class without having to enroll in the later courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

ENGLISH 177 † Novel Writing III

3 units, 3 hours lecture

Prerequisite: A “C” grade or higher or “Pass” in English 176 or equivalent.

The third in a four-course sequence, this advanced level class is designed to expand student proficiency in the study, analysis, and application of tools, techniques, and forms used by established and/or contemporary novelists, memoirists, literary journalists, and other long-form authors. By composing and submitting original chapters, scenes, and/or excerpts, students use the writers’ workshop to deepen their skills as critics and emerging writers. Opportunities for publication and public readings of their own work. Students may enroll in this class without having to enroll in the later courses in the sequence.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 178 † Novel Writing IV

3 units, 3 hours lecture

Prerequisite: A “C” grade or higher or “Pass” in English 177 or equivalent.

The final of a four-course sequence, this mastery-level class is designed to strengthen student expertise in the study, analysis and application of the tools, techniques, and forms used by established and contemporary novelists, memoirists, literary journalists, and other long-form authors. By composing and submitting original chapters, scenes, and/or excerpts, students use the writers’ workshop to deepen their skills as critics and emerging writers. By crafting and submitting original scenes, chapters, and/or excerpts, students use the writers’ workshop to refine their skills as critics and writers, as well as explore markets for publication. Students have opportunities for performance, publication of their own work, and special projects.

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 195 A-B-C-D † Community Service Learning Experience

1 unit, 5 hours work experience per week

60 volunteer hours or 75 paid hours

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose is to provide students an opportunity to explore options and careers in a selected area of study. This course includes placement in a community-based site. For work experience requirements, see page 43.

ENGLISH 201 † Images of Women in Literature

3 units, 3 hours lecture

This course is designed to examine the images of women in diverse literature and to interpret such literature in historical, political, psychological, and cultural contexts. Critical thinking, reading, and writing skills are used to scrutinize narratives about women-narratives which sometimes project myths both men and women perpetuate.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B
Transfers to: CSU, UC

ENGLISH 203 † Children’s Literature

3 units, 3 hours lecture

A survey of children’s literature, from folktales to current realism, including historical and cultural diversity. Emphasis upon definition and application of literary elements and differentiating qualities between “good” and “poor” children’s books. The course will prepare students to hook children on books, cultural literacy and great ideas.

Satisfies General Education for: Grossmont College C
Transfers to: CSU

ENGLISH 215 † Mythology

3 units, 3 hours lecture

Recommended Preparation: A “C” grade or higher or “Pass” in English 098 or an assessment recommendation for English 110 or 120.

This world mythology course is designed to explore the similarities and differences among the myths of widely separated peoples as a means of interpreting their literature within historical and cultural contexts.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B
Transfers to: CSU, UC

ENGLISH 217 † Fantasy and Science Fiction

3 units, 3 hours lecture

An introduction to genre literature, ranging from gothic romance to heroic and other fantasies and from space-adventure to socially-critical contemporary science fiction. Course will examine the traditional, canonical, and historical backgrounds from which popular literatures derive, and explore the place of science fiction and fantasy in popular culture past and present.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B
Transfers to: CSU, UC

ENGLISH 218 † Shakespeare – His Plays and the Theatre of His Time

3 units, 3 hours lecture

Recommended Preparation: A “C” grade or higher or “Pass” in English 098 or an assessment recommendation for English 110 or 120.

This course introduces students to William Shakespeare’s plays and the theatre of his time. Students will read, interpret, and analyze several of Shakespeare’s plays-including the play(s) being produced or viewed locally-that represent the full range of his comedic, historical, and tragic works, such as *A Midsummer Night’s Dream*, *Twelfth Night*, *Richard II*, *Henry IV*, *Othello*, *Macbeth*, *King Lear*, and *Hamlet*.

The point of the course is to prepare students to understand and appreciate more fully the experience of seeing, reading, and discussing Shakespeare. The course will make apt use of actors in the classroom, good films, recordings of the plays, and theatre tours.

Satisfies General Education for: Grossmont College, C, CSU C2; IGETC 3B
Transfers to: CSU, UC

ENGLISH 219 † Views of Death and Dying in Literature

3 units, 3 hours lecture

This course will examine works of literature whose predominant subject focuses on attitudes toward death and dying as a practical and philosophical concern.

Satisfies General Education for: Grossmont College C; CSU C2 or E; IGETC 3B
Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

ENGLISH 221 † British Literature I

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 120 or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in English 122 or equivalent.

This course is a survey of British literature from the Old English Period to the Romantic Period. Students will read and interpret literature against a background of the historical, social, and philosophical developments of the time. Reading selections may consist of poetry, plays, novels, satires, and nonfiction prose, including letters and essays. Authors such as the following will be read, analyzed, discussed, and written about in critical essays and exams: Geoffrey Chaucer, William Langland, Edmund Spenser, Christopher Marlowe, William Shakespeare, John Donne, Ben Jonson, John Milton, Lady Mary Wroth, Aphra Behn, Alexander Pope, Samuel Johnson, and Jonathon Swift.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

ENGLISH 222 † British Literature II

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 120 or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in English 122 or equivalent.

This course is a survey of British literature from the Romantic Period to the present. Students will read and interpret literature against a background of the historical, social, and philosophical developments of the time. Reading selections may consist of poetry, short stories, plays, novels, and nonfiction prose, including letters and essays. Authors sampled may include William Blake, Mary Wollstonecraft, William Wordsworth, Samuel Coleridge, Lord Byron, Percy Shelley, John Keats, Charles Dickens, Elizabeth Browning, Robert Browning, Emily Bronte, Oscar Wilde, Jane Austen, Thomas Hardy, Walter Pater, William Yeats, D.H. Lawrence, Virginia Woolf, James Joyce, T. S. Eliot, Doris Lessing, Seamus Heaney, Ted Hughes, Salman Rushdie, and Derek Walcott.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

ENGLISH 231 † American Literature I

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 120 or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in English 122.

This course is a survey of American authors and their relationship to major literary and intellectual movements, from America's beginnings to the second half of the nineteenth century. Reading selections may consist of poetry, short stories, novels, and nonfiction prose, including essays, letters, political tracts, autobiographies, speeches, and sermons. Authors such as the following will be read, analyzed, discussed, and written about in critical essays and exams: pre-Colonial Native American authors, Mary Rowlandson, Anne Bradstreet, Benjamin Franklin, J. Hector, St. John de Crevecoeur, Phillis Wheatley, Washington Irving, Henry David Thoreau, Edgar Allan Poe, Sojourner Truth, Walt Whitman, Frederick Douglass, Herman Melville, and Louisa May Alcott.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

ENGLISH 232 † American Literature II

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in English 120 or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in English 122 or equivalent.

This course introduces students to a survey of American authors and their relationship to major literary and intellectual movements from the second half of the nineteenth century to the present. Reading selections may consist of poetry, short stories, novels, plays, and nonfiction prose, including letters and essays. Authors such as the following will be read, analyzed, discussed, and written about in critical essays and exams: Walt Whitman, Emily Dickinson, Mark Twain, Kate Chopin, Charlotte Perkins Gilman, Sin Sin Far, Henry James, Stephen Crane, Zitkala Šša, William Carlos Williams, E. E. Cummings, Ernest Hemingway, Langston Hughes, Richard Wright, Tennessee Williams, Allen Ginsburg, Sylvia Plath, Leslie Marmon Silko, Art Spiegelman, Toni Morrison, Cormac McCarthy, and Junot Díaz.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

ENGLISH 236 † (Ethnic Studies 236) Chicana/o Literature

3 units, 3 hours lecture

This course is a survey of colonial, post-colonial, and contemporary Chicano/Chicana literature. Literary works originally written in English and the Chicano/a bilingual idiom as well as English translations of works written in Spanish will be taught. Reading selections may consist of poetry, ballads, short stories, novels, plays, and nonfiction prose. Students analyze the literature and apply critical theory to describe critical events in the histories, cultures, and intellectual and literary traditions, with special focus on the lived experiences, social struggles, and contributions of Latino/a Americans in the United States.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 237 † (Ethnic Studies 237) American Indian Literature

3 units, 3 hours lecture

A survey and literary analysis of American Indian literature; folk, creation and origin stories, legends, and poetry from the oral tradition to contemporary American Indian authors. *Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B*

Transfers to: CSU, UC (credit limited: see page 54)

ENGLISH 238 † (Ethnic Studies 238) Black Literature

3 units, 3 hours lecture

This course introduces students to a survey of Black literature, focusing on the early oral tradition, literature of slavery and freedom, the Harlem Renaissance, Modernism, the Black Arts Era, and the contemporary period. Reading selections may consist of poetry, short stories, plays, novels, and nonfiction prose, including essays, letters, political tracts, autobiographies, speeches, and sermons. Students analyze the literature and apply critical theory to describe critical events in the histories, cultures, and intellectual and literary traditions, with special focus on the lived experiences, social struggles, and contributions of African Americans in the United States.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

ENGLISH 277 † Literary Theme

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 120.

Course provides in-depth study of a theme in literature. Readings selected will cover a breadth of literature representative of a major theme (e.g., Images of War, Isolation/Exile, Coming of Age, or Diversity) in addition to at least one secondary work focusing on the literature. Oral and written discussion of such readings and their relevance to the period will be emphasized.

Satisfies General Education for Grossmont College C

Transfers to CSU

ENGLISH AS A SECOND LANGUAGE (ESL)

ENGLISH AS A SECOND LANGUAGE 078 – CREDIT †† Introduction to Listening in English

6 units

ESL 078 is an English language course that introduces spoken English to those who have had little or no exposure to the English language. This course utilizes the 700 most frequent words in the English language in input-based, meaningful tasks that make language comprehensible through non-linguistic means with a lot of repetition and recycling of language. Students interact with the language in meaningful and engaging ways, with communicatively embedded comprehensible input, acquiring the language at the Intermediate Low level according to the ACTFL proficiency guidelines with no explicit grammar instruction. Students will engage with and respond to the language, but they are not required to produce spontaneous speech at this level. Students are encouraged to take ESL 078R concurrently and before taking ESL 088. This course is offered on a Pass/No Pass basis only. (non-degree credit or non-credit course)



ENGLISH AS A SECOND LANGUAGE 078 – NON – CREDIT †† Introduction to Listening in English

6 units

ESL 078 is an English language course that introduces spoken English to those who have had little or no exposure to the English language. This course utilizes the 700 most frequent words in the English language in input-based, meaningful tasks that make language comprehensible through non-linguistic means with a lot of repetition and recycling of language. Students interact with the language in meaningful and engaging ways, with communicatively embedded comprehensible input, acquiring the language at the Intermediate Low level according to the ACTFL proficiency guidelines with no explicit grammar instruction. Students will engage with and respond to the language, but they are not required to produce spontaneous speech at this level. Students are encouraged to take ESL 078R concurrently and before taking ESL 088. This course is offered on a Pass/No Pass basis only. (non-degree credit or non-credit course)

ENGLISH AS A SECOND LANGUAGE 078R – CREDIT †† Introduction to Reading in English

6 units

ESL 078R is an English language course that introduces English reading to those who have had little or no exposure to the English language. This course utilizes the 700 most frequent words in the English language in discussion as well as books that are specifically designed based on comprehensible input so that students with no prior knowledge of English can begin reading on the first day. This course aims to help students develop reading skills in English at the Intermediate Low level according to the ACTFL proficiency guidelines while learning frequent vocabulary. Students will interact with the texts in meaningful and engaging ways, with communicatively embedded comprehensible input, but they are not required to produce spontaneous language at this level. Students are encouraged to take ESL 078 concurrently or before taking ESL 088. This course is offered on a Pass/No Pass basis only. (non-degree credit or non-credit course)

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

ENGLISH AS A SECOND LANGUAGE 078R – NON-CREDIT †† Introduction to Reading in English

6 units

ESL 078R is an English language course that introduces English reading to those who have had little or no exposure to the English language. This course utilizes the 700 most frequent words in the English language in discussion as well as books that are specifically designed based on comprehensible input so that students with no prior knowledge of English can begin reading on the first day. This course aims to help students develop reading skills in English at the Intermediate Low level according to the ACTFL proficiency guidelines while learning frequent vocabulary. Students will interact with the texts in meaningful and engaging ways, with communicatively embedded comprehensible input, but they are not required to produce spontaneous language at this level. Students are encouraged to take ESL 078 concurrently or before taking ESL 088. This course is offered on a Pass/No Pass basis only. (nondegree credit or non-credit course)

ENGLISH AS A SECOND LANGUAGE 088 †† Literacy and Communication

6 units, 6 hours lecture

Prerequisite: A "Pass" grade in ESL 078 (credit or non-credit), or advisory placement in ESL 088 or equivalent.

This is an English language development course for non-native speakers of English at the beginning level. Students learn basic reading, writing, and grammar skills through the exploration of genre-based thematic units. Students will become aware of audience and purpose, and will develop an understanding of college culture necessary for academic success. Students will also grow in their cultural competence as they examine texts and media and interact with peers and instructors in a multicultural classroom setting. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

ENGLISH AS A SECOND LANGUAGE 088L †† Understanding and Speaking American English in College and Everyday Life

3 units, 3 hours lecture

Prerequisite: A "Pass" grade in ESL 078 (credit or no credit) and ESL 078R (credit or non-credit), or advisory placement in ESL 088 or equivalent.

ESL 088L is a beginning-level course designed to improve the listening and speaking skills needed for cross-cultural understanding and successful interaction in college and everyday life. Listening comprehension of American English is improved through guided practice in a variety of genres, including class lectures, video and live presentations, interviews, and conversations. Students increase accuracy and fluency in their spoken communication as they improve their pronunciation and intonation. Both listening and speaking skills are greatly enhanced through the learning of grammar and vocabulary. Additionally, students grow in their cultural competence as they examine texts and media and interact with peers and the instructor in a multicultural class. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

ENGLISH AS A SECOND LANGUAGE 088R †† Reading and Vocabulary for College and Everyday Life

3 units, 3 hours lecture

Prerequisite: A "Pass" grade in ESL 078 (credit or no credit) and ESL 078R (credit or non-credit), or advisory placement in ESL 088 or equivalent.

This reading course is designed to develop ESL students' vocabulary and reading through the exploration of genre-based thematic units. This course aims to help students improve their reading skills and to expand their understanding and use of vocabulary. Additionally, students will grow in their cultural competence as they examine texts and media and interact with peers and instructors in a multicultural classroom setting. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

ENGLISH AS A SECOND LANGUAGE 098 †† Introduction to Academic English

6 units, 6 hours lecture

Prerequisite: A "Pass" grade in ESL 088 and ESL 088L and ESL 088R or advisory placement in ESL 098 or equivalent

ESL 098 is an English language development course for non-native speakers of English at the intermediate level. The course further develops the skills taught in ESL 088. The class focuses on the improvement of writing in several genres in conjunction with the development of reading, listening, speaking, and grammar skills. Reading and listening are presented in thematic units and serve as sources for students to compose informative writing with increased knowledge and effective use of new vocabulary. Readings also serve as model genres to help students learn to write using common features to convey specific kinds of information. In addition, students will become more aware of audience and purpose in writing, and they will grow in their cultural competence as they analyze text and media and interact with others in a multicultural class setting. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

ENGLISH AS A SECOND LANGUAGE 098G †† Essential Grammar for Written and Spoken Communication

3 units, 3 hours lecture

Prerequisite: A "Pass" grade in ESL 088 and ESL 088L and ESL 088R or advisory placement in ESL 098 or equivalent.

ESL 098G is a course on the essentials of English grammar needed to increase accuracy and fluency in communication. The course is designed specifically for non-native speakers of English at the intermediate level to increase their appreciation for the importance of accurate grammar in their language use. Students will learn the systems of grammar that shape language and apply those rules in their written and spoken communication in various genres. Course assignments will serve to build and reinforce students' ability to use English grammar to convey intended meaning correctly and effectively in interpersonal, intercultural, and academic discourse. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

**ENGLISH AS A SECOND LANGUAGE
098P ††****Sounds and Rhythms of
American English**

3 units, 3 hours lecture

Prerequisite: A "Pass" grade in ESL 088 and ESL 088L and 088R or advisory placement in ESL 098 or equivalent.

This is an intermediate-level course designed to assist non-native English speakers in developing both oral and aural language skills through their understanding of spoken North American English as well as the articulation of this particular dialect in varied genres and with different communicative purposes. All in-class and extra-class lessons are designed to assist non-native English speakers who have acquired level-appropriate vocabulary and a functional level of grammatical accuracy. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

**ENGLISH AS A SECOND LANGUAGE
105 †****Rhetoric for Academic
Success**

6 units, 6 hours lecture

Prerequisite: A "Pass" grade in ESL 098 and ESL 098P and ESL 098G or advisory placement in ESL 105 or equivalent.

ESL 105 is an English language development course for non-native speakers of English at the advanced level. This course further develops the skills taught in ESL 098 including academic and non-academic reading, writing, listening, speaking and grammar skills through the exploration of genre-based thematic units. Students will examine the features of a variety of texts in authentic and adapted form in order to develop genre awareness and apply this knowledge to new reading and writing opportunities. Students will read and analyze authentic and adapted texts as models for their own writing and speaking practice. Students will expand their cultural competence as they analyze texts and engage in cross-cultural communication with instructor and peers. (Nondegree credit only)

**ENGLISH AS A SECOND LANGUAGE
115****Academic Discourse through
U.S. Cultures**

6 units, 6 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in ESL 105 or advisory placement in ESL 115 or equivalent.

ESL 115 is an English language course for non-native speakers of English that explores themes in U.S. cultures through authentic texts, introducing and modelling diverse voices contributing to the cultural conversations of the moment and since time immemorial. Utilizing thematic modules, students become increasingly aware of their dynamic role as reader and writer as they learn to identify the connection between audience, genre, and purpose in order to compose texts within particular discourse communities, including various academic disciplines, such as history, sociology, and anthropology. Students learn about U.S. cultures, the cultures of their classmates, and reflect upon their own culture, while working in groups in order to apply their perspectives to solve problems. Students compose texts in several genres to explore themes in U.S. culture, such as racism, class, consumerism, and media.

Satisfies General Education IGETC 3B

**ENGLISH AS A SECOND LANGUAGE
122****College Rhetoric**

6 units, 6 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in ESL 115 or advisory placement in ESL 122.

ESL 122 is the transfer-level English course for non-native speakers designed to enhance critical reading, writing, listening, and speaking through academic inquiry across the disciplines. Based on thematic modules, students analyze and evaluate a variety of texts in response to particular audiences and purposes. Students compose expository and argumentative academic papers and oral presentations, including an extended argument, which synthesized, integrates, and acknowledges multiple sources. Students expand their cultural competence as they analyze text and media on contemporary issues and engage in meaningful dialogue with the instructor, peers, and target audience. They employ effective strategies for producing writing that reflects accuracy and fluency.

Satisfies General Education for: Grossmont College A1; CSU A2; IGETC 1A
Transfers to CSU, UC

ETHNIC STUDIES**(formerly Cross-Cultural
Studies / CCS)****ETHNIC STUDIES 107 †**

(History 107)

**History of Race & Ethnicity in
the United States**

3 units, 3 hours lecture

An introduction to the historical and socio-cultural experiences of racial and ethnic groups and their roles in shaping society and culture in the United States, from pre-contact to the present. Focus will be on migration, colonization, racialization, discrimination, assimilation, social stratification, liberation movements, and the intersection of racial, ethnic, gender, sexual identities as they relate to African Americans, Asian Americans, Latinas/os/x, Native Americans, and Middle Eastern Americans.

Satisfies General Education for: Grossmont College D; CSU D

Transfers to: CSU

ETHNIC STUDIES 114 †

(Sociology 114)

**Introduction to Race &
Ethnicity**

3 units, 3 hours lecture

An introduction to the sociological analysis of ethnicity, race, and immigration in a global context. Topics include the history of racialized groups in the United States, patterns of interaction between racial and ethnic groups, colonialism, immigration, identity formation, prejudice, discrimination, ethnocentrism, racism, institutional racism, social movements for civil rights, liberation and decolonization, and the intersection of race and ethnicity with social class, gender and other forms of difference and stratification.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

ETHNIC STUDIES 115 † **Cross-Cultural Competence**

3 units, 3 hours lecture

Achieving cultural competency is a process involving human interaction. This course provides a framework for critical reflection, knowledge acquisition, dialogue and best practices. It includes theoretical and practical explorations of attitudes, behavior, institutions, and policies. Students gain skills with people of diverse cultures, languages, socio-economic classes, races, ethnic backgrounds, religions, sexual and gender orientations, special needs and other social identities. Students begin their work toward cultural proficiency by operationalizing, or practicing, cross-cultural knowledge and skills. The course examines privilege and oppression, intersectionality of identities, various groups' barriers to equal access and opportunity, and how cross-cultural competence moves people and institutions toward practices of inclusiveness.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

ETHNIC STUDIES 118 †

(History 118)

U.S. History: Chicano/Chicana Perspectives I

3 units, 3 hours lecture

This course is designed to explore the role and development of the Chicana/o (Mexican American) people in the history of the United States. It examines United States history with emphasis on institutions and ideals, beginning with pre-Colombian Meso-America to the Mexican-American War (1848). Social, economic, political and cultural events are covered with attention to Mexican/Chicana/o people in the United States. The Constitution of the United States and the operation of representative government are studied with special emphasis on the impact and effects of U.S.-Mexico relations and their people.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

ETHNIC STUDIES 119 †

(History 119)

3 units, 3 hours lecture

This course is designed to explore the role and development of the Chicana/o (Mexican American) people in the history of the United States. Beginning with the Mexican-American War (1848) to the present period, institutions and ideals of United States history are examined, with emphasis on the social, economic, political and cultural implications to Chicana/o people in the United States. The U.S. Constitution, operation of representative government, and developments in California state and local government are studied with special emphasis on the impact and effects on Chicana/o's.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

ETHNIC STUDIES 125 †

(Psychology 125)

Cross-Cultural Psychology

3 units, 3 hours lecture

An introduction to theories and research findings regarding cultural influences on human behavior and cognitive processes (life-span development, abnormal behavior and mental health, drug use, self-concept, emotion, social behavior, perception, learning, intelligence, and memory). By providing students with a non-judgmental understanding of how culture influences human behavior, this course will make them more equipped to interact in a world where there is increasing contact among different cultures.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

ETHNIC STUDIES 126 † **Chicano/Chicana and Mexican Art**

3 units, 3 hours lecture

A survey of Mexican art from pre-Columbian times to the present, including Chicano/Chicana folk and contemporary art. Some attention is given to relationships between Chicano/Chicana and traditional Mexican art, as well as to the relationships among Chicano/Chicana and Anglo-American and European art.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

Transfers to: CSU, UC

ETHNIC STUDIES 127 †

La Chicana

3 units, 3 hours lecture

A study of Chicanas through the lens of Chicana Studies feminist scholarship. Through the use of literature, the arts and media, the course explores the intersections of gender, race, ethnicity, and socio-economic class in Chicana identity and experiences. Themes include power and resistance; work, family and culture; cultural representations, and the interplay of social processes on the development of identity.

Satisfies General Education for: Grossmont College C; CSU C1, E; IGETC 4

Transfers to: CSU, UC

ETHNIC STUDIES 128 † **Introduction to Chicana/o Studies**

3 units, 3 hours lecture

This course is an introduction to Mexicana/o-Chicana/o culture and identity in the United States viewed through the lens of the origins, evolution, and current status of Chicana/o studies. Explores the research, theories, methods and debates in, and impact of, the field. Examines current intellectual trends, scholar activism, societal developments and the issues affecting Mexicana/o-Chicana/o communities. The course is taught from a multidisciplinary approach using the scholarship of Chicano Studies, the social sciences, visual arts, drama, history, literature, and music.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

ETHNIC STUDIES 130 †

(History 130)

U.S. History and Cultures: Native American Perspectives I

3 units, 3 hours lecture

This course covers the social, political, cultural, economic and intellectual history of indigenous people in North America from pre-history to pre-Civil War in United States. Native experiences are placed in the context of the evolution of diverse native nations, within the growth of the U.S., and within the development of American institutions and ideals. California and San Diego County nations are highlighted as is the origins of the U.S. Constitution and its evolving interpretation in the courts regarding native nations.

Satisfies General Education for: Grossmont College D; C

† This course meets all Title 5 standards for Associate Degree Credit.

ETHNIC STUDIES 131 †

(History 131)

**U.S. History and Cultures:
Native American Perspectives
II***3 units, 3 hours lecture*

An historical survey of the indigenous peoples of the North American Continent from the period of 1850 to the present. Attention will be given to contemporary, historical, political, and socio-economic issues affecting the American Indian nationwide, statewide and locally. Indian perspectives of native and nonnative cultures will be included. The Federal and California State Constitutions are studied with special emphasis on the effects and influence of the Indian culture and society. Particular attention is given to political philosophies and the impact of legislation on Indian culture and society.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

ETHNIC STUDIES 134 †**Introduction to American
Indian Art***3 units, 3 hours lecture*

The study of prehistoric, historic and modern creative art forms of American Indians. This course will investigate the origins of American Indian art from rock paintings to contemporary artists and artisans. The class will compare and contrast art forms said to be Native American in content and Native American artists creating contemporary art in European-based art forms. The question, "Is it art" will be examined in the context of historical European biases and the question "What is American Indian art?" from legal, cultural, anthropological, and fine arts perspectives.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

Transfers to: CSU, UC

ETHNIC STUDIES 135 †**San Diego County American
Indian Tribes***3 units, 3 hours lecture*

This course discusses the cultural complexity of indigenous San Diego County Indians, spanning geographically from the ocean to the mountains and desert. San Diego County has 18 Indian Reservations, more than any county in the United States. The course examines pre-contact, migration/relocation patterns, present day reservations, and an in-depth study of the dominant Hokan speakers (Kumeyaay-Diegueño) and of the three groups of Uto-Aztecan speakers (Luiseño, Cahuilla and Cupeño). The history of these groups includes the Spanish, Mexican, and American periods resulting in forced removals and loss of traditional territories and altered traditions. Also covered is each group's origins, traditional songs, oral tradition, religious practices, foods, family patterns, and how they have survived and maintained their language, arts and culture. The course evaluates how the tribes shaped ancient and modern San Diego, including the socio-economic and political importance of gaming tribes and sovereignty.

Satisfies General Education for: Grossmont College D; CSU C2, D; IGETC 3B, 4

Transfers to: CSU, UC

ETHNIC STUDIES 137 †**American Indian Culture and
Heritage***3 units, 3 hours lecture*

An in-depth analysis and discussion of American Indian cultural development as influenced by native and non-native traditions and influences. This course will examine the ways in which American Indians view the world, their place in it, and their responsibilities to it within an ethno-environmental context. Emphasis is placed on tribal and family relationships and social adjustments made by individuals. Analyzes the influence of these traditions on non-Indian cultures and philosophy, sociopolitics, science, religion, and the arts. Deals with the ongoing adaptability and endurance of American Indian traditions and customs given the changing conditions or legal requirements of the times.

Formerly CCS 132

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

ETHNIC STUDIES 138 †**The History and Cultures of
California Indians***3 units, 3 hours lecture*

An historical overview of California native people and their timeless cultural elements. Areas to be studied will include: an investigation into pre-European contact cultures and the subsequent impact of Spanish missions and Anglo-American institution and values.

Formerly CCS 133

Satisfies General Education for: Grossmont College D; CSU D; IGETC 3B

Transfers to: CSU, UC

ETHNIC STUDIES 143 †**Images of Black Women***3 units, 3 hours lecture*

A study of black women in the U.S. using literature, the arts and media, produced by and about black women. Explores the intersections of gender, race, and socio-economic class in black women's identity and experiences. Themes include power and resistance; work, family and culture; cultural representations and stereotypes, and the interplay of social processes on the development of identity.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4

Transfers to: CSU, UC

ETHNIC STUDIES 144 †

(Communication 144)

**Communication Studies: Race
and Ethnicity***3 units, 3 hours lecture*

This course provides both a theoretical and a practical exploration of communication, race, and ethnicity in the general context of U.S. culture. Attention is given to race and ethnicity in popular culture and to how contemporary and historical constructions of race and ethnicity influence everyday communication interactions. Emphasis is on developing communication competence in situations where perceived racial or ethnic difference factors into successful communication outcomes.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

ETHNIC STUDIES 145 † **Introduction to Black Studies**

3 units, 3 hours lecture

An overview of Black Studies as a discipline, including its socio-political and academic origins, evolution of ideas, methodologies, and goals. Subject areas include history, politics, and economics; social systems; oppression and empowerment; family and community; identity; and contemporary issues. Scholarship, literature, media, and the arts illustrate the interdisciplinary approach to studying black experiences, behavior and thought.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

ETHNIC STUDIES 150 † **Latinx Sociology**

3 units

This course is an in-depth sociological examination of Latinx/Hispanic communities in the United States. Topics include family structure, gender roles and sexuality; religion; economics; racism; social movements; U.S./Mexico border issues and immigration policy; and education. Emphasis is placed on social interactions, politics of identity formation, and social processes impacting the status of U.S. Latinx/Hispanics. This course is intended for sociology majors or any student interested in the social sciences.

Satisfies General Education for: IGETC 4

Transfers to: CSU

ETHNIC STUDIES 180 † (History 180)

U.S. History: Black Perspectives I

3 units, 3 hours lecture

A survey of United States history from colonial times through the Civil War from the perspective and experiences of African-Americans. The course begins with the historical backdrop of African peoples in continental Africa and the trace their story through early modern European contact, slave trade, enslavement in the Americas, colonial America, the revolutionary and Constitutional era, the early Republic, participation in American institutions, sectional issues between North and South over slavery, the Civil War and emancipation. Examines the contradictions, paradoxes and constitutional challenges of the American experiment of freedom alongside the institution of slavery. Explores the political, social, economic, legalistic, cultural, spiritual, literary and artistic life of African-Americans during this historical period.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

ETHNIC STUDIES 181 † (History 181)

U.S. History: Black Perspectives II

3 units, 3 hours lecture

A survey of United States history from Reconstruction to the present seen from the perspective and experience of African-Americans. The course begins with the emancipation of slaves and Reconstruction and then traces the African-American experience through modern American history. Topics include developments in California, Reconstruction, Jim Crow South, late 19th century, pre-WWI and the Progressive Era, WWI and the Roaring 20s, Depression Era, WWII and the home front, post-WWII era and segregation, Civil Rights Era, struggles of the 1960s and 1970s, late 20th century and 21st-century issues. Course also explores the contradictions, paradoxes and constitutional challenges, both federal and in California, of the American experiment of equality alongside racial segregation and injustices. The course also explores the political, social, economic, legalistic, cultural, spiritual, literary and artistic life of African-Americans during modern American history.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

ETHNIC STUDIES 194 † **Community Service Learning Experience**

1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose is to provide students the opportunity to explore options and careers in a selected area of study. For work experience requirements, see page 43.

Transfers to CSU

ETHNIC STUDIES 236 † **CHICANA/O LITERATURE**

(English 236)

3 units, 3 hours lecture

This course is a survey of colonial, post-colonial, and contemporary Chicano/Chicana literature. Literary works originally written in English and the Chicano/a bilingual idiom as well as English translations of works written in Spanish will be taught. Reading selections may consist of poetry, ballads, short stories, novels, plays, and nonfiction prose. Students analyze the literature and apply critical theory to describe critical events in the histories, cultures, and intellectual and literary traditions, with special focus on the lived experiences, social struggles, and contributions of Latino/a Americans in the United States.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC (credit limited: see page 54)

ETHNIC STUDIES 237 † (English 237)

American Indian Literature

3 units, 3 hours lecture

A survey and literary analysis of American Indian literature; folk, creation and origin stories, legends, and poetry from the oral tradition to contemporary American Indian authors.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

ETHNIC STUDIES 238 †

(English 238)

Black Literature

3 units, 3 hours lecture

This course introduces students to a survey of Black literature, focusing on the early oral tradition, literature of slavery and freedom, the Harlem Renaissance, Modernism, the Black Arts Era, and the contemporary period. Reading selections may consist of poetry, short stories, plays, novels, and nonfiction prose, including essays, letters, political tracts, autobiographies, speeches, and sermons. Students analyze the literature and apply critical theory to describe critical events in the histories, cultures, and intellectual and literary traditions, with special focus on the lived experiences, social struggles, and contributions of African Americans in the United States.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE AND WELLNESS (ES)

Unless specifically required by a transfer institution for preparation for an Exercise Science major, students are limited to four enrollments in any combination of courses related in content (families). Students intending to major in Exercise Science at a California State University or University of California campus that requires more than the limit should see a counselor. Refer to page 36 to see "Limitations on Enrollment" for specific groups of families in exercise science.

Students should progress from Beginning to Intermediate and to Advanced levels in the courses that have an "ABC" designation to facilitate success. Students should not move backward in levels. The only courses that may be repeated are the Intercollegiate Athletic courses numbered 200-240, 262, and 263, which may be taken four (4) times maximum. No other Exercise Science course may be repeated for credit.

Exercise Science courses that meet the fitness/wellness requirements for general education are indicated by an asterisk (*). NOTE: Intercollegiate athletic courses do NOT meet the fitness/wellness requirement.

Adapted Exercise Science

Exercise Science 001, 002, 003, 029, 030, 035 and 041 have been designed to meet the needs of the students participating in the Disabled Students Program. For other course offerings related to the Disabled Students Program, see Personal Development – Special Services.

Physical Fitness**EXERCISE SCIENCE 001* †
Adapted Physical Exercise**

1 unit, 1 hour lecture, 1 hour laboratory

This course is designed to develop various components of physical fitness for students with verified disabilities. Physical assessment, appropriate exercise equipment and personalized exercise program will be prescribed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

**EXERCISE SCIENCE 002* †
Advanced Adapted Physical Exercise**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 001 or equivalent or specified skill competencies.

Advanced physical exercise course designed for students with verified disabilities. Emphasis placed on muscular fitness through resistance exercises. Physical assessment, appropriate exercise equipment and personalized prescribed weight training programs will be developed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

**EXERCISE SCIENCE 003* †
Adapted Aerobic Fitness**

1 unit, 1 hour lecture, 1 hour laboratory

This course is designed to provide a fitness exercise program for students with verified disabilities. Includes methods of strength attainment and flexibility training, with emphasis on aerobic conditioning. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

**EXERCISE SCIENCE 004A* †
Beginning Fitness for the Newcomer**

1 unit, 1 hour lecture, 1 hour laboratory

This course is designed to provide a beginning level of a personalized total body fitness program for individuals who are tentative or deficient in physical fitness skills. This course is intended for the student who is not ready to participate in a regular fitness class, but is not in need of a truly adapted fitness class. Instruction will include the development of a basic level of cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition, core strength, balance and equipment use. Direction will include introductory recommendations necessary to personalize an exercise program to meet individual conditions, limitations and special needs. Influences of nutrition, as well as health concerns, injury prevention and life-long health and wellness will be included.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

**EXERCISE SCIENCE 004B* †
Intermediate Fitness for the Newcomer**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 004A or equivalent or specified skill competencies.

This course is a continuation of ES 004A which is designed to provide a personalized total body fitness program for individuals who are tentative or deficient in physical fitness skills. This course is intended for the student who is not ready to participate in a regular fitness class, but is not in need of a truly adapted fitness class. Instruction will include the development of an intermediate level of cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition, core strength, balance and equipment use. Direction will include relatively complex recommendations necessary to personalize an exercise program to meet individual conditions, limitations and special needs. Influences of nutrition, as well as health concerns, injury prevention and life-long health and wellness will be included.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 004C* † **Advanced Fitness for the Newcomer**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 004B or equivalent or specified skill competencies.

This course is a continuation of ES 004B which is designed to provide a personalized total body fitness program for individuals who are tentative or deficient in physical fitness skills. This course is intended for the student who is not ready to participate in a regular fitness class, but is not in need of a truly adapted fitness class. Instruction will include the development of an advanced level of cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition, core strength, balance and equipment use. Direction will include detailed recommendations necessary to personalize an exercise program to meet individual conditions, limitations and special needs. Influences of nutrition, as well as health concerns, injury prevention and life-long health and wellness will be included.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 005A* † **Beginning Aerobic Fitness and Weight Training**

1.5 units, 1 hour lecture, 2 hours laboratory

This course is designed to provide a beginning level fitness experience to develop the key components of health-related physical fitness: cardiorespiratory endurance, muscular strength/endurance, body composition, and flexibility. Exercise theories, training methods, nutritional influences on exercise and body composition, and injury prevention/treatment will be presented. A wide range of cardiovascular activities and resistance training equipment are utilized.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 005B* † **Intermediate Aerobic Fitness and Weight Training**

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 005A or equivalent or specified skill competencies.

A continuation of ES 005A emphasizing the development of an intermediate level of aerobic fitness and weight training. Students will complete more physical challenging activities to achieve an intermediate level of cardiorespiratory endurance, muscular strength/endurance, body composition and flexibility. Exercise theories, training methods, nutritional influences on exercise and body composition, and injury prevention/treatment will be presented. A wide range of cardiovascular activities and resistance training equipment are utilized.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 005C* † **Advanced Aerobic Fitness and Weight Training**

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 005B or equivalent or specified skill competencies.

A continuation of ES 005B emphasizing the development of an advanced level of aerobic fitness and weight training. Students will complete more physical challenging activities to achieve an advanced level of cardiorespiratory endurance, muscular strength/endurance, body composition and flexibility. Exercise theories, training methods, nutritional influences on exercise and body composition, and injury prevention/treatment will be presented. A wide range of cardiovascular activities and resistance training equipment are utilized.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 006A* † **Beginning Total Body Fitness**

1 unit, 1 hour lecture, 1 hour laboratory

This course is designed to provide a beginning level total body workout utilizing weight machines and exercycles. The circuit involves a personalized workload which allows students to progress at their own rate. The components of fitness (cardiovascular endurance, muscular strength, muscular endurance and flexibility) are presented in a sequentially monitored program or circuit. In addition, students will be presented with nutritional and health information, as well as factors that affect training in order to assist them in their creation of a healthy lifestyle.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 006B* † **Intermediate Total Body Fitness**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 006A or equivalent or specified skill competencies.

A continuation of ES 006A emphasizing the development of an intermediate level of circuit training. Students will complete more physically challenging techniques on exercise equipment to achieve an intermediate level of fitness. The components of fitness (cardiovascular endurance, muscular strength, muscular endurance and flexibility) are presented in a sequentially monitored program or circuit. In addition, students will explore nutrition and health information as well as the factors that affect training in order to assist them in their creation of a healthy lifestyle.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 006C* † **Advanced Total Body Fitness**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 006B or equivalent or specified skill competencies.

A continuation of ES 006B emphasizing the development of an advanced level of circuit training. Students will complete highly advanced techniques on exercise equipment to achieve an advanced level of fitness. The components of fitness (cardiovascular endurance, muscular strength, muscular endurance and flexibility) are presented in a sequentially monitored program or circuit. In addition, students will explore nutrition and health information as well as the factors that affect training in order to assist them in their creation of a healthy lifestyle.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 007A* † **Beginning Aerobic Walking for Fitness and Wellness**

1.5 units, 1 hour lecture, 2 hours laboratory

Instruction and reinforcement in basic fitness walking techniques with a specific intent to develop cardiovascular fitness and endurance to a beginning level. Students will also analyze the impact of aerobic walking on other fitness parameters such as muscle endurance and body composition. Principles of physical fitness, conditioning and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 007B* † **Intermediate Aerobic Walking for Fitness and Wellness**

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 007A or equivalent or specified skill competencies.

A continuation of ES 007A emphasizing intermediate level fitness walking techniques at moderate intensity to increase cardiovascular fitness and endurance to an intermediate level. Students will also analyze the impact of aerobic walking on other fitness parameters such as muscle endurance and body composition. Principles of physical fitness, conditioning and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 007C* † **Advanced Aerobic Walking for Fitness and Wellness**

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 007B or equivalent or specified skill competencies.

A continuation of ES 007B emphasizing advanced level fitness walking techniques at high intensity and longer duration to increase cardiovascular fitness and endurance to an advanced level. Students will also analyze the impact of high intensity aerobic walking and increased duration on other fitness parameters such as muscle endurance and body composition. Principles of physical fitness, conditioning and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 008A* † **Beginning Indoor Cycling**

1 unit, 1 hour lecture, 1 hour laboratory

This course is designed to provide a beginning level indoor cycling experience to develop the key components of health-related physical fitness: cardiorespiratory, endurance, muscular strength/endurance, body composition, and flexibility. The components of fitness will be met through structured individually paced indoor group cycling classes. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 008B* † **Intermediate Indoor Cycling**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 008A or equivalent or specified skill competencies

A continuation of ES 008A emphasizing the development of an intermediate level of indoor cycling. Students will complete physical challenging activities to achieve an intermediate level of cardiorespiratory endurance, muscular strength/endurance, body composition, and flexibility. Intermediate exercise theories will be met through structured indoor cycling methods and practices. Students will also interpret principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 008C* † **Advanced Indoor Cycling**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 008B or equivalent or specified skill competencies

A continuation of ES 008B emphasizing the development of advanced level of indoor cycling. Students will complete physical challenging activities to achieve an advanced level of cardiorespiratory endurance, muscular strength/endurance, body composition, and flexibility. Advanced exercise theories will be met through structured indoor cycling methods and practices. Students will also summarize principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 009A* † **Beginning Aerobic Dance Exercise**

1 unit, 1 hour lecture, 1 hour laboratory

Participation in aerobic dance exercise emphasizing the development of a basic level of conditioning of the musculoskeletal system, improvement of the cardiovascular system, increasing the efficiency of the respiratory system, and increasing flexibility. Beginning level movement patterns, routines and equipment will be used. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 009B* † **Intermediate Aerobic Dance Exercise**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 009A or equivalent or specified skill competencies.

A continuation of ES 009A emphasizing the development of an intermediate level of conditioning of the musculoskeletal system, improvement of the cardiovascular system, increasing the efficiency of the respiratory system, and increasing flexibility. More complex movement patterns, routines and equipment will be used to increase intensity of exercise to achieve an increased level of fitness. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 009C* † Advanced Aerobic Dance Exercise

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 009B or equivalent or specified skill competencies.

A continuation of ES 009B emphasizing the development of an advanced level of conditioning of the musculoskeletal system, improvement of the cardiovascular system, increasing the efficiency of the respiratory system, and increasing flexibility. Highly complex movement patterns, routines and equipment will be used to increase intensity of exercise to achieve a superior level of fitness. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 017A* † Beginning Trail Hiking

1 unit, 1 hour lecture, 1 hour laboratory

This course serves as an introduction to trail hiking and involves the exploration of local trails surrounding the campus. This activity class is designed to promote a higher level of fitness, and the basic knowledge sufficient to hike during leisure time in an outdoor environment. Major topics include: appropriate clothing and footwear, equipment, safety, exercise benefits and training principles, *Leave No Trace* outdoor ethics, navigation and enjoyment of outdoor exploration. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness. This course requires the ability to walk outside on trails, which are often uneven surfaces, in all types of weather indicative of the San Diego climate.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 017B* † Intermediate Trail Hiking

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 017A or equivalent or specified skill competencies.

A continuation of ES 017A emphasizing the development of an intermediate level trail hiking. Students will complete more physically challenging hikes to achieve an intermediate level of fitness. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 017C* † Advanced Trail Hiking

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 017B or equivalent or specified skill competencies.

A continuation of ES 017B emphasizing the development of an advanced level trail hiking. Students will complete more physically and mentally challenging hikes to achieve an advanced level of fitness. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 021A* † Beginning Fitness for Chronic Disease and Injury Prevention

1.5 units, 1 hour lecture, 2 hours laboratory

This course is designed for physical activity and information to meet the needs of a population at risk for chronic disease or injury that potentially reduce the quality of life. Principles of physical fitness, conditioning, and other relevant health-related topics will be covered. Emphasis will be placed on the development of a basic level of preventive lifestyle practices that research has shown to reduce the chances of developing and/or severity of heart disease, osteoporosis, diabetes, stroke and other chronic diseases. This will include beginning level equipment use, movement and balance exercises.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 021B* † Intermediate Fitness for Chronic Disease and Injury Prevention

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 021A or equivalent or specified skill competencies.

This course is a continuation of ES 021A providing physical activity and information to meet the needs of a population at risk for chronic disease or injury that potentially reduce the quality of life. Principles of physical fitness, conditioning, and other relevant health-related topics will be covered. Emphasis will be placed on the development of an intermediate level of preventive lifestyle practices that research has shown to reduce the chances of developing and/or severity of heart disease, osteoporosis, diabetes, stroke and other chronic diseases. This will include added complexity of equipment use, movement and balance exercises to achieve an increased level of fitness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 021C* † Advanced Fitness for Chronic Disease and Injury Prevention

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 021B or equivalent or specified skill competencies.

This course is a continuation of ES 021B providing physical activity and information to meet the needs of a population at risk for chronic disease or injury that potentially reduce the quality of life. Principles of physical fitness, conditioning, and other relevant health-related topics will be covered. Emphasis will be placed on the development of an advanced level of preventive lifestyle practices that research has shown to reduce the chances of developing and/or severity of heart disease, osteoporosis, diabetes, stroke and other chronic diseases. This will include added highly complex equipment use, movement and balance exercises to achieve an increased level of fitness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 023A* † Beginning Weight Training

1 unit, 1 hour lecture, 1 hour laboratory

Instruction and practice in resistance training with emphasis in beginning level use of weight machines and free weights. Emphasis will be placed on proper beginning techniques of resistance lifting, individualized muscular strength/endurance programs and the practice of appropriate exercise to meet student-specific fitness objectives. Students will also learn the fundamental principles of physical fitness and their impact on a life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 023B* † Intermediate Weight Training

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 023A or equivalent or specified skill competencies.

A continuation of ES 023A, this course emphasizes the development of an intermediate level resistance training with weight machines and free weights. More complex movement patterns, routines and equipment will be used to increase intensity of exercise to achieve an increased level of fitness. Students will also learn the complex principles of physical fitness and their impact on a life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 023C* † Advanced Weight Training

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 023B or equivalent or specified skill competencies.

A continuation of ES 023B, this course emphasizes the advanced critical analysis of methods used to assess, develop, and perform resistance principles involved in Power lifting and Olympic lifts. Emphasis will be placed on highly complex movement patterns, routines and equipment will be used to increase intensity of exercise to achieve an elite level of fitness. Students will also learn the complex applications of selected biomechanical models of resistance principles, rehabilitation exercises, and competitive lifting.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 024A* † Beginning Fitness Boot Camp

1 unit, 1 hour lecture, 1 hour laboratory

This course presents a fast-paced, regimented-style exercise program designed at a beginning level that works the entire body through the use of calisthenics, running, body resistance training and agility drills designed to promote physical fitness and weight control. Using a variety of activities, emphasis will be placed on self-discipline, intensity, and goal-oriented basic exercise programming. The course will utilize numerous training modalities including cross-training, basic boxing, plyometrics, speed and agility, core stability, flexibility training as well as cardiovascular endurance.

Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 024B* † Intermediate Fitness Boot Camp

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 024A or equivalent or specified skill competencies.

A continuation of ES 024A emphasizing the development of an intermediate program of fast-paced, regimented style exercise that works the entire body through the use of calisthenics, running, body resistance training and agility drills designed to promote physical fitness and weight control.

Using a variety of relatively complex and moderately intense activities, emphasis will be placed on self-discipline, intensity, and goal-oriented intermediate exercise programming. The course will utilize numerous training modalities including cross-training, basic boxing, plyometrics, speed and agility, core stability, flexibility training as well as cardiovascular endurance.

Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 024C* † Advanced Fitness Boot Camp

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 024B or equivalent or specified skill competencies.

A continuation of ES 024B emphasizing the development of an advanced program of fast-paced, regimented style exercise that works the entire body through the use of calisthenics, running, body resistance training and agility drills designed to promote physical fitness and weight control. Using a variety of highly intense activities having challenging complexity, emphasis will be placed on self-discipline, intensity, and goal-oriented advanced exercise programming. The course will utilize numerous training modalities including cross-training, basic boxing, plyometrics, speed and agility, core stability, flexibility training as well as cardiovascular endurance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 026* † Stress Reduction Through Movement and Mindfulness

1 unit, 1 hour lecture, 1 hour laboratory

The course serves as an introduction to stress-reduction practice with emphasis on developing mindfulness-based techniques to improve mind-body awareness. Students will participate in a variety of techniques and practical movement exercises that allow for in-depth personal exploration of awareness in everyday life. In addition, students will learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 027A* † **Beginning T'ai Chi Ch'uan**

1 unit, 1 hour lecture, 1 hour laboratory

This course introduces the fundamental concepts of T'ai Chi Ch'uan. This ancient Chinese exercise form consists of a series of classical martial arts postures which gracefully flow together in slow motion. It benefits health and wellness by emphasizing mental tranquility, inner awareness, relaxation, stress reduction, muscle control and flexibility. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 027B* † **Intermediate T'ai Chi Ch'uan**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 027A or equivalent or specified skill competencies.

This course introduces the intermediate concepts of T'ai Chi Ch'uan. This ancient Chinese exercise form consists of a series of classical martial arts postures which gracefully flow together in slow motion. It benefits health and wellness by emphasizing mental tranquility, inner awareness, relaxation, stress reduction, muscle control and flexibility. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 027C* † **Advanced T'ai Chi Ch'uan**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 027B or equivalent or specified skill competencies.

This course introduces the advanced concepts of T'ai Chi Ch'uan. This ancient Chinese exercise form consists of a series of classical martial arts postures which gracefully flow together in slow motion. It benefits health and wellness by emphasizing mental tranquility, inner awareness, relaxation, stress reduction, muscle control and flexibility. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 028A* † **Beginning Yoga**

1.5 units, 1 hour lecture, 2 hours laboratory

This course is designed to help students increase flexibility and balance as well as practice relaxation and stress reduction through beginning Hatha Yoga techniques. The course will focus on safe, effective stretching, balance, stability of supporting muscle groups and breathing techniques. Discussion regarding history and the traditions of Hatha Yoga as well as stress reduction will take place. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 028B* † **Intermediate Yoga**

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 028A or equivalent or specified skill competencies.

A continuation of ES 028A emphasizing the development of an intermediate level of flexibility and balance, as well as practice relaxation and stress reduction through Hatha Yoga techniques. The course will focus on safe, effective stretching, balance, stability of supporting muscle groups and breathing techniques. Intermediate poses and techniques will be introduced to increase flexibility, strength, balance, and deeper levels of stress reduction. Discussion of the history and traditions of Hatha Yoga and stress reduction methods will take place. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 028C* † **Advanced Yoga**

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 028B or equivalent or specified skill competencies.

A continuation of ES 028B emphasizing the development of an advanced level of flexibility and balance, as well as the practice of relaxation and stress reduction through Hatha Yoga techniques. The course will focus on safe, effective stretching, balance, stability of supporting muscle groups and breathing techniques. Advanced poses and techniques will be introduced to increase flexibility, strength, balance, and deeper levels of stress reduction. Discussion of the history and traditions of Hatha Yoga will take place. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 029* † **Adapted Yoga**

1 unit, 1 hour lecture, 1 hour laboratory

This course provides basic yoga skills and practice for students with verified disabilities. Emphasis on muscular endurance, balance, flexibility, relaxation and stress reduction through modified traditional yoga postures and stretches. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

Aquatics

EXERCISE SCIENCE 030* † **Adapted Aquatic Sports Education**

1 unit, 1 hour lecture, 1 hour laboratory

A class for students with verified disabilities providing various aquatic sports and activities. This class is designed to offer the student experiences in competitive swimming, water polo, other aquatic games and conditioning exercises. Personalized programs will be designed and developed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 035* † Adapted Swimming

1 unit, 1 hour lecture, 1 hour laboratory

This course offers instruction and practice in basic swimming and aquatic skills for students with verified disabilities. Emphasis on cardiorespiratory and muscular endurance, stroke mechanics and water safety through a personalized aquatic program. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 037A* † Beginning Springboard Diving

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 039 or equivalent or basic swimming/water safety skills.

Instruction and practice in beginning diving skills necessary to use the one meter and three meter diving boards with emphasis on board work, front and back approaches, front and back jumps, and front and back line-ups. Individuals enrolling in this class should have basic swimming skills. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 037B* † Intermediate Springboard Diving

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 037A or equivalent or specified skill competencies; and a "C" grade or higher or "Pass" in ES 039 or equivalent or basic swimming/water safety skills.

Instruction and practice in the intermediate diving skills necessary to use the one meter board with emphasis on board work, front and back approaches, front and back jumps, and front and back line-ups. Individuals enrolling in this class should have beginning swimming skills. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 037C* † Advanced Springboard Diving

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 037B or equivalent or specified skill competencies; and a "C" grade or higher or "Pass" in ES 039 or equivalent or basic swimming/water safety skills.

Instruction and practice in advanced diving skills necessary to use the one meter and three meter boards with emphasis on board work, front and back approaches, front and back jumps, and front and back line-ups. Individuals enrolling in this class should have basic swimming skills. Students will also learn the fundamental principles of physical fitness and their impact on life-long health.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54).

EXERCISE SCIENCE 039* † Swimming for Nonswimmers

1 unit, 1 hour lecture, 1 hour laboratory

This class is for students who have a fear of the water and cannot swim or who are so deficient in basic aquatic skills that they would be unsafe in and around water. This class will aid students to become comfortable and safe in an aquatic environment. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 040A* † Beginning Aquatic Fitness

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: Successful completion of ES 039 or basic comfort level in and around an aquatic environment.

Instruction and practice in water aerobics exercise. An emphasis will be placed on the development of a basic level of conditioning in the areas of muscular strength and endurance, improvement and efficiency of the cardiovascular system, and improving body composition. Beginning level movement patterns in the water while using resistive and flotation equipment. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 040B* † Intermediate Aquatic Fitness

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 040A or equivalent or specified skill competencies.

A continuation of aquatic fitness ES 040A. An emphasis will be placed on the development of an intermediate level of conditioning in the areas of muscular strength and endurance, improvement and efficiency of the cardiovascular system, and improving body composition. More intense intermediate level movement patterns in the water while using resistive and flotation equipment. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 040C* † Advanced Aquatic Fitness

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 040B or equivalent or specified skill competencies.

A continuation of aquatic fitness ES 040B. An emphasis will be placed on the development of an advanced level of conditioning in the areas of muscular strength and endurance, improvement and efficiency of the cardiovascular system, and improving body composition. More intense advanced level movement patterns in the water while using resistive and flotation equipment. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 041* † **Adapted Water Aerobics**

1.5 units, 1 hour lecture, 2 hours laboratory

This class is designed to provide a personalized water exercise program for individuals with permanent or temporary limitations. Instruction and practice will include cardiovascular endurance, muscular endurance, flexibility, core strength and balance through an instructor-lead water aerobic class. Instruction will also include influences of basic nutrition, principles of physical fitness and life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 043A* † **Beginning Swimming**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 039 or equivalent or specified skill competencies.

This class is designed for students who already have some swimming ability and are safe in the water but who need stroke improvement. Students will receive instruction and practice in the basic swimming strokes and diving. Emphasis will be placed on technique improvement and conditioning.

Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 043B* † **Intermediate Swimming**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 043A or equivalent or specified skill competencies.

Instruction and practice in four different swimming strokes. The emphasis will be on intermediate skills such as stroke improvement, performance and conditioning. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 043C* † **Advanced Swimming**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 043B or equivalent or specified skill competencies.

Advanced swimming instruction and conditioning. This course is designed for students who wish to use swimming as a means for physical conditioning, including those involved in triathlons or Masters swim programs. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 044A* † **Beginning Lap Swimming for Health and Fitness**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 039 or equivalent or specified skill competencies.

This course is designed for beginning lap swimmers who have acquired basic swimming techniques. Students are instructed in beginning level workouts which will improve cardiovascular endurance. Flexibility, exercises, nutrition and proper training techniques will be included in the course of study. Principles of physical fitness, conditioning and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 044B* † **Intermediate Lap Swimming for Health and Fitness**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 044A or equivalent or specified skill competencies.

This course is designed for lap swimmers who have acquired intermediate swimming techniques. Students are instructed in intermediate level workouts which will improve cardiovascular endurance. Flexibility, exercises, nutrition and proper training techniques will be included in the course of study. Principles of physical fitness, conditioning and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 044C* † **Advanced Lap Swimming for Health and Fitness**

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 044B or equivalent or specified skill competencies.

This course is designed for lap swimmers who have acquired advanced swimming techniques. Students are instructed in advanced level workouts which will improve cardiovascular endurance. Flexibility, exercises, nutrition and proper training techniques will be included in the course of study. Principles of physical fitness, conditioning and other relevant health-related topics will also be covered.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 047 † **Lifeguard Training**

2 units, 2 hours lecture, 1 hour laboratory

Prerequisite: A "C" grade or higher or "Pass" in ES 043B or equivalent. Demonstrated ability to swim 500 yards continuously using these strokes in the following order: 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick; 100 yards breaststroke; 200 yards of either front crawl or breaststroke (these 200 yards may be a mixture of front crawl and breaststroke). Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 – 10 feet, retrieve a 10-pound object, return to surface, and swim 20 yards back to the starting point with the object.

Instruction in lifeguarding and lifesaving techniques, cardiopulmonary resuscitation, and basic first aid that will facilitate successful completion of the American National Red Cross Lifeguard Training Certificate, Community First Aid & Safety Certificate, and CPR For The Professional Rescuer Certificate.

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 051 † American Red Cross Water Safety Instructors

2 units, 2 hours lecture, 1 hour laboratory
Prerequisite: A "C" grade or higher or "Pass" in ES 043B or equivalent. Students must also have (or obtain as part of the first week of this course) a current Fundamentals of Instructor Training Certificate and be a minimum of 17 years of age.

Successful completion of this class would lead to authorization by the American Red Cross as a Water Safety Instructor. Teaching techniques involved in swimming, community water safety and emergency water safety will be covered. The first week of this course will contain the instruction needed to pass the exam for the required Fundamentals of Instructor Training Certificate (F.I.T.). Students must successfully pass the F.I.T. exam to continue with the remainder of the course.

Transfers to: CSU, UC (credit limited: see page 54)

Racquet Sports

EXERCISE SCIENCE 060A* † Beginning Badminton

1 unit, 1 hour lecture, 1 hour laboratory

Presentation of the official singles and doubles games including the six basic strokes, footwork, strategy and etiquette. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 060B* † Intermediate Badminton

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 060A or equivalent or specified skill competencies.

Continuation of ES 060A with emphasis on intermediate level skill mastery, strategies and match play in both singles and doubles. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 060C* † Advanced Badminton

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 060B or equivalent or specified skill competencies.

Continuation of ES 060B with emphasis on advanced level skill mastery, strategies and match play in both singles and doubles. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 076A* † Beginning Tennis

1 unit, 1 hour lecture, 1 hour laboratory

Introduction to the basic skills and strategies of tennis. Instruction in all primary strokes in both singles and doubles play. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 076B* † Intermediate Tennis

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 076A or equivalent or specified skill competencies.

Continuation of ES 076A with emphasis on individual stroke analysis, playing strategy and match play. Instruction in all strokes in both singles and double play. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 076C* † Advanced Tennis

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 076B or equivalent or specified skill competencies.

Continuation of ES 076B with emphasis on advanced techniques, strategies and tactics for play in singles, doubles and mixed doubles play. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

Individual Skills

EXERCISE SCIENCE 125A* † Beginning Golf

1 unit, 1 hour lecture, 1 hour laboratory

Instruction and practice in basic golf skills including swing, stance and grip as well as rules and golf course etiquette. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 125B* † Intermediate Golf

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 125A or equivalent or specified skill competencies.

Continuation of ES 125A with emphasis on technique improvement in all basic golf skills. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 125C* † Advanced Golf

1.5 units, 1 hour lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 125B or equivalent or specified skill competencies.

Continuation of ES 125B with emphasis on advanced techniques, strategies and tournament play. Individuals enrolling in this course must furnish their own equipment and pay green fees.

Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 130A* † **Beginning Gymnastics**

1 unit, 1 hour lecture, 1 hour laboratory
Beginning gymnastics skills developed and practiced on all the Olympic events for women and men. Emphasis on individual skill acquisition, and performance of gymnastics skills and routines. Topics specific to men's and women's gymnastics will be presented and discussed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 130B* † **Intermediate Gymnastics**

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in ES 130A or equivalent or specified skill competencies.

Intermediate gymnastics skills developed and practiced on all the Olympic events for women and men. Emphasis on individual skill acquisition, improvement and performance of gymnastics skills and routines. Topics specific to men's and women's gymnastics will be presented and discussed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 130C* † **Advanced Gymnastics**

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in ES 130B or equivalent or specified skill competencies.

Advanced gymnastics skills developed and practiced on all the Olympic events for women and men. Emphasis on individual skill acquisition, improvement and performance of gymnastics skills and routines. Topics specific to men's and women's gymnastics will be presented and discussed. Students will also learn the fundamentals of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

Team Skills

EXERCISE SCIENCE 155A* † **Beginning Basketball**

1 unit, 1 hour lecture, 1 hour laboratory
Instruction and practice in the basic skills of basketball with emphasis on individual skill development and team play. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 155B* † **Intermediate Basketball**

1 unit, 1 hour lecture, 1 hour laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in ES 155A or equivalent or specified skill competencies.

Continuation of ES 155A with emphasis on intermediate level individual skill development, team play, defensive/offensive tactics and team strategies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 155C* † **Advanced Basketball**

1 unit, 1 hour lecture, 1 hour laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in ES 155B or equivalent or specified skill competencies.

Continuation of ES 155B with emphasis on advanced level individual skill development and team play, defensive/offensive tactics and team strategies. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 170A* † **Beginning Soccer**

1 unit, 1 hour lecture, 1 hour laboratory
Instruction and practice in the basic skills, rules, and strategies of soccer with emphasis on individual skill development and team play. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 170B* † **Intermediate Soccer**

1 unit, 1 hour lecture, 1 hour laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in ES 170A or equivalent or specified skill competencies.

Continuation of ES 170A with emphasis on intermediate skills, rules, and strategies of soccer. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 170C* † **Advanced Soccer**

1 unit, 1 hour lecture, 1 hour laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in ES 170B or equivalent or specified skill competencies.

Continuation of ES 170B with emphasis on advanced skills, rules, and strategies of soccer. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 171A* † **Beginning Softball**

1 unit, 1 hour lecture, 1 hour laboratory
Instruction in the basic techniques, fundamental skills, history and rules of softball. Emphasis will be placed on beginning level individual and team skills, as well as basic strategy. Students will also learn the fundamentals of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 171B* † **Intermediate Softball**

1 unit, 1 hour lecture, 1 hour laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in ES 171A or equivalent or specified skill competencies.

Instruction in intermediate techniques, skills, and rules as well as basic history of softball. Emphasis will be placed on intermediate level individual and team skills, as well as basic strategy. Students will also learn the fundamentals of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 171C* † Advanced Softball

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 171B or equivalent or specified skill competencies.

Instruction in advanced techniques, skills and rules as well as basic history of softball. Emphasis will be placed on advanced level individual and team skills, as well as basic and advanced strategies. Students will also learn the fundamentals of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 172A* † Beginning Baseball

1 unit, 1 hour lecture, 1 hour laboratory

Instruction in the basic techniques, fundamental skills, history and rules of baseball. Emphasis will be placed on beginning level individual and team skills, as well as basic strategy. Students will also learn the fundamentals of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 172B* † Intermediate Baseball

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 172A or equivalent or specified skill competencies.

Instruction in intermediate techniques, skills, history, and rules of baseball. Emphasis will be placed on intermediate level individual and team skills, as well as strategy. Students will also learn the fundamentals of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 172C* † Advanced Baseball

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 172B or equivalent or specified skill competencies.

Instruction in advanced techniques, skills and rules of baseball. Emphasis will be placed on advanced level individual and team skills, as well as strategy. Students will also learn the fundamentals of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 175A* † Beginning Volleyball

1 unit, 1 hour lecture, 1 hour laboratory

Instruction and practice in the basic levels of volleyball with emphasis on individual skill development and team play. Topics specific to men's and women's volleyball will be presented and discussed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 175B* † Intermediate Volleyball

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 175A or equivalent or specified skill competencies.

Continuation of ES 175A with emphasis on intermediate level volleyball skills, tactics and strategies. Topics specific to men's and women's volleyball will be presented and discussed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 175C* † Advanced Volleyball

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or ES 175B or equivalent or specified skill competencies.

Continuation of ES 175B with emphasis on advanced level volleyball skills, tactics and strategies. Topics specific to men's and women's volleyball will be presented and discussed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 176A* † Beginning Beach Volleyball

1 unit, 1 hour lecture, 1 hour laboratory

This course introduces the fundamental skills of Beach Volleyball, including passing, hitting, spiking (attacking), blocking, and serving, as well as beginning concepts of team strategies and tournament play. Topics specific to men's and women's beach volleyball will be presented and discussed.

Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 176B* † Intermediate Beach Volleyball

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 176A or equivalent or specified skill competencies.

A continuation of ES 176A emphasizing the development of intermediate skills of Beach Volleyball, including passing, hitting, spiking (attacking), cut shots, blocking, and serving, as well as intermediate concepts of team strategies and tournament play. Topics specific to men's and women's beach volleyball will be presented and discussed.

Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 176C* † Advanced Beach Volleyball

1 unit, 1 hour lecture, 1 hour laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in ES 176B or equivalent or specified skill competencies.

A continuation of ES 176B emphasizing the development of advanced skills of Beach Volleyball, including passing, hitting, spiking (attacking), kills and cut shots, cross-court blocking, and serving, as well as team strategies and tournament play. Topics specific to men's and women's beach volleyball will be presented and discussed.

Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.

Satisfies General Education for Grossmont College Area E

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

Combatives

EXERCISE SCIENCE 180* † Self-Defense for Women

1 unit, 1 hour lecture, 1 hour laboratory
Basic principles of practical personal protection for women, with emphasis placed on awareness and prevention of situations that may leave a person vulnerable to crime, especially rape. Physical skill acquisition, mental training, and verbal responses will be taught and practiced so students may develop the confidence to stand up and defend themselves. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 185A* † Beginning Fencing

1.5 units, 1 hour lecture, 2 hours laboratory
Instruction and practice in the basic fundamentals of the French foil including individual skills and bouting, terminology and beginning tactics. Topics specific to fencing will be presented and discussed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 185B* † Intermediate Fencing

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in ES 185A or equivalent or specified skill competencies.
Continuation of ES 185A with emphasis on the development of intermediate level proficiency in individual skills and bouting tactics with the French foil. Topics specific to fencing will be presented and discussed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 185C* † Advanced Fencing

1.5 units, 1 hour lecture, 2 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in ES 185B or equivalent or specified skill competencies.
Continuation of ES 185B with emphasis on the development of advanced skills. Strategies and tactics mastery with the French foil in a bouting format. Topics specific to fencing will be presented and discussed. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.
Satisfies General Education for Grossmont College Area E
Transfers to: CSU, UC (credit limited: see page 54)

Community Service Learning Experience

EXERCISE SCIENCE 194 † Community Service Learning Experience

1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours
Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose is to provide students an opportunity to explore options and careers in a selected area of study. This course includes placement in a community based site. For work experience requirements, see page 43.
Transfers to CSU

Intercollegiate Athletics

Intercollegiate Athletics courses (200-240, 262 and 263) can be repeated up to 4 times.

NOTE: Intercollegiate athletic courses do NOT meet the fitness/wellness requirement.

EXERCISE SCIENCE 200 † Conditioning and Injury Prevention for Athletics

1.5 units, 1 hour lecture, 2 hours laboratory
This class emphasizes physical conditioning, mastery of the basic fundamentals of efficient movement and the skills necessary to reduce the risk of injury associated with intercollegiate athletics. Instruction and practice in conditioning activities, running, and resistance and agility exercises will take place.
Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 201 † Conditioning and Injury Prevention for Football

1.5 units, 1 hour lecture, 2 hours laboratory
This class emphasizes physical conditioning, mastery of the basic fundamentals of efficient movement and skills necessary to reduce the risk of injury associated with intercollegiate football. Instruction and practice in conditioning activities, running and resistance exercises will take place. Emphasis will be placed on conditioning specific to positions played.
Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 203 † Intercollegiate Baseball

3 units, 10 hours laboratory
Prerequisite: Tryout
Intercollegiate competition in the sport of baseball. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to try out for competition at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.
Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 204 † Advanced Techniques and Strategies of Intercollegiate Baseball

1 unit, 1 hour lecture, 1 hour laboratory
Advanced techniques, fundamental skills and rules of baseball. Team competition play to increase students' skills. Open to students of advanced skill and primarily designed for those planning to participate in the varsity program or to further one's education in baseball. Serves as the Non-Traditional Season (NTS) preparation course for the intercollegiate team.
Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 206 † **Intercollegiate Basketball**

3 units, 10 hours laboratory

Prerequisite: Tryout

Intercollegiate competition in the sport of basketball. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions.

The course is open to all students who wish to try out for competition at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment. An additional fee for athletic insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 207 † **Advanced Techniques and Strategies of Intercollegiate Basketball**

1 unit, 1 hour lecture

The instruction and practice in the advanced techniques and strategies of basketball. The course incorporates game experience in which to formulate an understanding by the student of the different styles of play. Serves as the Non-Traditional Season (NTS) preparation course for the intercollegiate team.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 208 † **Advanced Techniques and Strategies of Intercollegiate Cross Country**

1 unit, 1 hour lecture, 1 hour laboratory

This course is designed for students with advanced cross country skills and includes instruction and practice in the advanced techniques and strategies of cross country. The course incorporates competitive experiences in which the student will apply different strategies of running. Serves as the Non-Traditional Season (NTS) course for the intercollegiate team.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 209 † **Intercollegiate Cross Country**

3 units, 10 hours laboratory

Prerequisite: Tryout

Open to students who wish to try out in intercollegiate competition in the sport of cross country. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. An additional fee for athletics insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 210 † **Intercollegiate Badminton**

3 units, 10 hours laboratory

Prerequisite: Tryout

Intercollegiate competition in the sport of badminton. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to try out at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 211 † **Advanced Techniques and Strategies of Intercollegiate Badminton**

1 unit, 1 hour lecture, 1 hour laboratory

This course is designed for advanced badminton players who are proficient in the fundamental skills and have knowledge of the basic rules of the game. Instruction is geared toward advanced techniques, strategies, and team play in preparation for intercollegiate competition. Serves as the Non-Traditional Season (NTS) preparation course for the intercollegiate team.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 212 † **Intercollegiate Football**

3 units, 10 hours laboratory

Prerequisite: Tryout

Corequisite: ES 262 or 263

Intercollegiate competition in the sport of football. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to try out at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 214 † **Advanced Techniques and Strategies of Intercollegiate Offensive and Defensive Football**

1 unit, 1 hour lecture, 1 hour laboratory

The purpose of this course is to provide training to develop skills and techniques necessary to play various positions in football. These skills are developed by a careful analysis of offensive and defensive techniques practiced in a non-conflict environment. Serves as the Non-Traditional Season (NTS) preparation course for the intercollegiate team.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 215 † **Intercollegiate Softball**

3 units, 10 hours laboratory

Prerequisite: Tryout

Intercollegiate competition in the sport of softball. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to try out at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)



EXERCISE SCIENCE 216 † **Advanced Techniques and Strategies of Intercollegiate Softball**

1 unit, 1 hour lecture, 1 hour laboratory
This course is designed for students with advanced softball skills and includes instruction and practice in the advanced techniques and strategies of softball. The course incorporates competitive experiences in which the students will apply different styles of play. Serves as the Non-Traditional Season (NTS) preparation course for the intercollegiate team.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 218 † **Intercollegiate Soccer**

3 units, 10 hours laboratory
Prerequisite: Tryout
Intercollegiate competition in the sport of soccer. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to try out at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 219 † **Advanced Techniques and Strategies of Intercollegiate Soccer**

1 unit, 1 hour lecture, 1 hour laboratory
This course is designed for students with advanced soccer skills. Instruction and practice in the advanced techniques and strategies of soccer. The course incorporates game experience in which to formulate an understanding by the student of different styles of play. Serves as the Non-Traditional Season (NTS) preparation course for the intercollegiate team.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 221 † **Intercollegiate Swimming**

3 units, 10 hours laboratory
Prerequisite: Tryout
Intercollegiate competition in the sport of swimming. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to try out at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 222 † **Advanced Techniques and Strategies of Intercollegiate Swimming**

1 unit, 1 hour lecture, 1 hour laboratory
This course is designed for advanced swimmers who have had previous competitive experience. Emphasis will be placed on conditioning and perfection of the basic fundamentals of strokes and turns in swimming. Serves as the Non-Traditional Season (NTS) preparation course for the intercollegiate team.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 224 † **Intercollegiate Tennis**

3 units, 10 hours laboratory
Prerequisite: Tryout
Intercollegiate competition in the sport of tennis. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to try out at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 225 † **Advanced Techniques and Strategies of Intercollegiate Tennis**

1 unit, 1 hour lecture, 1 hour laboratory
This course is designed for advanced tennis players who are proficient in the fundamental skills and have knowledge of the basic rules of the game. Instruction is geared toward advanced techniques, strategies, and team play. Serves as the Non-Traditional Season (NTS) preparation course for the intercollegiate team.

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 228 † **Intercollegiate Beach Volleyball**

3 units, 10 hours laboratory

Prerequisite: Tryout

Intercollegiate competition in the sport of Beach Volleyball. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to try out at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 229 † **Advanced Techniques and Strategies of Intercollegiate Beach Volleyball**

1 unit, 1 hour lecture, 1 hour laboratory

This course is designed for advanced beach volleyball players who are proficient in the fundamental skills and have knowledge of the basic rules of the game. Instruction is geared toward advanced techniques, strategies, and team play. Serves as the Non-traditional Season (NTS) preparation course for the intercollegiate team.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 230 † **Intercollegiate Volleyball**

3 units, 10 hours laboratory

Prerequisite: Tryout

Intercollegiate competition in the sport of volleyball. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to try out at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 231 † **Advanced Techniques and Strategies of Intercollegiate Volleyball**

1 unit, 1 hour lecture, 1 hour laboratory

This course is designed for advanced volleyball players who are proficient in the fundamental skills and have knowledge of the basic rules of the game. Instruction is geared toward advanced techniques, strategies, and team play. Serves as the Non-Traditional Season (NTS) preparation course for the intercollegiate team.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 233 † **Intercollegiate Water Polo**

3 units, 10 hours laboratory

Prerequisite: Tryout

Intercollegiate competition in the sport of water polo. This course includes instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. The course is open to all students who wish to try out at the intercollegiate level. An additional fee for athletic insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 234 † **Advanced Techniques and Strategies of Intercollegiate Water Polo**

1 unit, 1 hour lecture, 1 hour laboratory

This course is designed for the advanced water polo player who has the fundamental swimming, treading, ball handling skills and knowledge of the basic rules of the game. Technical skills, individual team play and team strategies will be covered. Serves as the Non-Traditional Season (NTS) preparation course for the intercollegiate team.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 240 † **Athletic Competition**

3 units, 10 hours laboratory

Prerequisite: Tryout

This course is designed to accommodate any in-season student athlete who, due to a class time conflict, is unable to register for the class section for the student's sport. Though enrolled in this class, each student will, in actuality, meet the objectives and complete the course content for the specific intercollegiate sport course in which the student participates (i.e., baseball, volleyball, etc.). An additional fee for athletic insurance is required upon enrollment.

Transfers to: CSU, UC (credit limited: see page 54)

Professional Exercise Science Classes

Professional Exercise Science classes (ES 250-296) CANNOT be repeated with the exception of ES 262 and 263 which can be repeated 4 times.

EXERCISE SCIENCE 250 † **Introduction to Kinesiology**

3 units, 3 hours lecture

This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the concepts within and importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, dietetic, and fitness professions.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 253 † **Physical Education in the Elementary School**

3 units, 2.5 hours lecture, 1.5 hours laboratory

The statewide program in physical education for the elementary school forms the basis for the course, including the study of child development, personality development, analysis and practice of fundamental skills, selection of activities, organizational materials and the evaluation of teaching ability.

Transfers to: CSU

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 255 † **Care and Prevention of Athletic Injuries**

3 units, 3 hours lecture, 1 hour laboratory

This course is designed to provide an overview of terminology specific to the discipline of sport and recreational injuries. The course will review all common injuries associated with each joint of the body and other specific topics associated with the prevention, care, treatment, and rehabilitation of injuries, illness and conditions seen in young adults participating in an activity where injuries can occur.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 262 † **Technical Analysis and Theory of Football – Offense**

1 unit, 1 hour lecture, 1 hour laboratory

Corequisite: ES 212

This course is designed to allow students interested in pursuing a college level football experience to: (1) develop offensive skills and techniques while acquiring knowledge of the game strategically, (2) analyze drills, formations, techniques of running, passing and receiving for later use in coaching or teaching careers, and (3) receive practical experience through offensive skill and conditioning drills to improve technique, agility and footwork.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 263 † **Technical Analysis and Theory of Football – Defense**

1 unit, 1 hour lecture, 1 hour laboratory

Corequisite: ES 212

This course is designed to allow students interested in pursuing a college level football experience to: (1) develop defensive skills and techniques while acquiring knowledge of the game strategically, (2) analyze drills, formations, techniques of pass coverage, tackling and blocking for later use in coaching or teaching careers, and (3) receive practical experience through defensive skill and conditioning drills to improve technique, agility and footwork.

Transfers to: CSU, UC (credit limited: see page 54)

EXERCISE SCIENCE 290 † **Teaching Techniques and Methods in Exercise Science**

1.5 units, 1 hour lecture, 2 hours laboratory

This course provides fundamental hands-on training to students preparing for study in kinesiology or other related fields. This interactive course will provide supervised practical experiences assisting and teaching students in exercise science courses, as well as instruction to aid students with chronic diseases, injuries and physical limitations. Students will work under the direct supervision of an exercise science instructor.

Transfers to CSU

EXERCISE SCIENCE 291 † **Anatomy and Kinesiology for Fitness Specialists**

3 units, 3 hours lecture

Corequisite: ES 292

This course combines anatomy and kinesiology, addressing the structure of the musculoskeletal system of the human body. Students will study practical applications of muscle groups and their functional relationships to simple mechanical principles. Anatomical and mechanical analysis of motion as it pertains to human movement in exercise will be emphasized.

Transfers to CSU

EXERCISE SCIENCE 292 † **Exercise Physiology for Fitness Specialists**

3 hours, 3 hours lecture

Corequisite: ES 291

This course is a study of human physiological responses, both short and long term, to physical activity and training. Students will examine the effects of exercise and the adaptation to training on the skeletal muscles, nervous system, cardiovascular and respiratory systems, body composition, and fatigue.

Transfers to CSU

EXERCISE SCIENCE 293 † **Strength Training/Fitness Assessments for Fitness Specialists**

2.5 units, 2 hours lecture, 1.5 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in ES 291 and 292.

Corequisite: ES 294

This course covers the mechanics of fitness training, including strength, endurance, and flexibility as well as provides students the necessary knowledge base to select appropriate fitness assessments. Discussion regarding training techniques, optimal workout environments, safety, contraindications, equipment and existing certification programs will help prepare students to work in the fitness industry. Students will evaluate existing standardized assessment batteries for cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition, blood pressure and cholesterol.

Transfers to CSU

EXERCISE SCIENCE 294 † **Exercise Program Design and Special Populations**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in ES 291 and 292.

Corequisite: ES 293

This course addresses the topics of personal training and group exercise leadership in general program design as well as working with special populations. Information focuses on knowledge and skills (behaviors) associated with leading others to become more physically educated and healthy. Students will develop skills related to planning, informing (lecturing and demonstrating), managing learners and the environment, and assessing instructional processes and outcomes. In addition to general leadership development, information regarding exercise and special populations related to cardiac conditions, physical disabilities, diabetes, sensory impairment, seniors, mentally impaired, pregnancy, and infectious diseases will be emphasized.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

EXERCISE SCIENCE 296 † **Internship Seminar for** **Fitness Specialists**

.5 units, 8 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in ES 255 and ES 294 and HED 158 or equivalent.

Corequisite: ES 297

This course is designed for the student in the Fitness Training Professional certificate program. Students will discuss current issues in the fitness field, insurance, liability, standard business practices, and national certifications. Students apply knowledge of basic anatomy, exercise physiology, kinesiology, personal information gathering, and exercise testing through enrollment in ES 297.

Transfers to CSU

EXERCISE SCIENCE 297 † **Internship for Fitness** **Specialists**

1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours

Prerequisite: A "C" grade or higher or "Pass" in ES 255 and ES 294 and HED 158 or equivalent.

A work experience course that provides the student with an opportunity to apply and expand upon acquired skills in a selected fitness industry. Students will gain experience in the field of personal training, group exercise leadership, or other fitness specialties. This course will provide pertinent instruction in fitness testing, program and training development, wellness and health education, and management and administration of health and wellness facilities. Periodic review sessions will be held to access the students' progress. For work experience requirements, see page 43.

Transfers to CSU

FAMILY STUDIES **(FS)**

FAMILY STUDIES 110 † **Life Management**

3 units, 3 hours lecture

This course is a study of the different factors affecting one's physical, mental and socio-emotional health in relation to life management. The implication of culture and diversity on belief systems and perception of the world will be examined. Communication, thought processes, and interpersonal relationships will be analyzed for improved self and social awareness. Time and resource management skills will be developed. Special emphasis will be placed on developing critical thinking skills to effectively meet life management challenges.

Satisfies General Education for CSU E
Transfers to CSU

FAMILY STUDIES 115 † **(Child Development 115)** **Changing American Family**

3 units, 3 hours lecture

A survey of the contemporary American family with emphasis on changes in form, functions and expectations. The history of the family, both public and private, will be considered and examined in relation to the effects of class, ethnicity and social policy. The effects on the family of common life events experienced by individuals and family members will be covered including sexuality, mate selection, marriage, childbearing, the working family, divorce, domestic violence and aging. The future of the family including implications for the individual and society will be discussed.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4
Transfers to: CSU, UC (credit limited: see page 54)

FAMILY STUDIES 120 † **Human Development**

3 units, 3 hours lecture

This course is a study of the dynamic forces influencing the biosocial, social/emotional and cognitive domains of human development throughout the lifespan. Development tasks faced at each lifespan stage are examined from different theoretical perspectives. Topics, from epigenetic influences to current findings in brain development and end-of-life care, are researched and discussed.

Satisfies General Education for: Grossmont College D; CSU D, E; IGETC 4
Transfers to: CSU, UC (credit limited: see page 54)

FAMILY STUDIES 129 † **Introduction to Human Aging**

3 units, 3 hours lecture

This course focuses on social, economic, physiological and psychological factors which relate to the older adults as their roles in the family and society change. It includes investigation of everyday issues of the aged with emphasis on health, housing, personal economics, family roles, sexuality, spirituality, retirement, and bereavement.

Satisfies General Education for CSU E
Transfers to CSU

FRENCH (FREN)

FRENCH 120 † **French I**

5 units, 5 hours lecture

An introductory course to the French language and the cultures of its speakers. This course is designed for students with very little or no knowledge of French. It facilitates the practical application of the language in everyday oral and written communication at the beginning level. Since the focus will be on basic communication skills, the class will be conducted in French as much as possible. Students will learn structures that will enable them to function in French in everyday contexts while becoming familiar with the French speaking world.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

FRENCH 121 † **French II**

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in French 120 or two years of high school French or equivalent.

French 121 is the continuation of French 120. The course will continue to develop oral and written skills based on practical everyday needs.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

FRENCH 152 † **The French-Speaking World: A Cross-Cultural Perspective**

3 units, 3 hours lecture

Major characteristics of the French-speaking world as reflected in its culture, civilization, and literature. The course will compare French-speaking European countries (such as France, Belgium, Switzerland, Luxembourg) to French-speaking countries of Northern Africa, Sub-Saharan Africa, Canada and the Caribbean. The class is conducted in English.

Satisfies General Education for: Grossmont College C; CSU C2 D; IGETC 3B

Transfers to: CSU, UC (credit limited: see page 54)

FRENCH 196 † **Community Service Learning Experience**

1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours

Prerequisite: A "C" grade or higher or "Pass" in French 120 or equivalent.

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose of this course is to provide the student an opportunity to practice and use the French language in a community based site and to explore different career options. For work experience requirements, see page 43.

Transfers to CSU

FRENCH 220 † **French III**

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in French 121 or three years of high school French or equivalent.

French 220 is the continuation of French 121. The course will continue to develop oral, listening, reading and writing skills in order to acquire proficiency in French.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

FRENCH 221 † **French IV**

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in French 220 or four years of high school French or equivalent.

French 221 is the continuation of French 220. The course will continue to develop oral, listening, reading, and writing skills in order to improve proficiency in French.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

FRENCH 250 † **Conversational French I**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in French 121 or three years of high school French or equivalent.

The course will continue to develop oral, listening, reading and writing skills with emphasis on oral proficiency.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC

FRENCH 251 † **Conversational French II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in French 250 or four years of high school French or equivalent.

The course will continue to develop at a higher level oral, listening, reading and writing skills with emphasis on oral proficiency.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC

GENDER STUDIES (GEND)

*(formerly Cross-Cultural
Studies / CCS)*

GENDER STUDIES 116 † **Introduction to Women's Studies**

3 units, 3 hours lecture

Interdisciplinary introduction to the origins, purpose, subject matter, and methods of Women's Studies and to feminist perspectives in the social sciences on a range of issues affecting women of diverse backgrounds. Study of gender and its intersections with race, class, sexuality, disability, age, religion, and other systems of difference. Includes such topics as gender-based language, personality development and self-concept, social evolution, family structures, and economic life.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

GENDER STUDIES 117 † **Introduction to LGBTQ Studies**

3 units, 3 hours lecture

This interdisciplinary course introduces students to a broad range of historical and contemporary lesbian, gay, bisexual, transgender, queer, intersex and asexual (LGBTQIA+) issues in various contexts, including bio-medical, sociological, political, racial and sexual. Topics include the politics, policy and governance of LGBT issues, social movements and resistance, biological and environmental impacts on identity, equity, equality and inclusion, privilege and disadvantage, queer activism; diverse experiences of gender and sexuality; and representations in literature, art, and popular culture. The class also includes ways in which sexual identities intersect with and shape other categories of identity, including race and ethnicity, and social class.

Satisfies General Education for: Grossmont College D; CSU D

Transfers to CSU

GENDER STUDIES 154 † **(History 154)**

Early History of Women in World Civilization

3 units, 3 hours lecture

This course covers the transnational/global concepts of gender, social, economic, political, cultural and intellectual/creative aspects of women in world society from prehistoric times to the early modern era (1500 C.E.). Societal structures, cultural norms, legal/sociological constructs, religious paradigms affecting women throughout Asia, Africa, Middle East, the Americas and Europe will be explored. The course will also focus upon gaining an understanding of women's past accomplishments, both major and mundane, as well as limitations, which may illuminate their present and future.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

GENDER STUDIES 155 †

(History 155)

Modern History of Women in World Civilization

3 units, 3 hours lecture

This course covers the transnational/global concepts of gender, social, economic, political, cultural and intellectual/creative aspects of women in world society from 1500 C.E. to the present. Societal structures, cultural norms, legal/sociological constructs, religious paradigms affecting women throughout modern Asia, Africa, Middle East, the Americas and Europe will be explored. The course will also focus upon gaining an understanding of women's past accomplishments, both major and mundane, as well as limitations, which may illuminate their present and future.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

GEOGRAPHY (GEOG)**GEOGRAPHY 100 †
Introduction to Global Studies**

3 units, 3 hours lecture

This course is an introduction to the interdisciplinary field of Global Studies, including the history, causes and evolution of globalization, as well as the role of geography in the process of globalization. The economic, political, social/cultural, and environmental/ecological dimensions of globalization will also be examined.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

**GEOGRAPHY 101 †
Global Issues**

3 units, 3 hours lecture

An introduction to the origins, current status, and future trends of major transnational issues confronting the global community. Students will learn about population trends, economic development and inequality, issues of access to basic human needs such as food, water, and healthcare, human rights, international conflict and security concerns, and environmental problems including those that contribute to climate change. Global governance and collective global responsibilities will also be examined.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

**GEOGRAPHY 104 †
Introduction to Geographic Information Science**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in MATH 103 or MATH 110 or equivalent.

Fundamental concepts in geographic information systems including cartography, global positioning systems (GPS), remote sensing, and spatial statistics. Hands-on use of current, industry-standard computer technologies that enhance geographic analysis and improve decision-making abilities for solving geospatial problems in a wide range of applications.

Satisfies General Education for Grossmont College A3

Transfers to: CSU, UC

**GEOGRAPHY 106 †
World Regional Geography**

3 units, 3 hours lecture

Although open to all students, this course is designed for Liberal Studies education majors wishing to satisfy requirements for California Multiple Subject Teaching Credentials. World Regional Geography focuses on the overarching principles of both physical and cultural geography as applied to the different regions of the world. The regions' physical situation along with the demographic, linguistic, religious, political, and developmental patterns provide the framework for comparing and contrasting the various world regions. Current issues specific to individual regions are introduced and analyzed spatially in the context of globalization. Important features within each region will also be identified.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

**GEOGRAPHY 120 †
Physical Geography: Earth Systems**

3 units, 3 hours lecture

Explore your world! Drought! Fire! Earthquakes! Flood! This physical science course describes and explains the Earth's major physical systems, the basic energy and material flows by which these systems operate, and the result of human interaction with these flows. Phenomena explored include storms, climate, ecosystems, seasonal change, plate tectonics, stream and glacial activity, and beach systems.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC

**GEOGRAPHY 121 †
Physical Geography: Earth Systems Laboratory**

1 unit, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" or concurrent enrollment in Geography 120 or Geology 104 or equivalent.

Get outside and into the field! Explore Earth's physical environment!

This course satisfies the science lab requirement, and complements either the Physical Geography lecture course (Geog 120) or the Earth Science lecture course (Geol 104). It examines Earth's atmospheric, hydrospheric, lithospheric, and biospheric systems, and the Earth's seasonal orbit about the Sun. Students will study plate tectonics including faulting, earthquakes, volcanism, and the rock cycle, and will investigate landforms, seasons, weather, climate, and the evolutionary response to climate variation as studied in the natural habitats surrounding Grossmont College. Students will use topographic maps, weather maps, satellite loops, compass, clinometer, GPS, weather sensors, and the campus-wide outdoor educational "Rock and Native-Vegetation Zones."

Satisfies General Education for: Grossmont College B2; CSU B3; IGETC 5C

Transfers to: CSU, UC

**GEOGRAPHY 130 †
Human Geography: The Cultural Landscape**

3 units, 3 hours lecture

UNDERSTAND CRUCIAL WORLD EVENTS! Examine the role of culture and the physical environment in shaping the world's major regions and landscapes. Special attention will be given to: globalization, geopolitical interactions, the diffusion of religions and languages, population dynamics, food production, the global economy, and environmental issues. Use these components of culture to explain global connections, events, and conflicts.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

GEOGRAPHY 140 † **Meteorology: Weather and Climate**

3 units, 3 hours lecture

This physical science course explains the principles that drive daily weather and long-term climate variation. Explanations will focus upon the composition and structure of the atmosphere, the input of solar radiation, the corresponding atmospheric energy budget, the resultant changes in the state of the atmosphere (in terms of temperature, pressure, humidity, winds, air masses, fronts, clouds, and fog), and the average situation as expressed by the climate distribution and its change-over-time. Highlights include explanation of jet streams and winter cyclonic storms, as well as late-summer hurricanes and monsoonal thunderstorms, autumnal Santa Ana-driven fires, and springtime "marine layer" stability vs Tornado Alley "severe weather" instability. Special attention is given to real-time weather events and forecasting, especially by way of current weather maps and satellite imagery vs. climatological data.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC

GEOGRAPHY 150 † (Biology 150, Geology 150, Oceanography 150)

Field Study of the Natural History of the Greater San Diego Region

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Biology 110 or 120; or Geography 120 or 121 or 140; or Geology 110 or 111; or Oceanography 112 or equivalent.

An exciting, team-taught, interdisciplinary, field-based study of the natural environment of the San Diego region, including related parts of Imperial, Riverside, and Orange Counties. Vans are utilized to visit sites that best illustrate (1) the region's physical environment (including tectonics, geologic history, geomorphology, hydrology, meteorology, climatology, and soils), (2) the evolutionary response to environmental variation (focusing on coastal sage scrub, chaparral, and desert ecosystems), and (3) the interaction of humans with the natural environment. Emphasis on field measurement includes use of GPS, compass, clinometer, maps, the current Jepson plant taxonomy, etc. Four weekends in spring semester only. Overnight campouts required. Students with credit in Geography 150 will not be able to enroll in Biology 150, Geology 150 or Oceanography 150.

Transfers to: CSU, UC (credit limited: see page 54)

GEOGRAPHY 170 † **The Geography of California**

3 units, 3 hours lecture

This course is an exciting exploration of the physical and cultural regions of California and their interrelationships. Emphasis on the geographic factors that would broaden a student's knowledge of the California environment; climate, natural vegetation, plate tectonic situation, agriculture, industry, and population.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

GEOGRAPHY 172 † (Geology 172)

Field Exploration: Colorado Plateau

3 units, 2 hours lecture, 3 hours laboratory

This week-long course involves lecture and field study of natural processes and features in selected areas of the Colorado Plateau. Lectures en route and on site may include the origin, evolution, and significance of the region's tectonic setting, geomorphic features, hydrology, native plants, and weather. The course may also examine human-environment interactions as well as spatial and temporal variations in areas such as the Grand Canyon, Zion National Park, Sunset Crater, and the Mogollon Rim. Students will learn various field study techniques including map interpretation, map analysis, and the use of field instruments including mineral and rock identification tools, compasses, and global positioning devices (GPS). The course requires field trip travel, including overnight camping and light to moderate hiking.

Transfers to CSU

GEOGRAPHY 173 † (Geology 173)

Field Exploration: Cascade Range/Modoc Plateau

3 units, 2 hours lecture, 3 hours laboratory

This week-long course involves lecture and field study of natural processes and features in selected areas of the southern Cascade Range and the Modoc Plateau. Lectures en route and on site may include origin, evolution, and significance of the region's tectonic setting, geomorphic features, hydrology, native plants and weather. The course may also examine human-environment interactions as well as spatial and temporal variations in areas such as Lava Beds National Monument, McArthur-Burney Falls State Park, and Lassen Volcanic National Park. Students will learn various field study techniques including map interpretation, map analysis, and the use of field instruments including mineral and rock identification tools, compasses, and global positioning devices (GPS). The course requires field trip travel, including overnight camping and light to moderate hiking.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

GEOGRAPHY 174 †

(Geology 174)

Field Exploration: Basin and Range Province*3 units, 2 hours lecture, 3 hours laboratory*

This week-long course involves lecture and field study of natural processes and features in selected areas of the Basin and Range Province. Lectures en route and on site may include the origin, evolution, and significance of the region's tectonic setting, geomorphic features, hydrology, native plants, and weather. The course may also examine human-environment interactions as well as spatial and temporal variations in areas such as Owens Valley, Death Valley, the Lake Mead area, and Great Basin National Park. Students will learn various field study techniques including map interpretations, map analysis, and the use of field instruments including mineral and rock identification tools, compasses, and global positioning devices (GPS). The course requires field trip travel, including overnight camping and light to moderate hiking.

*Transfers to CSU***GEOGRAPHY 175 †**

(Geology 175)

Field Exploration: California Coastal Mountains*3 units, 2 hours lecture, 3 hours laboratory*

This week-long course involves lecture and field study of natural processes and features in selected areas of the California coastal mountain region. Lectures en route and on site will examine the origin, evolution, and significance of the region's tectonic setting, geomorphic features, hydrology, native plants, and weather. The course may also examine human-environment interactions as well as spatial and temporal variations in areas such as along the San Andreas fault system, the Coast Ranges, and the Klamath Mountains. Students will learn various field study techniques including map interpretation, map analysis, and the use of field instruments including mineral and rock identification tools, compasses, and global positioning devices (GPS). The course requires field trip travel, often including overnight camping and light to moderate hiking.

*Transfers to CSU***GEOGRAPHY 176 †**

(Geology 176)

Field Exploration: Sierra Nevada*3 units, 2 hours lecture, 3 hours laboratory*

This week-long course involves lecture and field study of natural processes and features in selected areas of the Sierra Nevada mountains. Lectures en route and on site may include the origin, evolution, and significance of the region's tectonic setting, geomorphic features, hydrology, native plants, and weather. The course may also examine human-environment interactions as well as spatial and temporal variations in areas such as the Yosemite, Sequoia, and Kings Canyon National Parks, the Mammoth Lakes area, and Mono Lake. Students will learn various field study techniques including map interpretation, map analysis, and the use of field instruments including mineral and rock identification tools, compasses, and global positioning devices (GPS). The course requires field trip travel, often including overnight camping and light to moderate hiking.

*Transfers to CSU***GEOLOGY (GEOL)****GEOLOGY 104 †**
Earth Science*3 units, 3 hours lecture*

This course is designed for Liberal Studies education majors wishing to satisfy requirements for California Multiple Subject Teaching Credentials. This physical science course describes and explains the Earth's major physical systems, the basic energy and material flows by which these systems operate, and the comparative place of our planet within the larger solar systems. As such, this course provides a brief synthesis of the disciplines of astronomy, physical geography, meteorology, oceanography, and geology.

*Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A**Transfers to: CSU, UC***GEOLOGY 110 †****Planet Earth***3 units, 3 hours lecture*

This introductory physical science course investigates the composition of the earth and the geologic processes by which it formed. Emphasis is placed on the earth's unifying theory – "plate tectonics" and the associated activities of volcanism, earthquakes, and mountain building. Topics will include crystals, minerals and rocks, their distribution within the planet, and the evolution of the earth across deep time. The sculpturing of the surface of the planet by wind, waves, streams, glaciers, and landslides will also be considered.

*Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A**Transfers to: CSU, UC***GEOLOGY 111 †****Planet Earth Laboratory***1 unit, 3 hours laboratory**Prerequisite: A "C" grade or higher or "Pass" or concurrent enrollment in Geology 110 or equivalent.*

Provides hands-on experience to accompany and augment Geology 110. This course will include laboratory and field investigations of the Earth, emphasizing experience with minerals, rocks, and fossils, as well as interpreting topographic and geologic maps. Field trips will acquaint students with local rock units, and past and present geologic processes.

*Satisfies General Education for: Grossmont College B2; CSU B3; IGETC 5C**Transfers to: CSU, UC***GEOLOGY 121 †****Earth History***4 units, 3 hours lecture, 3 hours laboratory**Recommended Preparation: A "C" grade or higher or "Pass" in Geology 104 or 110 or equivalent.*

This is a required course for geology majors and minors. The lecture portion will cover the geologic and tectonic development of earth and its importance to the evolution of life on this planet as evidenced in the fossil record. Laboratory work will include, but is not limited to, the detailed study of sedimentary petrology, stratigraphy, identification of fossil phyla, and local field investigations. Emphasis will be placed on the application of rock and fossil interpretations to the reconstruction of ancient environments and their evolution through geologic time.

*Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A**Transfers to: CSU, UC*

† This course meets all Title 5 standards for Associate Degree Credit.

GEOLOGY 150 †

(Biology 150, Geography 150, Oceanography 150)

Field Study of the Natural History of the Greater San Diego Region

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Biology 110 or 120; or Geography 120 or 121 or 140; or Geology 110 or 111; or Oceanography 112 or equivalent.

An exciting, team-taught, interdisciplinary, field-based study of the natural environment of the San Diego region, including related parts of Imperial, Riverside, and Orange Counties. Vans are utilized to visit sites that best illustrate (1) the region's physical environment (including tectonics, geologic history, geomorphology, hydrology, meteorology, climatology, and soils), (2) the evolutionary response to environmental variation (focusing on coastal sage scrub, chaparral, and desert ecosystems), and (3) the interaction of humans with the natural environment. Emphasis on field measurement includes use of GPS, compass, clinometer, maps, the current Jepson plant taxonomy, etc. Four weekends in spring semester only. Overnight campouts required. Students with credit in Geology 150 will not be able to enroll in Biology 150, Geography 150 or Oceanography 150.

Transfers to: CSU, UC (credit limited; see page 54)

GEOLOGY 162 †**Geologic Field Studies: Southern California Mountain Areas**

1 unit, 1 hour lecture

This course involves lecture and field study of geologic processes and features in selected areas of the southern California mountains. Lectures will examine the regional geomorphic features, identify the specific rock types, and discuss the tectonic setting of the area to be visited, with emphasis on the overall geologic evolution of the area. Study areas will include, but are not limited to, various locations within the Peninsular Ranges and Transverse Ranges. Students are trained in various field study techniques such as map and cross-section development, identification of geologic specimens, and the use of geologic instruments. The course requires field trip travel, often including overnight camping and light to moderate hiking.

Transfers to CSU

GEOLOGY 163 †**Geologic Field Studies: Mojave Desert and Adjacent Areas**

1 unit, 1 hour lecture

This course involves lecture and field study of geologic processes and features in selected areas of the Mojave Desert and adjacent areas. Lectures will examine the regional geomorphic features, identify the specific rock types, and discuss the tectonic setting of the area to be visited, with emphasis on the overall geologic evolution of the area. Study areas will include, but are not limited to, various locations within the Mojave Desert and Joshua Tree National Park. Students are trained in various field study techniques such as map and cross-section development, identification of geologic specimens, and the use of geologic instruments. The course requires field trip travel, often including overnight camping and light to moderate hiking.

Transfers to CSU

GEOLOGY 164 †**Geologic Field Studies: Southern California Coastal Areas**

1 unit, 1 hour lecture

This course involves lecture and field study of geologic processes and features in selected areas of the southern California coastline. Lectures will examine the regional geomorphic features, identify the specific rock types, and discuss the tectonic setting of the area to be visited, with emphasis on the overall geologic evolution of the area. Study areas will include, but are not limited to, various locations within the Channel Islands, southern Coast Ranges, and coastal regions from San Diego County northward to Santa Barbara County. Students are trained in various field study techniques such as map and cross-section development, identification of geologic specimens and the use of geologic instruments. The course requires field trip travel, often including overnight camping, kayaking, and light to moderate hiking.

Transfers to CSU

GEOLOGY 165 †**Geologic Field Studies: Colorado Desert/Salton Trough Area**

1 unit, 1 hour lecture

This course involves lecture and field study of geologic processes and features in selected areas of the Colorado Desert/Salton Trough region. Lectures will examine the regional geomorphic features, identify the specific rock types, and discuss the tectonic setting of the area to be visited, with emphasis on the overall geologic evolution of the area. Study areas will include, but are not limited to, various locations within the Anza Borrego Desert State Park and the Salton Trough. Students are trained in various field study techniques such as map and cross-section development, identification of geologic specimens, and the use of geologic instruments. The course requires field trip travel, often including overnight camping and light to moderate hiking.

Transfers to CSU

GEOLOGY 172 †**Field Exploration: Colorado Plateau**

3 units, 2 hours lecture, 3 hours laboratory

This week-long course involves lecture and field study of natural processes and features in selected areas of the Colorado Plateau. Lectures en route and on site may include the origin, evolution, and significance of the region's tectonic setting, geomorphic features, hydrology, native plants, and weather. The course may also examine human-environment interactions as well as spatial and temporal variations in areas such as the Grand Canyon, Zion National Park, Sunset Crater, and the Mogollon Rim. Students will learn various field study techniques including map interpretation, map analysis, and the use of field instruments including mineral and rock identification tools, compasses, and global positioning devices (GPS). The course requires field trip travel, including overnight camping and light to moderate hiking.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

GEOLOGY 173 †

(Geography 173)

Field Exploration: Cascade Range/Modoc Plateau*3 units, 2 hours lecture, 3 hours laboratory*

This week-long course involves lecture and field study of natural processes and features in selected areas of the southern Cascade Range and the Modoc Plateau. Lectures en route and on site may include origin, evolution, and significance of the region's tectonic setting, geomorphic features, hydrology, native plants and weather. The course may also examine human-environment interactions as well as spatial and temporal variations in areas such as Lava Beds National Monument, McArthur-Burney Falls State Park, and Lassen Volcanic National Park. Students will learn various field study techniques including map interpretation, map analysis, and the use of field instruments including mineral and rock identification tools, compasses, and global positioning devices (GPS). The course requires field trip travel, including overnight camping and light to moderate hiking.

*Transfers to CSU***GEOLOGY 174 †**

(Geography 174)

Field Exploration: Basin and Range Province*3 units, 2 hours lecture, 3 hours laboratory*

This week-long course involves lecture and field study of natural processes and features in selected areas of the Basin and Range Province. Lectures en route and on site may include the origin, evolution, and significance of the region's tectonic setting, geomorphic features, hydrology, native plants, and weather. The course may also examine human-environment interactions as well as spatial and temporal variations in areas such as Owens Valley, Death Valley, the Lake Mead area, and Great Basin National Park. Students will learn various field study techniques including map interpretations, map analysis, and the use of field instruments including mineral and rock identification tools, compasses, and global positioning devices (GPS). The course requires field trip travel, including overnight camping and light to moderate hiking.

*Transfers to CSU***GEOLOGY 175 †**

(Geography 175)

Field Exploration: California Coastal Mountains*3 units, 2 hours lecture, 3 hours laboratory*

This week-long course involves lecture and field study of natural processes and features in selected areas of the California coastal mountain region. Lectures en route and on site will examine the origin, evolution, and significance of the region's tectonic setting, geomorphic features, hydrology, native plants, and weather. The course may also examine human-environment interactions as well as spatial and temporal variations in areas such as along the San Andreas fault system, the Coast Ranges, and the Klamath Mountains. Students will learn various field study techniques including map interpretation, map analysis, and the use of field instruments including mineral and rock identification tools, compasses, and global positioning devices (GPS). The course requires field trip travel, often including overnight camping and light to moderate hiking.

*Transfers to CSU***GEOLOGY 176 †**

(Geography 176)

Field Exploration: Sierra Nevada*3 units, 2 hours lecture, 3 hours laboratory*

This week-long course involves lecture field study of natural processes and features in selected areas of the Sierra Nevada mountains. Lectures en route and on site may include the origin, evolution, and significance of the region's tectonic setting, geomorphic features, hydrology, native plants, and weather. The course may also examine human-environment interactions as well as spatial and temporal variations in areas such as the Yosemite, Sequoia, and Kings Canyon National Parks, the Mammoth Lakes area, and Mono Lake. Students will learn various field study techniques including map interpretation, map analysis, and the use of field instruments including mineral and rock identification tools, compasses, and global positioning devices (GPS). The course requires field trip travel, often including overnight camping and light to moderate hiking.

*Transfers to CSU***GEOLOGY 210 †****Geology of California***3 units, 3 hours lecture*

This course examines the development of California's landscape and scenery by various tectonic and geomorphic processes throughout geologic time. Each of California's physiographic provinces will be studied in terms of geologic structures, natural resources, minerals, rock and fossil occurrences, and natural hazards. Field trips may be required.

*Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A**Transfers to: CSU, UC***GEOLOGY 220 †****Geology of the National Parks***3 units, 3 hours lecture*

This course explores the most distinctive and intriguing geological features of America's National Parks. Each park will be examined separately in slide show / travelogue format, with emphasis placed on their formation and evolution. The theory of plate tectonics will provide the organizational structure for the course with each park representing a distinct stage in the Wilson Cycle.

*Satisfies General Education for: Grossmont College B2; CSU B1**Transfers to CSU***GEOLOGY 230 †****Natural Disasters***3 units, 3 hours lecture*

This course examines the geological and meteorological principles underlying natural disasters such as earthquakes, landslides, flooding, volcanic eruptions, and severe weather phenomena. Students will explore how dynamic earth processes affect human activities and discuss options for mitigation of these natural phenomena.

*Satisfies General Education for Grossmont College B2**Transfers to: CSU, UC*

† This course meets all Title 5 standards for Associate Degree Credit.

GERMAN (GERM)

GERMAN 120 † German I

5 units, 5 hours lecture

An introductory course to the German language and the cultures of its speakers. This course is designed for students with very little or no knowledge of German. It facilitates the practical application of the language in everyday oral and written communication at the beginning level. Since the focus will be on basic communication skills, the class will be conducted in German as much as possible. Students will learn structures that will enable them to function in German in everyday contexts while becoming familiar with the German speaking world.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC

GERMAN 121 † German II

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in German 120 or two years of high school German or equivalent.

German 121 is the continuation of German 120. The course will continue to develop oral and written skills based on practical everyday needs.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

GERMAN 196 † Community Service Learning Experience

1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours

Prerequisite: A "C" grade or higher or "Pass" in German 120 or equivalent.

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose of this course is to provide the student an opportunity to practice and use the German language in a community based site and to explore different career options. For work experience requirements, see page 43.

Transfers to CSU

GERMAN 220 † German III

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in German 121 or three years of high school German or equivalent.

German 220 is the continuation of German 121. The course will continue to develop oral, listening, reading and writing skills in order to acquire proficiency in German.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

GERMAN 221 † German IV

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in German 220 or four years of high school German or equivalent.

German 221 is the continuation of German 220. The course will continue to develop oral, listening, reading and writing skills in order to improve proficiency in German.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

GERMAN 250 † Conversational German I

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in German 121 or three years of high school German or equivalent.

The course will continue to develop oral, listening, reading and writing skills with emphasis on oral proficiency.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC

GERMAN 251 † Conversational German II

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in German 250 or four years of high school German or equivalent.

The course will continue to develop at a higher level oral, listening, reading and writing skills with emphasis on oral proficiency.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC

HEALTH EDUCATION (HED)

HEALTH EDUCATION 101 † Keys to Successful Weight Control

1.5 units, 1.5 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 110 or English as a Second Language 119 or equivalent.

This course explores the determinants of weight gain, loss and maintenance including food intake, energy expenditure, genetics, social pressures and psychological factors. Students will learn the proven keys to successful and long term weight control. A variety of approaches to weight control will be examined with thought to effectiveness, safety and nutritional adequacy. Disordered eating, including emotional eating, compulsive eating, bulimia and anorexia nervosa will be examined relative to their relationship to weight control.

Transfers to CSU

HEALTH EDUCATION 105 † Health Education for Teachers

1 unit, 1 hour lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 110 or English as a Second Language 119 or equivalent.

This course is designed for multiple or single subject teacher candidates and provides introductory knowledge of broad health-related issues that are relevant to K-12 curriculum. Topic areas covered include primary and secondary school health education curriculum design, basic legal issues of health education in California, discussion of community resources, behavior modification techniques, stress management, benefits of regular exercise, nutrition and eating disorders, disease prevention, childhood obesity; contraception, sexually transmitted diseases, substance abuse, including alcohol and tobacco, safety in the home and school, and violence, including gang and domestic violence. This course is designed to meet the state of California health education requirement for the K-12 teaching credential.

Transfers to: CSU

† This course meets all Title 5 standards for Associate Degree Credit.

HEALTH EDUCATION 120 † Personal Health and Lifestyles

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 110 or English as a Second Language 119 or equivalent.

A course emphasizing the information required to make important decisions concerning lifestyle and total health. An examination of stress, drugs, major diseases, nutrition, weight control, sexuality, aging, environmental issues, and other topics related to health and fitness with an emphasis on applying the information to personal behaviors. This course challenges the student to assume responsibility for, and take charge of his/her own health and well being.

Satisfies General Education for: Grossmont College D; CSU E

Transfers to: CSU, UC



HEALTH EDUCATION 201 † Introduction to Public Health

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 110 or English as a Second Language 119 or equivalent.

The purpose of this course is to provide an introduction to the environmental, biological and socio-cultural determinants of public health. The areas of emphasis are: environmental health, health and community behavior, infectious disease, chronic disease, public health policy, implementation and regulation. Within these topic areas examination of the matrix of physiological, socio-cultural and psychological determinants of health will be addressed including an overview of various public health professions and institutions, the epidemiology of infectious and chronic disease and their impact on society as a whole, environmental health, health promotion, global health (including health disparities and cultural competence) and public health policy and management (including disaster preparedness).

Satisfies General Education for: Grossmont College D; CSU E

Transfers to: CSU, UC

HEALTH SCIENCES (HESC)

HEALTH SCIENCES 099 †† Introduction to the United States Health Care System

3 units, 3 hours lecture

This course is designed for internationally trained health workers, health program students and health professionals interested in learning about the organization of the United States health care system. The course provides an overview of financing, insurance and expenditures. The course will also address major health professions and occupations, educational pathways, licensure, practice and culture. Content areas include: Public Health; measuring health status and disparities; American beliefs/values and their consequence for health care delivery and the history and evolution of biomedicine in the U.S. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

HEALTH SCIENCES 110 † Disability and Society

3 units, 3 hours lecture

This course will explore the range of human experience of individuals with disabilities; attitudes toward persons who have disabilities (including those who have been identified as gifted or who have learning, mental, physical or severe disabilities); interrelationships between societal institutions and needs of persons with disabilities; and historical responses to these needs. Current research and contemporary issues will be examined with particular emphasis on normalization, integration and community living. Increased understanding and appreciation of the factors impacting the quality of life for persons with disabilities will be achieved through observations and interviews conducted in the home, community, and other social environments of a person with a disability.

Satisfies General Education for: Grossmont College D; CSU E

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

HEALTH SCIENCES 112 † Cardiopulmonary Resuscitation (CPR)

.5 unit, 3/4 hour lecture/laboratory (6 hours lecture, 6 hours laboratory in short course format of 1.5 days)

Presents basic life support and cardiopulmonary resuscitation techniques as recommended by the American Heart Association. This includes management of airway obstruction and cardiopulmonary arrest in the infant, child and adult. A two year American Heart Association Certificate is issued for a \$2 fee upon successful completion of the course. American Red Cross and the American Heart Association cross-recognize course completion cards. This course is offered on a Pass/No Pass basis only.

HEALTH SCIENCES 150 † Techniques for Developmental Disability Specialist

3 units, 3 hours lecture

Corequisite: A "C" grade or higher or concurrent enrollment in Health Sciences 110 or equivalent.

This course is designed for persons involved in support services for people with developmental disabilities including those who have learning, mental, physical, or severe disabilities. It provides technical knowledge for support personnel to promote social skills and integration, adaptation, self dependence, health, safety, nutrition, recreation, leisure and communication for persons with disabilities.

Transfers to CSU

HEALTH SCIENCES 152 A-B † Work Experience for Disability Services Management

2 units, 10 hours work experience per week
120 volunteer hours or 150 paid hours

Prerequisite: A "C" grade or higher in Health Sciences 205 and 206.

Work experience for individuals desiring directed practical experience in support services for persons with disabilities. This course provides students the opportunity to apply knowledge and skills gained through Health Sciences 110, 150, 205 and 206. Emphasis is on inclusive support strategies and practices. For work experience requirements, see page 43.
Transfers to CSU

HEALTH SCIENCES 154 † Work Experience for Disability Services Management

4 units, 20 hours work experience per week
240 volunteer hours or 300 paid hours

Prerequisite: A "C" grade or higher in Health Sciences 205 and 206.

Work experience for individuals desiring directed practical experience in support services for persons with disabilities. This course provides students the opportunity to apply knowledge and skills gained through Health Sciences 110, 150, 205 and 206. Emphasis is on inclusive support strategies and practices. For work experience requirements, see page 43.
Transfers to CSU

HEALTH SCIENCES 205 † Alternative/Augmentative Communication and Assistive Technology for People with Disabilities

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher in Health Sciences 110 and 150.

This course introduces principles and procedures in assessing and accommodating the needs of individuals with disabilities in the following areas: 1) alternative and augmentative communication (AAC) systems and strategies and 2) other assistive technology (AT) equipment and services. The course will include the historical and legislative development of these supports and services; a foundation of speech and language acquisition; person-centered assessment strategies, instrument strategies, and intervention techniques; and access to assistive technology (AT) resources and materials, locally and via the Internet. Students will develop case studies demonstrating the effective use of assistive technology, including alternative augmentative communication, in relation to school, work, recreation, home, or community environments.

Transfers to CSU

HEALTH SCIENCES 206 † Behavioral Management and Training Techniques

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher in Health Sciences 110 and 150 or equivalent.

This course presents more advanced theory and rationale for the use of management and training techniques with people with developmental disabilities in four major areas: (1) training, (2) behavior management, (3) management of assaultive behavior, and (4) general learning theory. Emphasis is on problem solving and application of theory in specific settings that involve individuals with multiple needs.

Transfers to CSU

HISTORY (HIST)

HISTORY 100 † Early World History

3 units, 3 hours lecture

A historical survey of civilizations from ancient times to 1500 C.E. with particular focus on Asia, Africa, Europe, the Americas, the Indian Subcontinent, Mediterranean Basin, the Middle East and Oceania. Emphasis placed on the origins, development and interconnections of diverse cultures, political systems, social/cultural forces, major religions, noted empires, artistic/intellectual achievements and technological breakthroughs.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4
Transfers to: CSU, UC

HISTORY 101 † Modern World History

3 units, 3 hours lecture

A survey of world history from 1500 C.E. to the present with particular focus on modern Asia, Europe, Africa, the Americas, the Indian subcontinent and the Middle East. Emphasis will be placed on the origins of maritime exploration, artistic/intellectual movements, revolutions, nationalism, empires, technological breakthroughs, industrialization, imperialism, world wars, totalitarianism, decolonization and economic globalization.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4
Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

HISTORY 103 † **Twentieth Century World History**

3 units, 3 hours lecture

A global historical survey of the political, social, economic, and cultural events that defined and shaped the 20th century. Particular emphasis includes height of European imperialism, First World War, rise of totalitarian regimes, Second World War, Cold War, decolonization and the rise of nation-states, genocides and civil wars, revolutions in Asia, Africa and Latin America, Middle East conflict, fall of the Soviet bloc, social and intellectual movements, scientific and technological breakthroughs, and economic globalization.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4
Transfers to: CSU, UC

HISTORY 105 † **Early Western Civilization**

3 units, 3 hours lecture

A historical survey tracing the political, social, economic, cultural, and intellectual events that have shaped and defined Western Civilization from ancient times to 1650. Emphasis is placed upon ancient Mesopotamia, ancient Egypt, eastern Mediterranean civilizations, pre and classical Greece, Hellenistic era, Roman civilization and empire, rise of Christianity and Islam, Byzantine Empire, medieval Europe, Renaissance and Reformation.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4
Transfers to: CSU, UC

HISTORY 106 † **Modern Western Civilization**

3 units, 3 hours lecture

A historical survey tracing the events and development of the modern Western world from 1500 to the present. Particular emphasis upon the making of modern European political/economic systems, institutions, values, and ideas. Such topics include Reformation/Age of Religious Wars, Absolutism, Scientific Revolution, Enlightenment, Age of Revolutions, Napoleonic Era, nineteenth-century ideologies, industrialization, nationalism, imperialism, modern western science, modern western art/literature, world wars, totalitarianism, the Cold War and contemporary Europe.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4
Transfers to: CSU, UC

HISTORY 107 † **History of Race & Ethnicity in the United States**

(Ethnic Studies 107)

3 units, 3 hours lecture

An introduction to the historical and socio-cultural experiences of racial and ethnic groups and their roles in shaping society and culture in the United States, from pre-contact to the present. Focus will be on migration, colonization, racialization, discrimination, assimilation, social stratification, liberation movements, and the intersection of racial, ethnic, gender, sexual identities as they relate to African Americans, Asian Americans, Latinas/os/x, Native Americans, and Middle Eastern Americans.

Satisfies General Education for: Grossmont College D; CSU D
Transfers to: CSU

HISTORY 108 † **Early American History**

3 units, 3 hours lecture

A historical survey tracing the political, social, and cultural events that have shaped and created the United States from pre-Columbian times to 1877. Emphasis is placed upon pre-Columbian past, European contact during Age of Exploration, colonial America, American Revolution, Constitutional and Federalist Era, Jeffersonian democracy, Jacksonian Era, Old South and slavery, Age of Reform, antebellum society, westward expansion, sectional crisis, American Civil War and Reconstruction. The course also explores the origin and development of significant American institutions, ideals, thought, constitutional features and various social and ideological struggles.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4
Transfers to: CSU, UC (credit limited: see page 54)

HISTORY 109 † **Modern American History**

3 units, 3 hours lecture

A historical survey of the political, social, economic, and cultural events in the United States from 1865 to the present. Explores significant modern American institutions, ideals, thought, ideologies, and laws including explorations of the U.S. and California constitutions and interactions between federal, state, and local governments.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4
Transfers to: CSU, UC (credit limited: see page 54)

HISTORY 113 † **American Military History**

3 units, 3 hours lecture

This course introduces the student to military history of the United States from the colonial period to the present with emphasis on institutional, technological, social, political, cultural, and diplomatic contexts in times of peace and conflict. Major themes and coverage of noted wars will focus on three periods: colonial, continental expansion, and overseas expansion.

Satisfies General Education for: Grossmont College C; CSU D; IGETC 4
Transfers to: CSU, UC

HISTORY 114 † **Comparative History of the Early Americas**

3 units, 3 hours lecture

The Americas from ancient times to the nineteenth century. Emphasis on ancient American civilizations and the interactions among Native American, European, and African American cultures in the formation of new nations. The social, political, and cultural developments of the early United States, Latin America and Canada and their political systems.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4
Transfers to: CSU, UC

HISTORY 115 † **Comparative History of the Modern Americas**

3 units, 3 hours lecture

A survey of the political, social, economic, and cultural development of the modern Americas. Emphasis on interactions among Native American, European, and African American cultures and the social, political, and economic transformations of the modern United States, Latin America and Canada from the early nineteenth century to the present.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4
Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

HISTORY 118 †

(Ethnic Studies 118)

U.S. History: Chicano/Chicana Perspectives I

3 units, 3 hours lecture

This course is designed to explore the role and development of the Chicana/o (Mexican American) people in the history of the United States. It examines United States history with emphasis on institutions and ideals, beginning with pre-Colombian Meso-America to the Mexican-American War (1848). Social, economic, political and cultural events are covered with attention to Mexican/Chicana/o people in the United States. The Constitution of the United States and the operation of representative government are studied with special emphasis on the impact and effects of U.S.-Mexico relations and their people.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

HISTORY 119 †

(Ethnic Studies 119)

U.S. History: Chicano/Chicana Perspectives II

3 units, 3 hours lecture

This course is designed to explore the role and development of the Chicana/o (Mexican American) people in the history of the United States. Beginning with the Mexican-American War (1848) to the present period, institutions and ideals of United States history are examined, with emphasis on the social, economic, political and cultural implications to Chicana/o people in the United States. The U.S. Constitution, operation of representative government, and developments in California state and local government are studied with special emphasis on the impact and effects on Chicana/o's.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

HISTORY 122 †**Women in Early American History**

3 units, 3 hours lecture

This course covers the social, political, cultural, economic and intellectual development of women in United States history from pre-European contact to 1877. Women's experiences are placed in the context of the origins of American institutions and ideals.

Satisfies General Education for:

Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

HISTORY 123 †**Women in Modern American History**

3 units, 3 hours lecture

This course covers the social, political, cultural, economic and intellectual development of women in United States history from 1877 to the present. Women's experiences are placed in the context of evolving American institutions.

Satisfies General Education for:

Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

HISTORY 124 †**History of California**

3 units, 3 hours lecture

Survey of the political, social, and economic development of the State of California from pre-Columbian Native Americans to the present. Emphasis upon European exploration and interaction with California's Native Americans, Spanish colonization, Mexican California, statehood, late 19th century, pre-WWI Progressive Era, 1910s and 1920s, Depression Era, WWII, Post-WWII era, 1960s to the 1990s, and early 21st century. Course will also include a unit of study in California State and local government.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

HISTORY 126 †**History of Mexico**

3 units, 3 hours lecture

A general survey of the history of Mexico from its pre-conquest origins to the twenty-first century. Emphasis on the Toltec, the Maya, the Aztec and other native societies; the conquest; the interactions among Native, Spanish and African cultures; colonial society; independence; the Mexican Revolution and the development of modern Mexico. Particular attention will be given to the social, political, economic and cultural transformation of Mexico across five centuries.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4

Transfers to: CSU, UC

HISTORY 130 †

(Ethnic Studies 130)

U.S. History and Cultures: Native American Perspectives I

3 units, 3 hours lecture

This course covers the social, political, cultural, economic and intellectual history of indigenous people in North America from pre-history to pre-Civil War in United States. Native experiences are placed in the context of the evolution of diverse native nations, within the growth of the U.S., and within the development of American institutions and ideals. California and San Diego County nations are highlighted, as is the origins of the U.S. Constitution and its evolving interpretation in the courts regarding native nations.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

HISTORY 131 †

(Ethnic Studies 131)

U.S. History and Cultures: Native American Perspectives II

3 units, 3 hours lecture

An historical survey of the indigenous peoples of the North American Continent from the period of 1850 to the present. Attention will be given to contemporary, historical, political, and socio-economic issues affecting the American Indian nationwide, statewide and locally. Indian perspectives of native and nonnative cultures will be included. The Federal and California State Constitutions are studied with special emphasis on the effects on and influence of the Indian culture and society. Particular attention is given to political philosophies and the impact of legislation on Indian culture and society.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

HISTORY 135 † **Ancient History of Western Civilization**

3 units, 3 hours lecture

A historical survey tracing the political, social, intellectual and cultural events of the ancient civilizations within the Near East and Mediterranean basin from 3500 B.C.E. to 500 C.E. This course will focus on the contributions and achievements of civilizations within Mesopotamia, Egypt, Persia, Asia Minor, the Levant, Crete, Greece, North Africa, and Rome and their significance in shaping Western Civilization. Further emphasis will be placed upon their political systems, religion, philosophy, science/technology, laws, role of women, and arts/literature.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

HISTORY 136 † **Survey of Medieval History**

3 units, 3 hours lecture

A historical survey tracing the political, social, economic, intellectual, religious and cultural events that occurred during Europe's medieval period c.500-1500 C.E. This course begins with the decline of the Western Roman Empire and then focuses upon rise of Germanic kingdoms, role of the papacy, monasticism, establishment of Christendom, Carolingian Empire, feudalism, Vikings, England, German States, Eastern Europe, Muslim invasions, Crusades, Black Death, medieval philosophy and science, art and literature, role of women, gender and sexuality, and the demise of medieval era and birth of modern Europe. The course also explores the creation of significant lasting institutions, ideas, and thought from the medieval era that remains part of the present-day Western world.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4

Transfers to: CSU, UC

HISTORY 137 † **History of East Asia**

3 units, 3 hours lecture

A historical survey of China and Japan from prehistory to modern times. Emphasis on their comparative and intertwining histories with particular attention to historical origins, political institutions, social/economic structures, religious/philosophical beliefs, literary/cultural achievements, technological/scientific contributions, interactions with Korea and the West, participation in major wars, and current geopolitical status and power.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4

Transfers to: CSU, UC

HISTORY 148 † **Modern Middle East History**

3 units, 3 hours lecture

A historical survey exploring the events leading to the creation and emergence of the modern Middle East. Ranging from the 7th century to the present, the course includes the origin and spread of Islam, Islamic dynasties and civilization, Crusades, Ottoman Empire, Persia/Iran, interactions with and colonization by Western powers, rise of 20th century independent nation-states, creation of Israel and the Arab-Israeli conflict, 20th century wars and conflicts, famous political/religious leaders, intellectual/scientific accomplishments, and artistic/literary works.

Satisfies General Education for: Grossmont College C; CSU C2, D; IGETC 3B, 4

Transfers to: CSU, UC

HISTORY 154 † **Early History of Women in World Civilization**

3 units, 3 hours lecture

This course covers the transnational/global concepts of gender, social, economic, political, cultural and intellectual/creative aspects of women in world society from prehistoric times to the early modern era (1500 C.E.). Societal structures, cultural norms, legal/sociological constructs, religious paradigms affecting women throughout Asia, Africa, Middle East, the Americas and Europe will be explored. The course will also focus upon gaining an understanding of women's past accomplishments, both major and mundane, as well as limitations, which may illuminate their present and future.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

HISTORY 155 † **Modern History of Women in World Civilization**

3 units, 3 hours lecture

This course covers the transnational/global concepts of gender, social, economic, political, cultural and intellectual/creative aspects of women in world society from 1500 C.E. to the present. Societal structures, cultural norms, legal/sociological constructs, religious paradigms affecting women throughout modern Asia, Africa, Middle East, the Americas and Europe will be explored. The course will also focus upon gaining an understanding of women's past accomplishments, both major and mundane, as well as limitations, which may illuminate their present and future.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

HISTORY 180 † **U.S. History: Black Perspectives I**

3 units, 3 hours lecture

A survey of United States history from colonial times through the Civil War from the perspective and experiences of African-Americans. The course begins with the historical backdrop of African peoples in continental Africa and the trace their story through early modern European contact, slave trade, enslavement in the Americas, colonial America, the revolutionary and Constitutional era, the early Republic, participation in American institutions, sectional issues between North and South over slavery, the Civil War and emancipation. Examines the contradictions, paradoxes and constitutional challenges of the American experiment of freedom alongside the institution of slavery. Explores the political, social, economic, legalistic, cultural, spiritual, literary and artistic life of African-Americans during this historical period.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

HISTORY 181 †

(Ethnic Studies 181)

U.S. History: Black Perspectives II*3 units, 3 hours lecture*

A survey of United States history from Reconstruction to the present seen from the perspective and experience of African-Americans. The course begins with the emancipation of slaves and Reconstruction and then traces the African-American experience through modern American history. Topics include developments in California, Reconstruction, Jim Crow South, late 19th century, pre-WWI and the Progressive Era, WWI and the Roaring 20s, Depression Era, WWII and the home front, post-WWII era and segregation, Civil Rights Era, struggles of the 1960s and 1970s, late 20th century and 21st-century issues. Course also explores the contradictions, paradoxes and constitutional challenges, both federal and in California, of the American experiment of equality alongside racial segregation and injustices. The course also explores the political, social, economic, legalistic, cultural, spiritual, literary and artistic life of African-Americans during modern American history.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

HISTORY 194 †**Community Service Learning Experience**

*1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours*

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose is to provide students an opportunity to expand their citizenship consciousness while exploring options and careers in a selected area of study. This course includes placement in a community based historical site, archives, museum, institute, research library or with K-12 history/social studies students. For work experience requirements, see page 43.

Transfers to CSU

HUMANITIES (HUM)**HUMANITIES 110 †****Principles of the Humanities***3 units, 3 hours lecture*

An introduction to the field of humanities through an integrated study of culture and the creative products of humanity. The fine arts as well as dominant philosophic, political and religious ideas are evaluated as a means of understanding cultural expression.

Satisfies General Education for: Grossmont College C; CSU C1, C2; IGETC 3B

Transfers to: CSU, UC

HUMANITIES 120 †**European Humanities***3 units, 3 hours lecture*

An integrated approach to European cultural values as expressed in representative masterpieces of literature, philosophy, drama, music, visual art and architecture.

Satisfies General Education for: Grossmont College C; CSU C1, C2; IGETC 3B

Transfers to: CSU, UC (credit limited: see page 54)

HUMANITIES 125 †**Women and Western Culture***3 units, 3 hours lecture*

This course examines women and Western culture through a humanistic lens, exploring the place of women in literature and poetry, history, visual and performing arts, philosophy, politics and science. Emphasis is placed on the manifestations of women's struggles across the spectrum of human experience.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC (credit limited: see page 54)

HUMANITIES 130 †**East Asian Humanities***3 units, 3 hours lecture*

An integrated approach to the culture of East Asia from earliest civilization to present. The cultural development of Japan, China and India, as well as Southeast Asia, will be explored in relation to literature, music, drama, architecture, visual arts, and film.

Cultural expression will be examined using a religious and historical context.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC (credit limited: see page 54)

HUMANITIES 135 †**Blues as Literature, History, and Culture***3 units, 3 hours lecture*

An examination of blues music and its influence on American culture. Blues will be explored in musical, literary, historical and socio-political contexts in order to understand the factors that gave rise to the art form. Particular emphasis will be on the rich and expressive African-American culture and its profound contribution to the American identity.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

HUMANITIES 140 †**Humanities of the Americas***3 units, 3 hours lecture*

Integrated exploration of broadly representative examples of literature, philosophy, drama, music, visual art, and architecture of the Americas—the geographical scope of which will include the United States, Canada, the Caribbean, and Latin America.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to CSU, UC

HUMANITIES 160 †**Humanities of the Future***3 units, 3 hours lecture*

An integrated approach to the possible culture humans may create in the future. Beginning with an analysis of past and contemporary trends in literature, music, religion, painting and/or architecture, an attempt will be made to project these trends into the future. Emphasis will be on methods of projection using science fiction (writing and/or film) as well as the prophecies of scientists, artists, sociologists, and political scientists.

Satisfies General Education for: Grossmont College C; CSU C2

Transfers to: CSU, UC

HUMANITIES 170 †**Modern World Humanities***3 units, 3 hours lecture*

A comparative study of the modern cultural domains of the world: 1) East Asia, 2) Middle East and Near East, 3) Europe, and 4) the Americas. A global perspective of culture will be acquired through the experience of representative works of art, literature, philosophy and religion. Emphasis will be on the transition of cultures to the modern world and the interaction of cultures in the modern world.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

INTERDISCIPLINARY STUDIES (IDS)

INTERDISCIPLINARY STUDIES 198 Supervised Tutoring

0 units, 50 hours TBA

Corequisite: Official enrollment in Grossmont College.

This course uses a variety of educational tools to assist students with various learning needs. It could be used to strengthen prerequisite skills prior to enrolling in a specific course or to receive supplemental assistance while enrolled in another course. The course may be repeated with different content. This is a no fee/no credit course.

ITALIAN (ITAL)

ITALIAN 120 † Italian I

5 units, 5 hours lecture

An introductory course to the Italian language and the cultures of its speakers. This course is designed for students with very little or no knowledge of Italian. It facilitates the practical application of the language in everyday oral and written communication at the beginning level. Since the focus will be on basic communication skills, the class will be conducted in Italian as much as possible. Students will learn structures that will enable them to function in Italian in everyday contexts while becoming familiar with the Italian speaking world.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

ITALIAN 121 † Italian II

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Italian 120 or two years of high school Italian or equivalent.

Italian 121 is the continuation of Italian 120. The course will continue to develop oral and written skills based on practical everyday needs. **Satisfies General Education for:** Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

ITALIAN 220 † Italian III

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Italian 121 or three years of high school Italian or equivalent.

Italian 220 is the continuation of Italian 121. The course will continue to develop oral, listening, reading and writing skills in order to acquire proficiency in Italian.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

ITALIAN 221 † Italian IV

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Italian 220 or four years of high school Italian or equivalent.

Italian 221 is the continuation of Italian 220. The course will continue to develop oral, listening, reading and writing skills in order to improve proficiency in Italian.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

ITALIAN 250 † Conversational Italian I

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Italian 121 or three years of high school Italian or equivalent.

The course will continue to develop oral, listening, reading and writing skills with emphasis on oral proficiency.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

ITALIAN 251 † Conversational Italian II

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Italian 250 or four years of high school Italian or equivalent.

The course will continue to develop at a higher level oral, listening, reading and writing skills with emphasis on oral proficiency.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

JAPANESE (JAPN)

JAPANESE 120 † Japanese I

5 units, 5 hours lecture

An introductory course to the Japanese language and the cultures of its speakers. This course is designed for students with very little or no knowledge of Japanese. It facilitates the practical application of the language in everyday oral and written communication at the beginning level. Since the focus will be on basic communication skills, the class will be conducted in Japanese as much as possible. Students will learn structures that will enable them to function in Japanese in everyday contexts while becoming familiar with the Japanese speaking world.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

JAPANESE 121 † Japanese II

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Japanese 120 or two years of high school Japanese or equivalent.

Japanese 121 is the continuation of Japanese 120. The course will continue to develop oral and written skills based on practical everyday needs.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A
Transfers to: CSU, UC

JAPANESE 149 † Japanese Culture and Civilization

3 units, 3 hours lecture

A survey of major characteristics of Japanese culture as seen in Japan today. This course will compare and contrast traditional Japanese culture and values with the modern Japanese culture. This course will examine what role history has played in the development of traditional Japanese culture and the role western culture has played in the development of the modern Japanese culture. It will examine the issues that this dichotomy creates and the relationship between Japan and the western world. This course will be taught in English.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B
Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

JAPANESE 196 † **Community Service Learning Experience**

1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours

Prerequisite: A "C" grade or higher or "Pass" in Japanese 120 or equivalent.

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose of this course is to provide the student an opportunity to practice and use the Japanese language in a community based site and to explore different career options. For work experience requirements, see page 43.

Transfers to: CSU

JAPANESE 220 † **Japanese III**

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Japanese 121 or three years of high school Japanese or equivalent.

Japanese 220 is the continuation of Japanese 121. The course will continue to develop oral, listening, reading and writing skills in order to acquire proficiency in Japanese.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

JAPANESE 221 † **Japanese IV**

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Japanese 220 or four years of high school Japanese or equivalent.

Japanese 221 is the continuation of Japanese 220. The course will continue to develop oral, listening, reading and writing skills in order to improve proficiency in Japanese.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

JAPANESE 250 † **Conversational Japanese I**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Japanese 121 or three years of high school Japanese or equivalent.

The course will continue to develop oral, listening, reading and writing skills with emphasis on oral proficiency.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC

JAPANESE 251 † **Conversational Japanese II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Japanese 250 or four years of high school Japanese or equivalent.

The course will continue to develop at a higher level oral, listening, reading and writing skills with emphasis on oral proficiency.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC

JOURNALISM

see: Media Communications

LIBRARY INFORMATION RESOURCES (LIR)

LIBRARY INFORMATION RESOURCES 110 †

Research Methods in an Online World

1 unit, 1 hour lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 110 or English as a Second Language 119 or equivalent.

Designed for the student who would like to improve critical research skills. Students will learn to navigate research tools – such as databases and search engines, for specific information needs. Students will develop search strategies and express their research questions in relevant search terms. In addition, they will evaluate information and create citations in accordance with style manuals. Ethical issues about information will also be introduced. Familiarity with basic computer operation is strongly recommended.

Transfers to: CSU

MATHEMATICS (MATH)

Course eligibility is required of all students prior to enrolling in any math course. Course eligibility is obtained by one of the following:

- Satisfactorily completing all prerequisite courses.
- Taking a math assessment to determine current math skills.
- Obtaining a math waiver form from the Counseling Center.
- Present college transcripts to the counseling staff showing satisfactory completion of equivalent prerequisite courses. When possible, bring a course description to assist in determining course equivalency. Students with transcripts from foreign colleges should contact the Mathematics Department or the Counseling Center.

MATHEMATICS 020 †† **Foundations for Quantitative Reasoning**

1 unit, 1 hour lecture

Corequisite: Math 120

Support for Quantitative Reasoning (QR) will focus on the skills and concepts needed for success in QR. This course is for students concurrently enrolled in QR (MATH 120) at Grossmont College. Students will receive extra support in arithmetic, algebra, geometry, problem solving, and study skills. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 060 †† **Foundations for Elementary Statistics**

2 units, 2 hours lecture

Corequisite: MATH 160

Foundations for Elementary Statistics focuses on the skills and concepts needed for success in Elementary Statistics. This course is for students concurrently enrolled in MATH 160 at Grossmont College. Students will receive support in arithmetic, problem solving, technology, and study skills. This course is offered on a Pass/ No Pass basis only.

(Nondegree credit course)

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

MATHEMATICS 075 †† **Foundations for College Algebra**

2 units, 2 hours lecture

Corequisite: MATH 175

Support for this course focuses on the skills and concepts needed for success in College Algebra. This course is for students concurrently enrolled in College Algebra (MATH 175) at Grossmont College. Students will receive extra support in algebra, geometry, problem solving, technology, and study skills. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 076 †† **Foundations for Precalculus**

2 units, 2 hours lecture

Corequisite: MATH 176

This support course focuses on the skills and concepts needed for success in Precalculus. This course is for students concurrently enrolled in Precalculus (MATH 176) at Grossmont College. Students will receive extra support in algebra, geometry, problem solving, technology, and study skills. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 078 †† **Foundations for Calculus for Business, Social & Behavior Sciences**

2 units, 2 hours lecture

Corequisite: MATH 178

This support course focuses on the skills and concepts needed for success in Calculus for Business, Social & Behavioral Science (MATH 178). This course is for students concurrently enrolled in MATH 178 at Grossmont College. Students will receive extra support in algebra, geometry, problem solving, technology, and study skills. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 080 †† **Basic Mathematics**

2 units, 2 hours lecture

Fundamentals of arithmetic including addition, subtraction, multiplication, and division are reviewed with stress placed upon mental arithmetic involving whole numbers. Operations with fractions, decimals and percent are stressed. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 087 †† **Strategies for Success in Math 080 – Math 090**

1 unit, 1 hour lecture

An introduction to strategies to improve success in math courses. Included in the course are test taking strategies, techniques to deal with math anxiety, textbook reading skills, ways to improve note taking and memory, and effective homework practices. Students will identify various aspects of their learning style and use the information to develop study strategies that are appropriate for a math course. This course may be taken prior to taking a math class or concurrently with Math 080, 088, 089 or 090. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 088 †† **Pre-Algebra**

4 units, 4 hours lecture

This course covers the derivation and use of selected measurement concepts; and the development of pre-algebra ideas such as variable, signed numbers and equations. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 088L †† **Computer Tutorial Review for Pre-Algebra**

1 unit, 3 hours laboratory

This course uses a variety of educational tools to assist students. It could be used to strengthen prerequisite skills prior to enrolling in a specific course or to receive supplemental assistance while enrolled in a basic mathematics or pre-algebra course. Educational tools include computer-aided tutorials, drills, and problem sets. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 089 †† **Pre-Algebra for the Math Anxious**

5 units, 5 hours lecture

This course will teach students to overcome mathematics anxiety and prepare them for elementary algebra. Emphasis in the course will be on developing self confidence through successfully solving arithmetic, algebraic and geometric problems. Students will learn effective skills, including cooperative learning and test taking techniques. A variety of nontraditional materials and techniques will be used in the presentation of concepts. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 090 †† **Elementary Algebra**

5 units, 5 hours lecture, or 4 hours lecture plus 2 hours computer assisted instruction (4.5 hours lecture and 1.5 hours laboratory)

Recommended Preparation: A "Pass" grade in MATH 088 or equivalent.

This course is the first of a two-course sequence in algebra intended to help prepare students for transfer level mathematics. An introduction to the following topics is included: the vocabulary of algebra, evaluation of literal expressions, and functions. Topics covered in more depth include solving and graphing linear equations and inequalities in one and two variables; solving and graphing systems of equations in two variables; factoring; algebraic operations on polynomial, rational, and radical expressions; solving quadratics using factoring, and rational equations. This course is recommended for students with little or no recent knowledge of algebra and is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 090L †† **Computer Tutorial Review for Elementary Algebra**

1 unit, 3 hours laboratory

This course uses a variety of educational tools to assist students. It could be used to strengthen prerequisite skills prior to enrolling in a specific course or to receive supplemental assistance while enrolled in an elementary algebra course. Educational tools include computer-aided tutorials, drills, and problem sets. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 096 †† **Foundations for Statistics and Quantitative Reasoning**

6 units, 6 hours lecture

This class satisfies the prerequisite for only MATH 160 or MATH 120. The emphasis of this course will be on the practical aspects of mathematics and its applications. Topics include: data analysis, sample statistics and graphs, measure of central tendency, simplifying algebraic expressions, problem solving strategies, solving algebraic equations and inequalities, algebraic functions and their graphs. This class is NOT intended for business, science, computer science, engineering, or math majors and is offered on a Pass/No Pass basis only.

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

MATHEMATICS 097 †† **Plane Geometry**

3 units, 3 hours lecture

Prerequisite: A "Pass" grade in MATH 090 or equivalent.

This course introduces essential vocabulary, properties and characteristics of geometric objects and geometric constructions. The concepts of plane geometry are developed inductively and then deductively. Integrated computer instruction offers a dynamic presentation of geometric concepts. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 103 † **Intermediate Algebra**

3 units, 3 hours lecture

Prerequisite: A "Pass" grade in MATH 090 or equivalent.

Math 103 is the second of a two-course sequence in algebra and serves as the prerequisite for a limited number of transferable mathematics courses. This course completes some topics from the first course, such as factoring and operations on rational and radical expressions, and includes the addition of new topics such as exponential and logarithmic expressions and equations, and conic sections. The concept of functions is developed including composition and inverses. Quadratic functions are covered in depth. Computational techniques developed in beginning algebra are prerequisite skills for this course. This course is appropriate for students with a knowledge of beginning algebra or who have had at least two years of high school algebra but have not used it for several years. A student can earn a maximum of (five) 5 units for taking MATH 103 and MATH 110. This course serves as a prerequisite for MATH 120, MATH 125, and MATH 160.

Satisfies General Education for Grossmont College A3

MATHEMATICS 108 † **Beginning & Intermediate Algebra for Business, Math, Science and Engineering Majors**

6 units, 6 hours lecture

Recommended Preparation: Placement in MATH 90

A compressed course that covers elementary algebra and in-depth coverage of intermediate algebra intended for the student who has some previous experience with algebra. This course includes topics related to a mathematical foundation for college students who are majoring in business, math, science and engineering and emphasizes the study of the behavior and characteristics of linear, quadratic, rational, radical, exponential, and logarithmic functions from graphic, numeric, analytic and applied perspectives. Graphing calculators are required for this course. This course serves as a prerequisite for MATH 120, MATH 125, MATH 160, MATH 170, MATH 175, MATH 176, and MATH 178. A student can earn a maximum of 6 (six) units for taking Math 103 and Math 108. Not open to students with credit in Math 110.

Satisfies General Education for Grossmont College A3

MATHEMATICS 110 † **Intermediate Algebra for Business, Math, Science and Engineering Majors**

5 units, 5 hours lecture or 4 hours lecture plus 2 hours computer assisted instruction (4.5 hours lecture and 1.5 hours laboratory)

Prerequisite: A "Pass" grade in MATH 090 or equivalent.

Math 110 is the second of a two-course sequence in algebra. This course completes some topics from the first course, such as factoring and operations on rational and radical expressions, and includes the addition of new topics such as exponential and logarithmic expressions and equations, conic sections and an introduction to matrices and sequences and series. The concept of functions is developed including composition and inverses. Quadratic functions are covered in depth. Graphing calculators are required for this course. Computational techniques developed in beginning algebra are prerequisite skills for this course. This course is appropriate for students with a knowledge of beginning algebra or who have had at least two years of high school algebra but have not used it for several years. This course serves as a prerequisite for Math 120, Math 125, Math 150, Math 160, Math 170, Math 175, Math 176, and Math 178. A student can earn a maximum of (five) 5 units for taking Math 103 and Math 110.

Satisfies General Education for Grossmont College A3

MATHEMATICS 110L †† **Computer Tutorial Review for Intermediate Algebra**

1 unit, 3 hours laboratory

This course is designed for students who wish to review and master previously completed coursework. It should be taken to help strengthen concepts needed for the next course. This course consists of computer-aided tutorials, drills, and problem sets for the purpose of helping the student master the concepts of intermediate algebra. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 120 † **Quantitative Reasoning**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in MATH 096 or MATH 103 or MATH 108 or MATH 110 or equivalent.

Use skills developed in Intermediate Algebra to survey the historical development of and apply topics such as: logic, geometry, probability, statistics, problem solving, sequences and patterns, numeration systems, and personal finance to develop quantitative reasoning skills.

Satisfies General Education for: Grossmont College A3; CSU B4, IGETC 2A
Transfers to: CSU, UC (credit limited see page 54)

MATHEMATICS 125 † **Structure and Concepts of Elementary Mathematics I**

3 units, 3 hours lecture, 1 hour laboratory

Prerequisite: A "C" grade or higher or "Pass" in MATH 103 or MATH 108 or MATH 110 or equivalent.

Blending the mathematical topics of sets, whole numbers, numeration, number theory, integers, rational and irrational numbers, measurement, relations, functions and logic. The course will investigate the interrelationships of the above topics using a problem-solving approach. The course will also investigate appropriate use of technology in the classroom.

Satisfies General Education for: Grossmont College A3; CSU B4, IGETC 2A
Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

MATHEMATICS 126 † **Structure and Concepts of** **Elementary Mathematics II**

3 units, 3 hours lecture, 1 hour laboratory
Prerequisite: A “C” grade or higher or “Pass” in MATH 125 or equivalent.

Blending the mathematical topics of probability, statistics, relations, graphs, measurement, coordinate geometry, plane geometry, solid geometry, logic, and number sense. The course will investigate the interrelationships of the above topics using a problem-solving approach. The course will also investigate the appropriate use of technology in the classroom.

Satisfies General Education for: Grossmont College A3; CSU B4, IGETC 2A

Transfers to: CSU, UC (credit limited: see page 54)

MATHEMATICS 128 † **Children’s Mathematical** **Thinking**

1.5 units, 1.5 hours lecture

Prerequisite: A “C” grade or higher or “Pass” in Math 125 or equivalent or concurrent enrollment in Math 125.

An in-depth analysis of children’s mathematical thinking and understanding of operations (addition, subtraction, multiplication, and division), place value and fractions. Students will observe individual children solving mathematical problems.

Transfers to CSU

MATHEMATICS 150 † **Introduction to Computer** **Programming Applications in** **Mathematics**

3 units, 3 hours lecture

Prerequisite: A “C” grade or higher or “Pass” in MATH 110 or equivalent.

Use of computers to analyze mathematical application problems and their solutions from statistics, engineering and the physical sciences. Fundamentals of structured technical programming including language commands and computational algorithms.

Satisfies General Education for Grossmont College A3

Transfers to: CSU, UC

MATHEMATICS 160 † **Elementary Statistics**

4 units, 4 hours lecture

Prerequisite: A “C” grade or higher or “Pass” in MATH 096 or MATH 103 or MATH 108 or MATH 110 or equivalent.

This course provides an introduction to descriptive statistics, probability theory and inferential statistics. Topics include data collection; summary and graphical displays of data; measures of central tendency and variability; elementary probability theory; standard procedures involving the normal, binomial, student’s t, chi-square, and F distributions; confidence intervals and hypothesis testing; linear correlation and regression; and ANOVA. Students will learn technology for statistical analysis and interpret the relevance of the statistical findings. Applications come from various fields such as biology, business, economics, education, social sciences, health science, life sciences and psychology.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A

Transfers to: CSU, UC (credit limited: see page 54)

MATHEMATICS 160L †† **Computer Tutorial for** **Elementary Statistics**

1 unit, 3 hours laboratory

This course consists of computer-aided tutorials, drills, and problem sets for the purpose of helping the student master the concepts of statistics. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

MATHEMATICS 170 † **Analytic Trigonometry**

3 units, 3 hours lecture

Prerequisite: A “C” grade or higher or “Pass” in MATH 108 or MATH 110 or equivalent.

NOTE: MATH 103 is not equivalent to MATH 110.

This course provides a theoretical approach to the study of the trigonometric functions with emphasis upon circular functions, trigonometric identities, trigonometric equations, graphical methods, inverse functions, vectors and applications, complex numbers and solving triangles with applications. Passing both MATH 170 and MATH 175 is equivalent to passing MATH 176. A student will earn a total of 7 units for MATH 170 and MATH 175. A student will only earn 6 units if they pass both MATH 170 and MATH 176.

Satisfies General Education for: Grossmont College A3; CSU B4

Transfers to CSU

MATHEMATICS 175 † **College Algebra**

4 units, 4 hours lecture

Prerequisite: A “C” grade or higher or “Pass” in MATH 108 or MATH 110 or equivalent.

NOTE: MATH 103 is not equivalent to MATH 110.

Graphic, numeric, and analytic approaches to the study of precalculus concepts from college algebra. Application of appropriate technology including but not limited to graphic utilities to model, analyze, and interpret a collection of data or to solve real-world application problems from a wide variety of disciplines. Topics include the real number system; algebraic, exponential, and logarithmic functions and their inverses; graphing techniques for polynomial and rational functions; complex numbers; theory of equations; partial fractions; mathematical induction; sequences and series; matrices; and the binomial theorem.

Passing both MATH 170 and MATH 175 is equivalent to passing MATH 176. A student will earn a total of 7 units for MATH 170 and MATH 175. A student will only earn 6 units if they pass both MATH 175 and MATH 176.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.



MATHEMATICS 176 † **Precalculus: Functions and Graphs**

6 units, 6 hours lecture

Prerequisite: A “C” grade or higher in or “Pass” in MATH 108 or MATH 110 or equivalent. *NOTE:* MATH 103 is not equivalent to MATH 110.

Unification of college algebra and analytical trigonometry based on the function concept. Topics include properties of real number system, inequalities, theory of equations, complex numbers, the study of functions including inverse functions, logarithmic and exponential functions, trigonometric functions with emphasis on circular functions, trigonometric identities, trigonometric equations, graphical methods and solving triangles with applications, matrices, binomial theorem, mathematical induction, sequences and series. Completion of the Matriculation Process is highly recommended. Completion of college algebra or trigonometry will enhance the student’s preparation for this course. Passing MATH 176 is equivalent to passing both MATH 170 and MATH 175. A student will earn a total of 6 units for passing MATH 176 or 7 units for passing both MATH 175 and MATH 176.

Satisfies General Education for: Grossmont College A3; CSU B4, IGETC 2A

Transfers to: CSU, UC (credit limited: see page 54)

MATHEMATICS 177 † **Introduction to Teaching Secondary Mathematics**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A “C” grade or higher in MATH 108 or MATH 110 or equivalent. *NOTE:* MATH 103 is not equivalent to MATH 110.

Introduction to the teaching and learning of mathematics in secondary school classrooms. Designed for students with an interest/background in mathematics particularly those who may consider teaching mathematics as a career. The course includes seminar work with mathematical problems as well as discussions on assessment and methodology used in the secondary school environment. It includes on-site field experience in secondary schools with a mentor teacher, as a service learning component, and provides students with insight to a secondary school teaching career in mathematics. The course will be designed to allow students to address a variety of learning modalities by observation in the field and discussing learning approaches through their own mathematical problem solving experiences.

Transfer to: CSU, UC

MATHEMATICS 178 † **Calculus for Business, Social and Behavioral Sciences**

4 units, 4 hours lecture

Prerequisite: A “C” grade or higher in MATH 108 or 110 or equivalent. *Note:* MATH 103 is not equivalent to MATH 110.

Recommended Preparation: A “C” grade or higher or “Pass” in MATH 175.

An introduction to matrix algebra, differential and integral calculus with applications specifically designed for business, social and behavioral sciences. Not open to students with credit in MATH 180.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A

Transfers to: CSU, UC (credit limited: see page 54)

MATHEMATICS 180 † **Analytic Geometry and Calculus I**

5 units, 5 hours lecture

Prerequisite: A “C” grade or higher or “Pass” in MATH 170 and MATH 175 or MATH 176 or equivalent.

A first course in differential and integral calculus of a single variable; functions; limits and continuity; techniques and applications of differentiation and integration; Fundamental Theorem of Calculus. Primarily for science, technology, engineering and mathematics majors.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A

Transfers to: CSU, UC (credit limited: see page 54)

MATHEMATICS 245 † **Discrete Mathematics**

3 units, 3 hours lecture

Prerequisite: A “C” grade or higher or “Pass” in MATH 280 or equivalent.

Introduction to discrete mathematics. Topics to include sets, relations, summations, elementary counting techniques, recurrence relations, logic and proofs. This course is appropriate for mathematics and computer science majors.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A

Transfers to: CSU, UC

MATHEMATICS 280 † **Analytic Geometry and Calculus II**

4 units, 4 hours lecture

Prerequisite: A “C” grade or higher or “Pass” in MATH 180 or equivalent.

A second course in differential and integral calculus of a single variable: integration; techniques of integration; infinite sequences and series; polar and parametric equation; conics. Primarily for Science, Technology, Engineering and Math majors.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

MATHEMATICS 281 † **Multivariable Calculus**

4 units, 4 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in MATH 280 or equivalent.

Math 281 is the third of a three-course sequence in calculus. Topics include vector valued functions, calculus of functions of more than one variable, partial derivatives, multiple integration, Green's Theorem, Stokes' Theorem, divergence theorem.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A

Transfers to: CSU, UC

MATHEMATICS 284 † **Linear Algebra**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in MATH 280 or equivalent.

This course develops the techniques and theory needed to solve and classify systems of linear equations. Solution techniques include row operations, Gaussian elimination, and matrix algebra. Investigates the properties of vectors in two and three dimensions, leading to the notion of an abstract vector space. Vector space and matrix theory are presented including topics such as inner products, norms, orthogonality, eigenvalues, eigenspaces, and linear transformations. Selected applications of linear algebra are included.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A

Transfers to: CSU, UC

MATHEMATICS 285 † **Differential Equations**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in MATH 280 or equivalent.

The course is an introduction to ordinary differential equations including both quantitative and qualitative methods as well as applications from a variety of disciplines. Introduces the theoretical aspects of differential equations and systems of equations, including establishing when solutions exist and various techniques for obtaining solutions (series solutions, Laplace transforms, separation of variables, variation of parameters, etc.)

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A

Transfers to: CSU, UC

MEDIA COMMUNICATIONS (MCOM)

MEDIA COMMUNICATIONS 105 † **Introduction to Electronic Media**

3 units, 3 hours lecture

This course introduces the history, structure, function, economics, content, and evolution of radio, television, film, the Internet, and new media, including traditional and mature formats. The social, political, regulatory, ethical and occupational impact of the electronic media are also studied.

Transfers to CSU

MEDIA COMMUNICATIONS 110 † **Mass Media and Society**

3 units, 3 hours lecture

Survey of the forms, functions and controls of the mass media, including television, motion pictures, radio, the recording industry, magazines, print journalism, multimedia, and current or emerging mass media technologies. Emphasis will be placed upon the ways in which the media and society influence and change each other.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

MEDIA COMMUNICATIONS 111 † **Introduction to Media Aesthetics and Cinematic Arts**

3 units, 3 hours lecture

Introduces the close analysis of film and television texts. Examines the broad questions of form and content, aesthetics and meaning, and history and culture. Explores the diverse possibilities presented by the cinematic art form through an examination of a wide variety of productions, national cinemas, and film movements. Topics include modes of production, narrative and non-narrative forms, visual design, editing, sound, genre, ideology and critical analysis.

Satisfies General Education for: Grossmont College C; CSU C1

Transfers to: CSU, UC

MEDIA COMMUNICATIONS 112 † **Introduction to Reporting and News Writing**

3 units, 3 hours lecture

An introduction to gathering, synthesizing/organizing, and writing news in journalistic style across multiple platforms. Includes role of the journalist and related legal and ethical issues. Students will report and write based on their original interviews and research to produce news content for hard copy, social, and electronic media. Experiences may include covering speeches, meetings, and other events, writing under deadline, and use of Associated Press style.

Transfers to CSU

MEDIA COMMUNICATIONS 113 † **Media Announcing**

3 units, 2 hours lecture, 3 hours laboratory

Preparation and delivery of materials created by the student, or adapted from other works, before the microphone and/or camera. Participation in productions for radio and television.

Transfers to CSU

MEDIA COMMUNICATIONS 116 † **Introduction to Audio Production**

3 units, 2 hours lecture, 3 hours laboratory

This course serves as an introduction to the theory and practice of audio production for radio, television, film and digital recording applications. Students will learn the fundamentals of sound design and aesthetics, microphone use, and digital recording equipment. Students gain hands-on experience recording, editing, mixing, and mastering audio. Upon completion, students will have basic knowledge of applied audio concepts, production workflow, equipment functions, and audio editing software.

Transfers to CSU

MEDIA COMMUNICATIONS 117 † **Television Studio Operations**

4 units, 3 hours lecture, 3 hours laboratory

This course introduces theory, terminology, and operation of a multi-camera television studio and control room. Topics include studio signal flow, directing, theory and operation of camera and audio equipment, switcher operation, fundamentals of lighting, graphics, video control and video recording, and real-time video production.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

MEDIA COMMUNICATIONS 118 † **Media Script Writing**

3 units, 3 hours lecture

An introductory course in writing for the film and electronic media. Emphasis on preparing scripts in proper formats, including fundamental technical, conceptual and stylistic issues related to writing fiction and non-fiction scripts for informational and entertainment purposes in film and electronic media. Includes a writing evaluation component as a significant part of the course requirement.

Transfers to CSU

MEDIA COMMUNICATIONS 119 A-B-C † **Fundamentals of Radio Broadcasting**

3 units, 1 hour lecture, 6 hours laboratory

Corequisite: A "C" grade or higher or "Pass" or concurrent enrollment in MCOM 113 or 116.

This course focuses on both production (studio operations) and non-production (business operations) functions in a radio broadcasting station. Emphasis is placed on individual involvement in all aspects of station operations, including news, sports and music program production, sales, traffic, promotion and public affairs. New students will, under faculty supervision, observe day-to-day station operations and assist staff members. As they progress, students will be assigned to live operation of the Griffin Radio on a regular basis. They are also assigned departmental manager duties on a rotating basis. Griffin Radio is recognized as the official student radio station of Grossmont College, and is operated as a lab through the Media Communication's curriculum.

Transfers to CSU

MEDIA COMMUNICATIONS 120 † **Single Camera Video Cinematography**

3 units, 2 hours lecture, 3 hours laboratory

The course provides an introduction to the theory, terminology, and operation of single camera video production, including composition and editing techniques, camera operation, portable lighting, video recorder operation, audio control and basic editing. This course focuses on the aesthetics and fundamentals of scripting, producing, directing on location, postproduction, and exhibition/distribution.

Transfers to: CSU, UC

MEDIA COMMUNICATIONS 132A † **Student News Production 1**

3 units, 1 hour lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in MCOM 112 or equivalent.

The introductory course in a series of three, this student media practicum includes a lab that regularly produces a news or feature non-fiction product with a journalism emphasis by and for students and distributed to a campus or community audience. Includes weekly news assignments and a variety of student media across multiple platforms. The student will gain practical experience in design, visual, online, multimedia journalism, and emerging technologies. The publication is student-produced with student leadership.

Transfers to CSU

MEDIA COMMUNICATIONS 132B † **Student News Production 2**

3 units, 1 hour lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in MCOM 132A or equivalent.

This course requires higher skill level and leadership involvement than Media Communication 132A. This intermediate student media practicum includes a lab that regularly produces a news or feature nonfiction product with a journalism emphasis by and for students and distributes it to a campus or community audience. Includes weekly news assignments and a variety of student media across multiple platforms. The student will gain practical experience in design, visual, online, multimedia journalism, and emerging technologies. The publication is student-produced with student leadership.

Transfers to CSU

MEDIA COMMUNICATIONS 132C † **Student News Production 3**

3 units, 1 hour lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in MCOM 132B or equivalent.

This course requires the highest level of leadership in student news production. This advanced student media practicum includes a lab that regularly produces a news or feature nonfiction product with a journalism emphasis by and for students and distributes to a campus or community audience. Includes weekly news assignments and a variety of student media across multiple platforms. The student will gain practical experience in editorial leadership, design, visual, online, multimedia journalism, and emerging technologies. The publication is student-produced with student leadership.

Transfers to CSU

MEDIA COMMUNICATIONS 151 † **Media Internship 1**

1 unit, 5 hours work experience per week

60 volunteer hours or 75 paid hours

Prerequisite: A "C" grade or higher or "Pass" in MCOM 112 or MCOM 116 or MCOM 117 or equivalent.

After securing a media-related internship, students will observe operations and work onsite for an average of five hours per week over a full-length semester. Students will report progress to the MCOM internship coordinator. A log will be kept on student activities at the production site. For work experience requirements, see page 43.

Transfers to CSU

MEDIA COMMUNICATIONS 153 † **Media Internship 2**

2 units, 10 hours work experience per week

120 volunteer hours or 150 paid hours

Prerequisite: A "C" grade or higher or "Pass" in MCOM 112 or MCOM 116 or MCOM 117 or equivalent.

After securing a media-related internship, students will observe operations and work onsite for an average of 10 hours per week over a full-length semester. Students will report progress to the MCOM internship coordinator. A log will be kept on student activities at the production site. For work experience requirements, see page 43.

Transfers to CSU

MEDIA COMMUNICATIONS 155 † **Media Internship 3**

3 units, 15 hours work experience per week

180 volunteer hours or 225 paid hours

Prerequisite: A "C" grade or higher or "Pass" in MCOM 112 or MCOM 116 or MCOM 117 or equivalent.

After securing a media-related internship, students will observe operations and work onsite in a for an average of 15 hours per week over a full-length semester. Students will report progress to the MCOM internship coordinator. A log will be kept on student activities at the production site. For work experience requirements, see page 43.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

MEDIA COMMUNICATIONS 210 † **Television/ Video News** **Producing and Directing**

3 units, 2 hours lecture, 4 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in MCOM 117 or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in MCOM 120 or equivalent. Students will learn to function as a member of a television production crew and will work with the tools involved in studio and field productions. Students will produce short-form, television news-style productions that will be compiled for public dissemination. The course will cover contemporary practices, stages, and operations affiliated with electronic news productions. Students will learn the functions of the producer, director, and other essential production personnel specifically in a news production context. Students will produce content for documentary-style news packages in the field and studio.

Satisfies General Education for Grossmont College D

Transfers to CSU

MEDIA COMMUNICATIONS 212 † **Multimedia Reporting**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher in MCOM 112 or equivalent

This course will provide an introduction to multimedia storytelling with a journalism emphasis. Techniques that will be explored include use of video, photos, audio, animation, and text to convey interactive news and feature stories through the Internet and other electronic media. It also will include techniques in digital research, critical thinking, and synthesis.

Transfers to CSU

MEDIA COMMUNICATIONS **216 A-B-C †** **Audio Multitrack Production**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in MCOM 116 or equivalent.

This course focuses on contemporary audio studio multitrack production and the use of multi-channel audio studio recording and mixing. Emphasis is placed on pre-production, production, and post-production with the goal of enabling students to produce broadcast quality audio and music projects for use throughout the entertainment industry, specifically in the areas of audio for video, film scoring, and CD production. Audio majors will have the option of taking up to four semesters experience in this course to allow them to develop industry standard skills. This class is particularly appropriate for students wishing to pursue a career in recording studio engineering or sound design for video and film.

Transfers to CSU

MEDIA COMMUNICATIONS 217 † **Television/ Video News** **Producing and Directing**

2 hours lecture, 4 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in MCOM 117 or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in MCOM 120 or equivalent.

Students will learn to function as a member of a television production crew and will work with the tools involved in studio and field productions. Students will produce short-form, television news-style productions that will be compiled for public dissemination. The course will cover contemporary practices, stages, and operations affiliated with electronic news productions. Students will learn the functions of the producer, director, and other essential production personnel specifically in a news production context. Students will produce content for documentary-style news packages in the field and studio.

Transfers to CSU

MEDIA COMMUNICATIONS 230 † **Digital Program Production I**

3 units, 2 lecture hours, 3 laboratory hours

Prerequisite: A "C" grade or higher or "Pass" in MCOM 120 or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in MCOM 118 or equivalent.

This course provides the theory, terminology, and process of motion picture production for film and television. Topics include basic cinematography including the operation, function and creative uses of pre-production, production and post-production equipment, scriptwriting, camera operations, shot composition, lighting, sound recording and mixing, and editing.

Transfers to CSU

MUSIC (MUS)

Unless specifically required by a transfer institution for preparation for a Music major, students are limited to four enrollments in any combination of courses related in content (families). Students intending to major in Music at a California State University or University of California campus that requires more than the limit should see a counselor. Refer to page 37 to see "Limitations on Enrollment" for specific groups of families in music.

Music 001 † **Music Fundamentals**

4 units, 4 hours lecture

Basic elements of music. Notation, major and minor keys, intervals, triads and 7th chords with inversions. Musical terms and analysis of chord structures. Keyboard application.

Transfers to: CSU, UC

Music 002 † **Ear Training I**

3 units, 3 hours lecture

The first semester of a four-semester sequence, this is an introductory course designed to familiarize the student with the techniques necessary for musical transcription and dictation. Various approaches will be explored and examined in detail. These techniques will then be employed by the students in transcription and dictation of assigned music.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

Music 003 † Ear Training II

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 002 or equivalent.

The second semester of a four-semester sequence, this course is a continuation of Music 002 and is designed to further skill development in the techniques necessary for musical transcription and dictation. Various approaches will be explored and examined in detail. These techniques will then be employed by the students in transcription and dictation of assigned music.

Transfers to: CSU, UC

Music 004 † Ear Training III

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 003 or equivalent.

The third semester of a four semester sequence, this course is a continuation of Music 003 and is designed to further skill development in the techniques necessary for musical transcription and dictation. Various approaches will be explored and examined in detail. These techniques will then be employed by the students in transcription and dictation of assigned music.

Transfers to: CSU, UC

Music 005 † Ear Training IV

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 004 or equivalent.

The fourth semester of a four semester sequence, this course is a continuation of Music 004 and is designed to further skill development in the techniques necessary for musical transcription and dictation. Various approaches will be explored and examined in detail. These techniques will then be employed by the students in transcription and dictation of assigned music.

Transfers to: CSU, UC

Music 038 Chorale for Adult Learner

0 units, 2.5 hours lecture, 2.5 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Music 239 or equivalent.

This course is designed for mature students who are interested in improving existing skills or developing a higher degree of expertise in the performance of choral music. This is a no fee/no credit course.

Music 050 Orchestra for Adult Learner

0 units, 2.5 hours lecture, 2.5 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Music 251 or equivalent.

This course is designed for mature students who are interested in improving existing skills or developing a higher degree of expertise in the performance of orchestral music. This is a no fee/no credit course.

Music 090 †† Preparatory Performance Studies I

.5 units, 1.5 hours laboratory

An introductory course designed to begin the preparation of the student for entrance into Music 190, Performance Studies. This course will enhance the musical progress of students who are currently receiving the equivalent of fifteen one-half hour lessons per semester of individual vocal or instrumental instruction. This course is offered on a Pass/No Pass basis only. (Nondegree credit course.)

Music 091 †† Preparatory Performance Studies II

.5 units, 1.5 hours laboratory

This course is designed to continue the preparation of the student for entrance into Music 190, Performance Studies. This course will enhance the musical progress of students who are currently receiving the equivalent of fifteen one-half hour lessons per semester of individual vocal or instrumental instruction. This course is offered on a Pass/No Pass basis only. (Nondegree credit course.)

Music 101 † Jazz Improvisation I

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in MUS 001 or 128 or 132 or equivalent.

This course will introduce the student to concepts and skills utilized in improvisation. Along the way, students will actively participate in exercises, experiments, and performances utilizing jazz vocabulary, scales, and theory. Major scales and diatonic arpeggios are memorized and applied to various jazz styles. The harmonic minor scale is applied to secondary dominants in chord progressions.

Transfers to: CSU, UC

Music 102 † Jazz Improvisation II

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 101 or equivalent

Continuation of Music 101. This course will expand upon the concepts and skills utilized in improvisation. Along the way, students will participate in exercises, experiments, and performances utilizing jazz vocabulary, scales, and theory. Pentatonic scales and quartal/quintal harmony are introduced. The melodic minor scale as well as diminished and whole tone scales are applied to secondary dominants in various jazz styles.

Transfers to: CSU, UC

Music 105 † Music Theory and Practice I

4 units, 4 hours lecture, 2 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" in Music 001 or equivalent. Concurrent enrollment in Music 132.

An introduction to music theory and ear-training. Study of harmonic concepts of the 18th and 19th centuries. Rhythmic and melodic ear-training. Keyboard application and sight singing.

Transfers to: CSU, UC (credit limited: see page 54)

Music 106 † Music Theory and Practice II

4 units, 4 hours lecture, 2 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Music 105 or equivalent.

Recommended Preparation: Concurrent enrollment in Music 133.

Continuation of Music 105. Four-part writing, 7th chords, cadences, and non-chord tones. Rhythmic and melodic dictation and harmonic ear-training. Sight singing. Analysis of Bach Chorales and of binary and ternary forms. Introduction to secondary/applied chords and introduction to modulation.

Transfers to: CSU, UC (credit limited: see page 54)

Music 110 † Great Music Listening

3 units, 3 hours lecture

A listening and reading survey course to acquaint students with fundamental elements of musical style. Covers repertoire from a variety of cultures and periods with primary emphasis on the Western concert tradition.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

Music 111 † **The History of Jazz**

3 units, 3 hours lecture

A listening and reading survey course covering the history of jazz from its origins to the present. Coverage includes style periods, signature artists, the broad cultural context of jazz, and the development of critical listening skills.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

Transfers to: CSU, UC

Music 115 † **The History of Rock Music**

3 units, 3 hours lecture

This course will present an overview of rock and rock-related music styles from the early 1950s up to the present. Coverage will also include the interplay of social and cultural trends with the innovations and achievements of individual artists, the ongoing influence of technology on music, the cross-fertilization of black and white popular music styles, and recurring cycles of rebellion against and assimilation by the popular music industry. In addition, basic musical concepts such as pitch, rhythm, and form will be introduced and applied to the music under consideration.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

Transfers to: CSU, UC

Music 116 † **Introduction to World Music**

3 units, 3 hours lecture

This course is designed to expand the student's perspective about the nature of music around the world and also to demonstrate the relationship between musics in different cultures and will highlight elements common to all musics. Content may include the music of the cultures of India, China, Japan, Indonesia, Africa, Pacific Islands, the Middle East, Europe and the Americas.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

Transfers to: CSU, UC

Music 117 † **Introduction to Music History and Literature**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 001 or equivalent.

An introduction to the study of music history of the seven musical eras from the Ancient through the Twentieth Century periods. Parallel events in society, politics, and the other arts will be identified.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

Transfers to: CSU, UC

Music 118 † **Introduction to Music**

4 units, 4 hours lecture

The study of basic music theory including notation, rhythm, scales, intervals, triads, and sight singing. Introduction to basic rhythm instruments, development of keyboard facility and vocal skill. Designed for the pre-school and elementary education major.

Transfers to: CSU, UC

Music 123 † **History of Hip Hop Culture**

3 units, 3 hours lecture

This is a survey course that will examine the origins and rise of Hip-Hop as an artistic form and global cultural phenomenon. It is designed for students who wish to examine and explore Hip-Hop culture, while developing background knowledge of Hip-Hop history from the early 1970's South Bronx to its national and international role today. The connections between rap music and the other elements of Hip-Hop culture will be explored and students will be challenged to think critically about rap music and its place in society. Controversial subjects such as censorship, racism, sexism, and racial politics in America will be discussed as they relate to the subject matter.

Satisfies General Education for Grossmont College C; CSU C1, IGETC 3A

Transfers to CSU, UC

Music 124 † **Classical Guitar I**

2 units, 2 hours lecture

Beginning study of classical guitar technique and performance. Emphasis on reading music and guitar notation, left- and right-hand studies and performing simple guitar pieces.

Transfers to: CSU, UC

Music 125 † **Classical Guitar II**

2 units, 2 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 124 or equivalent.

Continuation of Classical Guitar I (Music 124). Two and three octave major and minor scales. Playing in upper positions. Sight reading and intermediate guitar solos.

Transfers to: CSU, UC

Music 126 † **Class Guitar I**

2 units, 2 hours lecture

A beginning course in guitar. Fundamentals of music as related to the guitar will be covered and will include scales and chords in all common keys, culminating in an ability to read guitar music at sight.

Transfers to: CSU, UC

Music 127 † **Class Guitar II**

2 units, 2 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 126 or equivalent.

Class Guitar II continues the studies begun in Class Guitar I. Fundamentals of music taught will include the playing of major and minor scales and the playing and use of chords in all keys, including chords used in the contemporary idioms. Fingerstyle and fingerboard work is refined. Student will be able to read at sight appropriate music for the guitar.

Transfers to: CSU, UC

Music 128 † **Music Theory for Guitar I**

3 units, 3 hours lecture, 1 hour laboratory

Music theory through guitar will focus on the understanding of scales, chords and fundamental harmony and their application to the guitar. This course will enhance the student's playing skills, develop the ability to understand music one hears, and help students to improvise and write their own music.

Transfers to: CSU, UC (credit limited: see page 54)

Music 129 † **Music Theory for Guitar II**

3 units, 3 hours lecture, 1 hour laboratory

Prerequisite: A "C" grade or higher or "Pass" in Music 128 or equivalent.

Music Theory for the Guitar II is an advanced course for the student who has intermediate technical and theoretical skill on the guitar. The class will include advanced principles of theory on the guitar (playing in thirds, sixths, chord substitutions, different guitar turnings, etc.). There will also be advanced composition projects and improvisation sessions.

Transfers to: CSU, UC (credit limited: see page 54)

Music 130 † **Beginning Bass Guitar**

2 units, 2 hours lecture

Fundamentals of music will be covered as they relate to the bass guitar will be covered and will include scales, rhythm, music reading, grooves, slap technique, and various playing styles.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

**Music 132 †
Class Piano I***3 units, 3 hours lecture*

Note reading in treble and bass clefs. Major and minor key signatures. Scales, arpeggios and primary triads in major and minor keys. Transposition, improvisation and harmonization. Development of sight reading ability, two-handed coordination, correct fingering techniques and proper use of weight and relaxation in production of tone.

*Transfers to: CSU, UC***Music 133 †
Class Piano II***3 units, 3 hours lecture**Prerequisite: A "C" grade or higher or "Pass" in Music 132 or equivalent.*

Continuation of Music 132. Scales in minor keys. Scales with hands together. Music literature performed in major and minor keys. Harmonization and sight reading in major and minor keys. Piano pieces in binary form with mixed texture including parallel, contrary and oblique motion.

*Transfers to: CSU, UC***Music 134 †
Jazz and Pop Piano I***2 units, 2 hours lecture*

An entry level piano class designed for non-music majors. Basic keyboard, music reading, and improvisational skills will be developed through the study of music from jazz and popular idioms.

*Transfers to: CSU, UC***Music 135 †
Jazz and Pop Piano II***2 units, 2 hours lecture**Recommended Preparation: A "C" grade or higher or "Pass" in Music 134 or equivalent.*

A continuation of Music 134. A second semester class for students learning to play basic piano music with emphasis on jazz and popular idioms.

*Transfers to: CSU, UC***Music 138-139-238-239 †
Grossmont Master Chorale***1 unit, 3 hours laboratory**Prerequisite: Audition.*

An activity based course that studies representative choral compositions in a wide variety of styles at regular rehearsals and public performances. Musical literature differs each semester to allow the student to meet course objectives through weekly/semesterly repetition in rehearsals and in-class performances.

*Transfers to: CSU, UC***Music 140-141-240-241 †
String Orchestra***1 unit, 3 hours laboratory**Prerequisite: Audition*

An activity based course that studies representative string orchestra compositions in a wide variety of styles at regular rehearsals and public performances. Musical literature differs each semester to allow the student to meet course objectives through weekly/semesterly repetition in rehearsals and in-class performances.

*Transfers to: CSU, UC***Music 142-143-242-243 †
Middle Eastern Ensemble***1 unit, 3 hours laboratory**Prerequisite: Audition*

An activity based course that studies music from regions of the Middle East and related areas through regular rehearsal and public performances. Emphasis will be placed on development of skills needed to perform in a large ensemble. Musical literature differs each semester to allow the student to meet course objectives through weekly/semesterly repetition in rehearsals and in-class performances.

*Transfers to: CSU, UC***Music 148-149-248-249 †
Classical Guitar Ensemble***1 unit, 3 hours laboratory**Prerequisite: Audition.*

An activity based course that studies representative guitar compositions in a wide variety of styles at regular rehearsals and public performances. Musical literature differs each semester to allow the student to meet course objectives through weekly/semesterly repetition in rehearsals and in-class performances.

*Transfers to: CSU, UC***Music 150-151-250-251 †
Grossmont Symphony Orchestra***1 unit, 3 hours laboratory**Prerequisite: Audition.*

An activity based course that studies representative orchestral compositions in a wide variety of styles at regular rehearsals and public performances. Musical literature differs each semester to allow the student to meet course objectives through weekly/semesterly repetition in rehearsals and in-class performances.

*Transfers to: CSU, UC***Music 152-153-252-253 †
Concert Band***1 unit, 3 hours laboratory**Prerequisite: Audition.*

An activity based course that studies representative concert band ensemble compositions in a wide variety of styles at regular rehearsals and public performances. Musical literature differs each semester to allow the student to meet course objectives through weekly/semesterly repetition in rehearsals and in-class performances.

*Transfers to: CSU, UC***Music 154-155-254-255 †
Afro-Cuban Ensemble***1 unit, 3 hours laboratory**Prerequisite: Audition.*

An activity based course that studies representative Afro-Cuban compositions in a wide variety of styles at regular rehearsals and public performances. Though the musical literature differs each semester, the students meet course objectives through weekly/semesterly repetition in rehearsals and in-class performances.

*Transfers to: CSU, UC***Music 156-157-256-257 †
Jazz Ensemble***1 unit, 3 hours laboratory**Prerequisite: Audition.*

An activity based course that studies representative jazz compositions in a wide variety of styles at regular rehearsals and public performances. Though the musical literature differs each semester, the students meet course objectives through weekly/semesterly repetition in rehearsals and in-class performances.

*Transfers to: CSU, UC***Music 160 †
Introduction to Afro-Cuban Percussion***3 units, 3 hours lecture*

An introductory course designed to familiarize the student with Afro-Cuban percussion instruments. Topics will include the role of each instrument, rhythmic concepts, forms, structure, and application. Experience in Afro-Cuban music is not required.

*Transfers to CSU***Music 164-165-264-265 †
Musical Theatre Orchestra***1 unit, 3 hours laboratory**Prerequisite: Audition.*

A course emphasizing the performance of a variety of orchestral music ranging from Broadway musicals, semi-classical, classical, contemporary music and orchestral jazz standards.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

Music 166-167-266-267 † **Jazz Vocal Ensemble**

1 unit, 3 hours laboratory

Prerequisite: Audition.

An activity based course that studies representative compositions for vocal jazz ensemble in a wide variety of styles at regular rehearsals and public performances. Though the musical literature differs each semester the student meets course objectives through weekly/semesterly repetition in rehearsals and in-class performances.

Transfers to: CSU, UC

Music 168 † **Jazz Combo Performance I**

3 units, 3 hours lecture

Prerequisite: Ability to play a musical instrument. Audition.

An introductory course designed to familiarize the student with the techniques and musical styles necessary for performing in a jazz combo. The roles played by each instrument will be explored and examined in detail. These techniques will then be employed by the students in performing assigned music together.

Transfers to: CSU, UC

Music 169 † **Jazz Combo Performance II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 168 or equivalent.

An intermediate level course designed to provide the student with the techniques and musical styles necessary for performing in a jazz combo. The roles played by each instrument will be explored and examined in detail. These techniques will then be employed by the students in performing assigned music together.

Transfers to: CSU, UC

Music 170-171-270-271 † **Class Voice**

2 units, 2 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in Music 001 or ability to read music.

A course designed to help the student learn to use the voice correctly. Principles of vocal placement, posture, balance, breath control and vocal tone emphasized through individual performances.

Transfers to: CSU, UC

Music 180 † **Modern Drumset Technique I**

3 units, 3 hours lecture

This course will present, by demonstration, description, and notation, the skills and knowledge that are necessary for a drummer to play in a variety of musical styles, including rock, funk, slow blues and shuffle. The student will develop the techniques needed to perform such music.

Emphasis will be on reading, writing, and coordination, as the student develops his/her drumset musicianship.

Transfers to: CSU, UC

Music 181 † **Modern Drumset Technique II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 180 or equivalent.

This course will present an overview of jazz drumset styles. The student will be introduced to the various techniques necessary to play in the jazz idiom. The styles of historically significant drummers will be presented and discussed.

Transfers to: CSU, UC

Music 183 † **Basic Synthesizer Programming**

2 units, 2 hours lecture, 1 hour laboratory

An introduction to the basic parameters of electronic music leading to programming of monophonic and polyphonic synthesizers. Includes experience in the use of analog, digital, and computer music systems.

Transfers to: CSU

Music 187 † **Midi Sequencing and Recording**

2 units, 2 hours lecture, 1 hour laboratory

Production of multi-track recordings through the use of MIDI synthesizers, sequencers and related equipment.

Transfers to: CSU

Music 189 † **Multimedia and the Creative Arts**

3 units, 3 hours lecture

The creative potential that multimedia allows us cannot be studied in a vacuum. Today's powerful new technologies demand a critical examination of the disciplines of art, music, theatre, audio-video and film to fully understand the impact that multimedia can have in every aspect of our contemporary lives. This cross-disciplinary survey course will provide the perspective needed to fully understand the computer's relevance to the creative endeavors of visual and performing artists, photographers, musicians, filmmakers and videographers. This course will present a short history of each discipline, attempting to isolate important issues within a larger historical context as well as providing the cultural, aesthetic and ethical implications each medium has encountered with the introduction of the computer as a creative tool. Students will be guided toward defining the relevance of each medium within the broader context of multimedia, as well as exploring the convergence of these disciplines within the broader context of multimedia, as well as exploring the convergence of these disciplines within the ever-changing new technologies of this century.

Satisfies General Education for Grossmont College C

Transfers to: CSU, UC (credit limited: see page 54)

Music 190-191-290-291 † **Performance Studies**

.5 unit, 1.5 hours laboratory

Prerequisite: Audition.

Primarily for music majors, this course is designed to enhance the musical progress of students who are currently receiving the equivalent of fifteen one-half hour lessons per semester of individual vocal or instrumental instruction. In-depth study of performances and techniques. Participation in class performances and student recitals is required.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

Music 201 † **Jazz Improvisation III**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 102 or equivalent.

Continuation of Music 102. This course will expand upon the concepts and skills utilized in improvisation. Along the way, students will actively participate in exercises, experiments, and performances utilizing jazz vocabulary, scales, and theory. Developing pentatonic and melodic minor arpeggios in a jazz solo. Breaking down the jazz lines for the sake of making more music with fewer notes.
Transfers to: CSU, UC

Music 202 † **Jazz Improvisation IV**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 201 or equivalent.

Continuation of Music 201. This course will expand upon the concepts and skills utilized in improvisation. Along the way, students will actively participate in exercises, experiments, and performances utilizing jazz vocabulary, scales, and theory. Applying at will, six different sounds during the jazz solo: (1) melodic minor, (2) harmonic minor, (3) whole tone, (4) diminished, (6) modality.
Transfers to: CSU, UC

Music 203 † **Jazz Piano III**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 133 or equivalent.

Continuation of Music 133. Review of major and minor scales and modes. Common jazz chord progressions. Ensemble playing and accompaniment. Jazz pieces in blues and rounded ternary form. Designed for the jazz studies emphasis in the music degree.
Transfers to: CSU, UC

Music 204 † **Jazz Piano IV**

3 units, 3 lecture hours

Prerequisite: A "C" grade or higher or "Pass" in Music 203 or equivalent.

Continuation of Music 203. Keyboard harmony and chord progression cycles. Reading fake books. Ensemble playing and accompaniment. Piano literature from jazz history. Designed for the jazz studies in the music degree.
Transfers to: CSU, UC

Music 205 † **Music Theory and Practice III**

4 units, 4 hours lecture, 2 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Music 106 or equivalent.

Recommended Preparation: Concurrent enrollment in Music 232.

Continuation of Music 106. Chromatic harmony of the 18th and 19th centuries including secondary dominants, borrowed chords and altered chords. Rhythmic, melodic and harmonic dictation. Sight singing. Analysis of Bach Chorales. Form analysis of Sonata-form, Minuet/Scherzo, Rondo, and Theme and Variations.
Transfers to: CSU, UC

Music 206 † **Music Theory and Practice IV**

4 units, 4 hours lecture, 2 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Music 205 or equivalent.

Recommended Preparation: Concurrent enrollment in Music 233.

Continuation of Music 205. Harmony of the Post-Romantic and 20th century styles. Expanded tonality. Use of church modes, pentatonic, synthetic and dodecaphonic scales. Parallelism, pandiatonicism, twelve-tone technique, aleatory music and electronic music. Study of the 18th century two-part counterpoint. Ear-training and sight singing.
Transfers to: CSU, UC

Music 210 † **Elements of Jazz I**

4 units, 4 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 106 or equivalent.

This class will introduce the student to the creative language of jazz via the study of chord voicings, harmonic and melodic analysis, ear training, and improvisational concepts. Jazz scales, form and harmonic chord structure will be examined. Standard repertoire in jazz style will be used for analysis.
Transfers to: CSU, UC

Music 211 † **Elements of Jazz II**

4 units, 4 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 210 or equivalent.

The genre of music known as Be Bop represents the innovations of Charlie Parker, Dizzy Gillespie, Bud Powell, Thelonious Monk, Charles Mingus, Max Roach, and Kenny Clarke. Elements of Jazz II extends and elaborates the principles that were introduced in Elements of Jazz I.
Transfers to: CSU, UC

Music 212 † **Piano III**

2 units, 2 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 113 or equivalent.

Piano for non-music majors.

Continuation of Music 113. Harmonization of melodies using primary and secondary triads. Playing solo piano pieces.
Transfers to: CSU, UC

Music 213 † **Piano IV**

2 units, 2 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 212 or equivalent.

Piano for non-music majors.

Continuation of Music 212. Harmonization with different forms of accompaniment. Solo piano pieces and duet playing.
Transfers to: CSU, UC

Music 224 † **Classical Guitar III**

2 units, 2 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 125 or equivalent.

Continuation of Classical Guitar II. Advanced right and left-hand studies. Playing in upper positions. Sight reading and performance of advanced guitar solos.
Transfers to: CSU, UC

Music 226 † **Class Guitar III**

2 units, 2 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 127 or equivalent.

Continuation of Music 127. Introduction of chord and scale alterations. Theory of how chords and scales are used in contemporary music.
Transfers to: CSU, UC

Music 232 † **Class Piano III**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 133 or equivalent.

Continuation of Music 133. Multiple octave performance of major and minor scales. Authentic and plagal cadences. Reading of four-part chorales. Ensemble playing and accompaniment. Intermediate piano pieces in ternary form.
Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

**Music 233 †
Class Piano IV**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 232 or equivalent.

Continuation of Music 232. Keyboard harmony and deceptive cadence. Reading an open score. Ensemble playing and accompaniment. Piano literature from the 18th through the 20th centuries.

Transfers to: CSU, UC**Music 238-239 †***See Music 138-139-238-239***Music 240-241 †***See Music 140-141-240-241***Music 242-243 †***See Music 142-143-242-243***Music 248-249 †***See Music 148-149-248-249***Music 250-251 †***See Music 150-151-250-251***Music 252-253 †***See Music 152-153-252-253***Music 254-255 †***See Music 154-155-254-255***Music 256-257 †***See Music 156-157-256-257***Music 264-265 †***See Music 164-165-264-265***Music 266-267 †***See Music 166-167-266-267***Music 268 †
Jazz Combo Performance III**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 169 or equivalent.

An intermediate/advanced course designed to increase students' expertise with the techniques and musical styles necessary for performing in a jazz combo. The roles played by each instrument will be explored and examined in detail. These techniques will then be employed by the students in performing assigned music together.

Transfers to: CSU, UC**Music 269 †
Jazz Combo Performance IV**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Music 268 or equivalent.

An advanced course designed to enhance the students' expertise with the techniques and musical styles necessary for performing in a jazz combo. The roles played by each instrument will be explored and examined in detail. These techniques will then be employed by the students in performing assigned music together.

Transfers to: CSU, UC**Music 270-271 †***See Music 170-171-270-271***Music 290-291 †***See Music 190-191-290-291***NURSING (NURS)****NURSING 118 †
Nursing Pharmacology**

2 units, 2 hours lecture

Prerequisite: Admission to the Registered Nursing Program.**Corequisite:** NURS 120 or equivalent.

This course is designed to familiarize nursing students with the knowledge needed for safe administration of medications in the clinical setting. Students will be introduced to basic pharmacological concepts, including pharmacotherapeutics, pharmacodynamics, and pharmacokinetics. Special consideration for the nursing role in administering drugs from a variety of major drug classifications will be presented. As the students utilize the nursing process, emphasis will be placed on safety, critical thinking, pharmacologic principles related to aging, patient education and effective communication across the healthcare continuum. This is a required course for the Nursing Program.

Transfers to: CSU**NURSING 120 †
Fundamentals of Nursing**

8 units, 3.5 hours lecture, 13.5 hours laboratory

Prerequisite: Admission to the Registered Nursing Program.**Corequisite:** NURS 118 or equivalent.

Nursing 120 is the introductory nursing course. The focus is on the development of technical nursing skills and related theory as a basis for further nursing coursework. Nursing theory addresses assessment of persons and their environment in determining their state of health. The focus is on adult patients throughout the lifespan. Nursing care planning is introduced. Course content includes the normal aging process, communication skills, basic physical assessment and the nursing process. Scientific principles are used to support the nursing diagnosis. The nursing care of patients with disorders such as stroke, hypertension, heart failure, and COPD will be introduced. Concurrent clinical experience is in acute settings. This is a required course for the Nursing Program.

Transfers to: CSU**NURSING 130 †
Medical-Surgical Nursing I**

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: Admission to the Registered Nursing Program.

This course focuses on the biological, psychological, social, cultural and spiritual changes patients and their families experience from diagnosis through treatment of acute and chronic medical conditions. This course builds on previous coursework, utilizing the nursing process, therapeutic communication and critical thinking in meeting the health care needs of adult individuals and families across the healthcare continuum. The focus is on adult patients throughout the lifespan. Emphasis is placed on genitourinary, orthopedic, neurologic, and gastrointestinal disorders requiring surgery. Concepts of evidence-based practice will be integrated throughout the course. Concurrent clinical experiences in acute care settings, the operating room and post-anesthesia care units are designed to reinforce concepts learned and practiced during the course. This is a required course for the Nursing Program.

Transfers to: CSU

† This course meets all Title 5 standards for Associate Degree Credit.

NURSING 132 † **Obstetric and Pediatric Nursing**

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher in Nursing 120 or equivalent.

Building on the knowledge and skill of Nursing 120, the student learns about nursing care of obstetric and pediatric patient populations. Obstetric nursing addresses the physiologic and psychosocial changes women and their families experience during pre-conception, pregnancy, birth, and postpartum, as well as the impact of the childbearing cycle on the family, population health, and outcomes. Pediatric nursing addresses the nursing management of children with alternations in health, many of which result in chronic illnesses. Environmental factors such as physical, psychological, social, spiritual and cultural elements are discussed in the way they impact the pediatric and obstetric patients and their families. Refinement of critical thinking skills, clinical decision-making, and a focus on growth and development are emphasized. Concurrent clinical experience is in acute and ambulatory care settings. This is a required course for the Nursing Program.

Transfers to CSU

NURSING 155 † **Clinical Reasoning Skills for First Semester Nursing Students**

1.5 units, 4.5 hours laboratory

Corequisite: NURS 120 or equivalent.

This course is designed so that first semester nursing students may practice fundamental clinical nursing techniques, and clinical reasoning skills under the direct supervision of a nurse faculty member. Experiences may involve practice with clinical reasoning skills required on the National Council Licensure Examination, and participation in patient simulations with the option of low or high-fidelity simulation. This course is offered on a Pass/No Pass basis only. This is an elective course in the Nursing Program.

Transfers to CSU

NURSING 156 † **Clinical Reasoning Skills for Second Semester Nursing Students**

1.5 units, 4.5 hours laboratory

Corequisite: Nursing 130 or 132 or equivalent.

This course is designed so that second semester nursing students may practice medical/surgical, pediatric, and maternal/newborn clinical nursing techniques and clinical reasoning skills under the direct supervision of a nursing faculty member. Experiences may involve practice with clinical reasoning skills required on the National Council Licensure Examination, and participation in patient simulations with the option of low or high-fidelity simulation. This course is offered on a Pass/No Pass basis only. This is an elective course in the Nursing Program.

Transfers to CSU

NURSING 220 † **Medical-Surgical Nursing II**

5.5 units, 3 hours lecture, 7.5 hours laboratory

Prerequisite: A "C" grade or higher in Nursing 130 and 132 or equivalent.

This course addresses patient focused nursing care of individuals with alterations in body organ systems to include endocrine, neurologic, renal, hepatobiliary, and immune diseases or disorders. The care of patients with cancer will also be addressed. The focus is on adult patients throughout the lifespan. The nurse considers the unique characteristics and abilities of the person, including the impact of the environment on the state of health and illness in the context of acute and chronic disorders, with a focus on the effects of aging on organ function. Concurrent clinical experience is in acute settings. This is a required course for the Nursing Program.

Transfers to CSU

NURSING 222 † **Psychiatric and Community Health Nursing**

5.5 units, 3 hours lecture, 7.5 hours laboratory

Prerequisite: A "C" grade or higher in Nursing 130 and 132 or equivalent.

This course focuses on the nursing management of patients who have psychosocial and behavioral disorders. This course will also explore the role of the nurse caring for individuals, families, communities, and populations, with an emphasis on designing, implementing, and evaluating population-based interventions to promote health. Emphasis is placed on health promotion and prevention of population-based health problems. Consideration is given to populations experiencing chronic health problems being cared for in the home and community. The focus is on nursing considerations regarding environmental factors such as physical, psychological, social, spiritual, and cultural elements and the way they impact hospitalized patients as well as those in outpatient and community settings throughout the lifespan. Concurrent clinical experiences are in acute, outpatient, and community settings, including day treatment centers. This is a required course for the Nursing Program.

Transfers to CSU

NURSING 230 † **Medical-Surgical Nursing III**

8 units, 3.5 hours lecture, 14 hours laboratory

Prerequisite: A "C" grade or higher in Nursing 220 and 222 or equivalent.

This course focuses on the nursing theory and nursing management of adult patients across the lifespan with multi system alterations in health which are more complex than those studied previously. There is an emphasis on diseases and disorders in the cardiac, pulmonary, vascular, and neurologic systems. There is a strong emphasis on the application of critical thinking and clinical decision-making in high acuity settings. The course also offers a campus laboratory designed to teach the students technical skills necessary to manage high acuity patients. Advanced airway management, ventilator management, hemodynamic monitoring, ECG interpretation, advanced neuro assessment, and other complex skills are presented. Concurrent clinical experience is in acute care and critical care settings. Concepts related to current issues in nursing as well as those related to the role transition from student to new graduate will also be integrated throughout the course. This is a required course for the Nursing Program.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

NURSING 251 A-B-C † Work-Study Externship

1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours

Prerequisite: A "C" grade or higher in NURS 130 or equivalent and approval by the nursing faculty.

A work-study course authorized by the California Board of Registered Nursing in which a Grossmont College nursing student is employed by or volunteers at a clinical site with clinical facilities that have an established affiliation agreement with the Nursing Program. The clinical site supports the objectives of the course and provides supervision through RN mentors and preceptors. The student applies previously acquired nursing theory and clinical skills in the management of patient care. The college instructor and practice site mentors meet periodically to evaluate progress towards meeting objectives. This course is offered on a Pass/No Pass basis only and may be taken three times. This is an elective course in the Nursing Program. For work experience requirements, see page 43.
Transfers to CSU

NURSING 252 A-B-C † Work-Study Externship

2 units, 10 hours work experience per week
120 volunteer hours or 150 paid hours

Prerequisite: A "C" grade or higher in NURS 130 or equivalent and approval by the nursing faculty.

A work-study course authorized by the California Board of Registered Nursing in which a Grossmont College nursing student is employed by or volunteers at a clinical site with clinical facilities that have an established affiliation agreement with the Nursing Program. The clinical site supports the objectives of the course and provides supervision through RN mentors and preceptors. The student applies previously acquired nursing theory and clinical skills in the management of patient care. The college instructor and practice site mentors meet periodically to evaluate progress towards meeting objectives. This course is offered on a Pass/No Pass basis only and may be taken three times. This is an elective course in the Nursing Program. For work experience requirements, see page 43.
Transfers to CSU

NURSING 253 A-B-C † Work-Study Externship

3 units, 15 hours work experience per week
180 volunteer hours or 225 paid hours

Prerequisite: A "C" grade or higher in NURS 130 or equivalent and approval by the nursing faculty.

A work-study course authorized by the California Board of Registered Nursing in which a Grossmont College nursing student is employed by or volunteers at a clinical site with clinical facilities that have an established affiliation agreement with the Nursing Program. The clinical site supports the objectives of the course and provides supervision through RN mentors and preceptors. The student applies previously acquired nursing theory and clinical skills in the management of patient care. The college instructor and practice site mentors meet periodically to evaluate progress towards meeting objectives. This course is offered on a Pass/No Pass basis only and may be taken three times. This is an elective course in the Nursing Program. For work experience requirements, see page 43.
Transfers to CSU

NURSING 255 † Clinical Reasoning Skills for Third Semester Nursing Students

1.5 units, 4.5 hours laboratory

Corequisite: NURS 220 or NURS 222 or equivalent.

This course is designed so that third semester nursing students may practice advanced medical/surgical and mental health clinical nursing techniques and clinical reasoning skills under the direction of a nursing faculty member. Experiences may involve practice with clinical reasoning skills required on the National Council Licensure Examination, and participation in patient simulations with the option of low or high-fidelity simulation. This course is offered on a Pass/No Pass basis only. This course is an elective course in the Nursing Program.
Transfers to CSU

NURSING 256 † Clinical Reasoning Skills for Fourth Semester Nursing Students

1.5 units, 4.5 hours laboratory

Corequisite: Nursing 230 or equivalent.

This course is designed so that fourth semester nursing students may practice advanced medical/surgical nursing techniques and clinical reasoning skills under the direct supervision of a nursing faculty member. Experiences may involve practice with clinical reasoning skills required on the National Council Licensure Examination, and participation in patient simulations with the option of low or high-fidelity simulation. High Fidelity simulation may be used as a means of providing students with scenarios involving critical, life-threatening patient scenarios they might not ordinarily encounter in the clinical setting. This course is offered on a Pass/No Pass basis only. This is an elective course in the Nursing Program.
Transfers to CSU

NUTRITION (NUTR)

NUTRITION 155 † Introduction to Nutrition

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 110 or equivalent.

This course is an introduction of the fundamentals of nutrition as it relates to good health. Understanding of current nutritional information (and misinformation) will be discussed to determine optimal dietary choices. Study of dietary goals and guidelines using current tools is incorporated as each student analyzes their own lifestyle choices. Further current issues covered are those in relation to weight maintenance techniques, eating disorders, food labeling, food safety and special needs at various stages in the lifecycle. The information covered will be practical and relevant to assist in making wise choices the rest of one's life.

Satisfies General Education for: Grossmont College D; CSU E
Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

NUTRITION 158 † **Nutrition for Fitness and Sports**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 110 or equivalent.

A course investigating the effects of nutrition and various dietary regimens on athletic performance, physical fitness and general health. Students will compare the physiological effects of optimal nutrition vs. inadequate nutrition for the general population as well as athletes. Cultural, sociological and psychological influences on diet, nutrition and performance will be examined thoroughly. Discussion of current "fad" and supposed performance-enhancing diets and supplements will be addressed.

Satisfies General Education for: Grossmont College D; CSU E
Transfers to CSU

NUTRITION 159 † **Cultural Aspects of Food and Nutrition**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 110 or equivalent.

This course explores the regional, ethnic, cultural, religious, historical, economic, and social influences on food patterns, cuisines, and health as well as how food is viewed as an expression of cultural diversity. An overview of nutritional problems of ethnic groups are discussed and assessed along with geographic factors within cultures. Also examined are traditional foods, food availability, global food issues, religious influences and dietary habits. Connections are drawn between major historical events and how and why these events affected and defined the culinary traditions of different societies. The course also addresses nutrition consequences of ethnic food choices, and sanitation, and safety practices.

Satisfies General Education for: Grossmont College D; CSU E
Transfers to CSU, UC

NUTRITION 205 † **The Scientific Principles of Food Preparation**

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in CHEM 116 or equivalent.

This course explores the science of food with an emphasis on the chemical compounds, chemical reactions and physical changes that occur during food preparation. The course will examine the function and interaction of ingredients, food safety and sanitation standards, and the effects of preparation methods on the nutrient composition and palatability of foods. The course includes hands-on experience in sensory evaluation techniques and standards, as well as a variety of food preparation techniques.

Transfers to CSU

NUTRITION 255 † **Science of Nutrition**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in BIO 120 and CHEM 115 or CHEM 120 or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in English 110 or equivalent.

This course will establish the relationship between foods and science through the study and integration of chemistry, biology and nutrition science. Understanding of the metabolism, functions and sources of nutrients will be covered in detail to correlate the role they have in promotion of health and disease prevention. Discussion of the challenges that occur during the human lifecycle and how nutrient needs change will be covered. This course includes evaluation from a scientific perspective of current concepts, controversies, and dietary recommendations. Nutritional issues as they relate to weight maintenance, eating disorders, food labeling, food safety and special needs at various stages in the lifecycle will be thoroughly examined.

Satisfies General Education for: CSU E
Transfers to: CSU, UC

OCCUPATIONAL THERAPY ASSISTANT (OTA)

OCCUPATIONAL THERAPY ASSISTANT 100 †

Fundamentals of Occupational Therapy

2 units, 2 hours lecture

Prerequisite: Admission to Occupational Therapy Assistant Program.

Corequisite: OTA 101 and 110 and 111.

The philosophical base, definition and history of occupational therapy is examined. Through an historical approach, frames of reference and models of practice within the profession are reviewed. Occupation as a health determinant is emphasized. The meaning of professionalism is examined. A broad range of practice areas is investigated. Various systems and service models are described. Ethics of the profession and standards of practice are examined and applied to practice situations. Legislation and legal issues affecting the profession are reviewed.
Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 101 †

Fundamentals of Activity/Therapeutic Media

2 units, 1 hour lecture, 3 hours laboratory

Corequisite: OTA 100 and 110 and 111.

Through experiential learning, students will explore and develop skills in performing processes required in minor crafts, gross motor activities, games and simple work tasks. The focus of OT in daily life activities is reviewed. Emphasis is on activity analysis and adaptation from the perspective of work and play/leisure tasks throughout the life span, and addresses physical, psychosocial and cognitive needs. Safety in the use of therapeutic activities is emphasized. Students will learn to teach techniques in applying therapeutic media to a group.
Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

OCCUPATIONAL THERAPY ASSISTANT 102 † Rehabilitation Terminology, Diseases and Diagnoses

2 units, 2 hours lecture

Prerequisite: Admission to Occupational Therapy Assistant Program.

A comprehensive course that is designed to offer students proficiency in the use of terminology utilized in a variety of rehabilitation settings. Basic medical terminology will be incorporated including prefixes, roots and suffixes. This course will include an in-depth study of common diseases and diagnoses found in rehabilitation. Occupational therapy databases, sites and resources will be explored via the internet.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 110 † Occupational Skills- Psychosocial

4 units, 4 hours lecture

Corequisite: OTA 100 and 101 and 111

Interpersonal communication is explored and practiced on many different levels including: didactic communication, group process, teamwork, supervision and collaboration. Occupational Therapy models of practice in psychiatry and psychiatric conditions and treatment approaches are examined. Techniques for intervention are observed and practiced such as: interviewing, clinical observation, documentation, and communication. Group tasks, roles, stages and processes are examined.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 111 † Experiential/Simulation I

1 unit, 3 hours laboratory

Corequisite: OTA 100 and 101 and 110.

Experiential/Simulation I is designed to acquaint the student with the day to day activities in the clinical setting when caring for individuals with psychosocial issues that interfere with occupations and roles. This experience enables students to apply academic knowledge to practice and develop an understanding of the needs of clients, setting and staff.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 120 † Documentation in Occupational Therapy

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher in OTA 100 and 101 and 110.

Corequisite: OTA 130 and 140 and 141.

Record keeping for accountability and reimbursement is examined. Emphasis is placed on learning the structure and function of daily note writing. Patient/client evaluation techniques including data gathering, reassessment, treatment recommendations, and treatment termination are presented. Students learn to write behavioral objectives and assist the OT with goal writing. Techniques of quality assurance are introduced. Insurance systems and various methods for documentation are explored. The ethics of documentation are examined. Medical terminology is emphasized. Students will practice documentation for different practice settings (e.g. psychiatry, physical dysfunction).

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 130 † Dynamics of Human Movement

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher in OTA 100 and 101 and 110.

Corequisite: OTA 120 and 140 and 141.

The structure and organization of the human body are examined and analyzed in relation to functional movements required for work, play and self-care activities. Occupational therapy theory for treating the physically disabled is reviewed with special attention to neurological and musculoskeletal systems. Physical conditions typically seen by the occupational therapist are defined and examined. Functional manual muscle testing, goniometry, and sensory perception testing are learned and practiced. Principles of kinesiology are presented in relation to functional mobility, body mechanics, energy conservation and joint protection.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 140 † Occupational Skills Development in Pediatric Roles

3 units, 2 hour lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher in OTA 100 and 101 and 110.

Corequisite: OTA 120 and 130 and 141.

Current knowledge related to the causes, course and prognosis of problems that occur from birth through adolescence will be examined. The principles and theories underlying learning and the developmental process will be reviewed. The OTA's use of play in the development of self-discovery, decision-making, work role skills will be discussed. The role of the OTA in prevention and rehabilitation programs within different types of service facilities will be explored. The role of families, care givers, teachers and significant others in the treatment process will be discussed. Assessment, program planning and treatment will be defined and performance skills necessary for successful occupational behaviors will be presented.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 141 † Experiential/Simulation II

1 unit, 3 hours laboratory

Corequisite: OTA 120, 130 and 140.

A laboratory experience that includes observing and identifying normal and abnormal developmental behaviors in the pediatric population. This course builds on previous introduction practicum experience and is designed to reinforce and augment understanding of principles and techniques for observing, assessing, planning and implementing occupational therapy treatment sessions with pediatric clients.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 200 †**Introduction to Occupational Therapy Skills in Physical Rehabilitation**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher in OTA 101

The normal occupational performance in development of adult and geriatric roles is explored. The physical, socioeconomic, environmental factors, lifestyle choices, and physical factors that influence adult and geriatric occupational performance in their roles. Exploration of the recovery process, from acute care to rehabilitation for physical and psychosocial conditions, is reviewed. The role of the occupational therapy assistant in prevention and rehabilitation programs is defined. Involvement in assessment, intervention, and therapeutic activities that facilitate age appropriate occupational behaviors is practices. The discharge process and collaboration with other professionals and community agencies is included as part of the treatment continuum.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 210 †**Assistive Technology in Occupational Therapy**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher in OTA 200.

Corequisite: OTA 220 and 221 and 230.

The knowledge and application of assistive devices are fundamental in the practice of occupational therapy across diagnostic categories and age groups. This course presents an introduction to a broad range of equipment from "low-technology" to complex "high-technology" devices involving micro-electronics. Topics include: adapted equipment for activities of daily living, home modifications, personal mobility and adapted driving, computer accessibility, communication aides. The environments in which assistive technologies are used will be explored including home, school, work, play and recreation.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 220 †**Advanced Occupational Therapy Skills for Physical Dysfunction**

3 units, 1 hour lecture, 6 hours laboratory

Prerequisite: A "C" grade or higher in OTA 200.

Corequisite: OTA 210 and 221 and 230.

This course focuses on treatment techniques and adaptations to assist individuals with physical dysfunction in various setting and the role of the occupational therapy assistant. The course builds on the theory, foundation and skills learned in OTA 200 with laboratory activities that allow students to apply screening, assessment, analysis, intervention, implementation, documentation, discharge planning and outcome activities.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 221 †**Experiential/Simulation III**

1 unit, 3 hours laboratory

Corequisite: OTA 210 and 220 and 230

A laboratory course providing a continuation of Experiential/Simulation with a focus on treatment planning, safety precautions, contraindications and documentation in OTA Program affiliated adult and geriatric rehabilitation settings.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 230 †**Occupational Therapy Management**

2 units, 2 hour lecture

Prerequisite: A "C" grade or higher in OTA 200.

Corequisite: OTA 210 and 220 and 221.

Occupational Therapy Management explores the operations of an occupational therapy department. This course presents an introduction to basic management issues including: clerical, organizational, fiscal and supervisory components. Topics relate to traditional and nontraditional settings where occupational therapy assistants may be employed. Legal and ethical issues are explored. Quality assurance, research and continuing education to support continued professional growth are emphasized. Techniques for developing a resume, participating in an interview and requirements to practice are discussed and practiced. Practice opportunities in community-based programs will be explored.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 235 †**OTA Review**

3 units, 3 hours lecture

This course is designed for occupational therapy assistants and/or recent graduates of occupational therapy assistant programs who intend to sit for the National Board for Certification in Occupational Therapy (NBCOT) certification examination. This course will include a review of kinesiology concepts and measurements, theories and frames of reference, the practice framework, code of ethics issues, clinical case studies and treatment interventions, modalities, splinting, management issues and practice areas.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 240 †**Clinical Practicum IV**

6 units, 18 hours laboratory

Prerequisite: A "C" grade or higher in OTA 140 and 230.

This experience involves a ten-week assignment for 40 hours per week of clinical experience under the direct supervision of a registered occupational therapist or a certified occupational therapy assistant. The student will assist in all phases of practice including observation, evaluation, treatment and documentation. This course must be successfully completed in order to continue on with Occupational Therapy 241, Clinical Practicum V course.

This course is offered on a Pass/No Pass basis only. For work experience requirements, see page 43.

Transfers to CSU

OCCUPATIONAL THERAPY ASSISTANT 241 †**Clinical Practicum V**

6 units, 18 hours laboratory

Prerequisite: A "C" grade or higher in OTA 230.

This experience involves a ten week assignment with each week being a full time work week of clinical experience under the direct supervision of a registered occupational therapist or a certified occupational therapy assistant. The student will assist in all phases of practice including observation, evaluation, treatment and documentation. Successful completion of this course is necessary for the student to be eligible to sit for the national certification examination. This course is offered on a Pass/No Pass basis only. For work experience requirements, see page 43.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit..

OCEANOGRAPHY (OCEA)

OCEANOGRAPHY 112 † Introduction to Oceanography

3 units, 3 hours lecture

A physical science course which examines major aspects of the marine environment. Topics include origin of the oceans, plate tectonics, sea floor features, properties of sea water, ocean climate, currents, waves, tides, coastal landforms, marine ecology, pollution and resources. The development of the field of oceanography and the present and future importance of the oceans are also discussed.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A
Transfers to: CSU, UC

OCEANOGRAPHY 113 † Oceanography Laboratory

1 unit, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in OCEA 112 or equivalent or concurrent enrollment.

Provides hands-on oceanographic experience to accompany and augment Oceanography 112. The course will include laboratory and field investigations of the marine environment, emphasizing the geological, chemical, physical, and biological aspects of the ocean. Lab activities may include, but are not limited to, field trips to obtain samples and analysis of data, visits to oceanographic facilities (such as research institutions and aquariums), and half-day ocean research voyages.

Satisfies General Education for: Grossmont College B2; CSU B3; IGETC 5C
Transfers to: CSU, UC

OCEANOGRAPHY 150 † (Biology 150, Geography 150, Geology 150)

Field Study of the Natural History of the Greater San Diego Region

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Biology 110 or 120; or Geography 120 or 121 or 140; or Geology 110 or 111; or Oceanography 112 or equivalent.

An exciting, team-taught, interdisciplinary, field-based study of the natural environment of the San Diego region, including related parts of Imperial, Riverside, and Orange Counties. Vans are utilized to visit sites that best illustrate (1) the region's physical environment (including tectonics, geologic history, geomorphology, hydrology, meteorology, climatology, and soils), (2) the evolutionary response to environmental variation (focusing on coastal sage scrub, chaparral, and desert ecosystems), and (3) the interaction of humans with the natural environment. Emphasis on field measurement includes use of GPS, compass, clinometer, maps, the current Jepson plant taxonomy, etc. Four weekends in spring semester only. Overnight campouts required. Students with credit in Oceanography 150 will not be able to enroll in Biology 150, Geography 150 or Geology 150.

Transfers to: CSU, UC (credit limited: see page 54)

ORTHOPEDIC TECHNOLOGY (OT)

ORTHOPEDIC TECHNOLOGY 110 † Orthopedic Anatomy and Physiology

5 units, 5 hours lecture

Prerequisite: Admission to the Orthopedic Technology Program

Corequisite: Orthopedic Technology 111 and Orthopedic Technology 112.

A study of the development of the muscular-skeletal systems with the emphasis on gross anatomy of the bones, arterial and venous perfusion, and relevant nervous innervation as they relate to the treatment of orthopedic injuries.

Transfers to CSU

ORTHOPEDIC TECHNOLOGY 111 † Orthopedic Techniques I

4 units, 1 hour lecture, 9 hours laboratory

Prerequisite: Admission to the Orthopedic Technology Program.

Corequisite: Orthopedic Technology 110 and Orthopedic Technology 112.

An introduction to cast room protocols, including instrumentation, the techniques for the application of the basic types of casts and the special considerations required for treatment of orthopedic trauma cases. The course will include the application of orthopedic casts in the campus laboratory setting and clinical setting.
Transfers to CSU

ORTHOPEDIC TECHNOLOGY 112 † Introduction to Clinical Practicum

3 units, 3 hours lecture

Prerequisite: Admission to the Orthopedic Technology Program

Corequisite: Concurrent enrollment in OT 110 and OT 111.

This course prepares the Orthopedic Technology student for eh clinical setting with topics such as HIPAA, infection control, radiation safety, basic patient care, interpersonal communication, cultural diversity, ethics, professionalism in the healthcare environment, and expectations of the Orthopedic Technology student during clinical assignments in both the hospital and private practice setting.

Transfers to: CSU

ORTHOPEDIC TECHNOLOGY 210 † Diagnosis and Treatment of Orthopedic Disorders I

5 units, 4.5 hours lecture, .5 hours laboratory

Prerequisite: A "C" grade or higher in Orthopedic Technology 110.

Corequisite: Orthopedic Technology 211 and 212.

This course provides advanced instruction in the diagnosis and treatment of orthopedic disorders. Students will be provided techniques for the treatment of orthopedic injuries. This course also offers a campus laboratory designed to teach students advanced application of orthopedic devices for patients with acute and chronic injuries.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

ORTHOPEDIC TECHNOLOGY 211 † **Orthopedic Techniques II**

4 units, 1 hour lecture, 9 hours laboratory

Prerequisite: A "C" grade or higher in Orthopedic Technology 111.

Corequisite: Orthopedic Technology 210 and 212.

This course is a continuation of Orthopedic Technology 111 with emphasis on advanced cast room protocols, instrumentation, orthopedic casting techniques and the assessment and treatment of casting complications. Emphasis will be on the application of advanced assessment and diagnosis of orthopedic injuries through the analysis of x-rays. Application of special casts, pediatric casts, full-body casts and various traction configurations and techniques.
Transfers to CSU

ORTHOPEDIC TECHNOLOGY 212 † **Supervised Hospital Clinical Practicum I**

3 units, 9 hours laboratory

Prerequisite: A "C" grade or higher in Orthopedic Technology 112.

Corequisite: Orthopedic Technology 210 and 211.

This course is designed to provide clinical application of orthopedic technology in a hospital environment. Students participate in the normal day-to-day activities of an orthopedic service where they develop and refine their skills in the application of orthopedic casts, set up and application of traction devices and the pre and post operative care of the orthopedic patient. The student is required to demonstrate clinical orthopedic competencies as part of this course.
Transfers to CSU

ORTHOPEDIC TECHNOLOGY 214 † **Supervised Hospital Clinical Practicum II**

4 units, 12 hours laboratory

Prerequisite: A "C" grade or higher in Orthopedic Technology 212.

Corequisite: Orthopedic Technology 215

This course is a continuation of Orthopedic Technology 212, Supervised Clinical Practicum I, and is designed to teach the clinical application of orthopedic techniques in the clinical environment. Students will apply casts, assist in the reduction of fractures, apply and maintain traction configurations and devices, apply total body casts, and assist the orthopedic surgeon in minor and major surgical procedures. Students will also participate in pre-and post-operative patient teaching.
Transfers to CSU

ORTHOPEDIC TECHNOLOGY 215 † **Diagnosis and Treatment of Orthopedic Disorders II**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in OT 210 and 211 and concurrent enrollment in OT 214

This course is a continuation of OT 211 with emphasis on advanced orthopedic conditions, disorders, and treatment of the spine, specialty casting and certification Board exam review and preparation.
Transfers to: CSU

ORTHOPEDIC TECHNOLOGY 220 † **Work Experience Externship**

2 units, 120 volunteer or 150 paid work experience hours

Prerequisite: A "C" grade or higher in OT 214 and OT 215 and approval of the OT faculty

A work experience course in which a Grossmont College orthopedic student volunteers at a clinical site with which the Orthopedic Technology Program has established an affiliation agreement. The clinical site supports the objectives of the course and provides supervision through Orthopedic Technology mentors and preceptors. The student applies previously acquired orthopedic theory and clinical skills in the management of orthopedic patients. This course is offered on a Pass/No Pass basis only.
Transfers to: CSU

PERSONAL DEVELOPMENT – SPECIAL SERVICES (PDSS)

The Personal Development – Special Services courses have been designed to meet the needs of students participating in the Disabled Students Program. For other course offerings related to the Disabled Students Program, see Exercise Science and Speech Development.

PERSONAL DEVELOPMENT – SPECIAL SERVICES 080 †† **Educational Assessment and Prescriptive Planning**

.5 unit, 1 hour lecture (total of 8 hours for 4 weeks)

A course to assess, interpret, and diagnose learning strengths and weaknesses for the purpose of identifying specific learning disabilities. Guidelines mandated by the California Community College system will be utilized to determine eligibility for Learning Disabilities Services. An orientation to the Learning Disabilities Program will also be provided, as well as prescriptive planning and IEP development. A conference will be held with a qualified DSPS faculty member prior to the assessment process. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

PERSONAL DEVELOPMENT – SPECIAL SERVICES 085 †† **Adapted Computer Basics**

1 unit, .5 hours lecture, 1.5 hours laboratory

An individualized course of study for students with verifiable disabilities. The course is designed to acquaint the student with basic assistive technology and techniques that may improve his or her ability to succeed in mainstream college-level courses and vocational programs. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

PERSONAL DEVELOPMENT – SPECIAL SERVICES 092 †† **Math Strategies for Students with Disabilities**

1 unit, 1 hour lecture

Instruction in strategies to improve success in developmental math courses for students with disabilities. Included in the course are test taking strategies, techniques to deal with math anxiety, textbook reading skills, ways to improve note taking and memory, and effective homework practices. Students will identify various aspects of their learning styles and use the information to develop study strategies that are appropriate for a math course. Students with disabilities enrolled in Math 088, 090, 103 or 110 would benefit from this course. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

**PERSONAL DEVELOPMENT –
SPECIAL SERVICES 095 ††**
**Study Strategies for Students
with Disabilities**

1 unit, 1 hour lecture

Students with disabilities will receive instruction and practical experience in time management, study reading, note-taking, studying for tests and test-taking. The course emphasizes the development of compensatory strategies that enhance disabled students' opportunities for academic success. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

**PERSONAL DEVELOPMENT –
SPECIAL SERVICES 097 ††**
**Basic Writing for Students
with Disabilities**

2 units, 2 hours lecture

This course provides instruction in basic written language skills and knowledge to improve grammar, mechanics, usage, and composing skills for students with disabilities. Students will write narrative and expository paragraphs, focusing on the application of grammatical and mechanical rules and concepts in the context of writing. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

**PERSONAL DEVELOPMENT –
SPECIAL SERVICES 098 ††**
**Writing Fundamentals for
Students with Disabilities**

2 units, 2 hours lecture

This course provides instruction in fundamental written language skills and knowledge to improve grammar, mechanics, usage, and composing skills for students with disabilities. Students will write narrative and expository paragraphs as well as expository essays, focusing on the application of grammatical and mechanical rules and concepts in the context of writing. This course is offered on a Pass/No Pass basis only. (Nondegree credit course)

PHILOSOPHY (PHIL)

PHILOSOPHY 110 †
**A General Introduction to
Philosophy**

3 units, 3 hours lecture

Students in this course explore fundamental philosophical issues by investigating theories and problems about the nature of reality, human knowledge, and values. Familiar and unfamiliar views are examined, which exhibit various philosophic methodologies, and such views are related to our actions and experiences. Students will have the opportunity to assess their own views in light of the answers provided by philosophers, past and present.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

PHILOSOPHY 111 †
Philosophy and Popular Culture

3 units, 3 hours lecture

Philosophy and Popular Culture is designed to render relevant the insights, theories and conclusions of philosophers through the ages to the 21st Century American thinker. In contemporary times, people find themselves confronted with a unique set of dilemmas: moral and political relativism, ethical dilemmas, gender issues, consumerism, economic inequalities, the rising distrust of intellectualism and the dissolution of the American Dream. In this course, we investigate how the philosophical tradition has evaluated such developments and how philosophical thinking of the past can be a valuable tool in the quest to live an autonomous and meaningful life amidst these apparently dehumanizing trends.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

PHILOSOPHY 112 †
The Classical Mind

3 units, 3 hours lecture

Classical philosophy is concerned with the emergence of what we understand as a systematic attempt to grasp the nature of humanity and the world. This study is an exploration of the significant figures and movements within Greek philosophy and surveys the ideas that have shaped and guided Western civilization for 2500 years.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

PHILOSOPHY 114 †
The Medieval Mind

3 units, 3 hours lecture

Medieval philosophy begins with the decline of classical thought and ends in the 16th century. It is distinguished by an attempt to incorporate classical philosophy, predominately Plato and Aristotle, into the doctrine of Christianity. The medieval (scholastic) school of philosophy focuses on the relation between philosophy and theology.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

PHILOSOPHY 116 †
The Modern Mind

3 units, 3 hours lecture

The Modern Mind surveys the significant philosophers and theories beginning with the Renaissance and continuing through the nineteenth century, from Descartes to Kant. This period of ideas coincides with the development of the scientific method and the discovery of the new world. The study presents the growth of modern ideas and the response to the new world. It attends to the problem of how humanity, with its system of values, fits into a world of neutral, indifferent facts.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

PHILOSOPHY 118 †
The Contemporary Mind

3 units, 3 hours lecture

Contemporary philosophy is an effort to trace new paths of meaning when traditional sources (religion, science, and society) are questioned. This course is a survey of the major trends in philosophy in the late 19th and 20th centuries. It also examines the recent developments in the early 21st century. Three of the most significant schools of thought are: 1) the analytic movement of Moore, Russell, and Wittgenstein; 2) the existential/phenomenological thought of Nietzsche, Husserl, Heidegger, and Sartre; and 3) the pragmatic tradition beginning with Pierce, James and Dewey.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

†† This course meets all Title 5 standards for Nondegree Credit.

PHILOSOPHY 125 † **Critical Thinking**

3 units, 3 hours lecture

Students will focus on the development of fundamental critical reasoning skills and the application of those skills to important areas of life. The analysis and construction of both inductive and deductive arguments are emphasized. Students learn how to use reasoning skills to make sound decisions, evaluate claims and assertions, and avoid logical errors.

Satisfies General Education for: Grossmont College A3; CSU A3

Transfers to: CSU, UC

PHILOSOPHY 130 † **Logic**

3 units, 3 hours lecture

Logic is the study of the principles of correct reasoning. These principles deal with the nature of rational thought and the criteria for making critical judgments. The course undertakes the analysis of human thinking using both natural language and symbolic language. Students will develop logical skills to evaluate their opinions and beliefs and will apply these skills to the practical problems of everyday life.

Satisfies General Education for: Grossmont College A3; CSU A3

Transfers to: CSU, UC

PHILOSOPHY 140 † **Problems in Ethics**

3 units, 3 hours lecture

This course is an introduction to ethics in theory and in practice. This study involves the exploration of moral theories and principles in order to see how they apply to the individual and society. We will critically examine some of the major schools of moral thought in Western philosophy, as well as some Eastern philosophy. These theories will be applied to some of the primary ethical problems that we face, as individuals and as societies, and will continue to confront.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

PHILOSOPHY 141 † **Bioethics**

3 units, 3 hours lecture

This course introduces students to the range of issues that define bioethics, the fundamental moral issues that arise in medicine, health, and biotechnology. These philosophical issues involve critical dilemmas at the intersections of law, society, culture, public policy, religion and economics.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

PHILOSOPHY 145 † **Social and Political Philosophy**

3 units, 3 hours lecture

A philosophical examination into the nature of the relationship between morality, politics and social justice from a multi-cultural perspective. Topics may include: the political significance of religion and culture, the concept of natural law, the existence and nature of rights, the obligation of citizens to their society; the nature of a just society; and theories of reward and punishment. Focus will be on the topics of: justice, equality, liberty, human rights and the nature and limits of authority.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

PHILOSOPHY 150 † **The Philosophy of Art**

3 units, 3 hours lecture

Human beings make aesthetic judgments every day. Why do we decide that something is either beautiful or ugly? What criteria do we use to decide if a movie is good or not? Do our likes and dislikes connect to moral and intellectual judgments? This course is an introduction to major theories in aesthetics designed to help the students clarify and evaluate their own aesthetic judgments.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

PHILOSOPHY 155 † **The Philosophy of Science**

3 units, 3 hours lecture

Philosophy of science is a branch of epistemology (theory of knowledge) which deals with the truths of science. As a theory of knowledge it asks what it means for a theory to be "true," and how does science yield knowledge?

It is an investigation into the nature and methods of scientific reasoning, in order to evaluate the truth claims of science. It also forces us to distinguish between scientific and non-scientific methodology.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

PHILOSOPHY 160 † **Latin American Philosophy**

3 units, 3 hours lecture

The course begins with the indigenous philosophies of Latin America, such as that of the Maya, and proceeds to the colonial period, under which students will learn of imported philosophies such as Scholasticism and Enlightenment thought. The curriculum then turns to the striving for independence in the post-colonial period, and the uneasy tension between positivism and inclusion. As the course turns to the thought of the Twentieth Century, the philosophies of liberation, postmodernism and globalism are explored. The conclusion of this course is a survey of the Latin American philosophies of our century, including those arising in the United States.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

PHOTOGRAPHY (PHOT)

PHOTOGRAPHY 150 † Introduction to Photography

3 units, 2 hours lecture, 4 hours laboratory

Introductory course that examines the nature of photography and visual literacy through the personal exploration and making of photographic images with various image-making devices, and various image-processing approaches, including the use of Adobe Photoshop and an analog (film) darkroom. The primary focus of the course will be to engage in photographic practice as a means to respond subjectively as well as objectively to the conceptual and aesthetic experiences of the photographic image as a visual document of creative expression and communication. Historical and contemporary photographic works from the contexts of the family album, art photography, commercial / advertising photography, photography and media, and cyberspace will be examined and critically discussed to further cultivate and refine each students' visual literacy of the photographic image in society and culture. Any type of lens-based, image-making device including smart phones, digital point-and-shoot cameras, and digital SLR's can be used. Satisfies General Education for: Grossmont College C

Transfers to: CSU, UC

PHOTOGRAPHY 151 † Personal Photographic Vision

3 units, 2 hours lecture, 4 hours laboratory

This course examines the foundations of photographic seeing, thought and analysis, and the uses of analog (film) and digital photographic materials and processes, including black and white film, digital grayscale, and color (film and digital). Primary focus of the course is the development of a personal photographic vision through the use of photography's aesthetic attributes and a refined sense of technical execution and craft. Appropriate for students with prior exposure to photography and basic photographic experience. Discussion and practice with small and medium format (film) cameras, image exposure methods, basic artificial lighting techniques, image optimization and use of the dynamic tonal range with film processing and digital imaging techniques, and photographic printing practices in both darkroom and digital environments. The Photography Program provides a 35mm film camera for student use during the semester.

Transfers to: CSU, UC



PHOTOGRAPHY 152 † Contemporary Photographic Practice

3 units, 2 hours lecture, 4 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Photography 150 or Photography 151 or equivalent.

This course explores various advanced analog (film) and digital photographic imaging systems, including medium- and large-format cameras, emerging technologies, and artificial lighting techniques in providing a foundation within the medium. Conceptual, aesthetic and technical principles, theories and strategies will be examined, including the application of one's photographic vision with medium- and large-format cameras, digital capture and/or emerging technology systems, appropriate image exposure, image-processing with Adobe Lightroom and Photoshop, and printing applications, as well as artificial lighting techniques on location and in the studio.

Transfers to CSU

PHOTOGRAPHY 154 † History of Photography

3 units, 3 hours lecture

A survey that examines the role and function of photography and its cultural history, including its relationship to art, science, social sciences, travel, fashion, and mass media. Topics of discussion will focus on the important cultural, aesthetic and technical considerations in photography within the historical and contemporary contexts of works by photographers from the United States, Latin America, Europe, Africa, the Middle East and Asia. Such topics will include Looking At and Understanding Photographs, The Origins and Development of Photography, A New Aesthetic – 19th Century Photography, Photography and Modernity, Lens Culture and Mass Media as well as The Globalization of Photography in the Digital Age.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A
Transfers to CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

PHOTOGRAPHY 166 † Image and Idea

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Photography 150 or 151 or equivalent.

This course is an in-depth exploration of photographic imaging with an emphasis on relating historical and contemporary conceptual thought, practice and processes while directing the students' energies toward a balance of image and idea. Students will develop a language specific for the communication of meaning within their photographs, pushing the medium beyond its pictorial qualities and engaging it into the service of ideas. Lens- and time-based concepts will challenge students' ongoing work developed in previous classes, as they further examine present day realities, the function of memory, our cultural history, gender identity and the new visceral nature of the medium through contemporary methods, technical strategies, and alternative approaches thus achieving a stronger personal vision.

Transfers to CSU, UC

PHOTOGRAPHY 252 † Photographer's Portfolio

3 units, 2 hours lecture, 4 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Photography 150 or 151 or equivalent.

This course provides for further conceptual development and refinement of the techniques necessary to support serious photographic communication. Skillful control of photography's materials and processes along with an understanding of historical and contemporary issues within the medium will be applied with a high degree of critical analysis in the production and interpretation of the student's photographs. Students will conceptualize and produce a finished portfolio, including a print, portfolio book and/or website, that reflects the depth and scope of the student's interest, vision and technical craft.

Transfers to CSU

PHYSICAL EDUCATION

See: Exercise Science

PHYSICAL SCIENCE (PSC)

PHYSICAL SCIENCE 100 † Physical Science for Elementary Education

3 units, 3 hours lecture
Prerequisite: A "Pass" grade in Math 090 or equivalent

This course is an introduction to scientific methodology, with an emphasis on knowledge and understanding of chemistry and physics. It is especially designed for those who are interested in teaching science in a primary school setting in which students must both understand the scientific method and master content in the physical sciences. The connection between physical science and global issues such as energy and environment will be emphasized. Topics to be covered include motion, gravity, heat and energy transfer, light and color, electricity, magnetism, the periodic table, ionic and covalent chemical bonding, chemical nomenclature, chemical reactions, solutions, and nuclear reactions.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A
Transfers to: CSU, UC

PHYSICAL SCIENCE 110 † Introduction to the Physical Sciences

3 units, 3 hours lecture
A broad approach to the physical sciences designed primarily for the student who is not majoring in science. Main concepts of such sciences as astronomy, physics, chemistry and the earth sciences will be developed and discussed. Emphasis is on the understanding and significance of fundamental principles. Application of certain concepts to contemporary issues such as energy production and environmental problems will be explored (e.g. nuclear energy). Within this context, the methods and limitations of science will be demonstrated and societal implications will be discussed.
Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A
Transfers to: CSU, UC (credit limited: see page 54)

PHYSICAL SCIENCE 111 † Physical Science Laboratory

1 unit, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" or concurrent enrollment in Physical Science 110 or equivalent.

Designed to accompany and augment Physical Science 110. An introductory approach to scientific investigation designed primarily for the student who is not majoring in science. The course provides an opportunity to explore a variety of physical materials, phenomena, and concepts such as motion, power, sound, light, solar energy, and radioactivity.

Satisfies General Education for: Grossmont College B2; CSU B3; IGETC 5C
Transfers to: CSU, UC (credit limited: see page 54)

PHYSICAL SCIENCE 120 † Fundamentals of Scientific Computing (MATLAB)

4 units, 3 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Math 103 or Math 110 or equivalent.

This course will focus on problem solving, data manipulation, and visualization using the MATLAB computing environment using applications from: physical science, engineering, life sciences, mathematics and statistics. Students will learn to analyze data, write simple algorithms for data processing and simulation, and visualize the results. Topics include: operations and variables; graphics and programming; solving equations and model fitting.

Satisfies General Education for: Grossmont College A3; CSU B4
Transfers to CSU, UC

PHYSICAL SCIENCE 210 † Fundamentals of Electric Circuits

4 units, 3 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" or concurrent enrollment in MATH 280 and PHYC 240 or equivalent

Physical Science 210 provides an introduction to DC and AC circuit construction and analysis for students majoring in the physical sciences. Applies Kirchoff's Laws, nodal and mesh analysis, Norton and Thevenin's theorems to real and theoretical circuits. Also covers steady-state and transient responses of networks, RLC circuits, complex impedance, and power transfer. Students will use laboratory tools (e.g. breadboards, oscilloscopes, and signal generators) to construct and analyze circuits.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

PHYSICS (PHYC)

Physics 110 † Introductory Physics

4 units, 3 hours lecture, 3 hours laboratory

This physics course is structured for students who have had little or no previous physics or mathematics. The math which is needed is explained as the course progresses. Physics is a study of the real and natural events, laws and phenomena which exist and interact in the universe around us. In this course those laws and events are studied with particular emphasis on the physics normally encountered in everyday living, such as motion, light and human vision, sound and hearing, energy and its use and conservation, gas laws and breathing.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC (credit limited: see page 54)

Physics 130 † Fundamentals of Physics

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" or concurrent enrollment in Math 180 or equivalent.

This calculus-level course is the first of a sequence of two physics courses for life science majors. It provides a thorough basis in mechanics, kinematics, work, energy, properties of matter, heat, and vibrations. The course assumes no previous physics study, but makes extensive use of algebra, trigonometry, geometry, and calculus, as appropriate. The laboratory provides applications of physics principles to measurements of translational motion, forces, torques, rotational systems, and heat. Physics 130 is not open to students with credit in Physics 140.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC (credit limited: see page 54)

Physics 131 † Fundamentals of Physics

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Physics 130 or equivalent.

A continuation of Physics 130 covering electric charges, electric and magnetic fields and forces, DC and AC circuits electromagnetic waves, light, optical instruments, relativity, modern physics, and atomic and nuclear physics. The course makes extensive use of algebra, trigonometry, geometry, and calculus, as appropriate. The laboratory provides emphasis on measurement techniques involving electric charge, electric circuits, oscilloscopes, optics, interference, lasers, and nuclear counting. The course is primarily designed for life science majors and pre-med students. Physics 131 is not open to students with credit in Physics 240 or 241.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC (credit limited: see page 54)

Physics 140 † Mechanics of Solids

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Mathematics 180 or equivalent.

This course is the first course of a three-semester, calculus level sequence of physics courses designed for engineering, physics, math, and science majors. The course assumes no previous physics study, but makes extensive use of algebra, trigonometry, geometry, and calculus, as appropriate. Topics include linear and rotational kinematics and dynamics with graphical analysis, energy and energy conservation, linear and angular momentum and their conservation laws, and gravitation.

Applications include period motion, vibration, fluids, and wave propagation.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A

Transfers to: CSU, UC (credit limited: see page 54)

Physics 201 † Mechanics and Waves

5 units, 4 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in MATH 180 or above.

This is the first course of a three-semester, calculus level sequence of physics courses designed for engineering, physics, mathematics, and science majors. The course assumes no previous physics study, but makes extensive use of algebra, trigonometry, geometry, and calculus. Topics include linear and rotational kinematics and dynamics, energy and energy conservation, linear and angular momentum and their conservation laws, fluid dynamics, and gravitation, and wave motion.

Satisfies General Education for: Grossmont College B2; CSU B1 B3; IGETC 5A 5C

Transfers to CSU, UC

Physics 202 † Electricity, Magnetism, and Heat

5 units, 4 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Physics 201 or equivalent and a "C" grade or higher or "Pass" or concurrent enrollment in MATH 281 or equivalent.

This is the second course of a three-semester, calculus level sequence of physics courses designed for engineering, physics, mathematics, and science students. The topics of heat, electricity, and magnetism are introduced at the beginning level with reliance upon students' ability to apply topics introduced in Physics 201. The laboratory provides emphasis on measurements using gas laws and of electric and magnetic fields, DC and AC circuits, and oscilloscope techniques.

Satisfies General Education for: Grossmont College B2; CSU B1 B3; IGETC 5A 5C

Transfers to CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

Physics 203 † **Light, Optics, and Modern Physics**

5 units, 4 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Physics 202 or equivalent and a "C" grade or higher or "Pass" or concurrent enrollment in MATH 281 or equivalent.

This is the third course of a three-semester, calculus level sequence of physics courses designed for engineering, physics, mathematics, and science students. The topics of optics, quantum mechanics, special relativity, and atomic and nuclear physics are introduced at the beginning level with reliance upon ability to apply topics introduced in Physics 201 and Physics 202. The laboratory provides experiments in optics, interference and diffraction, and nuclear physics.

Satisfies General Education for: Grossmont College B2; CSU B1 B3; IGETC 5A 5C
Transfers to: CSU, UC

Physics 240 † **Electricity, Magnetism and Heat**

4 units, 3 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Physics 140 or equivalent. A "C" grade or higher or "Pass" or concurrent enrollment in Math 280 or equivalent.

This is part of a three-semester, calculus level sequence of physics courses designed for science, mathematics, physics, and engineering students. The topics of heat, electricity, and magnetism are introduced at the beginning level with reliance upon students' ability to apply topics introduced in Physics 140. The laboratory provides emphasis on measurements using gas laws and of electric and magnetic fields, DC and AC circuits, and oscilloscope techniques.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A
Transfers to: CSU, UC (credit limited: see page 54)

Physics 241 † **Light, Optics, and Modern Physics**

4 units, 3 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Physics 240 or equivalent. A "C" grade or higher or "Pass" or concurrent enrollment in Math 281 or equivalent.

This is part of a three-semester, calculus-level sequence of physics courses designed for science, mathematics, physics and engineering students. The topics of wave motion, electromagnetic waves, optics, quantum mechanics, special relativity and atomic and nuclear physics are introduced at the beginning level with reliance upon ability to apply topics introduced in Physics 140. The laboratory provides experiments in mechanical waves, optics, interference and diffraction, and nuclear physics.

Satisfies General Education for: Grossmont College B2; CSU B1; IGETC 5A
Transfers to: CSU, UC (credit limited: see page 54)

POLITICAL SCIENCE (POSC)

POLITICAL SCIENCE 120 † **Introduction to Politics and Political Analysis**

3 units, 3 hours lecture

The primary aim of this course is to assist the student/citizen in the development of a set of skills which can be helpful in analyzing political situations in the world today. In order to accomplish this objective, the student will be introduced to the basic approaches, perspectives, techniques and models of the political scientist. Accordingly, this course covers some universal aspects of political stability and change, ideologies, conflicts, institutions, political economy, and issues.

(Does not meet American Institutions requirement.)

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4
Transfers to: CSU, UC

POLITICAL SCIENCE 121 † **Introduction to U.S. Government and Politics**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 110 or English as a Second Language 119 or equivalent.

This course analyzes the evolution of the structures and functions of the U.S. and California political systems from the time of the nation's founding to the current day in what is now the United States. This course emphasizes the continuity and uniqueness of the American political experience and how that experience has derived from other political cultures. This will be examined in the context of the larger cultural, economic, and sociological forces shaping the U.S. political system. Attention will also be given to significant events affecting the evolution of the U.S. political system since its founding. The development and evolution of the U.S. Constitution and policy making role of traditional political institutions such as the presidency, the Congress, and the judiciary will be explored. The impact of other political forces such as mass movements, the media, the bureaucracy, interest groups and ethnic and social groups will also be examined. All topics covered in the course will be illustrated through reference to actual political events occurring as the course progresses.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4
Transfers to: CSU, UC

POLITICAL SCIENCE 124 † **Introduction to Comparative Government and Politics**

3 units, 3 hours lecture

Students in this course will analyze the political systems of selected developed, transitional, and developing countries of the world in order to understand the importance of political development, political institutions, political actors, political processes, and political change for the dynamics of today's global society.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4
Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

POLITICAL SCIENCE 130 † **Introduction to International Relations**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in English 110 or English as a Second Language 119 or equivalent.

This course is a survey of the field of international relations. Students will be introduced to the major theories of international relations and will learn to apply them to contemporary problems in world politics. Issues examined include global peace and security, international political economy, international law and organization, sustainable development, and human rights.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

POLITICAL SCIENCE 135 † **Model United Nations**

1 unit, 1 hour lecture

A course designed to provide students with a thorough understanding of the role of the United Nations in world affairs. By assuming the role of different countries and by researching crucial topical issues, students will prepare for participation in United Nations simulations. The course will include participation in regional Model United Nations.

Transfers to: CSU

POLITICAL SCIENCE 140 † **Introduction to California Governments and Politics**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in Political Science 121 or equivalent.

This course examines the structure and functions of California state and local governments and politics. Attention will be given to the evolution of the principal features, organization, and operation of state and local governments within the framework of U.S. federalism from the time of the nation's founding. Emphasis is placed on the role of significant events, major ethnic groups, major social groups in the development of the political structures and processes of California state and local governments and contemporary political issues.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

POLITICAL SCIENCE 150 † **Introduction to Political Theory**

3 units, 3 hours lecture

Recommended Preparation: A "C" grade or higher or "Pass" in Political Science 120 or Philosophy 110

A comparative and conceptual analysis of the principal ideological and philosophical approaches to government. This course surveys the important political ideas and alternatives which have been suggested from ancient to modern times. A major emphasis of the course will be to introduce and clarify for the student the basic aspects of nationalism, democracy, orthodox Marxism, anarchism, philosophical conservatism, New Left thought and fascism.

Satisfies General Education for: Grossmont College D; CSU D

Transfers to: CSU, UC

POLITICAL SCIENCE 155 † **State and Society in the Asia Pacific**

3 units, 3 hours lecture

An historical, cultural and social science based comparative analysis of the evolution and current conditions of significant political/economic/social communities within the Asia Pacific Region. The course will focus on the endurance of traditional cultures, the intermingling and grafting of the Asian tradition, the influence of Western values and institutions, socioeconomic development and change, the relationship between individuals and institutions of state, national identity and nationalism, and the importance of globalization for the region. States studied through the above lenses may include China, India, Japan, states of Southeast Asia, the Koreas, Australia, New Zealand, the Russian Pacific, the island states of the Pacific, and states of Central and South Asia.

Satisfies General Education for: CSU D; IGETC 4

Transfers to: CSU, UC

POLITICAL SCIENCE 160 † **Politics in Film**

3 units, 3 hours lecture

This course uses film to explore major aspects of political life and to examine the cultural creation of meaning about social and political power, values, and activities. Films are studied as social and political products and to enhance understanding of political phenomena in the American and other cultures. These phenomena include social/political movements, civil liberties, electoral politics, war, law, political economy, and race, gender, and class differences and conflict. This course explains for students how they can view films in different political contexts and view politics from different theoretical lenses to gain insight about contemporary political life.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

POLITICAL SCIENCE 195 † **Internship in Political Science**

1 unit, 5 hours work experience per week

60 volunteer hours or 75 paid hours

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose is to provide students an opportunity to explore options and careers in a selected area of study. This course places students with political office holders at the federal, state, and local levels; government and social agencies; non-profit and lobbying groups; law firms, and similar locations. For work experience requirements, see page 43.

Transfers to: CSU

POLITICAL SCIENCE 197 † **Internship in Political Science**

2 units, 10 hours work experience per week

120 volunteer hours or 150 paid hours

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose is to provide students an opportunity to explore options and careers in a selected area of study. This course places students with political office holders at the federal, state, and local levels; government and social agencies; non-profit and lobbying groups; law firms, and similar locations. For work experience requirements, see page 43.

Transfers to: CSU

† This course meets all Title 5 standards for Associate Degree Credit.

PSYCHOLOGY (PSY)

PSYCHOLOGY 120 † Introductory Psychology

3 units, 3 hours lecture

An introduction of the facts and theories that enhance understanding of human behavior as studied by psychologists. A general overview of the research methods and major research findings of psychology is examined. Topics covered include physiology, learning, perception and cognitive process, development, motivation and emotion, personality, abnormal behavior, therapy, and social psychology.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

PSYCHOLOGY 125 †

(Ethnic Studies 125)

Cross-Cultural Psychology

3 units, 3 hours lecture

An introduction to theories and research findings regarding cultural influences on human behavior and cognitive processes (life-span development, abnormal behavior and mental health, drug use, self-concept, emotion, gender schemas and gender roles, social behavior, perception, learning, intelligence, and memory). By providing students with a non-judgmental understanding of how culture influences human behavior, this course will make them more equipped to interact in a world where there is increasing contact among different cultures.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

PSYCHOLOGY 132 † Psychology of Health

3 units, 3 hours lecture

The goal of health psychology is to understand the psychological influences on health promotion and maintenance, on prevention and treatment of illness and on the individual's response to illness. The course will focus on the etiology and correlates of health and illness, as well as analyze the health care system and the formulation of health policies.

Satisfies General Education for: Grossmont College D; CSU E

Transfers to CSU

PSYCHOLOGY 134 † Human Sexuality

3 units, 3 hours lecture

An overview of the biological, psychological, social and cultural aspects of human sexuality. Topics include historical, social and cultural variations, the influence of gender in sexual behavior, the anatomy and physiology of human sexuality and reproduction, sexuality throughout the lifespan, sexual orientation, communication and relationships, sex therapy, rape and sexual assault, contraception and new reproductive technologies, sexual morality and STDs.

Satisfies General Education for Grossmont College D; CSU D, E; IGETC 4

Transfers to: CSU, UC

PSYCHOLOGY 138 †

(Sociology 138)

Social Psychology

3 units, 3 hours lecture

An examination of individuals in social contexts to reveal how one's thoughts, feelings and actions can be influenced by other people. Includes topics such as social perception and attribution processes, dissonance, reduction, altruism, aggression, prejudice, conformity, and group processes.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

PSYCHOLOGY 140 † Physiological Psychology

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Psychology 120 or equivalent.

An examination of the relationships between bodily processes and aspects of behavior. A review of the fundamental research methods and major research findings in physiological psychology.

The application of experimental methods in psychology, physiology, and related disciplines to the understanding of perceptual processes, the control of movement, sleep and walking, reproductive behaviors, ingestive behaviors, emotion, learning, language, and mental disorders is explored.

Ethical standards for human and animal research are discussed in the context of both invasive and non-invasive experimental research.

Satisfies General Education for: Grossmont College D; CSU D or E; IGETC 4

Transfers to: CSU, UC

PSYCHOLOGY 150 † Developmental Psychology

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Psychology 120 or equivalent.

An introduction to psychological theories and research regarding human physical, cognitive, and socio-emotional development from infancy, through childhood, adolescence and maturity. Emphasis is placed on critical analysis of existing theories, research methodology, and research findings, taking into account the influence of factors such as culture, gender, ethnicity, historical cohort, and socio-economic status. The focus of the course is on understanding and applying empirical research and theories in developmental psychology.

Satisfies General Education for: CSU D or E; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

PSYCHOLOGY 170 † Abnormal Psychology

3 units, 3 hours lecture

Overview of psychological research and theoretical perspectives involving the diagnoses, causes, and treatment of abnormal behavior. The major disorders include anxiety disorders (such as phobias, panic attacks, and obsessive-compulsive), mood disorders (such as depression and bipolar disorders), schizophrenia, personality disorders, childhood/adolescent disorders (such as ADHD, eating disorders, and disorders of the autism spectrum), substance-related disorders and cognitive disorders.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

PSYCHOLOGY 180 † Psychology of Interpersonal Skills

3 units, 3 hours lecture

A study of those skills important for helpful interpersonal relating, accompanied by structured experience and training in their practice. The skill of empathic responding is emphasized, with a focus on theory and research, application in helping relationships, and implementation in one-on-one and group interaction in class.

Satisfies General Education for CSU E

Transfers to CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

PSYCHOLOGY 201 † **Academic and Career Opportunities in Psychology**

1 unit, 1 hour lecture

Prerequisite: A "C" grade or higher or "Pass" in PSY 120 or equivalent.

Psychology 201 is designed for students interested in majoring in psychology. The course provides an overview of academic and career options in the field of psychology. Emphasis will be placed on academic planning, post-baccalaureate options in psychology and related field, and identification of career-related strengths and interests. Recommended after completion of thirty (30) units of coursework. This course is offered on a Pass/No Pass basis only. *Transfers to CSU*

PSYCHOLOGY 205 † **Research Methods for Psychology**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in PSY 120 and PSY 215 or ANTH 215 or SOC 215 or MATH 160 or equivalent.

An introduction to the scientific methodology used in psychology and the behavioral sciences. This course surveys various research methods with an emphasis on research design, experimental procedures, descriptive methods, mixed methods (qualitative and quantitative) instrumentation, and the collection, analysis, interpretation, and reporting of research data. Research design and methodology will be examined through a review of research in a variety of the sub-disciplines of psychology. *Transfers to: CSU, UC*

PSYCHOLOGY 211 † **Cognitive Psychology**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Psychology 120 or equivalent.

A general introduction to the principles of cognition. This course examines theoretical and research approaches to the study of cognitive neuroscience, perception, attention, memory, knowledge, visual imagery, language acquisition and development, problem solving and decision making. *Satisfies General Education for: CSU D; IGETC 4*
Transfers to CSU, UC

PSYCHOLOGY 215 † (Anthropology 215, Sociology 215) **Statistics for the Behavioral Sciences**

4 units, 3.5 hours lecture, 1.5 hours laboratory
Prerequisite: A "C" grade or higher in Mathematics 103 or 110 or equivalent.

Methods and experience in defining and solving quantitative problems in the behavioral sciences. Emphasis is on the design of experiments and the application of a variety of parametric and nonparametric techniques to the analysis of data.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A
Transfers to: CSU, UC (credit limited: see page 54)

PSYCHOLOGY 220 † **Learning**

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Psychology 120 or equivalent.

An examination of the basic principles and research in animal and human learning.

Satisfies General Education for: Grossmont College D; CSU D or E; IGETC 4
Transfers to: CSU, UC

RELIGIOUS STUDIES (RELG)

RELIGIOUS STUDIES 120 † **World Religions**

3 units, 3 hours lecture

This course is an introduction to the major religions of the world and the primary figures associated with those religious systems. Students will study the content of religious beliefs and examine the rituals and practices through which those beliefs are expressed.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B
Transfers to: CSU, UC

RELIGIOUS STUDIES 130 † **Scriptures of World Religions**

3 units, 3 hours lecture

This course is a study of religion based on in-depth reading and careful analysis of the primary sacred texts associated with major religions of the East and the West.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B
Transfers to: CSU, UC

RELIGIOUS STUDIES 140 † **Religion and Culture**

3 units, 3 hours lecture

A study of the relationship between religious beliefs and practices and aspects of culture as represented through literary, performing and visual arts. Emphasis is on major world religions and dominant traditions of Eastern and Western culture.

Satisfies General Education for: Grossmont College C; CSU C1, C2; IGETC 3B
Transfers to: CSU, UC

RELIGIOUS STUDIES 150 † **Asian Religions**

3 units, 3 hours lecture

This course provides an overview of the variety of religious traditions and communities found throughout Asia. Students comparatively examine the beliefs, scriptures, world-views, rituals, ethics, and social systems of the religious traditions and communities throughout Asia.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B
Transfers to: CSU, UC

RELIGIOUS STUDIES 170 † **Introduction to Christianity**

3 units, 3 hours lecture

This course will provide an introduction to the Christian religion, giving attention to the history of its development. Its scriptures, rituals, and beliefs will be examined, as well as important persons, groups, and events which have developed among the Roman, Orthodox, and Protestant communities of Christianity.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B
Transfers to CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

RESPIRATORY THERAPY (RESP)

RESPIRATORY THERAPY 105 † Cardiopulmonary Physiology and Disease Entities

4 units, 4 hours lecture

Prerequisite: Admission to the Respiratory Therapy Program.

Corequisite: A "C" grade or higher or concurrent enrollment in RESP 108 and 112 and 114.

This course is designed to explore advanced functions of the cardiopulmonary system by building upon previous knowledge of human anatomy and physiology. The course expands on the physiological processes of ventilation, gaseous diffusion, gaseous transport, the relationship between the pulmonary and systemic circulations, and how acid-base balance is essential in maintaining cellular homeostasis. Students will compare and contrast normal and abnormal anatomy and physiology and examine the interrelationship between abnormal findings and disease.

Transfers to CSU

RESPIRATORY THERAPY 108 † Basic Respiratory Therapy Equipment, Procedures and Life Support Systems

5 units, 3 hours lecture, 6 hours laboratory

Prerequisite: Admission to the Respiratory Therapy Program.

Corequisite: A "C" grade or higher or concurrent enrollment in RESP 105 and 112 and 114

This course is designed to introduce the student to basic patient assessment, equipment, and procedures used in respiratory therapy. Equipment principles of operation, proper care and maintenance, and trouble-shooting are included. Education of diverse patient populations, proper infection control techniques, and patient care plans are introduced. Simulation and laboratory exercises are integrated into the course in order to improve the students' ability to manage patients, promote critical thinking and decision-making skills, and to improve communication and technical skills.

Transfers to CSU

RESPIRATORY THERAPY 112 † Supervised Clinical Practicum I

1 unit, 3 hours laboratory

Prerequisite: Admission to the Respiratory Therapy Program.

Corequisite: A "C" grade or higher or concurrent enrollment in RESP 105 and 108 and 114.

Basic respiratory therapy procedures and general patient assessment are practiced in the general care environment. Included in the supervised experiences are laboratory and physical assessment, oxygen therapy, humidity and aerosol therapy and general medication delivery by inhalation.

Transfers to CSU

RESPIRATORY THERAPY 114 † Cardiopulmonary Pharmacology

2 units, 2 hours lecture

Prerequisite: Admission to the Respiratory Therapy Program.

Corequisite: A "C" grade or higher or concurrent enrollment in RESP 105 and 108 and 112.

This course is designed for the Respiratory Therapy student. Major emphasis will be given to cardiac, cardiovascular, and pulmonary drugs. Specific drugs in these categories will be addressed in terms of action, indication, possible allergic reactions and contraindications.

Transfers to CSU

RESPIRATORY THERAPY 116 † Assessment in Respiratory Care

2.5 units, 2.5 hours lecture

Prerequisite: A "C" grade or higher in RESP 105 and 108 and 112 and 114 or equivalent.

Corequisite: A "C" grade or higher or concurrent enrollment in RESP 118 and 122 and 150.

This course is designed to build upon basic assessment skills. Development of advanced skills is done through incorporating diverse techniques used when completing physical examinations, gathering data, making decisions and providing recommendations in the care of patients with cardiopulmonary diseases. This process is done through analyzing data, deciphering significant clinical findings, discussing effective communication methods and collaboratively formulating a plan of care.

Transfers to CSU

RESPIRATORY THERAPY 118 † Critical Care Life Support Equipment and Procedures

4.5 units, 3 hours lecture, 4.5 hours laboratory

Prerequisite: A "C" grade or higher in RESP 105 and 108 and 112 and 114 or equivalent.

Corequisite: A "C" grade or higher or concurrent enrollment in RESP 116 and 122 and 150.

Advanced concepts of respiratory therapy equipment and therapeutic procedures will be explored with emphasis on complex principles of equipment operation and care, quality control and advanced therapeutic techniques as employed in the critical care environment. Special emphasis is placed on life support systems.

Variation in ventilation oxygenation, and current weaning techniques are discussed for various disease entities.

Transfers to CSU

RESPIRATORY THERAPY 122 † Supervised Clinical Practicum II

3 units, 9 hours laboratory

Prerequisite: A "C" grade or higher in RESP 105 and 108 and 112 and 114 or equivalent.

Corequisite: A "C" grade or higher or concurrent enrollment in RESP 116 and 118 and 150.

General respiratory therapy procedures and pulmonary assessment are carried out in the acute care hospital environment. Included in the supervised experiences are oxygen, aerosol and medication delivery therapy, chest physiotherapy techniques, hyperinflation therapy, airway care techniques and mechanical ventilation management, with both acute and critical care patients. Pulmonary assessment and pathophysiology are applied to modify appropriate patient care management.

Transfers to CSU

RESPIRATORY THERAPY 150 † Neonatal Pediatric Respiratory Care

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher in RESP 105 and 108 and 112 and 114 or equivalent.

Corequisite: A "C" grade or higher or concurrent enrollment in RESP 116 and 118 and 122.

This course is designed to familiarize the respiratory therapy student with the knowledge necessary to care for pediatric and neonatal patient populations. Pediatric, infant, and neonatal physiology, pathophysiology, clinical manifestations, management and treatment in acute and critical care are emphasized.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

RESPIRATORY THERAPY 200 A-B-C † Work-Study Externship – Patient Care Management

1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours

Prerequisite: A “C” grade or higher in RESP 122 or equivalent and recommendation of the RESP faculty or equivalent.

A work-study course in which a Grossmont College Respiratory Therapy student is employed by or volunteers at a clinical site with whom the Respiratory Therapy Program has established an affiliation agreement. The clinical site supports the objectives of the course and provides supervision through licensed Respiratory Care Practitioner preceptors. The student applies previously acquired respiratory therapy theory and clinical skills in the management of patient care. This course is offered on a Pass/No Pass basis only and may be taken three times. For work experience requirements, see page 43.

Transfers to CSU

RESPIRATORY THERAPY 201 † Cardiopulmonary Pathology and Pathophysiology

4 units, 4 hours lecture

Prerequisite: A “C” grade or higher in RESP 116 and 118 and 122 and 150 or equivalent.

Corequisite: A “C” grade or higher or concurrent enrollment in RESP 208 and 222.

This course is an introduction to basic respiratory pathology and resulting abnormal physiology. The role of the respiratory therapist in management of cardiorespiratory disease entities commonly found in the general care environment, in the intensive care unit, and in the home care setting is developed. Emphasis is placed on the pathological processes.

Transfers to CSU

RESPIRATORY THERAPY 202 A-B-C † Work-Study Externship – Patient Care Management

2 units, 10 hours work experience per week
120 volunteer hours or 150 paid hours

Prerequisite: A “C” grade or higher in RESP 122 or equivalent and recommendation of the RESP faculty or equivalent.

A work-study course in which a Grossmont College Respiratory Therapy student is employed by or volunteers at a clinical site with whom the Respiratory Therapy Program has established an affiliation agreement. The clinical site supports the objectives of the course and provides supervision through licensed Respiratory Care Practitioner preceptors. The student applies previously acquired respiratory therapy theory and clinical skills in the management of patient care. This course is offered on a Pass/No Pass basis only and may be taken three times. For work experience requirement, see page 43.

Transfers to CSU

RESPIRATORY THERAPY 205 † Cardiopulmonary Patient Management

3.5 units, 3.5 hours lecture

Prerequisite: A “C” grade or higher in RESP 201 and 208 and 222 or equivalent.

Corequisite: A “C” grade or higher or concurrent enrollment in RESP 232 and 268

This course is a capstone course designed to use critical thinking and decision making skills to incorporate previous learning with new concepts, investigation, and research. All patient populations and levels of care are included in this course. Capstone projects are required.

Transfers to CSU

RESPIRATORY THERAPY 208 † Invasive and Noninvasive Cardiopulmonary Monitoring

4 units, 3 hours lecture, 3 hours laboratory

Prerequisite: A “C” grade or higher in RESP 116 and 118 and 122 and 150 or equivalent.

Corequisite: A “C” grade or higher or concurrent enrollment in RESP 201 and 222.

This course is designed to provide theory and hands on practice in various means of monitoring the patient in the acute care setting. An introductory level of advanced modes of ventilation, principles of weaning from mechanical ventilation as well as monitoring the cardiovascular system with capnography, electrocardiography and hemodynamic monitoring in the critical care setting will be presented.

Transfers to CSU

RESPIRATORY THERAPY 220 † Sleep Disorders, Diagnostic Procedures, and Treatments

4 units, 4 hours lecture

This course is designed to familiarize the student with sleep medicine and the opportunities available in this specialty. The course will include roles of the sleep specialist, infection control and patient safety, sleep physiology and functions, monitoring of the patient, and the use of diagnostic and treatment equipment and options.

Transfers to CSU

RESPIRATORY THERAPY 222 † Supervised Clinical Practicum III

4 units, 12 hours laboratory

Prerequisite: A “C” grade or higher in RESP 116 and 118 and 122 and 150 or equivalent.

Corequisite: A “C” grade or higher or concurrent enrollment in RESP 201 and 208.

This course provides practice in advanced respiratory procedures and therapeutic techniques in the critical care environment. Therapeutic management of critical pulmonary patients is practiced under direct instructor supervision. Assessment of patient pulmonary status by the student is required prior to the convening of clinical.

Transfers to CSU

RESPIRATORY THERAPY 232 † Supervised Clinical Practicum IV

4 units, 12 hours laboratory

Prerequisite: A “C” grade or higher in RESP 201 and 208 and 222 or equivalent.

Corequisite: A “C” grade or higher or concurrent enrollment in RESP 205 and 268.

This course provides practice in cardiopulmonary specialty techniques in the hospital environment or simulation lab under direct supervision of specialty experts. These techniques build upon content from RESP 201, 208, and 222.

Transfers to CSU

RESPIRATORY THERAPY 268 † Respiratory Therapy Home Care Techniques

1.5 units, 1.5 hours lecture.

Prerequisite: A “C” grade or higher in RESP 201 and 208 and 222 or equivalent.

Corequisite: A “C” grade or higher or concurrent enrollment in RESP 205 and 232.

This course will provide the student with a review of various apparatuses utilized by patients in their home. This will include home oxygen therapy modalities, home sterilization techniques and home ventilator life support systems.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.

RESPIRATORY THERAPY 270 † Respiratory Therapy Review

2 units, 2 hours lecture

Prerequisite: A "C" grade or higher in RESP 201 and 208 and 222 or equivalent.

This course will review all areas of Respiratory Therapy as preparation for the Respiratory Therapy advanced level credentialing examinations. Emphasis will be given to credentialing examination matrices.

RUSSIAN (RUSS)

RUSSIAN 120 † Russian I

5 units, 5 hours lecture

An introductory course to the Russian language and the cultures of its speakers. This course is designed for students with very little or no knowledge of Russian. It facilitates the practical application of the language in everyday oral and written communication at the beginning level. Since the focus will be on basic communication skills, the class will be conducted in Russian as much as possible. Students will learn structures that will enable them to function in Russian in everyday contexts while becoming familiar with the Russian speaking world.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC

RUSSIAN 121 † Russian II

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Russian 120 or two years of high school Russian or equivalent.

This second course in the Russian language will continue to develop oral skills based on practical everyday needs and written skills based on formal communication.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

RUSSIAN 196 † Community Service Learning Experience

1 unit, 5 hours work experience per week

60 volunteer hours or 75 paid hours

Prerequisite: A "C" grade or higher or "Pass" in Russian 120 or equivalent.

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose of this course is to provide the student an opportunity to practice and use the Russian language in a community based site and to explore different career options. For work experience requirements, see page 43.

Transfers to CSU

RUSSIAN 220 † Russian III

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Russian 121 or three years of high school Russian or equivalent.

The course continues to develop oral, listening, reading, and writing skills in order to acquire proficiency in Russian. *Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A*

Transfers to: CSU, UC

RUSSIAN 221 † Russian IV

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Russian 220 or four years of high school Russian or equivalent.

The course will continue to develop oral, listening, reading, and writing skills in order to improve proficiency in Russian.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

RUSSIAN 250 † Conversational Russian I

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Russian 121 or three years of high school Russian or equivalent.

This course focuses on intermediate level conversation development with vocabulary building and improvement of speaking proficiency in the context of Russian culture. Conversations are based on everyday situations and cultural events.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC

RUSSIAN 251 † Conversational Russian II

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Russian 250 or four years of high school Russian or equivalent.

This course continues to focus and expand on intermediate level conversation development with more complex and varied vocabulary building and improvement of speaking proficiency in the context of Russian-speaking culture. Conversations are based on current and cultural events.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC

SCIENCE (SCI)

SCIENCE 110 † Introduction to Scientific Thought

3 units, 3 hours lecture

This is a course on the methodology, history and philosophy of science for those who have a background in neither science nor philosophy. It emphasizes what scientists do and how they think by drawing on the history of physical and biological sciences. The concepts of scientific revolutions, scientific skepticism, experimental design, the ethical implications of scientific discovery, and the impact of the scientific enterprise on the world are covered. Pseudoscientific claims are investigated, with an eye toward critical thinking, and students are exposed to the notion that there may be more excitement in stem cell research and nanotechnology than in horoscopes, magnet therapy, and the like. The relationship between science and religion is discussed.

Satisfies General Education for: Grossmont College B2; CSU A3 or B1; IGETC 5A

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

SOCIOLOGY (SOC)

Sociology 114 †

(Ethnic Studies 114)

Introduction to Race & Ethnicity

3 units, 3 hours lecture

An introduction to the sociological analysis of ethnicity, race, and immigration in a global context. Topics include the history of racialized groups in the United States, patterns of interaction between racial and ethnic groups, colonialism, immigration, identity formation, prejudice, discrimination, ethnocentrism, racism, institutional racism, social movements for civil rights, liberation and decolonization, and the intersection of race and ethnicity with social class, gender and other forms of difference and stratification.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

Sociology 120 †

Introductory Sociology

3 units, 3 hours lecture

Introduction to major concepts, theoretical perspectives, and methods in the study of society. Topics include social structure, culture, social control, deviance, social stratification, globalization, ethnic and racial relations, gender, sexuality, complex organizations, social institutions, the material and symbolic dimensions of human social interactions, socialization, the social construction of the self and social change.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

Sociology 125 †

Marriage, Family and Alternative Life Styles

3 units, 3 hours lecture

An introduction to the sociological analysis of families, marriages and intimate relationships. Family life and intimate relationships in contemporary American society are examined from the perspectives of different ethnic and racial groups with a focus on the intersectionality of race, class, gender and sexuality. Emphasis is placed on the analysis of the family's relationship to economic structures, political institutions and belief systems in different socio-cultural and historical contexts. Topics include: history of the family, family diversity and inequality, socialization, sexuality, child and intimate partner violence and abuse, courtship, interracial friendships and romantic relationships, singlehood, marriage, communication patterns, parenting, adoption, divorce, remarriage, stepfamilies, widowhood, aging, and the future of the family.

Satisfies General Education for: Grossmont College D; CSU D or E; IGETC 4

Transfers to: CSU, UC

Sociology 130 †

Contemporary Social Problems

3 units, 3 hours lecture

A study of contemporary American and global social problems, with emphasis on the sociological theories and scientific research methods. Topics include poverty, unemployment, global economic inequality, racism, gender inequality, health care issues, crime, war, violence, terrorism, environmental degradation and the concentration of political and economic power. A critical evaluation of policies and programs for social betterment is also presented.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

Sociology 138 †

(Psychology 138)

Social Psychology

3 units, 3 hours lecture

An examination of individuals in social contexts to reveal how one's thoughts, feelings and actions can be influenced by other people. Includes topics such as social perception and attribution processes, dissonance, reduction, altruism, aggression, prejudice, conformity, and group processes.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC (credit limited: see page 54)

Sociology 140 †

Sex and Gender Across Cultures

3 units, 3 hours lecture

An introduction to the sociological analysis of sex, gender and sexual orientation in a variety of socio-economic and cultural contexts. The course examines the impact sex, gender and sexual orientation have on the lives of men and women from different cultures in the areas of work, ethnicity, kinship, sexuality, politics, religion, health, arts, sports and communication. Gender and sexual relations in the contemporary USA are examined from the perspectives of different ethnic and racial groups.

Satisfies General Education for: Grossmont College D; CSU D; IGETC 4

Transfers to: CSU, UC

Sociology 150 †

Latinx Sociology

3 units, 3 hours lecture

This course is an in-depth sociological examination of Latinx/Hispanic communities in the United States. Topics include family structure, gender roles and sexuality; religion; economics; racism; social movements; U.S./Mexico border issues and immigration policy; and education. Emphasis is placed on social interactions, politics of identity formation, and social processes impacting the status of U.S. Latinx/Hispanics. This course is intended for sociology majors or any student interested in the social sciences.

Satisfies General Education for: Grossmont College D; CSU D, CSU D; IGETC 4

Transfers to CSU

Sociology 215 †

(Anthropology 215, Psychology 215)

Statistics for the Behavioral Sciences

4 units, 3.5 hours lecture, 1.5 hours laboratory

Prerequisite: A "C" grade or higher in MATH 103 or 110 or equivalent.

Methods and experience in defining and solving quantitative problems in the behavioral sciences. Emphasis is on the design of experiments and the application of a variety of parametric and nonparametric techniques to the analysis of data.

Satisfies General Education for: Grossmont College A3; CSU B4; IGETC 2A

Transfers to: CSU, UC (credit limited: see page 54)

† This course meets all Title 5 standards for Associate Degree Credit.

SPANISH (SPAN)

SPANISH 120 † Spanish I

5 units, 5 hours lecture

An introductory course to the Spanish language and the culture of its speakers. This course is designed for students with very little or no knowledge of Spanish. The purpose of the course is to facilitate the practical application of the language in everyday oral and written communication at the beginning novice level. Since the focus will be on basic communication skills, the class will be conducted in Spanish, as much as possible. While becoming familiar with the Spanish speaking world, students will learn structures that will enable them to communicate in Spanish in everyday contexts.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC (credit limited: see page 54)

SPANISH 121 † Spanish II

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Spanish 120 or two years of high school Spanish or equivalent.

Spanish 121 is the continuation of Spanish 120. The course will continue to develop oral and written skills based on practical everyday needs.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC (credit limited: see page 54)

SPANISH 122 † Spanish for the Native Speaker I

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in Spanish 121 or equivalent.

Fundamentals of spoken and written Spanish for the bilingual speaker. This course is designed to help Spanish-speaking students further improve their oral and written communication skills. Emphasis on writing, reading, comprehension, and vocabulary building at the intermediate level in a cultural context. Exposure to the diversity within the culture of the Spanish-speaking world. This course is designed to provide the bilingual speaker with the linguistic and learning skills required for successfully completing upper division courses in Spanish. The course will be taught in Spanish. Not open to student with credit in Spanish 220 and 221.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A

Transfers to: CSU, UC (credit limited: see page 54).

SPANISH 123 † Spanish for the Native Speaker II

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in SPAN 122 or equivalent.

This course is designed to help Spanish-speaking students further improve their oral and written communication skills. In addition, it provides the bilingual speaker with the linguistic and learning skills required for successfully completing upper division courses in Spanish. Not open to students with credit in Spanish 221.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A,

Transfers to: CSU, UC (credit limited: see page 54)

SPANISH 141 † Spanish and Latin American Cultures

3 units, 3 hours lecture

A survey of major characteristics of Spanish, Latin American and Chicano cultures as reflected in literature, the arts, philosophy and folklore.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B

Transfers to: CSU, UC

SPANISH 145 † Hispanic Civilizations

3 units, 3 hours lecture

A general overview of the cultures of Spain and Latin America while directly providing an opportunity to explore the cultural richness of the Hispanic world through a particular country. The course may be offered as an on-site tour of a selected Hispanic country.

Satisfies General Education for: Grossmont College C; CSU C2

Transfers to CSU

SPANISH 196 † Community Service Learning Experience

1 unit, 5 hours work experience per week

60 volunteer hours or 75 paid hours

Prerequisite: A "C" grade or higher or "Pass" in SPAN120 or equivalent.

Community Service Learning Experience (CSLE) is a community outreach program which promotes the national agenda of volunteer engagement. The purpose of this course is to provide the student an opportunity to practice and use the Spanish language in a community based site and to explore different career options. For work experience requirements, see page 43.

Transfers to CSU

SPANISH 220 † Spanish III

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in SPAN 121, or three years of high school Spanish or equivalent.

Spanish 220 is the continuation of Spanish 121. The course will continue to develop oral, listening, reading, and writing skills in order to acquire proficiency in Spanish. Not open to student with credit in Spanish 122.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

SPANISH 221 † Spanish IV

5 units, 5 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in SPAN 220 or four years of high school Spanish or equivalent.

Spanish 221 is the continuation of Spanish 220. The course will continue to develop oral, listening, reading, and writing skills in order to improve proficiency in Spanish. Not open to student with credit in Spanish 123.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 3B, 6A

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

SPANISH 250 † Conversational Spanish I

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in SPAN 121 or 122 or 123 or 220 or 221 or three years of high school Spanish or equivalent.

Focuses on intermediate level conversation development with vocabulary building and improvement of speaking proficiency in the context of Spanish speaking culture. Conversations are based on everyday situations and cultural events.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

SPANISH 251 † Conversational Spanish II

3 units, 3 hours lecture

Prerequisite: A "C" grade or higher or "Pass" in SPAN 250 or four years of high school Spanish or equivalent.

Continues to focus and expand on intermediate level conversation development with more complex and varied vocabulary building and improvement of speaking proficiency in the context of Spanish-speaking culture. Conversations are based on current and cultural events.

Satisfies General Education for: Grossmont College C; CSU C2; IGETC 6A
Transfers to: CSU, UC

SPEECH COMMUNICATION

See: Communication

TELE- COMMUNICATIONS

See: Media Communications

THEATRE ARTS (THTR)

Unless specifically required by a transfer institution for preparation for a Theatre Arts major, students are limited to four enrollments in any combination of courses related in content (families). Students intending to major in Theatre Arts at a California State University or University of California campus that requires more than the limit should see a counselor. Refer to page 37 to see "Limitations on Enrollment" for specific groups of families in theatre arts.

THEATRE ARTS 101 † Introduction to Narrative Theory

3 units, 3 hours lecture

This class will present students with a fundamental understanding of classical and modern storytelling theory and structure. The evolution of narrative theory of dramatic literature, and the influence of film, television and new media, will be studied. The history and relationship of societal trends and aspirations, and the effects they have had on mankind's idea of storytelling, will be examined.

Satisfies General Education for Grossmont College C; CSU C1; IGETC 3A
Transfers to: CSU, UC

THEATRE ARTS 102A † Theatre Production Practicum: Costumes I

2 units, 6 hours laboratory

Supervised participation in the technical component of basic costuming for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 102B † Theatre Production Practicum: Costumes II

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 102A or equivalent.

Supervised participation in the technical component of fundamental level costuming for a major theatre arts production.

Transfers to CSU

THEATRE ARTS 102C † Theatre Production Practicum: Costumes III

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 102B or equivalent.

Supervised participation in the technical component of intermediate level costuming for a major theatre arts production.

Transfers to CSU

THEATRE ARTS 102D † Theatre Production Practicum: Costumes IV

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 102C or equivalent.

Supervised participation in the technical component of advanced level costuming / design for a major theatre arts production.

Transfers to CSU

THEATRE ARTS 103A † Theatre Production Practicum: Sets I

2 units, 6 hours laboratory

Supervised participation in the technical component of basic set construction for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 103B † Theatre Production Practicum: Sets II

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 103A or equivalent.

Supervised participation in the technical component of fundamental level set construction for a major theatre arts production.

Transfers to CSU

THEATRE ARTS 103C † Theatre Production Practicum: Sets III

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 103B or equivalent.

Supervised participation in the technical component of intermediate level set construction for a major theatre arts production.

Transfers to CSU

THEATRE ARTS 103D † Theatre Production Practicum: Sets IV

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 103C or equivalent.

Supervised participation in the technical component of advanced level set construction / design for a major theatre arts production.

Transfers to CSU

† This course meets all Title 5 standards for Associate Degree Credit.



THEATRE ARTS 104A †
Theatre Production
Practicum: Lighting/Sound I

2 units, 6 hours laboratory

Supervised participation in the technical component of basic lighting and sound for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 104B †
Theatre Production
Practicum: Lighting/Sound II

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 104A or equivalent.

Supervised participation in the technical component of fundamental level lighting and sound for a major theatre arts production.

Transfers to CSU

THEATRE ARTS 104C †
Theatre Production
Practicum: Lighting/Sound III

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 104B or equivalent.

Supervised participation in the technical component of intermediate level lighting and sound for a major theatre arts production.

Transfers to CSU

THEATRE ARTS 104D †
Theatre Production
Practicum: Lighting/Sound IV

2 units, 6 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 104C or equivalent.

Supervised participation in the technical component of advanced level lighting and sound/design for a major theatre arts production.

Transfers to CSU

THEATRE ARTS 110 †
Introduction to the Theatre

3 units, 3 hours lecture

This course is designed to introduce students to the fundamental concepts and practices of theatre. An overview of the creative processes of theatre will provide the student with a basic insight and understanding of the art of theatre. A study of drama as a reflection of humanities ideals and aspirations will lead to the development of a theatre aesthetic. Attendance at selected performances.

Satisfies General Education for: Grossmont College C; CSU C1; IGETC 3A

Transfers to: CSU, UC

THEATRE ARTS 111A †
Rehearsal and Performance:
Acting I

2 units, 6 hours laboratory

Prerequisite: Audition

Supervised participation in the area of ensemble acting for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 111B †
Rehearsal and Performance:
Acting II

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 111A or equivalent.

Supervised participation in the area of acting, fundamental level, for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 111C †
Rehearsal and Performance:
Acting III

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 111B or equivalent.

Supervised participation in the area of acting, intermediate level, for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 111D †
Rehearsal and Performance:
Acting IV

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 111C or equivalent.

Supervised participation in the area of acting, advanced level/leading roles, for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 112A †
Rehearsal and Performance:
Stage Management I

2 units, 6 hours laboratory

Prerequisite: Audition

Supervised participation in the area of stage management for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 112B †
Rehearsal and Performance:
Stage Management II

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theater Arts 112A or equivalent.

Supervised participation in the area of stage management, fundamental level, for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 112C †
Rehearsal and Performance:
Stage Management III

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theater Arts 112B or equivalent.

Supervised participation in the area of stage management, intermediate level, for a major theatre arts production.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

THEATRE ARTS 112D † **Rehearsal and Performance:** **Stage Management IV**

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theater Arts 112C or equivalent.

Supervised participation in the area of stage management, advanced level, for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 113A † **Rehearsal and Performance:** **Production Crew I**

2 units, 6 hours laboratory

Prerequisite: Audition

Supervised participation in the areas of production crew for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 113B † **Rehearsal and Performance:** **Production Crew II**

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 113A or equivalent.

Supervised participation in the areas of production crew fundamental level, for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 113C † **Rehearsal and Performance:** **Production Crew III**

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 113B or equivalent.

Supervised participation in the areas of production crew at an intermediate level, for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 113D † **Rehearsal and Performance:** **Production Crew IV**

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 113C or equivalent.

Supervised participation in the areas of production crew at an advanced level, for a major theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 115 † **Voice and Movement for the** **Stage**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 130 or equivalent.

Training of voice and movement through exercises using the vocal and physical instruments as they pertain to creating a character. Leading exponents of voice and movement training will be studied and applied. Emphasis placed on both individual and ensemble performance.

Transfers to: CSU, UC

THEATRE ARTS 119A † **Theatre Mime I**

3 units, 2 hours lecture, 3 hours laboratory

Basic Theatre Mime and Pantomime techniques through direct participation and demonstrations: students will learn how to act with the whole body, to communicate non-verbal statements, emotions, and characterizations.

Students will work with masks, props, and music, constructing approaches to focus on movement, control, and believability. Students may also be involved in a theatre mime production.

Transfers to: CSU, UC (credit limited: see page 54)

THEATRE ARTS 119B † **Theatre Mime II**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 119A or equivalent.

Intermediate Theatre Mime and Pantomime techniques through direct participation and demonstrations: students will learn how to act with the whole body, to communicate non-verbal statements, emotions, and characterizations. Students will work with masks, props, and music, constructing approaches to focus on movement, control, and believability. Students may also be involved in a theatre mime production.

Transfers to: CSU, UC (credit limited: see page 54)

THEATRE ARTS 122A † **Theatre Workshop** **Laboratory: Acting I**

1 unit, 4 hours laboratory

Prerequisite: Audition

Supervised participation in the area of ensemble acting for a theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 122B † **Theatre Workshop** **Laboratory: Acting II**

1 unit, 4 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 122A or equivalent.

Supervised participation in the area of fundamental acting for a theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 122C † **Theatre Workshop** **Laboratory: Acting III**

1 unit, 4 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 122B or equivalent.

Supervised participation in the area of intermediate acting for a theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 122D † **Theatre Workshop** **Laboratory: Acting IV**

1 unit, 4 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 122C or equivalent.

Supervised participation in the area of advanced level/leading roles acting for a theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 123A † **Theatre Workshop** **Laboratory: Construction I**

1 unit, 4 hours laboratory

Prerequisite: Audition

Supervised participation in the basic technical/construction components of a theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 123B † **Theatre Workshop** **Laboratory: Construction II**

1 unit, 4 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 123A or equivalent.

Supervised participation in the fundamental technical/construction components of a theatre arts production.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

THEATRE ARTS 123C †
Theatre Workshop
Laboratory: Construction III

1 unit, 4 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 123B or equivalent.

Supervised participation in the intermediate technical/construction components of a theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 123D †
Theatre Workshop
Laboratory: Construction IV

1 unit, 4 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 123C or equivalent.

Supervised participation in the advanced technical/construction components of a theatre arts production.

Transfers to: CSU, UC

THEATRE ARTS 124A †
Theatre Workshop
Laboratory: Production Crew I

1 unit, 4 hours laboratory

Prerequisite: Audition

Supervised participation in the basic management and technical crew components of a Theatre Arts production.

Transfers to: CSU, UC

THEATRE ARTS 124B †
Theatre Workshop
Laboratory: Production Crew II

1 unit, 4 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 124A or equivalent.

Supervised participation in the fundamental management and technical crew components of a Theatre Arts production.

Transfers to: CSU, UC

THEATRE ARTS 124C †
Theatre Workshop
Laboratory: Production Crew III

1 unit, 4 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 124B or equivalent.

Supervised participation in the intermediate management and technical crew components of a Theatre Arts production.

Transfers to: CSU, UC

THEATRE ARTS 124D †
Theatre Workshop
Laboratory: Production Crew IV

1 unit, 4 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 124C or equivalent.

Supervised participation in the advanced level management and technical crew components of a Theatre Arts production.

Transfers to: CSU, UC

THEATRE ARTS 130 †
Acting I

3 units, 2 hours lecture, 3 hours laboratory

This course is designed for the beginning actor, laying a foundation in the fundamental skills and methods of acting. Exercises in reading, memorization, body/voice and improvisation. Analysis and presentation of monologues and scenes. The development of characterization, the collaborative process and an understanding of theatrical terminologies and etiquette.

Satisfies General Education for: Grossmont College C

Transfers to: CSU, UC

THEATRE ARTS 131 †
Acting II

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 130 or equivalent and a "C" grade or higher or "Pass" or concurrent enrollment in Theatre Arts 101 or equivalent.

Through scenes and monologues the student will explore physical and vocal techniques in intermediate acting with special emphasis on theory and practice, script analysis, and dissecting modern and classical language as a major interpretive tool.

Transfers to: CSU, UC

THEATRE ARTS 132 †
Acting for the Camera

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 131 or equivalent.

Introduces students to the techniques and skills for on camera editing. Emphasis is placed on script/side analysis, audition techniques for television and film, character development, and on camera performance. Students will be exposed to both the practical and artistic issues that must be taken into consideration when performing in front of a camera.

Transfers to: CSU

THEATRE ARTS 134A †
Fundamentals of Costume Design and Construction I

3 units, 2 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" or concurrent enrollment in Theater Arts 101 or equivalent.

This introductory course is designed to study current equipment, materials, techniques, creative theories and applications used in the design and construction of costumes for theatre and film. Current fabric and fabric treatments will be utilized. Students will be instructed in the production of costume accessories.

Transfers to: CSU, UC

THEATRE ARTS 134B †
Fundamentals of Costume Design and Construction II

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 134A or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" or concurrent enrollment in Theater Arts 101 or equivalent.

This course is an intermediate study of materials, specialized techniques, creative theories and applications used in the design and construction of costumes for theatre and film. Current fabric and fabric treatments will be utilized. Students will be instructed in the production of costume accessories

Transfers to: CSU, UC

THEATRE ARTS 136 †
Theatre Makeup I

2 units, 1 hour lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" or concurrent enrollment in Theatre Arts 101 or equivalent.

Basic principles, applications, techniques, and design of makeup for theatre, television, and film.

Transfers to: CSU, UC

THEATRE ARTS 137 †
Theatre Makeup II

2 units, 1 hour lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theater Arts 136 or equivalent.

The study and implementation of advanced makeup techniques used in theatre, television, and film. Techniques will include: casting prosthesis and air brushed makeup as well as using water based and pressed powder makeup. Emphasis will be placed on the creation of realistic and non-realistic character development and makeup design.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

THEATRE ARTS 140A † **Costume Patternmaking I**

2 units, 1 hour lecture, 3 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" or concurrent enrollment in Theatre Arts 134A or B or equivalent.

An introduction to costume design using the basic flat pattern method. Students will develop a personal master pattern, create original pattern designs, and learn to manipulate basic templates into patterns for different historical periods.

Transfers to CSU

THEATRE ARTS 140B † **Costume Patternmaking II**

2 units, 1 hour lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 140A or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" or concurrent enrollment in Theatre Arts 134A or B or equivalent.

An introduction to costume design using the flat pattern or draping method. Students will develop a personal master pattern, create original pattern designs, and learn to manipulate basic templates into patterns for different historical periods. Students will also learn specialized construction techniques for creating historical undergarments and/or outer garments.

Transfers to CSU

THEATRE ARTS 143 † **Historic Costume for the Theatre**

3 units, 3 hours lecture

Survey of historic costume in the Western World, beginning with Ancient Egypt to the end of the nineteenth century.

Satisfies General Education for: Grossmont College C; CSU C1 or C2; IGETC 3B

Transfers to: CSU, UC

THEATRE ARTS 144 † **20th Century Fashion and Costume**

3 units, 3 hours lecture

A survey of 20th century fashion in the western world. An in-depth study of fashion trends, designers, fabrics, and accessories from 1900-2000. A view of how religious, political and economic conditions affect popular clothing trends and the design of theatrical costumes.

Satisfies General Education for: Grossmont College C; CSU C1 or C2; IGETC 3A, 3B

Transfers to: CSU, UC

THEATRE ARTS 145 † **Arena Theatre Production I**

2 units, 6 hours laboratory

Prerequisite: Audition

Supervised participation in the basic level of specialized theatre productions including community outreach tours, intersession/short term productions and student one-act play productions.

Transfers to: CSU, UC

THEATRE ARTS 146 † **Arena Theatre Production II**

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 145 or equivalent.

Supervised participation in the intermediate level of specialized theatre productions including community outreach tours, intersession/short term productions and student one-act play productions.

Transfers to CSU, UC

THEATRE ARTS 147 † **Arena Theatre Production III**

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 146 or equivalent.

Supervised participation in the advanced level of specialized theatre productions including community outreach tours, intersession/short term productions and student one-act play productions.

Transfers to CSU, UC

THEATRE ARTS 148 † **Arena Theatre Production IV**

2 units, 6 hours laboratory

Prerequisite: Audition and a "C" grade or higher or "Pass" in Theatre Arts 147 or equivalent.

Supervised specialized participation (including stage management, assistant director, and design) in the advanced level of specialized theatre productions including community outreach tours, intersession/short term productions and student one-act play productions.

Transfers to CSU, UC

THEATRE ARTS 155 † **Stagecrafts**

3 units, 2 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" or concurrent enrollment in Theater Arts 101 or equivalent.

This course is designed to introduce students to the planning and construction of scenery for the stage, television and film. The tools, methods and materials of scenic production will be examined and put to use. Work in the scene shop for Theatre Arts Department productions is required.

Transfers to: CSU, UC

THEATRE ARTS 156 † **Fundamentals of Scenic Design**

3 units, 2 hours lecture, 3 hours laboratory

Recommended Preparation: A "C" grade or higher or "Pass" or concurrent enrollment in Theater Arts 155 or equivalent.

This course is designed to introduce students to the fundamental theory and practice of modern scenic design, the tools that are available to scenic designers, methods of research and historical investigation for scenery and properties, the function of scenery and properties in the theatre, and modeling and rendering techniques for scenic design presentation.

Transfers to: CSU, UC

THEATRE ARTS 157 † **Fundamentals of Stage Lighting and Sound**

3 units, 2 hours lecture, 3 hours laboratory

This course is designed to introduce students to the fundamental theory and practice of modern stage lighting and sound design, functions of light and sound in the theatre, and practical experience with a wide variety of lighting and sound equipment.

Transfers to: CSU, UC

THEATRE ARTS 205 † **The American Musical on Stage and Screen**

3 units, 3 hours lecture

This course will introduce students to the American Musical, from its inception through its most recent live, filmed, and digital manifestations. A study of the societal movements that influence musical theatre, including demographical, socio-economic, and technological trends, will be analyzed and applied. Important individual performers, producers, directors, composers, and adapters will be studied. Representative theatrical productions and films will be viewed and critiqued. Observation at selected performances is required.

Satisfies General Education for Grossmont College C; CSU C1; IGETC 3A

Transfers to CSU, UC

THEATRE ARTS 207 † **Techniques of Directing I**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 131 or equivalent.

Elementary techniques of directing, including casting, rehearsal scheduling, blocking, focusing, interpreting and translating of dramatic literature in acting; a basic study of character and environmental analysis.

Transfers to: CSU, UC

† This course meets all Title 5 standards for Associate Degree Credit.

THEATRE ARTS 208 † **Techniques of Directing II**

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 207 or equivalent.

Intermediate techniques of directing, including casting, rehearsal scheduling, blocking, focusing, interpreting and translating of dramatic literature in acting; a basic study of character and environmental analysis.

Transfers to: CSU, UC

THEATRE ARTS 230 † **Acting III**

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 131 or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in Theatre Arts 115 or equivalent.

Advanced development and strengthening of individual insights, abilities, and discipline needed to create a dramatic character on stage. Focus on collaboration and individual development, creative process, and reading skills with special emphasis on Shakespeare, Classic, and Modern Realism.

Transfers to: CSU, UC

THEATRE ARTS 234A † **Fundamentals of Musical Theatre – Performance I**

3 units, 2 hours lecture, 3 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Theatre Arts 205 and 130 and Music 001 or equivalent.

Fundamentals of Musical Theatre – Performance is a performance-oriented course in which students learn to apply basic acting techniques to musical-theatre performance. The course will help the student integrate acting and singing training by applying acting skills to both dialogue and lyrics, thus bridging the gap between speaking and singing through the creation of a whole, unified character – one who logically and believably sings, moves and acts. The course accommodates an introduction for students with little or no previous musical-theatre experience. Primary emphasis in this class is placed on the three basic core areas of performing: singing, acting, and movement.

Transfers to: CSU, UC

THEATRE ARTS 234B † **Fundamentals of Musical Theatre – Performance II**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in THTR 234A or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in Theatre Arts 205 and 130 and Music 001 or equivalent.

Fundamentals of Musical Theatre – Performance is a performance-oriented course in which students learn to apply intermediate acting techniques to musical-theatre performance. The course will help the student integrate acting and singing training by applying acting skills to both dialogue and lyrics, thus bridging the gap between speaking and singing through the creation of a whole, unified character – one who logically and believably sings, moves and acts. The course accommodates performing arts students with previous musical-theatre experience, and as a continuing performance forum. Primary emphasis in this class is placed on the three basic core areas of performing: singing, acting, and movement.

Transfers to: CSU, UC

THEATRE ARTS 235A † **Fundamentals of Musical Theatre – Scene/Song I**

3 units, 2 hours lecture, 3 hours laboratory
Recommended Preparation: A "C" grade or higher or "Pass" in Theatre Arts 205 and 130 and Music 001 or equivalent.

Fundamentals of Musical Theatre – Scene/Song is a performance-oriented course in which students participate in a variety of musical theatre projects incorporating basic singing, acting, blocking, and choreographed movement. During the course, students will perform basic duets, and ensemble musical scenes from the musical theatre repertoire. Ballad and up-tempo songs introduce students to a body of musical theatre literature, and will be used to prepare for auditions and performance work outside of class; while duets and musical scenes help to further integrate singing, acting, and movement skills, as well as develop appreciation of the Musical Theatre as an art form requiring the synthesis and mastery of these diverse skills.

Transfers to: CSU, UC

THEATRE ARTS 235B † **Fundamentals of Musical Theatre – Scene/Song II**

3 units, 2 hours lecture, 3 hours laboratory

Prerequisite: A "C" grade or higher or "Pass" in Theatre Arts 235A or equivalent.

Recommended Preparation: A "C" grade or higher or "Pass" in Theatre Arts 205 and 130 and Music 001 or equivalent.

Fundamentals of Musical Theatre – Scene/Song is a performance-oriented course in which students participate in a variety of musical theatre projects incorporating intermediate level singing, acting, blocking, and choreographed movement. During the course, students will perform intermediate level duets, and ensemble musical scenes from the musical theatre repertoire. Ballad and up-tempo songs introduce students to a body of musical theatre literature, and will be used to prepare for auditions and performance work outside of class; while duets and musical scenes help to further integrate singing, acting, and movement skills, as well as develop appreciation of the Musical Theatre as an art form requiring the synthesis and mastery of these diverse skills.

Transfers to: CSU, UC

THEATRE ARTS 241 † **Theatre Arts Technical Internship**

1 unit, 5 hours work experience per week
60 volunteer hours or 75 paid hours

Prerequisite: Completion of Theatre Arts Technical Training Program.

Students will observe operations and work in a professional theatre center. Students will work for five hours per week, on-site, and will report progress to the Grossmont College Theatre Arts advisor weekly. An internship log will be kept of student activities at the production site. All necessary paperwork will be maintained and regularly reviewed. For work experience requirements, see page 43.

Transfers to: CSU

† This course meets all Title 5 standards for Associate Degree Credit.

THEATRE ARTS 242 † **Theatre Arts Technical Internship**

2 units, 10 hours work experience per week
120 volunteer hours or 150 paid hours

Prerequisite: Completion of Theatre Arts Technical Training Program.

Students will observe operations and work in a professional theatre center. Students will work for ten hours per week, on-site, and will report progress to the Grossmont College Theatre Arts advisor weekly. An internship log will be kept of student activities at the production site. All necessary paperwork will be maintained and regularly reviewed. For work experience requirements, see page 43.

Transfers to CSU

THEATRE ARTS 243 † **Theatre Arts Technical Internship**

3 units, 15 hours work experience per week
180 volunteer hours or 225 paid hours

Prerequisite: Completion of Theatre Arts Technical Training Program.

Students will observe operations and work in a professional theatre center. Students will work for fifteen hours per week, on-site, and will report progress to the Grossmont College Theatre Arts advisor weekly. An internship log will be kept of student activities at the production site. All necessary paperwork will be maintained and regularly reviewed. For work experience requirements, see page 43.

Transfers to CSU

THEATRE ARTS 254A † **Advanced Design I**

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in THTR 134A or 134B or 136 or 156 or 157 or equivalent.

Development and strengthening of insights and skills needed to undertake a theatrical design project. Special emphasis in at least one area of design introduced in Fundamentals of Costume Design and Construction, Theatre Makeup, Fundamentals of Scenic Design or Fundamentals of Stage Lighting and Sound.

Transfers to: CSU, UC

THEATRE ARTS 254B † **Advanced Design II**

3 units, 2 hours lecture, 3 hours laboratory
Prerequisite: A "C" grade or higher or "Pass" in THTR 254A or equivalent.

Advanced development and strengthening of insights and skills needed to undertake a theatrical design project. Special emphasis in at least one area of design introduced in Fundamentals of Costume Design and Construction, Theatre Makeup, Fundamentals of Scenic Design or Fundamentals of Stage Lighting and Sound.

Transfers to: CSU, UC

WOMEN'S STUDIES

There is no department of Women's Studies at Grossmont College; however, the following courses could be of value to those who are interested in the changing role of women or transferring as a major in Women's or Gender Studies:

English 201	Images of Women in Literature
Ethnic Studies 127	La Chicana
Ethnic Studies 143	Images of Black Women
Exercise Science 180	Self-Defense for Women
Gender Studies 116	Introduction to Women's Studies
Gender Studies/ History 154	Early History of Women in World Civilization
Gender Studies/ History 155	Modern History of Women in World Civilization
History 122	Women in Early American History
History 123	Women in Modern American History
Humanities 125	Women and Western Culture
Sociology 140	Sex and Gender Across Cultures

In addition, selected classes bearing the division prefix and the numbers 298, 299A, and 299B are offered on a variety of topics that could be related to women's changing lifestyles and alternatives. See the current class schedule for offerings.

† This course meets all Title 5 standards for Associate Degree Credit.

