

SUPPLEMENTAL CATALOG

SUMMER 2011

(This supplemental catalog reflects new and revised programs and courses adopted since the 2011-2012 catalog was published.)

INSTRUCTIONAL PROGRAMS

A primary objective of Monterey Peninsula College is to extend its services and resources to the community to help meet the community's educational, cultural and recreational interests. Instructional services include day, evening and weekend instructional programs offered on the Monterey campus, at the MPC Education Center at Marina, the Public Safety Training Center in Seaside, and off-campus locations, as well as a varied selection of distance learning courses and courses geared to meeting the needs of older adults.

In meeting this primary objective, Monterey Peninsula College offers the following types of programs:

Career technical: The career technical education programs offer the student basic technical and professional curricula to gain the skills and knowledge needed for employment, job advancement, certification, and/or the associate degree.

Transfer: The transfer program enables the student to complete the lower-division requirements in preparation for transfer to a baccalaureate-granting institution. MPC courses parallel those offered to freshman and sophomore students at the University of California, California State University, and private colleges and universities.

Skills Development: A program of basic skills is offered to students needing to increase performance levels in English, reading, study skills, math, critical thinking and other fundamental skills required for successful completion of college-level course work. An English as a Second Language program is available for students whose native language is one other than English. Support centers are available for language and mathematics skill development at a wide range of levels.

FAMILY RESEARCH STUDIES (GENEALOGY)

Learning Outcomes: Upon successful completion of the Family Research Studies program, students will have demonstrated the ability to:

- Formulate research strategies to access and interpret genealogical resources in a variety of formats.
- Critically evaluate and interpret a variety of resources related to family history.
- Compile a record documenting the results of genealogical research.

Certificate of Achievement

Certificate Requirements	UNITS
LIBR 50 Intro. to Info. Competency & Literacy	1
LIBR 60 Family Research Studies: Genealogy I	3
LIBR 61 Family Research Studies: Genealogy II	3
LIBR 62 Family Research Studies: Genealogy III	3
LIBR 63 Family Research Studies: Genealogy IV	3
<i>Select three units from the following:</i>	3
BUSC 100A Word Proc: MS Word/Windows I (1)	
BUSC 100B Word Proc: MS Word/Windows II (1)	
BUSC 100C Word Proc: MS Word/Windows III (1)	
<i>Select nine units from the following:</i>	9
GENT 2 Foundations of the Classical World (1)	
GENT 3 The Golden Age of Greece (1)	
GENT 5 The Medieval World: Part 1 (1)	
GENT 6 The Medieval World Part 2 (1)	
GENT 7 The Early Renaissance (1)	
OR <i>select as an alternative to GENT 5, 6, and 7: GENT 21 Medieval and Renaissance Europe (400-1520) (3)</i>	
GENT 8 Late Renaissance & Reformation (1)	
GENT 9 Foundations of the Modern World (1)	
GENT 10 The Age of Reason (1)	
GENT 11 Reaction & Revolution (1)	
GENT 12 The Age of Progress (1)	
OR <i>select as an alternative to GENT 10, 11, and 12: GENT 22 The Age of Revolution (1690-1870) (3)</i>	
GENT 13 The End of Innocence (1)	
GENT 14 Between the Wars (1)	

GENT 15 World War II to the Present (1)	
OR <i>select as an alternative to GENT 13, 14, and 15: GENT 23 The Modern World (1870 to Present) (3)</i>	
GEOG 2 Intro. to Physical Geography (3)	
GEOG 5 World Regional Geography (3)	
HIST 2 History of Asia (3)	
HIST 4 History of Western Europe I (3)	
HIST 5 History of Western Europe II (3)	
HIST 6 History of world Religions (3)	
HIST 7 The Ancient World: World Civilization to 1500 (3)	
HIST 8 The Modern World: World Civilization Since 1500 (3)	
HIST 11 African-Americans in Amer. History (3)	
HIST 12 Women in United States History (3)	
HIST 13 Women in History (3)	
HIST 15 History of California (3)	
HIST 17 History of the United States I (3)	
HIST 18 History of the United States II (3)	
HIST 20 History of Mexico (3)	
HIST 36 History of Russia 1917-Present (3)	
HIST 40 The African Experience (3)	
HIST 47 History of the Ancient Mediterranean/Near East (3)	
HIST 48 History of the Middle East (3)	
HIST 50 American History (3)	
LIBR 80 Internet Literacy (3)	
WRLD 4A The Roman Republic and Rise of Empire (500 BCE-14 CE) (1)	
OR <i>select as an alternative to WRLD 4A: WRLD 20 The Classical World (1200 BCE-14 CE) (3):</i>	

TOTAL CERTIFICATE UNITS **25**

Associate in Arts

Complete Major, MPC General Education Pattern, Competency Requirements, and 60 degree-applicable units (see pages 53, 57-59).

Associate Degree Major Requirements	UNITS
Certificate Requirements	25
<i>No additional major courses required.</i>	

FITNESS INSTRUCTOR TRAINING

The Fitness Instructor Training Program provides students with knowledge, techniques, and experience required for individual or group physical fitness training instruction.

Learning Outcomes: Upon successful completion of the Fitness Instructor Training program, students will be able to:

- Identify and describe major muscles, their origins, insertions and actions.
- Describe the body's physiological responses and adaptations to exercise.
- Demonstrate appropriate activities for development of muscular strength, muscular endurance, cardiorespiratory endurance and flexibility.
- Describe appropriate activities for warm-up and cool-down and the reasons for each.
- Apply skills in either personal training or group exercise leadership.
- Explain the rationale for use of the Par-Q and fitness testing protocols.
- Describe the relationship between body composition, nutrition and exercise.

Certificate of Achievement (Career Technical)

Certificate Requirements	UNITS
PFIT 10 Weight Training	.5-1
PFIT 14 Exercise for Health & Fitness	.5
PFIT 18A Aerobic Fitness I	.5
PFIT 50 Independent Fitness & Testing Program	1
PFIT 51 Fitness & Wellness Strategies	2
PFIT 60 Fitness Exercise Physiology	1
PFIT 63 Fitness Anatomy & Kinesiology	2
PFIT 92 Teaching aide - Physical Fitness	1
PSYC 50 Health Psychology	3
<i>Select one unit from the following:</i>	
PFIT 8 Aerobic Conditioning (1-1.5)	1

PFIT 15	Core Matwork (.5-1)
PFIT 17	Yoga (.5-1)
PFIT 20	Circuit Training (1)
PFIT 21	Flexibility & Relaxation Techniques (.5)
PFIT 22A	Fitness Through Swimming I (1)

Select one unit from the following:

BUSC 100A	Word Proc: MS Word/Windows I (1)	1
BUSC 100B	Word Proc: MS Word/Windows II (1)	
BUSC 100C	Word Proc: MS Word/Windows III (1)	
BUSC 101A	Adv. Word Proc: MS Word/Windows I (1)	
BUSC 101B	Adv. Word Proc: MS Word/Windows II (1)	
BUSC 101C	Adv. Word Proc: MS Word/Windows III (1)	
BUSC 108	Individualized Comp. & Typing Skills (1)	
BUSC 109	Keyboarding for Computers (1)	
BUSC 121	Accessing Bus. Info. Via the World Wide Web (1)	
BUSC 122	Microsoft Windows (.5)	

Select one course from the following:

HLTH 4	Healthy Living (3)	3
NUTF 1	Nutrition (3)	

Select one course from the following:

ANAT 5	Basic Human Anat. & Phys. (recommended) (4)	2-4
HLTH 5	Adv. First Aid & Emergency Care (2)	
PHED 41	Prevention & Care of Athletic Injuries (3)	

Current Red Cross CPR Card required

TOTAL CERTIFICATE UNITS 18.5-21

Associate in Science (Career Technical Degree)

Complete Major, MPC General Education Pattern, Competency Requirements, and 60 degree-applicable units (see pages 53, 57-59).

Associate Degree Major Requirements	UNITS
Certificate Requirements	18.5-21

No additional major courses required.

Announcement of Courses

Course Descriptions and Numbering

All courses are listed alphabetically.

Not all courses listed in this catalog may be offered during the academic year.

Unit of credit or semester unit is a measure of time and study devoted to a course.

Hours for courses are listed as hours that the student will spend in class per week for the semester. Total hours spent in a class are listed for courses that are less than a semester in length. These hours may be lecture, laboratory, discussion, field study, studio, activity, or clinical.

Course Grading

The following course grading is found in the course description following the title of the course:

LG: Letter grade only

P/NP: Pass/No Pass grade only

LG-P/NP: Letter grade or Pass/No Pass grade

NC: Non-Credit

Course Repetition

A student may repeat a course only under the following conditions:

1. the student's prior evaluative grade in the course is a "D", "F", or "NP"; or the student withdrew from the course and received a "W"; or
2. the College Catalog and Schedule of Classes designate the course as a repeatable course and the number of times it may be repeated; or
3. the student receives prior written permission from the Academic Council when the student can demonstrate that the course must be repeated in order to make progress toward employment, graduation, certification, or transfer, and a significant length of time (at least three years) has elapsed since the completion of the course.

Course Numbers

The college has adopted the following numbering system effective Fall 2005:

1-99 BS/BA Level and Associate Degree

Courses numbered 1 through 99 are baccalaureate level courses, carrying lower division baccalaureate level credit at four-year colleges and universities. Not all courses numbered 1-99 are transferable to UC. Check the MPC Catalog description for transferability. "Baccalaureate applicable" courses in the 1 through 99 series meet the following criteria:

1. The course is parallel to one offered at a California State University or University of California campus and/or has been accepted as satisfying a general education requirement as indicated by the approved CSU-GE List (California State University General Education List) or the IGETC (Intersegmental General Education Transfer Curriculum).
2. The course has procedural rigor to meet the critical thinking and/or computational levels required for baccalaureate level courses.

Courses in this series are also associate degree applicable.

100-299 Associate Degree Only

Courses numbered 100 through 299 are associate degree level courses. They are generally, but not exclusively, career technical in nature. Courses numbered 100-199 may transfer at the discretion of the receiving institution.

If a student takes both ENGL 111 and 112, only one of the courses may be applied toward the associate degree.

300-399 Credit, Non-Degree Applicable

Courses numbered 300 through 399 are intended as developmental courses in reading, writing, mathematics, English as a Second Language, and study and learning skills. They may not be used to fulfill any degree requirements.

400-499 Non-credit

Courses numbered 400 through 499 are courses for which no credit is awarded.

AVIATION TECHNOLOGY

AVIA 101 PRIVATE PILOT GROUND SCHOOL

3 units • LG-P/NP • Three hours lecture

This is a basic course in the theory and practice of flying. The course is an approved ground school, and a passing grade is prerequisite to taking the Federal Aviation Administration Knowledge Test preparatory to receiving the Private Pilot License. The course includes aerodynamics flight maneuvers, regulations, navigation, meteorology, human factors, and flight planning. Three-hour field trip to a local airport may be required.

ENGLISH

ENGL 31 CREATIVE WRITING I

3 units • LG-P/NP • Three hours lecture

This course is an introductory workshop in the writing of poetry and fiction. Essential elements and forms are defined and used in writing original creative works. Writings are discussed in a supportive workshop environment. Not a substitute for the English composition requirement for a Bachelor's degree.

Prerequisites: ENGL 111 or ENSL 110

Credit transferable: CSU, UC

ENGLISH AS A SECOND LANGUAGE

LEVEL 1

ENSL 312/412 BEGINNING ENGLISH: LISTENING, SPEAKING, PRONUNCIATION

6 units • P/NP • Six hours lecture

This course is for the student who has very little English. It is an integrated skills course emphasizing listening, speaking, and pronunciation.

Prerequisites: Qualifying ENSL assessment result

ENSL 313/413 BEGINNING ENGLISH: GRAMMAR, WRITING, READING

6 units • P/NP • Six hours lecture; two hours lab

This course is for the student who has very little or no English. It is an integrated skills course emphasizing grammar, writing, and reading. It includes two hours per week of computer-based assignments.

Prerequisites: Qualifying ENSL assessment result

LEVEL 2

ENSL 321/421 HIGH-BEGINNING WRITING

4 units • P/NP • Four hours lecture; one hour lab

This is a high-beginning writing course for the non-native speaker emphasizing grammar, vocabulary, and writing sentences. Includes one hour per week of computer-based assignments.

Prerequisites: ENSL 313; or ENSL 413; or qualifying ENSL assessment result

ENSL 323/423 HIGH-BEGINNING CONVERSATION

3 units • P/NP • Three hours lecture

This course, at the high-beginning level for non-native speakers, emphasizes listening, vocabulary, and conversation in situational contexts.

Prerequisites: ENSL 312; or ENSL 412; or qualifying ENSL assessment result

ENSL 325/425 HIGH-BEGINNING READING AND VOCABULARY

4 units • P/NP • Four hours lecture; one hour lab

This is a high-beginning course for the non-native speaker emphasizing reading and vocabulary development. Includes one hour per week of computer-based assignments.

Prerequisites: ENSL 313; or ENSL 413; or qualifying ENSL assessment result

LEVEL 3

ENSL 331/431 INTERMEDIATE WRITING

4 units • P/NP • Four hours lecture; one hour lab

This is an intermediate course for the non-native speaker emphasizing grammar and writing. Includes one hour per week of computer-based assignments.

Prerequisites: ENSL 321; or ENSL 421; or qualifying ENSL assessment result

ENSL 334/434 INTERMEDIATE CONVERSATION

3 units • P/NP • Three hours lecture

This course, at the intermediate level for non-native speakers, emphasizes listening, vocabulary, and conversation in situational contexts.

Prerequisites: ENSL 323; or ENSL 423; or qualifying ENSL assessment result

ENSL 335/435 INTERMEDIATE READING

4 units • P/NP • Four hours lecture; one hour lab

This is an intermediate course for the non-native speaker emphasizing reading. Includes one hour per week of computer-based assignments.

Prerequisites: ENSL 325; or ENSL 425; or qualifying ENSL assessment result

LEVEL 4

ENSL 342/442 HIGH-INTERMEDIATE ACADEMIC WRITING

4 units • P/NP • Four hours lecture; one hour lab

This is a high-intermediate course for the non-native speaker emphasizing the organization and development of ideas of academic writing. Students focus on writing short essays and utilizing core vocabulary. Includes one hour per week of computer-based assignments.

Prerequisites: ENSL 331; or ENSL 431; or qualifying ENSL assessment result

ENSL 343/443 HIGH-INTERMEDIATE ACADEMIC READING

4 units • P/NP • Four hours lecture; one hour lab

This high-intermediate course for the non-native speaker emphasizes strategies and techniques of academic reading. Includes one hour per week of computer-based assignments.

Prerequisites: ENSL 335; or ENSL 435; or qualifying ENSL assessment result

ENSL 345/445 HIGH-INTERMEDIATE SPEAKING AND LISTENING

3 units • P/NP • Three hours lecture

This is a high-intermediate course for the non-native speaker emphasizing pronunciation, communication/presentation, and listening skills.

Prerequisites: ENSL 334; or ENSL 434; or qualifying ENSL assessment result

LEVEL 5

ENSL 346/446 ADVANCED WRITING: AMERICAN CULTURE

4 units • P/NP • Four hours lecture; one hour lab

This is an advanced course for the non-native speaker designed to increase writing skills and cultural literacy. Emphasis is placed on writing essays relevant to U.S. government, diversity, values, and innovations. Includes one hour per week of computer-based activities.

Prerequisites: ENSL 342; or ENSL 442; or qualifying ENSL assessment result

ENSL 348/448 ADVANCED SPEAKING AND LISTENING: CROSS-CULTURAL COMMUNICATION

3 units • P/NP • Three hours lecture

This is an advanced speaking and listening course for the non-native speaker. Students give speeches and participate in classroom discussions to further develop cross-cultural communication skills.

Prerequisites: ENSL 345; or ENSL 445; or qualifying ENSL assessment result

LEVEL 6

ENSL 110 HIGH-ADVANCED COMPOSITION

4 units • LG-P/NP • Four hours lecture; one hour lab

This is a high-advanced writing course for the non-native speaker emphasizing the basic principles of exposition, organization, and research. It also offers review of grammar and punctuation. Successful completion of this course prepares students for ENGL 1A. WRITING REQUIREMENT: 4,000 words. Includes one hour per week of computer-based activities.

Prerequisites: ENSL 155 (may be prerequisite or corequisite); or ENSL 346; or ENSL 446; or qualifying ENSL assessment result

ENSL 155 HIGH-ADVANCED READING

3 units • LG-P/NP • Three hours lecture; one hour lab

This is a high-advanced course for the non-native speaker emphasizing analytical and critical comprehension of academic readings. Includes one hour per week of computer-based activities. Also offered online.

Prerequisites: ENSL 110 (may be prerequisite or corequisite); or ENSL 355; or ENSL 455; or qualifying ENSL assessment result

LAW ENFORCEMENT TRAINING PROGRAM

LETP 231.27 MOUNTED PATROL INSTRUCTOR COURSE

1 unit • P/NP • Total hours: 16 hours lecture; 24 hours lab

This course is intended for officers who are assigned as the trainer for their horse-mounted units. It offers training techniques and course design on the specialized topic of horse-mounted patrol. May be repeated periodically for new content, ongoing training or updating.

LETP 240.25 SUPERVISORY UPDATE

.5-1 unit • P/NP • Total hours: Nine to seventeen hours lecture; fifteen to twenty-three hours lab

This course provides law enforcement and correctional supervisors the opportunity to develop and refine their leadership skills. The course is updated regularly for currency according to POST and the California Corrections Standard Authority. May be repeated periodically for new content, ongoing training or updating.

LETP 240.47 DRUG TRAFFIC INTERDICTION

.5 unit • P/NP • Total hours: Sixteen hours lecture; eight hours lab

This course outlines programs and techniques used to assist narcotic officers in developing partnerships with the business community in identifying violators who use legitimate businesses to facilitate narcotic trafficking. May be repeated periodically for new content, ongoing training or updating.

MARINE SCIENCE AND TECHNOLOGY

MAST 55 INTRODUCTION TO SUBMERSIBLE TECHNOLOGY

4 units • LG • Three hours lecture; three hours lab

This course provides basic knowledge of submersible technologies, including Remotely Operated Vehicles (ROVs). Safety, mechanical, electronic, hydraulic, computer, and communication skills are discussed. Topics also include sonar, instrumentation and piloting. Test equipment, diagnostics, and record keeping are covered. This survey course sets the foundation for further training.

Advisories: Eligibility for ENGL 111 and 112 or ENSL 110 and 155

Credit transferable: CSU

ORNAMENTAL HORTICULTURE

ORNH 75 BASIC FLORAL DESIGN

2 units • LG-P/NP • One and one-half hours lecture; one and one-half hours lab

This course presents the theory, techniques, and skills practiced in the floral design industry. Students receive instruction in basic design techniques, cut flower preparation and care, merchandising, and packaging. Students furnish their own floral materials each week.

Advisories: Eligibility for ENGL 111 and 112 or ENSL 110 and 155

Credit transferable: CSU

ORNH 76 PROFESSIONAL FLORAL DESIGN

2 units • LG-P/NP • One and one-half hours lecture; one and one-half hours lab

In this course, students study and practice flower arranging techniques used by professionals and in the home. Emphasis is placed on design theories, contemporary, holiday, special occasion, wedding, and sympathy designs. Business practices for the floral industry are also covered. Students furnish their own floral materials each week.

Advisories: Eligibility for ENGL 111 and 112 or ENSL 110 and 155

Credit transferable: CSU

ORNH 78 INSECT PEST MANAGEMENT

3 units • LG-P/NP • Three hours lecture

In this course, students learn the identification, prevention, and various methods of control of insects, pests, weeds, and diseases affecting plants. Techniques for safe and proper pesticide and biological control applications are covered. Continuing education credit is given for licensed commercial pesticide applicators. Field trips included.

Advisories: Eligibility for ENGL 111 and 112 or ENSL 110 and 155

Credit transferable: CSU

ORNH 210.3 CURRENT TOPICS IN ORNAMENTAL HORTICULTURE: SUSTAINABLE LANDSCAPING

.5 unit • LG-P/NP • Total hours: Nine hours lecture

This course provides instruction in how to design, install, and maintain a landscape utilizing ecologically sound practices. It includes discussion and examples of sustainable soil, irrigation and pest management practices, hardscape and plant materials, machinery use, green roofs, rain catchment and graywater systems, and permeable pavers.

ORNH 210.4 CURRENT TOPICS IN ORNAMENTAL HORTICULTURE: GREENHOUSE GARDENING

.5 unit • LG-P/NP • Total hours: Nine hours lecture

This course is a comprehensive overview of the types of greenhouse structures available to home gardeners, plus practical guides to constructing, maintaining, and utilizing one in a home garden to grow healthy plants. The class visits local garden greenhouses. In addition to classroom instruction.

ORNH 210.5 CURRENT TOPICS IN ORNAMENTAL HORTICULTURE: SHADE GARDENING

.5 unit • LG-P/NP • Total hours: Nine hours lecture

This course provides instruction in methods used to create shade in a garden if desired, as well as methods used to properly plan, plant, and maintain plants growing in existing moist or dry shade situations. Actual plant samples, lists of appropriate plant types, and digital photographs of shade plants and gardens are included.

ORNH 210.6 CURRENT TOPICS IN ORNAMENTAL HORTICULTURE: GARDENING WITH LOW-MAINTENANCE, DROUGHT-TOLERANT, AND DEER-TOLERANT PLANTS

.5 unit • LG-P/NP • Total hours: Nine hours lecture

This course covers practical planning, installation, and maintenance techniques that make easy-care, drought-tolerant, and deer-tolerant landscapes possible. Topics include soil preparation, mulching, weed control, efficient water usage, time-saving ideas, and drought- and deer-tolerant plant varieties.

ORNH 210.7 CURRENT TOPICS IN ORNAMENTAL HORTICULTURE: GARDENING WITH COLORFUL AND FRAGRANT PLANTS

.5 unit • LG-P/NP • Total hours: Nine hours lecture

This course covers the art of creating and maintaining colorful, fragrant gardens that utilize a variety of plants such as annuals, perennials, shrubs, ground covers, vines, roses, herbs, and bulbs. Topics include viewing and discussing actual plant examples and digital photographs of the types of plants that can be used in local gardens.

ORNH 210.8 CURRENT TOPICS IN ORNAMENTAL HORTICULTURE: GARDENING WITH AUSTRALIAN, NEW ZEALAND, AND SOUTH AFRICAN PLANTS

.5 unit • LG-P/NP • Total hours: Nine hours lecture

This course covers the use of many kinds of interesting, beautiful, and practical Australian, New Zealand, and South African plants in a landscape. Actual plant samples, lists of appropriate plants, digital photograph examples, and a local field trip are included in the course.

ORNH 210.9 CURRENT TOPICS IN ORNAMENTAL HORTICULTURE: CREATIVE GARDENING WITH CHILDREN

.5 unit • LG-P/NP • Total hours: Nine hours lecture

This course offers instruction in fun and exciting ways for adults to turn children's curiosity about plants and gardening into fruitful, relevant learning experiences. It includes many practical hands-on garden projects, and methods for adults to use to encourage children to better understand, grow and enjoy plants.

PHYSICAL EDUCATION

PHED 1B FENCING II

.5 unit • LG-P/NP • Two hours activity

Students increase skills learned in PHED1A. More complicated and refined skills and techniques including officiating for tournaments are presented. Combinations of PHED 1A and 1B may be taken four times for credit.

Advisories: PHED 1A or intermediate fencing skills

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PHED 2B GOLF II

1 unit • LG-P/NP • Three hours activity

Students refine basic skills and learn course play. Combinations of PHED 2A, 2B and 2C may be taken four times for credit.

Advisories: PHED 2A or basic golf skills

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PHED 5B TENNIS II

.5 unit • LG-P/NP • Two hours activity

Students develop additional competency in basic strokes and skill in the lob, the smash, the volley, and singles and doubles strategy. Combinations of PHED 5A, 5B and 5C may be taken four times for credit.

Advisories: PHED 5A or basic tennis skills

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PHED 7B SWIMMING II

.5 unit • LG-P/NP • Two hours activity

Students develop Red Cross intermediate swimming skills including treading water, front and back crawls, and breaststroke. Combinations of PHED 7A and 7B may be taken four times for credit.

Advisories: PHED 7A or basic beginning swimming skills

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PHED 20.4 SKILL DEVELOPMENT FOR FOOTBALL

1 unit • LG-P/NP • Three hours activity

Students learn physical conditioning and basic skills appropriate for intercollegiate football. May be taken four times for credit.

Credit transferable: CSU, UC

PHED 20.5 SKILL DEVELOPMENT FOR GOLF

1 unit • LG-P/NP • Four hours activity

Students develop advanced skills appropriate for intercollegiate golf competition. May be taken four times for credit.

Credit transferable: CSU, UC

PHED 20.6 SKILL DEVELOPMENT FOR SOFTBALL

1.5 units • LG-P/NP • Four and one-half hours activity

Students learn physical conditioning and basic skills appropriate for intercollegiate fastpitch softball. May be taken four times for credit.

Credit transferable: CSU, UC

PHED 20.7 SKILL DEVELOPMENT FOR SWIMMING

.5 unit • LG-P/NP • Two hours activity

Students learn physical conditioning and skill development appropriate for intermediate and advanced competitive swimming. May be taken four times for credit.

Advisories: PHED 12C or intermediate competitive swimming skills

Credit transferable: CSU, UC

PHED 20.8 SKILL DEVELOPMENT FOR TENNIS

.5 unit • LG-P/NP • Two hours activity

Students learn tournament play, advanced techniques, singles and doubles tactics and strategies appropriate for intercollegiate tennis. May be taken four times for credit.

Credit transferable: CSU, UC

PHED 20.9 SKILL DEVELOPMENT FOR TRACK AND FIELD

.5 unit • LG-P/NP • Two hours activity

Students learn physical conditioning and development of skills appropriate for intercollegiate track and field. May be taken four times for credit.

Credit transferable: CSU, UC

PHED 20.10 SKILL DEVELOPMENT FOR VOLLEYBALL

1 unit • LG-P/NP • Four hours activity

Students learn individual and team skills appropriate for intercollegiate volleyball. May be taken four times for credit.

Credit transferable: CSU, UC

PHED 30.2 INTERCOLLEGIATE SOFTBALL: WOMEN

3 units • LG • Ten hours activity

This course provides practice and competition in intercollegiate softball. May be taken two times for credit.

Credit transferable: CSU, UC

PHED 30.3 INTERCOLLEGIATE VOLLEYBALL: WOMEN

3 units • LG • Ten hours activity

This course provides practice and competition in intercollegiate volleyball. May be taken two times for credit.

Credit transferable: CSU, UC

PHED 30.4 INTERCOLLEGIATE TENNIS: WOMEN

3 units • LG • Ten hours activity

This course provides practice and competition in intercollegiate tennis. May be taken two times for credit.

Credit transferable: CSU, UC

PHED 30.6 INTERCOLLEGIATE SOCCER: WOMEN

3 units • LG • Ten hours activity

This course provides practice and competition in intercollegiate soccer. May be taken two times for credit.

Credit transferable: CSU, UC

PHED 31.1 INTERCOLLEGIATE FOOTBALL: MEN

3 units • LG • Ten hours activity

This course provides practice and competition in intercollegiate football. May be taken two times for credit.

Credit transferable: CSU, UC

PHED 31.2 INTERCOLLEGIATE BASKETBALL: MEN

1.5 units • LG • Five hours activity

This course provides practice and competition in intercollegiate basketball. May be taken four times for credit.

Credit transferable: CSU, UC

PHED 31.3 INTERCOLLEGIATE BASEBALL: MEN

3 units • LG • Ten hours activity

This course provides practice and competition in intercollegiate baseball. May be taken two times for credit.

Credit transferable: CSU, UC

PHED 31.4 INTERCOLLEGIATE GOLF: MEN

3 units • LG • Ten hours activity

This course provides practice and competition in intercollegiate golf. May be taken two times for credit.

Credit transferable: CSU, UC

PHED 31.5 INTERCOLLEGIATE SOCCER: MEN

3 units • LG • Ten hours activity

This course provides practice and competition in intercollegiate soccer. May be taken two times for credit.

Credit transferable: CSU, UC

PHED 32.1 INTERCOLLEGIATE TRACK AND FIELD: WOMEN AND MEN

3 units • LG • Ten hours activity

This course provides practice and competition in intercollegiate track and field. May be taken two times for credit.

Credit transferable: CSU, UC

PHED 32.4 INTERCOLLEGIATE CROSS COUNTRY: WOMEN AND MEN

3 units • LG • Ten hours activity

This course provides practice and competition in intercollegiate cross country. May be taken two times for credit.

Credit transferable: CSU, UC

PHED 33 CHEERLEADING SKILLS

1 unit • LG-P/NP • Three hours activity

Students develop fundamental skills in cheerleading, including cheers and movement techniques. Students learn short and long cheer sequences and techniques for crowd control. May be taken four times for credit.

Credit transferable: CSU

General Ed. Credit: MPC, Area E1

PHYSICAL FITNESS

PFIT 8 AEROBIC CONDITIONING

1-1.5 units • LG-P/NP • Three hours activity per week for each unit of credit

This course focuses on the physiological principles of aerobic conditioning. Instruction is provided in physical adaptations to exercise, program design, and application and evaluation through testing and behavior modification. Activities are designed to accommodate individual students and their goals. May be taken four times for credit.

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PFIT 10 WEIGHT TRAINING

.5-1 units • LG-P/NP • Three hours activity per week for each unit of credit

This course offers weight training exercises and routines for developing and maintaining muscular tone, strength, and endurance. May be taken four times for credit.

Credit transferable: CSU, UC

PFIT 13 STABILITY BALL TRAINING

.5 unit • LG-P/NP • Two hours activity

Students are introduced to stretching and strengthening exercises on a stability ball. The course is designed for varying fitness levels and abilities, with focus on strengthening the center of the body to improve alignment, posture, and efficiency. Students learn to open joints and release tension while creating long, lean, toned, and proportioned muscles. May be taken four times for credit.

Credit transferable: CSU

General Ed. Credit: MPC, Area E1

PFIT 15 CORE MATWORK

.5-1 unit • LG-P/NP • Three hours activity per week for each unit of credit

Students are introduced to body conditioning based on the method of Joseph Pilates. Designed for varying fitness levels and abilities, Pilates is a unique system of strengthening and stretching exercises that tone muscles, provide flexibility and balance, improve posture, and promote stress reduction and unity of body and mind. May be taken four times for credit.

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PFIT 16 TAI CHI

.5-1 unit • LG-P/NP • Three hours activity per week for each unit of credit

Tai chi is a series of slow, gentle movements to promote a deeper relationship to the body that increases health, strength, and flexibility if practiced regularly. Class includes exercises for relaxation, deep breathing, and centering. May be taken four times for credit.

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PFIT 17 YOGA

.5-1 unit • LG-P/NP • Three hours activity per week for each unit of credit

This course offers an introduction to the principles and practice of yoga. Through the practice of poses and breathing techniques, students relieve stress, promote relaxation, and increase flexibility and strength. May be taken four times for credit.

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PFIT 18A AEROBIC FITNESS I

.5 unit • LG-P/NP • Two hours activity

This course offer aerobic exercises and dance routines to music. It is designed to strengthen and tone the body, assist in weight loss, and increase endurance. Combinations of PFIT 18A and 18B may be taken four times for credit.

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PFIT 18B AEROBIC FITNESS II

1 unit • LG-P/NP • Four hours activity

This course is a continuation of PFIT 18A at the intermediate level. Combinations of PFIT 18A and 18B may be taken four times for credit.

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PFIT 19 BODY SCULPTING

.5 unit • LG-P/NP • Two hours activity

The course is designed for varying fitness levels and abilities. Students are introduced to muscle resistance exercises and flexibility activities with an emphasis on proper technique and alignment. Students improve muscle endurance, core strength, and functional movement. May be taken four times for credit.

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PFIT 21 FLEXIBILITY AND RELAXATION TECHNIQUES

.5 unit • LG-P/NP • Two hours activity

In this course, students learn movement principles related to flexibility and stretching exercises. The course includes discussion of psychological and physiological causes of tension and stress as well as stress-reduction and relaxation exercises. May be taken four times for credit.

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PFIT 50 INDEPENDENT FITNESS AND TESTING PROGRAM

1 unit • LG-P/NP • Three hours activity

This course offers an independent personal fitness program planned and implemented in conjunction with student goals and a physical fitness assessment profile. Based on testing results, an individualized exercise program is developed through personal counseling. This course is appropriate for individuals with special fitness needs. May be taken four times for credit.

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PFIT 63 FITNESS ANATOMY AND KINESIOLOGY

2 units • LG-P/NP • Two hours lecture

This course includes an introduction to skeletal and muscular anatomy as well as a brief overview of the cardiovascular, nervous, and respiratory systems. The basics of analysis of movement are a focus of this course.

Advisories: Eligibility for ENGL 111 and 112 or ENSL 110 and 155

Credit transferable: CSU

SPEECH COMMUNICATION

SPCH 5 ORAL INTERPRETATION OF LITERATURE

3 units • LG-P/NP • Three hours lecture

This course provides an introduction to performance studies. Emphasis is placed on analysis, appreciation, and application of theories of interpretative performance of various forms of literature including, poetry, prose, and drama.

Prerequisites: ENGL 1A

Advisories: ENGL 1B

Credit transferable: CSU

SPCH 10 INTRODUCTION TO COMMUNICATION THEORY

3 units • LG-P/NP • Three hours lecture

This course explores the basic history, assumptions, principles, and methods of human communication as an academic field of study.

Prerequisites: ENGL 111 or ENSL 110

Advisories: ENGL 112 or ENSL 155

Credit transferable: CSU