

Monterey Peninsula College

SUPPLEMENTAL CATALOG

FALL 2015

(This supplemental catalog reflects new and revised programs and courses adopted since the 2015-2016 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.

In order to increase access, Monterey Peninsula College offers many courses in the community as well as on the Monterey campus. Numerous courses are offered through the Older Adult program at senior citizen centers and at other easily accessible sites. MPC also offers some courses at local high schools.

Further, Monterey Peninsula College provides distance education through its growing number of online courses. Some online courses also require on-campus orientations.

Finally, Monterey Peninsula College offers a wide range of courses through Instructional Agreements, providing educational opportunity in partnership with numerous agencies and firms in the community.

ASSOCIATE DEGREES FOR TRANSFER (AA-T AND AS-T)

ECONOMICS*

The Associate in Arts in Economics for Transfer degree (AA-T in Economics) program is designed to fulfill the requirements for transfer model curriculum to CSU campuses. Students will be prepared to transfer into the CSU system to successfully pursue further studies for a baccalaureate degree in economics. The program is structured to provide two paths. For those students who wish to focus on economics and economic analysis exclusively, there is offered a series of mathematics courses that will prepare them for upper-division economics analysis courses. For some students who wish to focus on economics but with an emphasis in business, there is offered a series of courses that prepare them for future upper division courses in economics and in business. Students must complete the Associates Degree for Transfer requirements to earn the AA-T degree.

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

- Analyze markets using microeconomic techniques such as efficiency analysis, market structure analysis and rational behavior analysis as well as use macroeconomic data and apply macroeconomic models in order to understand the macro-economy.

Associate in Arts for Transfer

Complete Major, *CSU General Education or IGETC Pattern*, and 60 transferable units.

Associate Degree Major Requirements	UNITS
<i>REQUIRED CORE:</i>	14-15
ECON 2 Principles of Economics: Macro (3)	
ECON 4 Principles of Economics: Micro (3)	
MATH 16 Elementary Statistics (4)	
MATH 18 Calculus w/Analytic Geom. for Bio/Soc Sci/Busi (4)	
or MATH 20A Calculus w/Analytic Geometry I (5)	
<i>LIST A: Select one course from the following:</i>	3-5
BUSI 1A Financial Accounting (4)	
BUSI 1B Managerial Accounting (4)	
BUSI 70 Business Communication (3)	
MATH 17 Finite Math (4)	
MATH 20B Calculus w/Analytic Geometry II (5)	
<i>LIST B: Select one course from the following or any course from LIST A not already used:</i>	4-5
MATH 20C Calculus of Several Variables (5)	
MATH 31 Linear Algebra (4)	

TOTAL MAJOR UNITS 21-25

* This program has been approved by the Chancellor's Office, but is pending approval by the Accrediting Commission for Community and Junior Colleges (ACCJC).

GEOLOGY*

The Associate in Arts in Geology for Transfer degree (AS-T in Geology) program provides students with sufficient understanding of geologic concepts to attain upper division status to transfer into the CSU system. Successful completion of the transfer degree in Geology at Monterey Peninsula College guarantees the student acceptance to a California State

University (but does not guarantee acceptance to a particular campus or major) to pursue a baccalaureate degree in Geology or related major, in preparation to pursue a career in research, industry, and education. Students must complete the Associate Degree for Transfer requirements to earn the AS-T degree.

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

- Explain Earth features in terms of surficial processes, tectonics, and human influence.
- Use the scientific method to investigate phenomena in the natural world and use concepts, experiments, and/or theory to explain them.
- Use observations of outcrops and/or landscape morphology to interpret basic geologic history and processes.

Associate in Science for Transfer

Complete Major, *CSU General Education or IGETC Pattern*, and 60 transferable units.

Associate Degree Major Requirements	UNITS
<i>REQUIRED CORE:</i>	28
CHEM 1A General Chemistry I (5)	
CHEM 1B General Chemistry II (5)	
GEOL 2 Physical Geology (3)	
& GEOL 2LA Physical Geology Laboratory (1)	
or GEOL 2LB Physical Geology Laboratory (1)	
or GEOL 2LC Physical Geology Laboratory (1)	
GEOL 3 Historical Geology (3)	
& GEOL 3L Historical Geology Laboratory (1)	
MATH 20A Calculus w/Analytic Geometry I (5)	
MATH 20B Calculus w/Analytic Geometry II (5)	

TOTAL MAJOR UNITS 28

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MUSIC*

The Associate in Arts in Music for Transfer degree (AA-T in Music) program offers a comprehensive curriculum designed to prepare students for transfer into the CSU system to pursue a wide variety of upper-level baccalaureate degree programs in music, and prepares them for a variety of specializations within those programs. Students must complete the Associate Degree for Transfer requirements to earn the AA-T degree.

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

- Analyze a musical composition or performance in a manner that demonstrates both an awareness of the craft, skill and discipline employed, and the intuitive values expressed.
- Perform a musical composition that, to the satisfaction of the Music Department faculty, demonstrates an intuitive awareness of the symbolic meanings inherent in that work as well as a degree of craft appropriate to the student's level of development.
- Analyze and interpret elements of musical compositions as they reflect and relate to human thought, achievement, and expressions and to communicate the results.
- Explain how the most precious meanings in the creative arts are significantly degraded when reduced to written language.

Associate in Arts for Transfer

Complete Major, CSU General Education or IGETC Pattern, and 60 transferable units.

Associate Degree Major Requirements	UNITS
<i>REQUIRED CORE:</i>	16
MUSI 10A Music Theory and Musicianship I (4)	
MUSI 10B Music Theory and Musicianship II (4)	
MUSI 10C Music Theory and Musicianship III (4)	
MUSI 10D Music Theory and Musicianship IV (4)	
<i>Select four semesters of the following:</i>	2
MUSI 25 Applied Music (.5)	
<i>Select four semesters of one of the following:</i>	4
MUSI 20 College Choir (1)	
MUSI 21 I Cantori (1)	
MUSI 30 Concert Band (1)	
MUSI 32 Jazz Ensemble (1)	
MUSI 35 String Orchestra (1)	
MUSI 36 Jazz Improvisation Ensemble (1)	

TOTAL MAJOR UNITS 22

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NUTRITION AND DIETITICS*

The Associate in Science in Nutrition and Dietetics for Transfer degree (AS-T in Nutrition and Dietetics) program provides education in nutrition science and the relationship of the human diet to health and lifestyle-related diseases. The purpose of this major is to provide students with the education and training in the area of nutritional sciences or dietetics and the preparation necessary for transfer into the CSU system to pursue a baccalaureate degree in Nutrition and Dietetics. This major provides the opportunity for students to begin their career path in the field of Nutrition and Dietetics. A bachelor's degree from an accredited college/university is required by the American Dietetic Association for application to hospital internships and to become certified as a Registered Dietitian (RD). As a registered dietitian, an individual will have the opportunity to work in hospitals, food service companies, health-care agencies, and many other areas requiring nutrition counseling. Students must complete the Associate Degree for Transfer requirements to earn the AS-T degree.

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

- Select appropriate foods for a healthy diet and disease risk reduction.
- Identify the role of nutrients and healthy food preparations for optimal health and well-being.
- Clearly communicate nutrition concepts in oral and written formats.
- Use a high-quality broad-based education in the physical, biological, and social sciences as a stepping stone of knowledge in nutrition science to improve health and serve society.
- Think critically and ethically about nutrition research and its societal impact.
- Demonstrate an ability to analyze how physical, social, emotional, and/or intellectual factors contribute to wellness and healthful living.

Associate in Science for Transfer

Complete Major, CSU General Education or IGETC Pattern, and 60 transferable units.

Associate Degree Major Requirements UNITS

<i>REQUIRED CORE:</i>	20
BIOL 25 Applied Microbiology Lecture (3)	
BIOL 26 Applied Microbiology Laboratory (1)	
CHEM 1A General Chemistry I (5)	
CHEM 1B General Chemistry II (5)	
NUTF 1 Nutrition (3)	
PSYC 1 General Psychology (3)	
<i>LIST A: Select one from the following:</i>	4-5
ANAT 1 Human Anatomy (2)	
& ANAT 2 Human Anatomy Laboratory (2)	
CHEM 12A Organic Chemistry I (5)	
MATH 16 Elementary Statistics (4)	
PHSO 1 Human Physiology (3)	
& PHSO 2 Human Physiology Laboratory (2)	
<i>LIST B: Select one from the following:</i>	3
NUTF 10 Food Science (2)	
& NUTF10L Food Science and Safety Laboratory (1)	
SOCI 1 Introduction to Sociology (3)	

TOTAL MAJOR UNITS 27-28

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SPANISH*

The Associate in Arts in Spanish for Transfer degree (AA-T in Spanish) program offers a comprehensive approach to Spanish language learning. It incorporates all aspects of the language, including the basic language skills (listening, speaking, reading, writing, grammar, and culture) with emphasis on conversation practice, linguistic competence, and cultural awareness. The combination of the core courses and the wide variety of electives offered within the degree program prepares students to transfer into the CSU system to pursue a baccalaureate degree in Spanish or similar major. Students must complete the Associate Degree for Transfer requirements to earn the AA-T degree.

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

- Engage in conversation and interactions with speakers of the Spanish language using the necessary rules of pronunciation, grammar and syntax.
- Interpret spoken Spanish and respond to it at all levels of proficiency.
- Interpret Spanish reading passages at various levels of proficiency.
- Exhibit a comprehensive understanding of the Spanish culture and its social and cultural influences.
- Convey information, concepts and ideas in writing to an audience of Spanish readers on a variety of topics.
- Demonstrate an ability to analyze and interpret human thought, achievement, and expression relevant to such branches of knowledge as philosophy, literature, and/or the fine and performing arts, and to communicate the results.

Associate in Arts for Transfer

Complete Major, CSU General Education or IGETC Pattern, and 60 transferable units.

Associate Degree Major Requirements **UNITS**

<i>REQUIRED CORE:</i>	18-20
SPAN 1A Elementary Spanish I (5)	
SPAN 1B Elementary Spanish II (5)	
SPAN 2A Intermediate Spanish I (5)	
or SPAN 35A Spanish for Spanish Speakers I (4)	
SPAN 2B Intermediate Spanish II (5)	
or SPAN 35B Spanish for Spanish Speakers II (4)	
<i>LIST A: Select one course from the following:</i>	3-5
ANTH/ETNC 21 Ancient Civilizations of Mesoamerica (3)	
FREN 1A Elementary French I (5)	
FREN 1B Elementary French II (5)	
FREN 2A Intermediate French I (5)	
HIST 20 History of Mexico (3)	
ITAL 1A Elementary Italian I (5)	
ITAL 1B Elementary Italian II (5)	
SPAN 5 Literature of Spanish-Speaking World (3)	
SPCH 3 Interpersonal Communication (3)	
<i>Substitution Courses: Students who begin beyond the level of SPAN 1A in the Required Core will substitute courses from LIST A to achieve the minimum 18 units required for the major. Below are additional courses approved for substitution. Other substitutions may be made at the discretion of the college.</i>	
ANTH 4 Introduction to Cultural Anthropology (3)	
ANTH 15 Introduction to Language and Culture (3)	
GEOG 4 Introduction to Human Geography (3)	
SOCI 1 Introduction to Sociology (3)	
SOCI 12 Introduction to Gender and Sexuality (3)	
SOCI 13 Introduction to Race and Ethnicity (3)	
SPCH 4 Intercultural Communication (3)	
TOTAL MAJOR UNITS	21-25

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THEATRE ARTS*

The Monterey Peninsula College Theatre Arts department offers a balanced approach to both the academic study and practical application of the knowledge, skills, and techniques essential to the theatrical experience. In addition to rigorous academic study and coursework, the theatre major will have the opportunity to experience participation in a variety of live productions of plays and musicals from a multiplicity of viewpoints in performance, creative, and technical aspects. Students will be prepared to transfer into the CSU system to pursue a baccalaureate degree in Theatre Arts or related major. Students must complete the Associate Degree for Transfer requirements to earn the AA-T degree.

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

- Demonstrate an ability to accurately assess knowledge, skills, and abilities in relationship to their educational, career, and/or personal goals.
- Demonstrate knowledge of how and why the performing arts are unique from the humanities, and how inherent meaning in the arts transcends written and verbal communication.
- Compare and apply techniques in performance and technical theatre learned in a classroom and/or lab environment to the requirements inherent in theatrical production.
- Create or participate in a performance or performances, to the satisfaction of the Theatre Arts faculty, so as to demonstrate an intuitive

awareness inherent in those works as well as a degree of acting, directing or technical ability appropriate to the projects and program.

Associate in Arts for Transfer

Complete Major, *CSU General Education or IGETC Pattern*, and 60 transferable units.

Associate Degree Major Requirements **UNITS**

<i>REQUIRED CORE:</i>	6
THEA 1 Introduction to Theatre (3)	
THEA 15A Acting I (3)	
<i>REQUIRED CORE ELECTIVES:</i>	
<i>Select one course from the following:</i>	
	3
THEA 35A Musical Theatre Prod. – Contemporary (3)	
THEA 35B Musical Theatre Prod. – Classical (3)	
THEA 35C Musical Theatre Prod. – Opera/Operetta (3)	
THEA 35D Musical Theatre Prod. – Experimental/Adapted (3)	
THEA 40A Main Stage Prod. – Comedy (3)	
THEA 40B Main Stage Prod. – Dramatic (3)	
THEA 40C Main Stage Prod. – Classical (3)	
THEA 40D Main Stage Prod. – Orig./Experimental (3)	
<i>LIST A: Select three courses from the following:</i>	9
<i>Any one REQUIRED CORE ELECTIVE not already used (3)</i>	
THEA 15B Acting II (3)	
THEA 21A Theatre Workshop I (3)	
THEA 21B Theatre Workshop II (3)	
THEA 23 Introduction to Stage Lighting (3)	
THEA 24 Fundamentals of Costume Design (3)	
THEA 25 Stage Makeup (3)	
TOTAL MAJOR UNITS	18

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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 and Withdrawal Changes

Effective Summer 2012, Monterey Peninsula College implemented new limitations regarding course repetitions and withdrawals in a single course. These changes were mandated by the Board of Governor's Title 5 regulations. Students repeating a course in which they previously received a substandard grade of D, F, NC, NP, and/or a non-evaluative symbol of W (Withdrawal) will be limited to a total of three enrollments.

Students are advised to carefully choose their courses each term to ensure successful completion. This new regulation is retroactive to Fall 1995. Therefore, some students may find that they have already exhausted the repeat and withdrawal limitation of three enrollments.

Students should click on "View Grades" on WebReg to review their current unofficial transcript in an effort to determine how they may be affected by this new policy. Contact the Admissions and Records Office at (831) 646-4002/4007 if you have further questions. You may also speak with a counselor.

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"; after the second attempt and received D, F, or NP, the student will be

required to petition the Academic Council for a third and final attempt; or

2. The College catalog designates the course as repeatable 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 and certification.

4. Cooperative Work Experience, intercollegiate athletics, and DSPS (Disability Support Programs and Services) courses may require a petition.

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.

AMERICAN SIGN LANGUAGE

SIGN 20 INTRODUCTION TO DEAF CULTURE

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

This course offers an introduction to American Deaf Culture, the history, the community, and the language. Deaf cultural values, characteristics, and dynamics are discussed, as well as issues related to minority dynamics. Organizations and individual perceptions of self in relation to group identity, along with political views as examined through articles, books, and videotaped presentations are studied. Also offered online.

Advisories: *Eligibility for ENGL 1A*

Credit transferable: *CSU, UC*

ART – CERAMICS

ARTC 1C CERAMIC HANDBUILDING III

3 units • LG-P/NP • Six hours studio

This course examines the creative potential of handbuilding processes. Emphasis is on experimentation and personal conceptual development to allow students to use their own backgrounds and experiences to create artwork that is uniquely theirs. It includes continued research in glazing and firing, surface design, and knowledge of historical and contemporary ceramics.

Prerequisites: *ARTC 1B*

Credit transferable: *CSU, UC*

ARTC 1D CERAMIC HANDBUILDING IV

3 units • LG-P/NP • Six hours studio

This course offers further experimentation in handbuilding techniques, with emphasis on personal expression.

Prerequisites: *ARTC 1C*

Credit transferable: *CSU, UC*

ARTC 2C CERAMIC WHEEL THROWING III

3 units • LG-P/NP • Six hours studio

This course offers further exploration of wheel throwing processes for development of sound technical skills. Continued research in glazing, firing, and surface design, and knowledge of historical and contemporary ceramics.

Prerequisites: *ARTC 2B*

Credit transferable: *CSU, UC*

ARTC 2D CERAMIC WHEEL THROWING IV

3 units • LG-P/NP • Six hours studio

This course covers further experimentation with wheel throwing techniques, with emphasis on personal expression.

Prerequisites: *ARTC 2C*

Credit transferable: *CSU, UC*

ARTC 3B CERAMIC SCULPTURE II

3 units • LG-P/NP • Six hours studio

This course continues the investigation of sculptural concepts in clay through studio application. After learning the basic sculptural construction techniques in Ceramic Sculpture I, students may explore the human and/or animal figure in clay.

Advisories: *ARTC 3A (or ART 74A)*

Credit transferable: *CSU, UC*

ARTC 3C CERAMIC SCULPTURE III

3 units • LG-P/NP • Six hours studio

This course allows further investigation of sculptural concepts in clay. Topics may expand to include site-specific works, installation and process-based works, mixed media, and other non-traditional art forms. At this level, students are encouraged to pursue their own personal direction in terms of skills and conceptual development.

Prerequisites: *ARTC 3B (or ART 74B)*

Credit transferable: *CSU, UC*

ARTC 3D CERAMIC SCULPTURE IV

3 units • LG-P/NP • Six hours studio

This course examines the expressive use of clay in creating ceramic sculpture. The emphasis is on refining and integrating the aesthetics of materials and ideas to produce a cohesive body of work for portfolio development and subsequent transfer, exhibition, scholarship and residency applications, and/or marketing purposes.

Prerequisites: *ARTC 3C*

Credit transferable: *CSU, UC*

ART – DIMENSIONAL

ARTD 1C SCULPTURE III

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTD 1B, with emphasis on independent authorship of ideas and awareness of creating a unified body of work. Students explore combining materials used in previous classes to create multiple-media projects.

Prerequisites: *ARTD 1B (or ART 63B)*

Credit transferable: *CSU, UC*

ARTD 1D SCULPTURE IV

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTD 1C, with emphasis on refining work for portfolio review, scholarship application, and transfer and/or exhibition preparation. It includes an introduction to the spatial relationships of installation art.

Prerequisites: *ARTD 1C*

Credit transferable: *CSU, UC*

ARTD 2B FIGURE SCULPTURE II

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTD 2A, with an increase in project complexity. Emphasis is on personal expression through creative form manipulation and increased student participation in idea development. It includes expanded use of casting mediums, materials, and construction techniques.

Prerequisites: *ARTD 2A (or ART 64)*

Credit transferable: *CSU, UC*

ARTD 2C FIGURE SCULPTURE III

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTD 2B, with emphasis on independent authorship of ideas, figurative innovation, and exploration in alternate figurative mediums. It covers advanced textural techniques and expressive portraiture.

Prerequisites: ARTD 2B

Credit transferable: CSU, UC

ARTD 2D FIGURE SCULPTURE IV

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTD 2C. Emphasis is placed on individual aesthetic refinement. The course includes techniques in capturing expressive qualities and gesture. It also covers the dynamics of increasing scale and an introduction to the spatial relationships of figurative installation art.

Prerequisites: ARTD 2C

Credit transferable: CSU, UC

ARTD 3B MOLD MAKING II

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTD 3A. Projects increase in sophistication. Emphasis is on two-piece molds, larger scale mother-mold construction, complex spatial relationships, and visualizing parting lines. Mediums include silicone and polyurethane.

Prerequisites: ARTD 3A (or ART 65)

Credit transferable: CSU, UC

ARTD 3C MOLD MAKING III

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTD 3B, with priority given to advanced multiple-piece molds. It covers block molds, casting resins, foams, polyester and polyurethane resin pouring, resin coloration techniques, wax finish work, and experimental mold-making techniques.

Prerequisites: ARTD 3B

Credit transferable: CSU, UC

ARTD 4B WOOD SCULPTURE II

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTD 4A, with an increase in project sophistication. It covers expanded shop equipment operation and joinery techniques. Emphasis is on creative resourcefulness using organic forms. It also covers design and building of kinetic wood mechanisms.

Prerequisites: ARTD 4A (or ART 68)

Credit transferable: CSU, UC

ARTD 6A STONE SCULPTURE I

3 units • LG-P/NP • Six hours studio

This course is an introduction to basic stone carving, including experience with steatite, alabaster, and marble. Tools include rasps and stone chisels.

Advisories: Eligibility for ENGL 1A

Credit transferable: CSU, UC

ARTD 7A 3D ARTS AND TECHNOLOGY I

3 units • LG-P/NP • Six hours studio

This course offers an introduction to technology used in three-dimensional artwork and design. It includes such topics as laser cutting, 3D scanning, post-scan options, and 3D printing input and output methods.

Advisories: Eligibility for ENGL 1A

Credit transferable: CSU, UC

ARTD 7B 3D ARTS AND TECHNOLOGY II

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTD 7A. It covers an increase in project sophistication. Emphasis is on combination, multiple-piece constructions, increase in scale options, scale modeling techniques, and alternate post-output build methods.

Prerequisites: ARTD 7A

Credit transferable: CSU, UC

ART – HISTORY

ARTH 13 EARLY CHRISTIAN AND MEDIEVAL ART

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

This course is a survey of the art and architecture of Late Antiquity and the Middle Ages.

Advisories: Eligibility for ENGL 1A

Credit transferable: CSU, UC

ART – PHOTOGRAPHY

ARTP 10 INTRODUCTION TO PHOTOGRAPHY

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

This is an introductory non-laboratory course in camera operation, exposure, composition, and lighting, with application to general photography.

Advisories: Eligibility for ENGL 1A

Credit transferable: CSU, UC

General Ed. Credit: CSU, Area C1; MPC, Area C

ART – STUDIO

ARTS 12C FIGURE DRAWING III

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTS 12B. It offers further study in figure drawing with emphasis on anatomy, figure/ground relationships, and use of color. Emphasis is on independent authorship of ideas and awareness of creating a unified body of work.

Prerequisites: ARTS 12B (or ART 30B)

Credit transferable: CSU, UC

ARTS 13B EXPRESSIVE DRAWING II

1.5-3 units • LG-P/NP • Three hours studio per week for each one and one-half units of credit

This course is a continuation of ARTS 13A, with emphasis on creative expression and increased student participation in idea development. Covers expanded use of materials and construction techniques.

Prerequisites: ARTS 13A (or ART 31)

Credit transferable: CSU, UC

ARTS 21.4 NATURE STUDY

.5 unit • P/NP • One hour studio

This is a specialized course in the study of natural objects through drawing. Accurate representation is emphasized, and personal expression is encouraged. Drawing techniques such as line, mass, value, texture, contour, and gesture are employed. A variety of wet and dry media may be used.

Credit transferable: CSU, UC

ARTS 40C PAINTING III

3 units • LG-P/NP • Six hours studio

This course offers further study in acrylic painting concepts and techniques. It covers use of a variety of acrylic mediums and more advanced color mixing. Emphasis is on independent authorship of ideas and awareness of creating a unified body of work.

Prerequisites: ARTS 40A (or ART 58A)

Advisories: ARTS 40B (or ART 58B)

Credit transferable: CSU, UC

ARTS 41C WATERCOLOR III

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTS 41B and offers advanced study in watercolor painting with an emphasis on experimentation and personalized approaches. Students create a unified body of work.

Prerequisites: ARTS 41B (or ART 57B)

Credit transferable: CSU, UC

ARTS 60 INTRODUCTION TO PRINTMAKING

3 units • LG-P/NP • One hour lecture; five hours studio

Introduction to the basic materials, equipment, and processes of printmaking, including relief (linocut and woodcut), intaglio (drypoint, etching, and collograph), planography (lithography and monotype), and stencil (screenprint).

Advisories: ARTB 2 (or ART 22); or ARTB 4 (or ART 24); eligibility for ENGL 1A

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area C, E2

ARTS 61B MONOTYPE II

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTS 61A with emphasis on chine collé and printing over inkjet output.

Prerequisites: ARTS 60 (or ART 35); and/or ARTS 61A (or ART 37)

Credit transferable: CSU, UC

ARTS 61C MONOTYPE III

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTS 61B. Offers advanced study in monotype printmaking, with concentration on a variety of contemporary transfer techniques. Emphasis is on independent authorship of ideas and creation of a unified body of work.

Prerequisites: ARTS 60 (or ART 35); and/or ARTS 61B

Credit transferable: CSU, UC

ARTS 62B RELIEF PRINTMAKING II

3 units • LG-P/NP • Six hours studio

This course offers further study in relief printmaking. Multiple blocks, process colors, and chine collé are introduced. Non-toxic studio practices are emphasized.

Prerequisites: ARTS 60 (or ART 35); or ARTS 62A (or ART 36A)

Credit transferable: CSU, UC

ARTS 63B INTAGLIO PRINTMAKING II

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTS 63A. Offers further study in intaglio printmaking, with emphasis on etching and aquatint. Low toxicity techniques are employed.

Prerequisites: ARTS 60 (or ART 35); or ARTS 61A (or ART 37); or ARTS 63A (or ART 36B)

Credit transferable: CSU, UC

ARTS 63C INTAGLIO PRINTMAKING III

3 units • LG-P/NP • Six hours studio

This course is a continuation of ARTS 63B. Offers advanced study in etching and aquatint. Topics include experimental lift grounds, printing over digital output, and chine collé.

Prerequisites: ARTS 63B; or ARTS 64B

Credit transferable: CSU, UC

ARTS 65.2 LITHOGRAPHIC TECHNIQUES: POLYESTER PLATES

.5-1.5 units • P/NP • Two hours studio per week for each unit of credit

This is a specialized course in polyester plate lithography techniques, printed on an etching press. Photographic and hand-drawn imagery is explored. Oil-based inks are used.

Credit transferable: CSU, UC

ART – VIDEO/CINEMA

ARTV 2 INTRODUCTION TO BROADCASTING

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

A survey of the history of American Radio and television from inception to the present. The emphasis is on television, with additional emphasis on the increasing convergence of television and other media industries. Students are provided with critical tools to help them analyze broadcasting from aesthetic, industrial, ideological, and technical perspectives.

Advisories: Eligibility for ENGL1A

Credit transferable: CSU

General Ed. Credit: MPC, Area C

BUSINESS

BUSI 64 CUSTOMER SERVICE

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

This highly practical class provides insight into the customer service environment and essential workplace skills including problem-solving, dealing with difficult customers, and managing customer service. Communications basics of listening, non-verbal communication, and technology communications are also covered. Also offered as Hospitality 64; credit may be earned only once. Also offered online.

Advisories: Eligibility for ENGL 1A

Credit transferable: CSU

COMMUNICATION

COMM 7 NEWS WRITING WORKSHOP

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

This course offers an introduction to the principles of news writing and editing, including interviewing, information gathering, critical understanding of news sources, ethical decision making, and writing of news, editorial, and feature articles. It includes readings in journalism and experience working on the staff of the student-operated newspaper, website, and social media. Topics also include responsible journalism principles and questions of ethics, liability, and litigation. Portions of instruction may be offered online.

Advisories: Eligibility for ENGL 1A

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area C

COMPUTER SCIENCE AND INFORMATION SYSTEMS

CSIS 76 NETWORKING FUNDAMENTALS

4 units • LG • Four hours lecture; one hour lab

This course introduces networking concepts and builds basic networking skills. Students learn layered models (TCP/IP and OSI), Ethernet networking, basic routing, IPv4 and IPv6 addressing, and cabling. Students design and configure a basic network. This Cisco Academy course is the first of a four-part sequence to prepare for CCNA certification. Portions of instruction may be offered online; also offered fully online.

Advisories: CSIS 1; eligibility for ENGL 1A

Credit transferable: CSU

CSIS 177 ROUTER CONCEPTS

4 units • LG • Four hours lecture; one hour lab

This course introduces the student to the essential elements of a routed and switched network. In addition to a basic routing and switching concepts and configuration, it covers VLANs, inter-VLAN routing, static routing, dynamic routing, OSPF, DHCP and NAT. Security is embedded in ACL and management of switch security. Both IPv4 and IPv6 implementations are also covered. This Cisco Academy course is the second of a four-part sequence to prepare for CCNA certification. Portions of instruction may be offered online.

Prerequisites or corequisites: CSIS

COOPERATIVE WORK EXPERIENCE

COOP 91.8 EARLY CHILDHOOD EDUCATION WORK EXPERIENCE

.5-4 units • LG • Seventy-five hours paid employment for each unit of credit; or sixty hours unpaid work for each unit of credit

Early Childhood Education Work Experience is a planned, supervised program relating to a college major or career goal. The assignments are correlated with employment practices. A faculty adviser, job performance objectives, a term paper and completed forms are required. May be taken up to 16 units in combination with COOP 92 if work station presents new or expanded opportunities.

Enrollment limitation: Current employment or internship placement. An Online COOP Employer Information Form must be approved and filed with the COOP Office each semester.

Credit transferable: CSU

General Ed. Credit: MPC, Area E2

ENGLISH

ENGL 9 GREAT BOOKS AND CIVIL LIBERTIES

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

Many of the assumptions by which Western democracies conduct their civic lives derive from classic texts, both fiction and non-fiction. This course discusses some of those works with readings and viewings that include Locke, Mill, Rousseau, Orwell, Tocqueville, Thoreau, King, Hanson, Harlan Ellison, Kurt Vonnegut, Ray Bradbury, Greg Lukianoff, and more. Offered online.

Prerequisites: ENGL 1A

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area C, D

FIRE ACADEMY

FPTC 107 FIREFIGHTER I ACADEMY REFRESHER

2 units • LG-P/NP • Total hours: Seventeen hours lecture by arrangement; sixty-four hours lab by arrangement

This course provides academic and manipulative skills as a refresher to the State Fire Marshal's Office requirements for Firefighter I through the California State Fire Marshal's Office.

Advisories: FPTC 105; Biddle, CPAT, or JPAC test; and physical examination

GENDER AND WOMEN'S STUDIES

GWOS 3 GENDER AND VIOLENCE

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

This course examines gender-based violence through intersectional methods attentive to interlocking systems of race, ethnicity, sexuality, and class and investigates gendered violence in social, cultural, and institutional contexts.

Advisories: Eligibility for ENGL 1A

Credit transferable: CSU, UC

GEOLOGY

GEOL 3 HISTORICAL GEOLOGY

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

An introduction to Earth's history and the life it supports. Subjects include geologic dating, global tectonics, stratigraphy, fossils, biological evolution, the planet's origin, and the processes that have influenced paleogeography during the past 4.6 billion years. Also offered online.

Corequisites: GEOL 3

Advisories: Eligibility for ENGL 1A; eligibility for MATH 10, 13, 16, 17, or 18

Credit transferable: CSU, UC

GEOL 3L HISTORICAL GEOLOGY LABORATORY

1 unit • LG-P/NP • Three hours lab

This course is the laboratory component to GEOL 3, which is an introduction to Earth's history and the life it supports. Subjects include geologic dating, plate tectonics, stratigraphy, fossils, biological evolution, the planet's origin and the processes that have influenced paleogeography during the past 4.6 billion years.

Corequisites: GEOL3

Advisories: Eligibility for ENGL 1A; eligibility for MATH 10, 13, 16, 17, or 18

Credit transferable: CSU, UC

HOSPITALITY

HOSP 64 CUSTOMER SERVICE

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

This highly practical class provides insight into the customer service environment and essential workplace skills, including problem-solving, dealing with difficult customers, and managing customer service. Communications basics of listening, non-verbal communication, and technology communications are also covered. Also offered as Business 64; credit may be earned only once. Also offered online.

Advisories: Eligibility for ENGL 1A

Credit transferable: CSU

INTERIOR DESIGN

INTD 15 TEXTILES

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

This course is a study of plant, animal, and manufactured fibers and fabrics, textile products, weaves, designs, and finishes.

Advisories: Eligibility for ENGL 1A

Credit transferable: CSU, UC

MATHEMATICS

MATH 261A BEGINNING ALGEBRA – PART I

4 units • LG • Four hours lecture

This course covers a systematic development of numbers, solving first degree equations and inequalities, graphing two variable linear equations, and using two variable systems of equations. MATH 261A and 261B fulfill the prerequisite for MATH 263.

Prerequisites: Qualifying math assessment score; or MATH 351; or an equivalent course from an accredited college

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

MATH 261B BEGINNING ALGEBRA – PART II

4 units • LG • Four hours lecture

This course is a continuation of MATH 261A. Provides a systematic development of numbers, polynomials, rational expressions, radicals, and quadratic equations. MATH 261A and 261B fulfill the prerequisite for MATH 263.

Prerequisites: MATH 261A; or an equivalent course from an accredited college

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

MATH 264 INTERMEDIATE ALGEBRA FOR NON-SCIENCE STUDENTS

5 units • LG • Five hours lecture

This course offers an alternative to the traditional Intermediate Algebra (MATH 263) for students who do not intend to pursue a STEM (Science, Technology, Engineering, Math) field of study. The course focuses on properties of real numbers, polynomials, first- and second-degree functions and equations, exponential and logarithmic functions, and data analysis and presentation. Emphasis is placed on modeling and real-world applications. The course satisfies the prerequisite for MATH 10, MATH 12, MATH 16, and MATH 17. It does NOT satisfy the prerequisite for MATH 13 or MATH 18. Also offered online.

Prerequisites: Qualifying math assessment score; or MATH 261; or MATH 261B; or an equivalent course from an accredited college

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

MEDICAL ASSISTING

MEDA 117 ICD 10 CODING

3 units • LG • Two hours lecture; two and one-half hours lab

This course introduces the student to the principles, format, conventions, and rules and guidelines of the ICD-10 diagnostic coding system used to represent healthcare services for statistics and reimbursement. Students develop practical skills for accurate ICD-10 code assignment and proficiency using the ICD-10-CM manual. Included in the course is a comparison of the ICD-9 to ICD-10.

Advisories: ANAT 5; MEDA 105

MUSIC

MUSI 199.2 TRAVEL STUDY: CHORAL TOUR OF SPAIN AND PORTUGAL

3 units • LG-P/NP • Total hours: Thirty four hours lecture by arrangement; sixty-eight hours lab by arrangement

This course is an I Cantori travel-study tour offering a study of the choral music of Spain and Portugal. The course includes a tour of various cities, museums, churches, and cathedrals. A series of concert performances by I Cantori includes choral music of America, Spain, Portugal, France, Italy, England, and Germany.

Limitation: Audition with instructor

PHYSICAL EDUCATION

PHED 2D GOLF IV

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

This course is a continuation of Golf III. It is designed for advanced golfers. Topics covered include swing technique for various types of golf shots, course etiquette, and course management at an advanced level.

Prerequisites: PHED 2C

Credit transferable: CSU, UC

General Ed. Credit: CSU, Area E; MPC, Area E1

PHED 5D TENNIS III

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

This is a continuation of Tennis II. Students refine intermediate tennis skills and learn intermediate/advanced techniques and strategies in singles and doubles.

Prerequisites: PHED 5B

Credit transferable: CSU, UC

General Ed. Credit: CSU, Area E; MPC, Area E1

PHED 5E TENNIS IV

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

This is a continuation of Tennis III. It includes physical conditioning for competitive play, continued advanced development of power and control in all ground strokes and serves, advanced offensive and defensive tactics, mental preparation for greater success, and performance under pressure. Students engage in competitive singles and doubles play.

Prerequisites: PHED 5D

Credit transferable: CSU, UC

General Ed. Credit: CSU, Area E; MPC, Area E1

PHED 6C SOCCER III

.5 unit • LG-P/NP • One and one-half hours activity

This course is a continuation of Soccer II. Students learn advanced offensive and defensive soccer skills and strategy, including advanced concepts for team play.

Prerequisites: PHED 6B

Credit transferable: CSU, UC

General Ed. Credit: CSU, Area E; MPC, Area E1

PHED 12D COMPETITIVE SWIMMING III

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

Students develop swimming skills and physical conditioning appropriate for competitive swimming at an intermediate/advanced level.

Prerequisites: PHED 12C

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PHED 12E COMPETITIVE SWIMMING IV

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

Students develop swimming skills and physical conditioning appropriate for competitive swimming at an advanced level.

Prerequisites: PHED 12D

Credit transferable: CSU, UC

PHED 15D VOLLEYBALL III

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

This course is a continuation of Volleyball II. Students develop intermediate/advanced skills and strategies in volleyball.

Prerequisite: PHED 15B

Credit transferable: CSU, UC

General Ed. Credit: CSU, Area E; MPC, Area E1

PHED 15E VOLLEYBALL IV

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

This course is a continuation of Volleyball III. Students advanced skills and strategies for competitive volleyball.

Prerequisite: PHED 15D

Credit transferable: CSU, UC

General Ed. Credit: CSU, Area E; MPC, Area E1

PHED 20.11 SKILL DEVELOPMENT FOR SOCCER – MEN

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

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

Enrollment limitation: Initial tryout required to determine possession of appropriate skill level for safe participation

Credit transferable: CSU, UC

PHED 22C INTERMEDIATE/ADVANCED BASKETBALL

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

Students are introduced to the intermediate/advanced level of development of individual and team skills and knowledge. A special emphasis is placed on intermediate/advanced fundamental skill sets of offense and defense.

Prerequisites: PHED 22B

Credit transferable: CSU, UC

General Ed. Credit: MPC, Area E1

PHED 22D ADVANCED BASKETBALL

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

Students are introduced to the advanced level of development of individual and team skills and knowledge. A special emphasis is placed on advanced fundamentals of offense and defense.

Prerequisites: PHED 22C

Credit transferable: CSU, UC

INTERCOLLEGIATE ATHLETICS

Eligibility: The rules of the California Community College Commission on Athletics provide that a student must be actively enrolled in 12 units at the time of participation. A student who comes directly from high school is immediately eligible for varsity competition. To be eligible for a second season of sport, the student athlete must complete and pass 24 units with a 2.0 GPA prior to the next season.

PHED 42C ATHLETIC TRAINING FIELD EXPERIENCE III

2 units • LG-P/NP • Six hours activity by arrangement

This course is a continuation of PHED 42B. Students learn additional athletic training skills such as therapeutic exercises and rehabilitation progressions. These skills are applied in the training room and during athletic contests.

Advisories: *Eligibility for ENGL 1A*

Credit transferable: *CSU, UC*

PHYSICAL FITNESS

PFIT 15C CORE MATWORK III

.5-1 unit • LG-P/NP • Two hours activity per week for one-half unit of credit; three hours activity per week for each unit of credit

A continuation of PFIT 15B. It continues the study of body conditioning based on the method of Joseph Pilates at an intermediate/advanced level. Designed for varying fitness levels and abilities, Pilates is a system of strengthening and stretching exercises that tone muscles, provide flexibility and balance, improve posture, and promote stress reduction.

Prerequisites: *PFIT 15B*

Credit transferable: *CSU, UC*

General Ed. Credit: *CSU, Area E; MPC, Area E1*

PFIT 15D CORE MATWORK IV

.5-1 unit • LG-P/NP • Two hours activity per week for one-half unit of credit; three hours activity per week for each unit of credit

A continuation of PFIT 15C. It continues the study of body conditioning based on the method of Joseph Pilates at an advanced level. Designed for varying fitness levels and abilities, Pilates is a system of strengthening and stretching exercises that tone muscles, provide flexibility and balance, improve posture, and promote stress reduction.

Prerequisites: *PFIT 15C*

Credit transferable: *CSU, UC*

General Ed. Credit: *CSU, Area E; MPC, Area E1*

PFIT 16C TAI CHI III

.5-1 unit • LG-P/NP • Two hours activity per week for one-half unit of credit; three hours activity per week for each unit of credit

This course is a continuation of PFIT 16B. It includes a series of slow, gentle movements done at an intermediate/advanced level that promote a deeper relationship to the body and increase health, strength, and flexibility if practiced regularly. Class includes intermediate/advanced exercises for relaxation, deep breathing and centering. A focus on hand movements is included.

Prerequisites: *PFIT 16B*

Credit transferable: *CSU, UC*

General Ed. Credit: *MPC, Area E1*

PFIT 16D TAI CHI IV

.5-1 unit • LG-P/NP • Two hours activity per week for one-half unit of credit; three hours activity per week for each unit of credit

This is a continuation of PFIT 16C. It includes a series of slow, gentle movements done at an advanced level to promote a deeper relationship to the body that increases health, strength, and flexibility if practiced regularly. Class includes exercises at an advanced level for relaxation, deep breathing and centering. All 21 Tai Chi forms are used.

Prerequisites: *PFIT 16C*

Credit transferable: *CSU, UC*

General Ed. Credit: *MPC, Area E1*

PFIT 17C YOGA III

.5-1 unit • LG-P/NP • Two hours lab for one-half unit of credit; three hours lab for one unit of credit

A continuation of PFIT 17B, this course offers students the principles and practices of yoga at an intermediate/advanced level. Through the practice of poses or asanas and breathing techniques, students increase flexibility and strength, promote mindfulness and relaxation, and reduce stress. Appropriate for varying fitness levels and abilities.

Prerequisites: *PFIT 17B*

Credit transferable: *CSU, UC*

General Ed. Credit: *CSU, Area E; MPC, Area E1*

PFIT 17D YOGA IV

.5-1 unit • LG-P/NP • Two hours lab for one-half unit of credit; three hours lab for one unit of credit

A continuation of PFIT 17C, this course offers students the principles and practices of yoga at an advanced level. Through the practice of poses or asanas and breathing techniques, students increase flexibility and strength, promote mindfulness and relaxation, and reduce stress. Appropriate for varying fitness levels and abilities.

Prerequisites: *PFIT 17C*

Credit transferable: *CSU, UC*

General Ed. Credit: *CSU, Area E; MPC, Area E1*

PFIT 18C AEROBIC FITNESS III

.5-1 unit • LG-P/NP • Two hours activity per week for one-half unit of credit; three hours activity per week for one unit of credit

This course is a continuation of PFIT 18B. It covers intermediate/advanced aerobic exercises and dance routines to music applicable for varying fitness levels and abilities.

Prerequisites: *PFIT 18B*

Credit transferable: *CSU, UC*

General Ed. Credit: *CSU, Area E; MPC, Area E1*

PFIT 18D AEROBIC FITNESS IV

.5-1 unit • LG-P/NP • Two hours activity per week for one-half unit of credit; three hours activity per week for one unit of credit

This course is a continuation of PFIT 18C. It offers advanced aerobic exercises and dance routines to music appropriate for varying fitness levels and abilities.

Prerequisites: *PFIT 18C*

Credit transferable: *CSU, UC*

General Ed. Credit: *CSU, Area E; MPC, Area E1*

PFIT 19C BODY SCULPTING III

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

A continuation of Body Sculpting II. Students are introduced to intermediate/advanced muscle resistance exercises and flexibility activities with an emphasis on proper technique and alignment. Students improve muscle endurance, core strength, and functional movement. This course is appropriate for varying fitness abilities and levels.

Prerequisites: PFIT 19B

Credit transferable: CSU, UC

General Ed. Credit: CSU, Area E; MPC, Area E1

PFIT 19D BODY SCULPTING IV

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

This course is a continuation of PFIT 19C. Students are introduced to advanced level muscle resistance exercises and flexibility activities with an emphasis on proper technique and alignment. Students improve muscle endurance, core strength, and functional movement.

Prerequisites: PFIT 19C

Credit transferable: CSU, UC

PFIT 21C FLEXIBILITY AND RELAXATION TECHNIQUES III

.5 unit • LG-P/NP • Two hours lab

This course is a continuation of PFIT 21B. It includes an advanced stretching and flexibility program for the development of joint flexibility and muscle suppleness. The course combines an advanced level of core strengthening, flexibility, balance, and relaxation exercises.

Prerequisites: PFIT 21B

Credit transferable: CSU, UC

PFIT 22C FITNESS THROUGH SWIMMING III

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

This course is a continuation of PFIT 22B. It is designed for students to develop and maintain an intermediate/advanced level of fitness through swimming. Emphasis is on the further refinement of basic strokes through instruction and practice. Further development of butterfly and breaststroke skills and flip turns is included.

Prerequisites: PFIT 22B

Credit transferable: CSU, UC

General Ed. Credit: CSU, Area E; MPC, Area E1

PFIT 22D FITNESS THROUGH SWIMMING IV

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

This course is a continuation of PFIT 22C. It is designed for students to develop and maintain an advanced level of fitness through swimming. Emphasis is on the refinement of previously learned swimming skills through instruction and practice.

Prerequisites: PFIT 22C

Credit transferable: CSU, UC

General Ed. Credit: CSU, Area E; MPC, Area E1