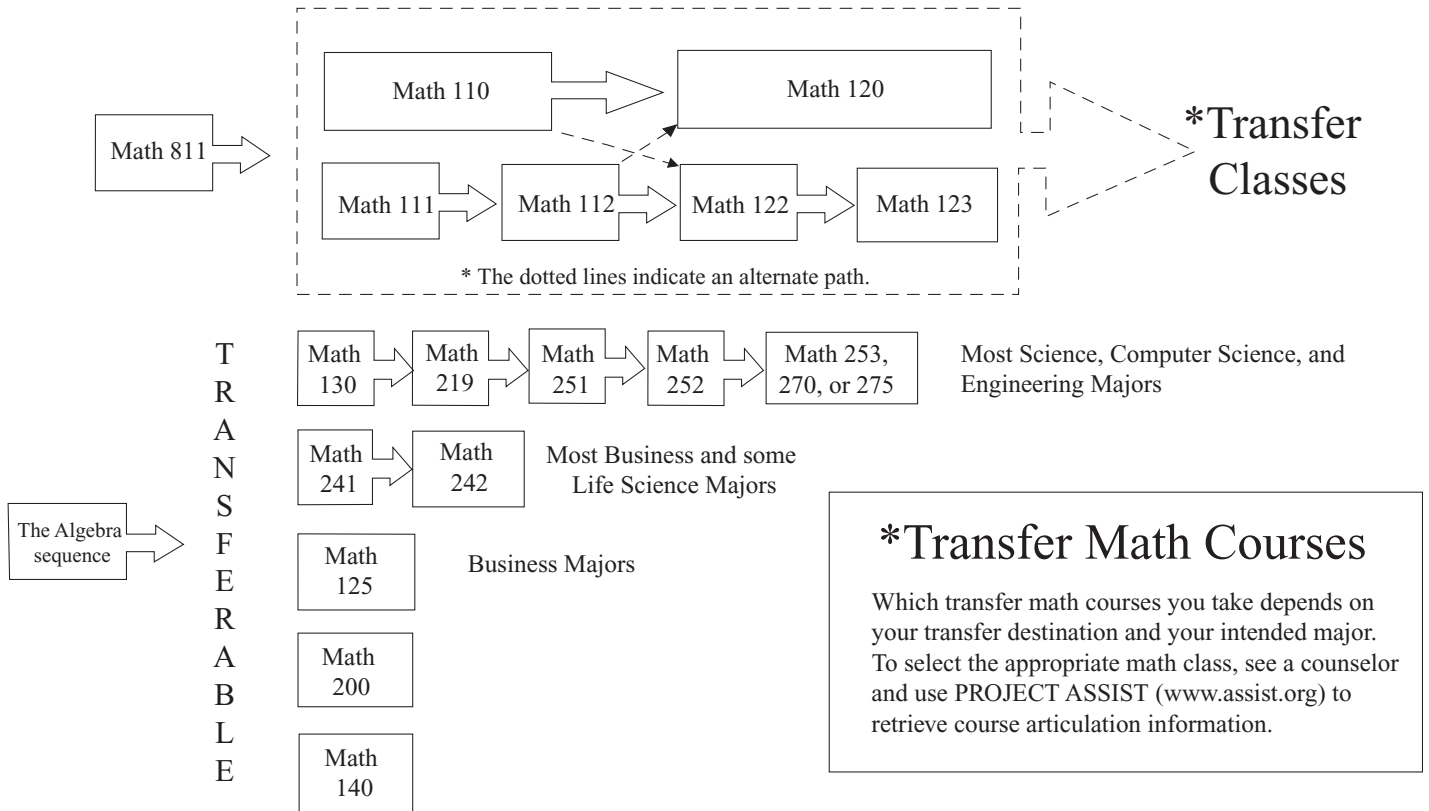


The Algebra Sequence



MATH 110 ELEMENTARY ALGEBRA

Units (Grade Option) 5; Class Hours: Minimum of 80 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 811, or appropriate score on District math placement test and other measures as appropriate.

Description: This is the first course in a 2-part series covering elementary and intermediate algebra. Topics include the real number system, linear equations, linear inequalities, graphing, systems of equations, integer exponents, polynomials, factoring, proportions, rational expressions, and problem solving. Students who complete this course with a C or better are advised to enroll in MATH 120.

MATH 111 ELEMENTARY ALGEBRA I

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): 3 units of MATH 811, or appropriate score on District math placement test and other measures as appropriate. **Description:** This course is equivalent to the first half of MATH 110. Topics include the real number system, linear equations, linear inequalities, graphing, and systems of equations. Students who complete this course with a C or better are advised to enroll in MATH 112.

MATH 112 ELEMENTARY ALGEBRA II

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 111. **Description:** This

course is equivalent to the second half of MATH 110 and is a continuation of MATH 111. Topics include integer exponents, polynomials, factoring, proportions, and rational expressions. Students who complete this course with a C or better are advised to enroll in MATH 122.

MATH 115 GEOMETRY

Units 5; Class Hours: Minimum of 80 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 110 or 112, or appropriate score on District math placement test and other measures as appropriate. **Description:** This course is a study of the properties of plane and solid figures, using formal logic and the real number system. Some non Euclidean, projective and topological elements are included.

MATH 120 INTERMEDIATE ALGEBRA

Units 5; Class Hours: Minimum of 80 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 110 or 112, or appropriate score on District math placement test and other measures as appropriate. **Description:** This is the second course in a 2-part series covering elementary and intermediate algebra and is a continuation of MATH 110. Topics include a review of equations, absolute value, lines and graphs, functions, rational exponents, radical expressions and equations, quadratic equations and graphs, exponential functions, and logarithmic functions. Additional topics may include conic sections and systems of equations.

MATH 122 INTERMEDIATE ALGEBRA I

Units 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 110 or 112, or appropriate score on District math placement test and other measures as appropriate.

Description: This course is equivalent to the first half of MATH 120. Topics include a review of equations, absolute value, lines and graphs, functions, rational exponents, radical expressions and equations, and quadratic equations. Students who complete this course with a C or better should enroll in MATH 123.

MATH 123 INTERMEDIATE ALGEBRA II

Units 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 122. Description: This course is equivalent to the second half of MATH 120 and is a continuation of MATH 122.

Topics include composition of functions, inverse functions, exponential functions, and logarithmic functions. Optional topics include the conic sections and nonlinear systems.

MATH 125 ELEMENTARY FINITE MATHEMATICS

Units 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 120 or 121 or 123, or appropriate score on District math placement test and other measures as appropriate.

Description: This is an introduction to finite mathematics with attention to set theory, counting theory, probability, systems of equations, vector and matrix theory, inequalities and linear programming. Transfer: CSU, UC.

MATH 130 ANALYTICAL TRIGONOMETRY (CAN MATH 8)

Units 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 115, and 120 or 121 or 123, or appropriate score on District math placement test and other measures as appropriate.

Description: This course covers trigonometric functions of real numbers and angles, their graphs and periodicity; reduction formulas; functions of multiple angles; identities and equations; radian measure; inverse functions, logarithms and exponents, solution of triangles; complex numbers and De Moivre's theorem. Transfer: CSU.

MATH 140 MATHEMATICS FOR GENERAL EDUCATION (CAN MATH 2)

Units 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 120 or 121 or 123, or appropriate score on District math placement test and other measures as appropriate.

Description: This course fulfills the general education requirements in mathematics, and is designed for majors with no specific math requirement. The goal is to develop in students an appreciation for the beauty and utility of mathematics. Topics can include logic, problem solving, probability, statistics, geometry, mathematics of finance, systems of numeration, mathematical modeling, and computers. Transfer: CSU, UC.

MATH 150 MATHEMATICS FOR ELEMENTARY SCHOOL TEACHERS

Units 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 115 and 120. Description: This course is

intended for future elementary school teachers. Topics covered include elementary set theory, numeration, number systems and operations, and elementary number theory, with emphasis on problem solving. Transfer: CSU, UC.

MATH 200 ELEMENTARY PROBABILITY AND STATISTICS (CAN STAT 2)

Units 4; Class Hours: Minimum of 64 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 120 or 121 or 123, or appropriate score on District math placement test and other measures as appropriate.

Description: This course presents the basic concepts underlying statistical methods and covers descriptive statistics, probability, probability distributions, hypothesis testing, estimates and sample sizes, correlation and regression, chi-square tests, analysis of variance, and nonparametric statistics. Computer analysis of statistical data is integrated into the course. Applications of statistics to business, life sciences and other areas are included. Transfer: CSU, UC.

MATH 219 PRE CALCULUS COLLEGE ALGEBRA/ TRIGONOMETRY (CAN MATH 16)

Units 5; Class Hours: Minimum of 80 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 130, or appropriate score on District math placement test and other measures as appropriate. Description:

Unification of college algebra and analytical trigonometry based on the function concept. Topics include: properties of the real number system, inequalities, theory of equations, complex numbers, logarithmic and exponential functions, matrices, binomial theorem, sequence inverse functions. Transfer: CSU, UC*.

MATH 241 APPLIED CALCULUS I (CAN MATH 30) (CAN MATH SEQ D = MATH 241 + 242)

Units 5; Class Hours: Minimum of 80 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 120 or 121 or 123, or appropriate score on District math placement test and other measures as appropriate.

Description: This is the first of two calculus classes that are designed for business, life science, or other majors that don't require the more rigorous engineering calculus. Topics include a review of functions from algebra, an introduction to periodic functions, an introduction to limits, the derivative, and applications of the derivative. Transfer: CSU, UC*.

MATH 242 APPLIED CALCULUS II (CAN MATH 32) (CAN MATH SEQ D = MATH 241 + 242)

Units 5; Class Hours: Minimum of 80 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 241. Description: This is the second

half of a two-semester calculus sequence that is designed for business, social sciences, technology, and life sciences majors. Topics include an introduction to the integral, integration, multivariable functions, and differential equations. Transfer: CSU, UC*.

**MATH 251 ANALYTICAL GEOMETRY AND CALCULUS I
(CAN MATH 18) (CAN MATH SEQ B = MATH 251 + 252)
(CAN MATH SEQ C = MATH 251 + 252 + 253)**

Units 5; Class Hours: Minimum of 80 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 219 or appropriate score on District math placement test and other measures as appropriate. Description: This course is an introduction to calculus and analytic geometry including limits, continuity of functions, definition of differentiation, derivation of formulas, applications, anti-differentiation and the fundamental theorem of calculus. Transfer: CSU, UC*.

**MATH 252 ANALYTICAL GEOMETRY AND CALCULUS II
(CAN MATH 20) (CAN MATH SEQ B = MATH 251 + 252)
(CAN MATH SEQ C = MATH 251 + 252 + 253)**

Units 5; Class Hours: Minimum of 80 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): MATH 251. Description: This course is the second in a series of calculus and analytic geometry. This course covers the Fundamental Theorem of Calculus, antiderivatives, integral applications and techniques, power series and infinite series topics such as series testing and analysis of Taylor and power series. Transfer: CSU, UC*.

**MATH 253 ANALYTICAL GEOMETRY AND CALCULUS III
(CAN MATH 22) (CAN MATH SEQ C = MATH 251 + 252 + 253)**

Units 5; Class Hours: Minimum of 80 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): MATH 252. Description: This course is the third in a series of calculus and analytic geometry. This is the calculus of multivariable functions. The course covers topics in vectors, partial derivatives, double and triple integrals, line integrals and vector analysis theory such as Green's, Stokes', and Gauss' Theorems. Transfer: CSU, UC.

MATH 268 DISCRETE MATHEMATICS

Units (Grade Option) 4; Class Hours: Minimum of 64 lecture hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): MATH 251. Description: Covers topics in discrete mathematics with particular emphasis on computer science applications. Includes logic, sets, functions and relations mathematical induction, recursion, Boolean algebra, elementary number theory, probability, algebraic structures, statistics, graphs, counting and combinatorics. Transfer: CSU, UC*.

MATH 270 LINEAR ALGEBRA

Units 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MATH 252. Description: Application of vectors and matrices to systems of linear equations, linear transformations, eigenvectors and eigenvalues, vector spaces and inner products. Transfer: CSU, UC.

**MATH 275 ORDINARY DIFFERENTIAL EQUATIONS
(CAN MATH 24)**

Units 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): MATH 252. Description: Applications involving differential equations and analytical, graphical and numerical solutions of linear differential equations and systems of linear differential equations, power-series solutions of nonlinear differential equations, and solution of linear differential equations with constant coefficients by Laplace Transforms. Transfer: CSU, UC.

MATH 811 PRE ALGEBRA

Units (Grade Option) 1-3; Class Hours: Minimum of 48 lecture/32 by arrangement lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: Covers the fundamental processes in arithmetic: reading mathematical notation, translating words into symbols, and properties of the real number system. May be repeated for credit up to 3 units. Units do not apply toward AA/AS degree.

MEDICAL ASSISTING

MEDA 100 INTRODUCTION TO MEDICAL ASSISTING

Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: Duties and responsibilities of a medical assistant, transcriptionist, and billing specialist in a physician's office, clinic, hospital or other medical facility. Emphasizes desirable personality traits and human relationships as well as medical ethics, specialties in the medical field, and office maintenance. Transfer: CSU.

MEDA 110 BASIC MEDICAL TERMINOLOGY

Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: Development of a medical vocabulary to include medical abbreviations and symbols through the study of the principles of word construction and word analysis, with emphasis on spelling and pronunciation. Transfer: CSU.

MEDA 115 MEDICAL WORD PROCESSING

Units 3; Class Hours: Minimum of 48 lecture/32 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): BUS. 415 or equivalent skill level. Description: Training in production typing of medical letters, reports, and forms using the computer. Transfer: CSU.

MEDA 120 CLINICAL PROCEDURES I

Units 4; Class Hours: Minimum of 48 lecture/48 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): BIOL 130 and MEDA 110. Description: Examination room techniques, asepsis and sterilization procedures, laboratory procedures and specimen collection, and electrocardiograms (Extra supplies may be required). Transfer: CSU.

MEDA 121 CLINICAL PROCEDURES II

Units 4; Class Hours: Minimum of 48 lecture/48 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MEDA 120. Description: Administering medications, injections and venipuncture, eye and ear lavage, electroencephalograms, removal of sutures and staples, bandaging and dressings, and other examination and clinical procedures. (Extra supplies may be required). Transfer: CSU.

MEDA 140 MEDICAL TRANSCRIPTION: BASIC

Units 3; Class Hours: Minimum of 48 lecture/32 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MEDA 110 and 115. Description: Machine transcription of patient medical chart progress notes, history and physicals, letters, consultations, surgical and autopsy reports, and discharge summaries utilizing computers. Course includes analyzing, editing, proper documentation, and compliance requirements. BIOL 130 is recommended. Transfer: CSU.

MEDA 141 MEDICAL TRANSCRIPTION; ADVANCED

Units 3; Class Hours: Minimum of 48 lecture/32 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MEDA 140. Description: Intensive transcription using computers, of hospital-type medical reports including history and physical examinations, surgeries, discharge summaries, and radiologic and nuclear medicine reports. MEDA 190 and BIOL 130 are recommended. Transfer: CSU.

MEDA 150 MEDICAL OFFICE PROCEDURES

Units 3; Class Hours: Minimum of 48 lecture/32 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): completion of or concurrent enrollment in MEDA 100 and 110. Description: Fundamental office procedures applied to the medical field. Decision-making, setting priorities, finding information, coping with interruptions, and producing under pressure in medical office simulations. Transfer: CSU.

MEDA 160 MEDICAL INSURANCE PROCEDURES

Units 3; Class Hours: Minimum of 48 lecture/32 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): BUS. 415 or equivalent. Description: Covers Blue Cross, Blue Shield, Medicare, Medi-Cal, Worker's Compensation and other insurance programs. Coding resources used in claims preparation. Billing and bookkeeping methods using the computer. Transfer: CSU.

MEDA 161 ICD (International Classification of Diseases)-9-CM (Clinical Modification) BEGINNING CODING

Units (Grade Option) 1; Class Hours: Minimum of 16 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: Development of nomenclature and classification of diseases. Basic coding principles of diseases and symptoms according to ICD-9-CM with emphasis on the coding of medical records. Use of indexes, sequencing of code numbers, and preparation of documents to increase competency. May be repeated once for credit. Transfer: CSU.

MEDA 162 ICD (International Classification of Diseases)-9-CM (Clinical Modification) INTERMEDIATE CODING

Units (Grade Option) 1; Class Hours: Minimum of 16 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MEDA 161. Description: Intermediate principles and philosophy of coding logic according to ICD-9-CM. Emphasizes the use of UHDDS, source documents, multiple coding, sequencing, V codes, tables, neoplasms, and mental disorders. Transfer: CSU.

MEDA 163 ICD (International Classification of Diseases)-9-CM (Clinical Modification) ADVANCED CODING

Units (Grade Option) 1; Class Hours: Minimum of 16 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MEDA 162. Description: Advanced principles and philosophy of coding logic according to ICD-9-CM. Emphasizes diseases by body systems, complications, injuries, and adverse effects of drugs. Transfer: CSU.

MEDA 164 CPT (Current Procedural Terminology) BEGINNING CODING

Units (Grade Option) 1; Class Hours: Minimum of 16 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: Basic coding principles of medical procedures according to Current Procedural Terminology (CPT). Use of CPT, modifiers, appendices, and preparation of documents. Transfer: CSU.

MEDA 165 CPT (Current Procedural Terminology) INTERMEDIATE CODING

Units (Grade Option) 1; Class Hours: Minimum of 16 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MEDA 164. Description: Continuation of MEDA 164. Intermediate principles and philosophy of coding logic according to CPT (Current Procedural Terminology). Emphasizes the understanding of terms and processes. Transfer: CSU.

MEDA 166 CPT (Current Procedural Terminology) ADVANCED CODING

Units (Grade Option) 1; Class Hours: Minimum of 16 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MEDA 165. Description: Continuation of MEDA 165. Advanced principles and philosophy of coding logic according to CPT (Current Procedural terminology). Emphasizes the understanding of terms and process. Transfer: CSU.

MEDA 190 INTRODUCTION TO PHARMACOLOGY

Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: Designed for medical assistants, medical transcribers and other allied health professionals includes recognition and identification of commonly used drugs; classification of drugs according to action; modes of administration of drugs; and care and storage of drugs according to regulations of the Food and Drug Administration (FDA). Transfer: CSU.

MEDA 801 COMPUTERIZED MEDICAL BILLING/MEDICAL ASSISTING EXAM PREPARATION

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: Preparation for Medisoft or Medical Manager, or UB 92, or Medical Assisting certification testing offered by various organizations. May be repeated twice for credit.

MUSIC**MUS. 100 FUNDAMENTALS OF MUSIC**

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture/16 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: This introductory course is designed to develop literacy with the traditional musical symbol system and basic vocal or keyboard competence with rhythm, scales, intervals, triads, and articulation markings. The course is suggested as a preliminary course to MUS. 101 and 131 and is suggested for the elementary classroom teacher and the amateur musician. Units do not apply toward a music major degree. Transfer: CSU, UC*.

MUS. 101, 102, 103, 104 MUSICIANSHIP I, II, III, IV

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture/16 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MUS. 102, 103 and 104 require the previous level. Description: This series of courses covers music notation, keys, key signatures, intervals, sight reading and ear training from beginning through advanced levels. Some pianistic ability is desirable for level I. Transfer: CSU, UC.

MUS. 131, 132 HARMONY I, II

Units 3; Class Hours: Minimum of 48 lecture/16 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MUS. 132 requires MUS. 131. Description: Study of chords and their relation to each other, in order to develop the ability to harmonize melodies on paper or at the keyboard is the focus of this course. MUS. 131 and 132 carry the student from simple triads through and including chords of the dominant seventh. MUS. 131 is usually taken concurrently with MUS. 101 and 103. Some piano ability is essential for level I. Transfer: CSU, UC.

MUS. 202 MUSIC APPRECIATION (CAN MUS 8)

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture/16 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: Music 202 is a lecture course covering the development of Western art music from its beginnings to the present day. Emphasis is placed on aspects of music such as rhythm, counterpoint, form, harmony, and developmental techniques, and history which can assist the listener to understand and appreciate art music. Directed weekly listening in the library and attendance at three (minimum) live concerts of classical music are required. This course is for non music majors, as well as music majors. Transfer: CSU, UC.

MUS. 301, 302, 303, 304 PIANO I, II, III, IV

Units (Grade Option) 2; Class Hours: Minimum of 32 lecture/16 lab/48 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MUS. 302, 303 and 304 require the previous level. Description: These applied music courses stress the basics of piano playing from beginning through advanced levels. Students are taught the foundations of piano technique, to read music, to play musically, and to expand their repertoire. For those with no music literacy, concurrent or previous enrollment in MUS. 100 is recommended if enrolling in level I. MUS. 304 may be repeated for credit. Transfer: CSU, UC.

MUS. 305, 306, 307, 308 KEYBOARD HARMONY I, II, III, IV

Units (Grade Option) 2; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MUS. 306, 307 and 308 require the previous level. Description: This series of beginning through advanced courses gives students hands on keyboard proficiency in performing the harmonic theory studied in MUS. 131, 132, 133, and 134. The courses reinforce their aural perception of harmonic progressions, provide instruction for transposition, and lay the foundation for improvisation at the keyboard. Some pianistic ability is desirable for level I. Transfer: CSU, UC.

MUS. 371, 372, 373, 374 GUITAR I, II, III, IV

Units (Grade Option) 1; Class Hours: Minimum of 48 lecture/lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): Possession of a guitar. MUS. 372, 373 and 374 require the previous level. Description: These courses cover basic techniques of playing the guitar from beginning through advanced levels. Group and individual attention are included. Transfer: CSU, UC.

MUS. 450 JAZZ BAND

Units 1; Class Hours: Minimum of 48 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): Demonstration of ability by audition. Description: This course provides for the study of all phases of big band jazz. Performance is required. Demonstration of proficiency is a prerequisite. Transfer: CSU, UC.

MUS. 461, 462, 463, 464 INSTRUMENTAL ENSEMBLE I, II, III, IV

Units 1; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): MUS. 461 requires demonstration of ability by audition. MUS. 462, 463 and 464 require the previous level. Description: These course are a Brass, String, and Woodwind ensemble. Performance is required. Transfer: CSU, UC.

MUS. 476 CHOIR

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): Student must be able to match pitch vocally. Description: This course is the study and performance of choral literature for accompanied and unaccompanied chorus. The repertoire includes "popular" contemporary styles. Performances are required. Field trips may be required. May be repeated for credit up to 3 times. Transfer: CSU, UC.

MUS. 486 COLLEGE SINGERS

Units 1; Class Hours: Minimum of 80 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): Previous choral experience and demonstrated ability by audition. Description: This is an advanced ensemble specializing in the performance of choral literature for small choruses. The repertoire includes both traditional and contemporary styles. Performances are required. Field trips may be required. May be repeated for credit up to 3 times. Transfer: CSU, UC.

MUS. 490 PENINSULA CANTARE I

Units (Grade Option) 1; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): Previous choral experience and demonstrated ability through auditions. Description: Rehearsal and performance of oratorios and other choral literature is the content of this course. Performance is required. May be repeated for credit up to 3 times. Transfer: CSU, UC.

MUS. 491 PENINSULA CANTARE II

Units 0.5; Class Hours: Minimum of 24 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): Previous choral experience and ability demonstrated by audition. Description: This course focuses on rehearsal and performance of oratorios and other choral literature at a more advanced level than MUS. 490. Participation in performances is required. May be repeated for credit up to 3 times. Transfer: CSU, UC.

NATURAL SCIENCES

NSCI 100 INTRODUCTION TO NATURAL SCIENCES

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: This course is an overview of the natural sciences, emphasizing the geology and natural history of San Mateo County. Descriptive material is taken from biological, geological and environmental sciences. Field trips supplement lecture material. Transfer: CSU, UC*.

OCEANOGRAPHY

OCEN 100 OCEANOGRAPHY

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: Chemical and biological history of the oceans, currents, waves, tides and coastal processes are studied in this course. Origin and evolution of the oceans and ocean basins with emphasis on recent discoveries in continental drift and sea floor spreading are included. Transfer: CSU, UC.

OFFICE TECHNOLOGY

(See Business/Office Technology)

PALEONTOLOGY

PALN 110 ANCIENT LIFE AND PAST ENVIRONMENTS

Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: An introductory ecological approach to the changing parade of life and ancient environments through the past 3.5 billion years of Earth history. Included are collecting, preparing, analyzing and interpreting a fossil marine fauna. Transfer: CSU, UC.

PARALEGAL

LEGL 249 INTRODUCTION TO THE LEGAL SYSTEM

Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): None. Description: The role of a paralegal, an overview of the U.S. legal system, and an introduction to the substantive areas of law taught in the paralegal program. Transfer: CSU.

LEGL 250 LEGAL RESEARCH AND WRITING

Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for ENGL 110; Prerequisite(s): LEGL 249 or concurrent enrollment in LEGL 249. Description: The student is introduced to reading and briefing legal cases and the principles of legal writing. Students also learn the differences between 1) primary and secondary sources, 2) title and court records, and 3) county, state, and specialization law libraries, and specialized libraries. Other topics included in the course are organization and management of an office law library, cite checking, and preparation of bibliographies. Transfer: CSU.

LEGL 251 TORTS

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249. Description: Study of the various torts that make up the substantive law of torts. The topics included are the basis of tort liability, the elements of actionable torts, remedies, and procedures. Transfer: CSU.

LEGL 252 CIVIL LITIGATION AND TRIAL PREPARATION

Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249. Description: Introduction to the basis of trial practice and civil litigation procedures. Students learn how to prepare pleadings and motions, complete discovery and fact investigations, identify pretrial considerations, preserve facts and prepare for trial, and complete post-trial motions and appeals. Transfer: CSU.

LEGL 253 ESTATE ADMINISTRATION

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249. Description: Examines the fundamental principles involved in the legal process of estate planning and probating an estate. The basic law of wills and the preparation of all pleadings and documents customarily used in planning and probating an estate are included also. Transfer: CSU.

LEGL 254 FAMILY LAW

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249; Corequisite(s): Concurrent enrollment in LEGL 699, two hours per week minimum. Description: Legal principles applicable to the marriage contract and analyze problems arising from the marital relationship. Other topics include the examination of property rights, support obligations, and child custody. Transfer: CSU.

LEGL 255 CORPORATIONS AND BUSINESS ENTITIES

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249 or concurrent enrollment in LEGL 249. Description: Basic orientation to business organizations involving sole proprietorships and partnerships. Procedures followed for qualifying a foreign corporation in California are discussed as well. Transfer: CSU.

LEGL 256 REAL PROPERTY LAW

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249 or concurrent enrollment in LEGL 249. Description: In this course, emphasis is placed on the relationships between buyer and seller of real estate and between landlord and tenant. The role of the legal assistant in the analysis and solution of legal problems and in the preparation of documents is also discussed. Transfer: CSU.

LEGL 257 BANKRUPTCY

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249 or concurrent enrollment in LEGL 249. Description: Overview of the bankruptcy court, administration of bankrupt estates by receivers and trustees, and the preparation of voluntary cases. Students learn to apply the analytical skills needed to assist attorneys in preparing bankruptcy petitions and other documents. Transfer: CSU.

LEGL 260 ADVANCED LEGAL RESEARCH AND WRITING

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249 and 250. Description: Students develop and refine legal research and writing skills by preparing a series of projects which include legal documents for court cases filed by attorneys. Included is the efficient use of law libraries. Transfer: CSU.

LEGL 262 PARALEGALISM AND STUDY OF LEGAL ETHICS

Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for ENGL 110; Prerequisite(s): LEGL 249. Description: Major aspects and issues of the paralegal profession, skills of a paralegal, and legal ethics. Topics include new careers in law, paralegal employment, the regulation of paralegals, legal analysis, interviewing, investigation in a law office, and formal and informal advocacy with administrative agencies. Transfer: CSU.

LEGL 264 CONTRACTS

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249. Description: Study of the theory and practice of contract law. Students learn to create contracts and identify contract breaches provided for by law. Transfer: CSU.

LEGL 268 ADMINISTRATIVE LAW

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249. Description: Fundamentals of the administrative law system--how it developed, what it is intended to do, and how it works. Federal cases; issues in administrative law such as those that apply to tax, welfare, and environmental law; workers' compensation and social security are examined also. Transfer: CSU.

LEGL 274 ADVANCED FAMILY LAW PROJECTS

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for ENGL 110; Prerequisite(s): LEGL 254; Corequisite(s): Concurrent enrollment in LEGL 699, two hours per week minimum. Description: Overview of the skills needed to prepare documents and forms commonly found in family law (divorce) matters. Potential examples are petitions, responses, orders to show cause, responsive declarations, income and expense declarations, pretrial statements, disclosure statements, discovery judgments, marital settlement agreements, and support calculations. Transfer: CSU.

LEGL 276 COMPUTERS IN THE LAW

Units (Grade Option) 2; Class Hours: Minimum of 32 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): None. Description: This survey course provides an overview of the ways in which law firms and libraries increasingly use the Internet as an integral part of their daily work. The primary emphasis is on the legal information and research sources available through the World Wide Web. Other topics include transactional use of the Internet, as in corporate registrations and securities filings, and law firm intranets. Transfer: CSU.

PHILOSOPHY**PHIL 100 INTRODUCTION TO PHILOSOPHY (CAN PHIL 2)**

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): None. Description: The aim of this introductory course is to analyze philosophical assumptions, evaluate and discuss the ideas and theories of selected philosophies, think critically, and observe the involvement of philosophical thought in everyday life. Some classical philosophical problems in the areas of ethics, epistemology, metaphysics, and social and political philosophy are compared and contrasted. Transfer: CSU, UC.

PHIL 103 CRITICAL THINKING

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): None. Description: In this course a general overview of reasoning skills is presented. Techniques are introduced to facilitate the recognition of arguments from various types of discourse. Students analyze and distinguish valid from invalid arguments, sound and unsound arguments, the structure of arguments, and informal fallacies. Students are required to practice and develop skills of constructing valid and sound arguments, write three short argumentative essays, and write a substantial paper of critical analysis of an assigned topic. Transfer: CSU, UC.

PHIL 160 HISTORY OF PHILOSOPHY: ANCIENT AND MEDIEVAL (CAN PHIL 8)

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: This course is an introduction to the history of Western philosophy from pre-Socratic to Renaissance. Selections from representative philosophers and/or schools--pre-Socratic, Plato, Aristotle, philosophy of the Roman world, and Christian and early rationalist thought--are studied. Analysis of attempts to resolve fundamental metaphysical, epistemological, and ethical questions is also included. Transfer: CSU, UC.

PHIL 175 HISTORY OF PHILOSOPHY: 16TH TO 18TH CENTURY

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: This course is a general survey of epistemological, metaphysical, and ethical systems in Western philosophical tradition from around the 16th to 18th Century. Rationalists, Empiricists, Kant, and some early idealists are studied. Transfer: CSU, UC.

PHIL 190 CONTEMPORARY PHILOSOPHY

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: This course is a general survey of trends in 19th and 20th Century philosophy and its impact on social, political, economic and religious movements. Idealism, existentialism, Marxism, Christian philosophy, logical positivism, pragmatism, utilitarianism, and linguistic analysis are studied. Transfer: CSU, UC.

PHIL 200 INTRODUCTION TO LOGIC (CAN PHIL 6)

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: This course is an introduction to the study of logic which includes informal fallacies, syllogism and symbolic logic. Also included is the critical study of the conditions of clear statements, analysis and evaluation of arguments, and skills for constructing logical arguments. Transfer: CSU, UC.

PHIL 240 INTRODUCTION TO ETHICS (CAN PHIL 4)

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: In this course students examine the principles of ethical decision making and ethical responsibility. Classical and contemporary deontological and teleological theories in ethics are carefully examined, and contemporary ethical problems such as abortion, privacy, drug testing, and AIDS are studied in depth. Transfer: CSU, UC.

PHIL 246 ETHICS IN AMERICA

Telecourse: Units (Grade Option) 3; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: Examines contemporary ethical conflicts in journalism, government, medicine, law, business, and the criminal justice system. Provides a grounding in the language, concepts, and traditions of ethics. Transfer: CSU.

PHIL 300 INTRODUCTION TO WORLD RELIGIONS

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: This course is an introduction to the study of great religions of the world; their cultural background, tenets, practices, literature and art; and their impact on society and culture. Also covers the development of religious ideas of major religions and their significant influence on the meaningfulness of human existence. Transfer: CSU, UC.

PHIL 310 PHILOSOPHY OF RELIGION

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: This course is an investigation of questions arising from the tradition of religions. Students compare and contrast the philosophical theories of religious skepticism, nature of God, revelation, miracles, faith, mystical experience, the problems of evil and death and immortality. Transfer: CSU, UC.

PHIL 320 ASIAN PHILOSOPHY

Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None. Description: This course is a general survey of the philosophical developments in China, India, and Japan. Major philosophical theories of these countries are compared and evaluated. The philosophical impact on Asian perspective of purpose and meaningfulness of existence, human destiny, ethical, and metaphysical views is examined. Transfer: CSU, UC.

PHYSICAL EDUCATION**ADAPTIVE**

Adaptive Physical Education courses are offered primarily for students with physical limitations. Physician's verification of limiting condition on file is recommended.

ADAP 310 ADAPTIVE P. E. FITNESS PROFILE

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: Students' physical fitness levels are assessed to demonstrate measurable progress as a result of participating in an Adaptive P.E. class. Students set realistic, individual goals for improvement of their fitness and mobility. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

ADAP 320 ADAPTIVE FUNCTIONAL FITNESS

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 by arrangement lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: Exercises to improve the activities of daily living for physically limited individuals with emphasis on proper body mechanics, posture, and movement patterns leading to greater safety and independence. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

ADAP 350 ADAPTIVE GENERAL CONDITIONING

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: This course provides a total fitness program for the adaptive physical education student, emphasizing cardiovascular endurance, flexibility, muscular strength, balance, coordination, posture, and body mechanics. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

ADAP 351 ADAPTIVE STRENGTH TRAINING

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: In this course students use a variety of equipment and resistive techniques to increase overall strength, endurance, and flexibility. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

ADAP 361 BALANCE AND COORDINATION ACTIVITIES

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: A variety of techniques are taught to develop better balance and coordination for more efficient movement throughout daily living activities. Transfer: CSU, UC*.

COMBATIVES**COMB 401 SELF DEFENSE**

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: This course is designed for students to gain knowledge about basic self defense. Areas covered are mental preparation, avoidance of areas conducive to violent action; front and rear grasp releases, and ground tactics are stressed. Both violent and non violent techniques are covered. Activities deal with all releases, striking, hitting and kicking situations. Emphasis is placed on physical and mental preparedness in dealing with confrontations. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

COMB 410 BEGINNING KARATE

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: This course is designed for students to gain the knowledge and skills found in the sport, philosophy and fighting skills of TAE KWON DO. Basic kicking, blocking and punching techniques and their applications in self-defense, the Olympic sport, and rank promotion aspects are covered. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

DANCE**DANC 125 BEGINNING SALSA**

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: Beginning techniques of partner salsa dancing for men and women. Proper body placement, lead and follow techniques, and stylization applied to dance patterns. Shine steps are covered. Strong emphasis on dance etiquette and understanding of the rhythms of the music. Transfer: CSU, UC.

DANC 126 INTERMEDIATE SALSA

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): DANC 125, or demonstrated skill. Description: Continuation of DANC 125. A thorough review of Beginning Salsa is provided. Then more complex turns and patterns are demonstrated and practiced. There is greater emphasis on the development of dance stylization and timing and emphasis on proper partner dance etiquette and safety. Transfer: CSU, UC.

DANC 127 ADVANCED SALSA

Units (Grade Option) 0.5; Class Hours: Minimum of 24 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): DANC 126, or demonstrated skill. Description: This course is designed for the more advanced student who has already demonstrated advanced ability in lead/follow technique, dance pattern complexity and proper timing. Longer and more difficult dance combinations are covered without introduction or emphasis of the basics. May be repeated once for credit. Transfer: CSU, UC.

DANC 140 BALLET

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: Beginning techniques of classical ballet are studied and executed. Movement skills, body alignment and placement, rhythmic structures, qualities of movement, and the classical terminology are presented. May be repeated for credit up to 3 times. Transfer: CSU, UC.

DANC 205 BEGINNING JAZZ

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: Elementary jazz techniques, foot and leg development, basic turns, isolation of body parts and understanding of the rhythms of jazz music are covered in this course. Short combinations are learned using basic jazz techniques. Emphasis on locomotive movements. May be repeated for credit up to 3 times. Transfer: CSU, UC.

DANC 210 BEGINNING/INTERMEDIATE JAZZ

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): DANC 205 or equivalent. Description: Continuation DANC 205. Emphasis is placed on single and double turns, longer combinations, and more complex techniques. There is opportunity to perform in groups in classroom demonstrations. May be repeated for credit up to 3 times. Transfer: CSU, UC.

DANC 215 INTERMEDIATE JAZZ

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): DANC 210 or equivalent. Description: This course is designed for the more advanced dance student. Techniques and skills include more difficult and longer combinations and sequences. Opportunities to perform and creative endeavors are encouraged. May be repeated for credit up to 3 times. Transfer: CSU, UC.

DANC 220 CONDITIONING FOR DANCE TECHNIQUE

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: This course is designed for the athlete, student of dance/drama, and others to help increase overall performance. Exercises to increase strength, endurance, flexibility, muscle tone and poise are used. Concepts of nutrition, prevention and care of injury, yoga, ballet, and body alignment are covered in detail. The history of dance and comparison

of various dance styles is discussed. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

DANC 230 BODY MOVEMENT

Units (Grade Option) 0.5; Class Hours: Minimum of 24 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: This course is designed for the student with none or very limited dance experience. Development of basic movement skills, use of props, understanding elements of music are included. This course is recommended for singers and actors. May be repeated for credit up to 3 times. Transfer: CSU, UC.

DANC 350 DANCE AEROBICS

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: Warm up, toning exercises, vigorous dance sequences, cool down and stretching are presented to upbeat pop music. Safely working at one's own pace is emphasized. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

DANC 400 DANCE PRODUCTION

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Successful audition. Description: This course includes techniques and composition of actual dance performance productions. Choreography, music, make-up, costumes, lighting and staging are included. Rehearsal of seven weeks culminates in performance in the Spring musical production. May be repeated for credit up to 3 times. Transfer: CSU, UC.

FITNESS**FITN 121 FITNESS CENTER**

Units (Credit/No Credit) 1-2; Class Hours: Minimum of 48-96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: A self paced course providing strength training through the use of free weights, selected machines, and aerobic conditioning equipment for lifelong health and wellness. The Fitness Center empowers students and athletes to optimize their fitness capabilities, achieving excellence through the promotion of a healthy lifestyle, providing opportunities to improve personal wellness and applying fundamentally sound principles. Includes orientation, goal setting, and assessment. May be repeated for credit up to 3 times for a maximum of 6 units. Transfer: CSU, UC*.

FITN 122 LIFELONG FITNESS

Units (Grade Option) 2; Class Hours: Minimum of 96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: A comprehensive group activity course designed for all ages to improve cardiorespiratory function, upper and lower body muscular strength, muscular endurance, flexibility and body composition with additional emphasis on posture, coordination, agility and balance without use of special equipment. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

FITN 123 CARDIO PUMP FITNESS

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: A total fitness class for men and women that is designed to improve cardiovascular endurance, muscular strength, flexibility, balance and coordination, posture and body mechanics. The use of free weights and exercubes is incorporated in class. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

FITN 124 PILATES TRAINING

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.

Description: Students learn to perform controlled, focused exercises based on the work of Joseph Pilates designed to increase strength and awareness of the body's core muscles. This course includes discussion of optimal musculoskeletal functioning for postural stability that enhance performance in everyday work and play, athletics and dance. Exercise mat required. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

FITN 140 EXERCISE APPRECIATION I

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.

Description: This is a basic conditioning course. Progressive exercise plans are offered that involve strength, endurance, flexibility, coordination, balance and agility. Tests and evaluation are affiliated with the Cañada Fitness Institute. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

FITN 151 BEGINNING STEP AEROBICS

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.

Description: The seventeen basic step techniques are developed in this beginning step aerobic course with emphasis on strength, endurance and flexibility. Routines include the use of step benches which aid improvement of overall fitness levels. The class activity includes warm-up, vigorous activity and cool-down. Small weights are used to develop upper body and abdominal strength. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

FITN 153 SOCCER CONDITIONING

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.

Description: A comprehensive group activity course designed to improve the total fitness level of the competitive intercollegiate community college soccer athlete. Course emphasizes cardiovascular fitness, strength, speed, balance and agility with and without the ball. Assessments of the students' fitness levels are made through a series of fitness tests. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

FITN 201 BEGINNING WEIGHT CONDITIONING

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.

Description: Instruction and practice are provided in the elementary lifts and procedures of weight conditioning. Physiological considerations, nutrition, safety procedures, basic program of exercises and design of individualized workout sequences and goals are included. May not be repeated. Transfer: CSU, UC*.

FITN 204 INTERMEDIATE/ADVANCED WEIGHT CONDITIONING

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): FITN 201 or equivalent.

Description: Continuation of FITN 201. Progressive skills and weight development in various weight conditioning exercises are emphasized in this course. Opportunities are granted to specialize in different areas of the body and to develop individualized programs. May be repeated for credit up to a maximum of 3 units. Transfer: CSU, UC*.

FITN 210 VARSITY WEIGHT CONDITIONING

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Concurrent enrollment in a team sport or demonstrated skill in athletic competition.

Description: Designed for students in varsity or team sport to improve strength, balance, flexibility, and bulk through the use of free weights and weight machines. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

FITN 250 PERSONAL TRAINER PREPARATION: ANATOMY AND PHYSIOLOGY

Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400; Prerequisite(s): None.

Description: Comprehensive coverage of functional anatomy, exercise physiology, nutrition and weight management, and cardiovascular pathology and related risk factors. Successful completion of this course assists the student to prepare for a variety of national certification exams for Exercise Leader including the American College of Sports Medicine (ACSM) and the American Council on Exercise (ACE). Transfer: CSU.

FITN 251 PERSONAL TRAINER: HEALTH APPRAISAL AND EXERCISE PRESCRIPTION

Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or 400, and MATH 111; Prerequisite(s): None.

Description: Comprehensive coverage of health appraisal screening, health assessment techniques, fitness testing assessment, metabolic calculations, exercise programming and techniques to change health behaviors. Successful completion of this course assists the student in preparing for a variety of national certification exams for exercise leader including American College of Sports Medicine (ACSM) and American Council on Exercise (ACE). Transfer: CSU.

FITN 306 FITNESS WALKING

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.

Description: This comprehensive course includes an historical perspective, with emphasis on the physical and mental benefits of walking, its effect on longevity, injury prevention, the cardiovascular system and disease rehabilitation. Additionally, such topics as hiking and backpacking, safety gear and weather are covered. Techniques of striding, race walking and nutrition, as it relates to overall fitness, are introduced. Areas conducive to safe walking, both in the community and in local parks, are used as well as the campus. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

FITN 320 AEROBIC FITNESS

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.

Description: Through a slow build up utilizing calisthenics, stretching, and jogging, the student progresses towards a higher level of aerobic fitness. The core activity is jogging and, weather permitting, class is conducted outdoors. The assumption is made that this is a first time experience for the student and all activity starts at the beginners' level. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

FITN 332 FLEXIBILITY AND STRETCHING

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: The focus of this course is to help condition and tone the body through low impact fitness techniques and total body stretching, proper breathing techniques, and exercises for flexibility. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

FITN 334 YOGA

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: Introduction to basic yoga and meditation. Specific poses, "asanas", movement modalities and yogi styles are practiced. Develop strength, relaxation and a sense of well being. Techniques of breathing are incorporated into each pose. The class session ends with a guided meditation. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

FITN 340 AEROBIC CYCLING

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: This aerobic cycling course is to acquaint students with use of stationary ergometers to help increase cardiovascular fitness levels and assist in lowering body fat, while increasing lean body mass. May be repeated for credit once. Transfer: CSU, UC*.

INDIVIDUAL SPORTS**INDV 120 BADMINTON**

Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: Instruction in the basic fundamentals of the game of badminton including techniques of singles and doubles play, rules of the game, and basic strategy. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

INDV 161 BEGINNING GOLF

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: Instruction in the techniques, rules, etiquette and philosophy of the game for the beginning golfer. Stance, grip, position, swing and follow through as associated with selected irons and woods is covered. Most sessions are held on campus, some activity may be scheduled for local courses and driving ranges. May not be repeated. Transfer: CSU, UC*.

INDV 164 INTERMEDIATE/ADVANCED GOLF

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated ability. Description: Extension of the fundamentals learned in Beginning Golf. Considerable emphasis is placed on the competitive aspects of golf; tournament play is a major part of the course. Sessions are conducted at Cañada College and Emerald Hills golf course. May be repeated for credit up to 2 times. Transfer: CSU, UC*.

INDV 166 EXPERT GOLF TRAINING

Units (Grade Option) 1-2; Class Hours: Minimum of 48-96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated skill. Description: This course is offered for the advanced golfer wishing to prepare for competition either as a member of the Cañada College Varsity Golf Team or other competition. Major emphasis is on actual competition playing on local golf courses. A minimum passing score on a written test of golf rules and etiquette is required before playing on

a course. A minimum skill level must be demonstrated to remain in the course. Included are both on and off course drills for skills and strategy. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

INDV 251 BEGINNING TENNIS

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: The fundamentals of tennis are covered in this course, including forehand and backhand ground strokes, serve and volley, rules, scoring system, tennis etiquette and basic tactics of singles and doubles play. Some competition is included at the end of the course. The improvement of the individual player is emphasized. May not be repeated. Transfer: CSU, UC*.

INDV 252 BEGINNING/INTERMEDIATE TENNIS

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): INDV 251 or equivalent. Description: Designed for students who have completed a semester of beginning tennis or the equivalent. Emphasis is on continued improvement in forehand and backhand ground strokes, serve, volley, lob and smash, and basic tactics of singles and doubles. Drills and match play occur throughout the semester. May not be repeated. Transfer: CSU, UC*.

INDV 254 INTERMEDIATE/ADVANCED TENNIS

Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): INDV 252 or equivalent. Description: Designed for the student with prior tennis experience. All strokes and shots are presented, including forehand and backhand ground strokes, serve, volley, lob and overhead. Advanced instruction in singles and doubles play is included. Individual improvement is a major emphasis. May be repeated for credit one time. Transfer: CSU, UC*.

INDV 256 EXPERT TENNIS TRAINING

Units (Grade Option) 2; Class Hours: Minimum of 96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated skill. Description: Designed for men and women of expert tennis ability who wish to develop their tennis skills. Students are instructed in the fundamentals as needed and put through many drills designed to improve their tennis skills. Conditioning and strategy is a major part of this course. May be repeated for credit up to 3 times. Transfer: CSU, UC*.

THEORY**P.E. 115 INTRODUCTION TO ADAPTIVE PHYSICAL EDUCATION**

Units (Grade Option) 2; Class Hours: Minimum of 32 lecture hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: This course is designed to provide a working knowledge of numerous disabilities and current adaptive physical education techniques for students interested in pursuing a career in adaptive physical education, physical therapy, special education, or any other health related field. Transfer: CSU.

P.E. 116 ASSISTING IN ADAPTIVE PHYSICAL EDUCATION

Units (Grade Option) 0.5-3; Class Hours: Minimum of 24-96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description: In this course students gain practical experience in the techniques of working with disabled persons through assisting in any of the adaptive physical education classes. May be repeated for credit up to 3 units. Transfer: CSU.