

Nutrition (NUTR)

Contact the Design and Consumer Education Department for further information.

(760) 744-1150, ext. 2349

Office: P-8A

For transfer information, consult a Palomar College Counselor.

NUTR 100 Introduction to Nutrition and Food Professions (3) 3 hours lecture

Transfer acceptability: CSU

Overview of nutrition, food science, dietetics, and fitness professions and disciplines. Employment trends, career options, educational paths, ethical issues, and professional networking will be emphasized. Introduction to professional organizations and publications will be discussed.

NUTR 120 Food and Culture (3)

(Formerly FCS 150)

3 hours lecture

Transfer acceptability: CSU

Exploration of food as an expression of cultural diversity, and examination of how traditional foods reflect geographic area and culture. Regional, ethnic, cultural, religious, historical, and social influences on food patterns are examined. Influence of socio-economic class, beliefs, gender, and age on diet, health, and disease are also discussed.

NUTR 165 Fundamentals of Nutrition (3)

(Formerly FCS 165)

3 hours lecture

Note: Cross listed as HE 165

Transfer acceptability: CSU; UC – NUTR 165, NUTR 185, BIOL 185, HE 165 combined: maximum credit, one course

The study of how food nourishes the body. Investigation of diet fads and fallacies, eating for fitness, and planning meals for optimum health throughout the life cycle.

NUTR 170 Nutrition: Eating Disorders and Obesity (3)

(Formerly FCS 170)

3 hours lecture

Transfer acceptability: CSU

Review of etiology, incidence, socioeconomic influences, and treatments. Interrelationships of genetics and environment (diet, exercise, and behavior) on weight management. Includes vocational information for working with the obese or eating-disordered.

NUTR 185 Science of Human Nutrition (3)

(Formerly FCS 185)

3 hours lecture

Recommended preparation: CHEM 110 and ZOO 200 or ZOO 203

Note: Cross listed as BIOL 185

Transfer acceptability: CSU; UC – NUTR 165, NUTR 185, BIOL 185, HE 165 combined: maximum credit, one course

Science of food, nutrients, and other substances. Processes by which humans ingest, digest, absorb, transport, utilize, and excrete foods and nutrients are explored. Emphasis on biological, chemical, and physiological implications to human nutrition and overall health. Current nutrition recommendations and controversies are analyzed from a scientific perspective.

NUTR 190 Scientific Principles of Food Preparation (4)

2½ hours lecture – 4½ hours laboratory

Recommended Preparation: CHEM 110L and ENG 100

Transfer acceptability: CSU

Application of food science principles. Emphasis is on ingredient function and interaction, food preparation techniques, sensory evaluation standards, food safety and sanitation, and nutrient composition of food.

NUTR 197 Topics in Nutrition (0.5 - 3)

½ - 3 hours lecture - 1½-9 hours laboratory

Transfer acceptability: CSU

Topics in Nutrition. See Class Schedule for specific topics offered. Course title will designate subject covered.

Oceanography (OCN)

Contact the Earth, Space, and Aviation Sciences Department for further information.

(760) 744-1150, ext. 2512

Office: NS-110G

COURSE OFFERINGS

OCN 100 Oceanography Lecture (3)

3 hours lecture

Note: Not open to students with prior credit in OCN 101

Transfer acceptability: CSU; UC – OCN 100/100L and 101 combined: maximum credit, 4 units

An introductory course designed to acquaint the student with general oceanography. Topics treated include the history and scope of oceanography, properties of sea water, ocean currents, ocean waves and tides, submarine morphology and geology, marine sediments, life in the sea, and the significance of the oceans to man.

OCN 100L Oceanography Laboratory (1)

3 hours laboratory

Prerequisite: A minimum grade of 'C' in OCN 100, or concurrent enrollment in OCN 100

Note: Not open to students with prior credit in OCN 101

Transfer acceptability: CSU; UC – OCN 100/100L and 101 combined: maximum credit, 4 units

Laboratory and field investigations of marine environments including geologic, physical, chemical, and biological aspects of the ocean and coastal area. The course emphasizes changing physical factors and man's activities as they affect the oceans.

OCN 197 Oceanography Topics (.5 - 4)

Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.

Transfer acceptability: CSU; UC – Credit determined by UC upon review of course syllabus.

Topics in Oceanography. See Class Schedule for specific topic covered. Course title will designate subject covered.

OCN 295 Directed Study in Oceanography (1, 2, 3)

Arrange 3, 6, or 9 hours laboratory with department chairperson

Prerequisite: A minimum grade of 'C' in OCN 100 or 101

Transfer acceptability: CSU; UC – Credit determined by UC upon review of course syllabus.

Individual study in field, library, or laboratory for interested students.

Office Information Systems (OIS)

See Business (BUS)

Philosophy (PHIL)

Contact the Behavioral Sciences Department for further information.

(760) 744-1150, ext. 2330

Office: MD-261

COURSE OFFERINGS

PHIL 111 Introduction to Philosophy (3)

3 hours lecture

Recommended preparation: Eligibility for ENG 100

Transfer acceptability: CSU; UC

C-ID PHIL 100

Introduces philosophical ideas and methods concerning knowledge, reality and values. Expected topics will include the sources and limits of knowledge, and the nature of reality. Other topics that may be examined from a philosophical perspective include the nature of the self, truth, ethics, religion, science, language, beauty and art, political theory, or mind.

- PHIL 113 Reasoning About Philosophical Issues (3)**
(Formerly PHIL 102)
3 hours lecture
Recommended preparation: Eligibility for ENG 100
Transfer acceptability: CSU; UC
Introduction to the relationship of language to logic, with applications of analysis, criticism, inductive and deductive reasoning and kinds of evidence to philosophical problems.
- PHIL 114 Asian Philosophies (3)**
(Formerly PHIL 110)
3 hours lecture
Recommended preparation: Eligibility for English 100 as determined through the English placement process.
Transfer acceptability: CSU; UC
A critical examination of the philosophies which originated in Asia, including consideration of the practices which are associated with these belief systems. Several theories of meditation will be discussed. Some comparisons will be made to western attitudes and beliefs.
- PHIL 116 Introduction to Logic (3)**
(Formerly PHIL 120)
3 hours lecture
C-ID PHIL 110
Transfer acceptability: CSU; UC
Introduces some principles of valid reasoning with emphasis on deductive logic. Must include a study of formal techniques of sentential logic. May also include a treatment of inductive reasoning, language, or fallacies.
- PHIL 121 Introduction to Ethics (3)**
3 hours lecture
Recommended preparation: Eligibility for English 100
Transfer acceptability: CSU; UC
C-ID PHIL 120
Examines the concept of morality and values, representative ethical theories, and may include their applications to moral problems.
- PHIL 122 Social and Political Philosophy (3)**
3 hours lecture
Recommended preparation: Eligibility for ENG 100
Transfer acceptability: CSU; UC
Introduction to philosophy focusing on the central issues of society and politics, such as the nature and justification of political authority, citizenship, law, justice (distributive and retributive), power, the limits of government and individual liberty. These issues are examined through classic and contemporary texts in the history of political philosophy.
- PHIL 125 Philosophy of Human Nature (3)**
(Formerly PHIL 103)
3 hours lecture
Recommended preparation: Eligibility for ENG 100
Transfer acceptability: CSU; UC
Survey course of theories of human nature and their presuppositions and implications. Presuppositions about human nature underlie religious, political, ethical, psychological, sociological, and scientific theories and contemporary debates in these fields. Students will read primary texts drawn from various disciplines, cultures, and/or historical periods with the goals of understanding the theories of human nature and learning how to critically evaluate them.
- PHIL 126 Philosophy of Religion (3)**
(Formerly PHIL 105)
3 hours lecture
Recommended preparation: Eligibility for English 100 as determined through the English placement process.
Transfer acceptability: CSU; UC
A critical consideration of selected perennial and modern problems: definition and role of religion and religious experience, mysticism, grounds for religious beliefs, and religious ethics. Students will be urged to evaluate critically their views of religion and their own religious beliefs.
- PHIL 140 History of Ancient Philosophy (3)**
(Formerly PHIL 135)
3 hours lecture
Recommended Preparation: Eligibility for English 100 as determined through the English placement process.
Transfer acceptability: CSU; UC
C-ID PHIL 130
Addresses ancient philosophy. Emphasis will be on the development of Greek philosophy from the Pre-Socratics through Aristotle. May also include Hellenistic, Roman, medieval or non-western thinkers.
- PHIL 141 History of Modern Philosophy (3)**
(Formerly PHIL 136)
3 hours lecture
Recommended Preparation: Eligibility for English 100 as determined through the English placement process
Transfer acceptability: CSU; UC
C-ID PHIL 140
Addresses 16th through 18th century philosophy. Emphasis will be on broad epistemological and/or metaphysical developments of empiricism and rationalism in philosophical thought from Descartes to Kant. May include approximate precursors and successors.
- PHIL 142 Contemporary Philosophical Movements (3)**
(Formerly PHIL 130)
3 hours lecture
Recommended preparation: Eligibility for English 100 as determined through the English placement process.
Transfer acceptability: CSU; UC
A critical examination of philosophical movements that have influenced 20th Century views of the individual, society and reality, such as Existentialism, Marxism, Pragmatism and Transcendentalism. The movement of thought will be approached as an attempt to deal reflectively with certain problems of living in the modern world. The philosophy studied will vary from semester to semester.
- PHIL 197 Philosophy Topics (.5-6)**
Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.
Transfer acceptability: CSU
Topics in Philosophy. See Class Schedule for specific topic covered. Course title will designate subject covered.
- PHIL 200 Critical Thinking (3)**
(Formerly PHIL 115)
3 hours lecture
Prerequisite: A minimum grade of 'C' in ENG 100
Transfer acceptability: CSU; UC
Development of skills for critical thinking including open-mindedness, functions and wayward uses of language, informal fallacies, hypotheses and inductive reasoning, and elementary deductive inference forms. Basic communication skills, especially written, are developed and a critical perspective on world views is emphasized.
- PHIL 201 Symbolic Logic (3)**
3 hours lecture
Prerequisite: A minimum grade of 'C' in MATH 56 or MATH 60 or eligibility for MATH 100 as determined through the Math placement process.
Transfer acceptability: CSU; UC
C-ID PHIL 210
Introduces the principles of valid deductive reasoning through the study of formal techniques of sentential logic and predicate logic.

PHIL 250 Philosophy in Literature (3)
 3 hours lecture
Transfer acceptability: CSU; UC
 A study of philosophical concepts as they appear in the academic and nonacademic writings of philosophers, and in related writings by nonphilosophers. The writings are examined from the perspectives of both philosophical analysis and cultural context. The works and thinkers studied vary from semester to semester. See the class schedule for the current semester's theme.

PHIL 295 Directed Study in Philosophy (1, 2, 3)
 1, 2, or 3 hours lecture
Prerequisite: Enrollment subject to project approval
Transfer acceptability: CSU; UC – Credit determined by UC upon review of course syllabus.
 An individualized or group project in philosophy of any nature approved by, and under the personal supervision of, the instructor.

Photography (PHOT)

See also Journalism

Contact the Media Studies Department for further information.
 (760) 744-1150, ext. 2440
 Office: P-31
 For transfer information, consult a Palomar College Counselor.

Associate in Science Degrees -

AS Degree requirements are listed in Section 6 (green pages).
 • Digital Imaging

Associate in Arts Degrees -

AA Degree requirements are listed in Section 6 (green pages).
 • Photography

Certificates of Achievement -

Certificate of Achievement requirements are listed in Section 6 (green pages).
 • Digital Imaging
 • Photography

Certificates of Proficiency -

Certificate of Proficiency requirements are listed in Section 6 (green pages).
 • Alternative Process Photography
 • Fine Art Traditional Photography

PROGRAMS OF STUDY

Alternative Process Photography

This certificate is designed to provide an avenue for those students interested in pursuing a career as a photographer. The course work will address a range of technical issues, personal expression, aesthetics, criticism, portfolio development and history.

CERTIFICATE OF PROFICIENCY

Program Requirements	Units
PHOT 100 Elementary Film and Darkroom Photography or	3
PHOT 124 Introduction to Film and Darkroom for Digital Photographers	3
PHOT 213 Carbon Printing	3
PHOT 214 Photogravure	3
PHOT 215 Creative Photography	3
PHOT 216 Alternative Photographic Processes	3
TOTAL UNITS	15

Digital Imaging

Prepares students for entry-level position as creator and processor of digital imagery. Layout and creative position in multimedia, internet publishing, digital video, publishing, photography, and motion graphics.

Digital imaging is one of the basic requirements for all electronic communication delivery systems.

A.S. DEGREE MAJOR OR CERTIFICATE OF ACHIEVEMENT

Program Requirements	Units
GCIIP 122 Painter I	3
GCIIP 140 Digital Imaging/Photoshop I	3
GCIIP 141 Digital Imaging/Photoshop II	3
GCIIP 240 Digital Imaging/Photoshop III	3
GCMW 120 Designing for the Social Web	3
GCMW 203 Web Multimedia	3
GCMW 204 Motion Graphics for Multimedia	3
GCMW 205 Digital Video for Multimedia	3
PHOT 100 Elementary Film and Darkroom Photography	3
PHOT 130 Digital Darkroom I	3
TOTAL UNITS	30

Digital Imaging A.S. Degree Major or Certificate of Achievement is also listed under Graphic Communications - Imaging and Publishing.

Fine Art Traditional Photography

This certificate is designed to provide an avenue for those students interested in pursuing a career as a fine art photographer. The course work will address a range of technical issues, personal expression, aesthetics, criticism, portfolio development, and history. See course description for specific topics and prerequisites.

CERTIFICATE OF PROFICIENCY

Program Requirements	Units
PHOT 100 Elementary Film and Darkroom Photography or	3
PHOT 124 Introduction to Film and Darkroom for Digital Photographers	3
PHOT 105 Intermediate Black and White Photography	3
PHOT 210 Advanced Black and White Photography	3

Eletives (Select 2 courses)

PHOT 170 The Photography and Photographers of California	3
PHOT 212 Landscape Photography	3
PHOT 213 Carbon Printing	3
PHOT 214 Photogravure	3
PHOT 215 Creative Photography	3
PHOT 216 Alternative Photographic Processes	3
ART 104 Design and Composition	3

TOTAL UNITS	15
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Photography

The Photography Program offers students the opportunity to study photography from beginning to advanced levels. Our courses prepare students in a variety of areas, including fine art, editorial, and commercial photography. The program stresses development of creativity while offering a firm grounding in basic skills. Our students will be prepared for positions in the job market or transfer to a 4 year college to continue their education. Students can earn an Associate in Arts Degree or a Certificate of Achievement in Photography.