

New Learning Opportunities



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Noncredit Courses and Certificates

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Noncredit education fulfills the mandate to California's Community Colleges to provide noncredit courses designed to meet the special needs and capabilities of those students who do not desire or need to obtain unit credit. These courses provide developmental, occupational and other general educational opportunities as may be deemed necessary to provide for the civic and liberal education of the citizens of the community. All classes are taught by qualified instructors. The program is offered by Occupational & Noncredit Programs within the Division of Career, Technical, and Extended Education Division.

The State has defined the following nine specific categories for funding: Parenting Education, Elementary and Secondary Basic Skills, English as a Second Language, Immigrant Education, Education Programs for Persons with Substantial Disabilities, Short-term Vocational Programs, Education for Older Adults, Education Programs for Home Economics, and Health and Safety Education.

To make the classes and programs more accessible, classes are offered throughout the district in community and senior centers, museums, parks, libraries, banks, churches, convalescent hospitals, as well as at the San Marcos campus, the Escondido Center, and seven Palomar College education sites.

The classes may vary in length from four weeks to seventeen weeks. Although some classes are tailored for a specific student constituency, all classes are open to the public. No enrollment fees are charged for the noncredit classes. Students who take noncredit classes on the San Marcos campus or at the Escondido Center will be required to pay health fees and parking fees.

Noncredit certificates of completion are offered in Adult Basic Education and in English as a Second Language.

Adult Basic Education (N ABED)

Contact the English as a Second Language Department for further information and registration procedures at (760) 744-1150, ext. 2272.

Adult Basic Education Noncredit Certificate of Completion

This two-course sequence is designed to equip students with the basic reading and writing skills, basic computational skills and critical thinking skills needed for employment or to prepare for GED preparation courses, job training and college level courses for a career or for associate or transfer degree programs. In order to earn a certificate, students must successfully complete N ABED 202.

Certificate Requirements

N ABED 201	Literacy/Adult Basic Education I
N ABED 202	Literacy/Adult Basic Education II

COURSE OFFERINGS

N ABED 201 Literacy/Adult Basic Education I

96 to 192 hours lecture

This course is designed to help learners to improve basic reading and writing skills, basic arithmetic computational skills, and critical thinking skills; to develop skills for the workplace; and to prepare for future educational opportunities. Learners participate in an individually prescribed program which includes classrooms activities, independent activities, collaborative learning, and mediated learning.

N ABED 202 Literacy/Adult Basic Education II

96 to 192 hours lecture

This course is designed to help learners to improve reading and writing skills, computational skills, critical thinking skills; to develop basic computer skills; to develop skills for the workplace; and to prepare for future educational opportunities. Learners participate in an individually prescribed program which includes classrooms activities, independent activities, collaborative learning, and mediated learning.

Basic Education (N BASC)

Contact the Occupational & Noncredit Programs at (760) 744-1150, ext. 2155 or 2284 for further information and registration procedures.

COURSE OFFERINGS

N BASC 200 Literacy/Adult Basic Education

72-96 hours lecture

This course is designed to help learners improve basic reading skills, critical thinking skills, computational skills, and writing skills; to develop skills for the workplace; and to prepare for future educational opportunities. Learners participate in an individually prescribed program which includes classroom activities, independent activities, collaborative learning, and mediated learning.

N BASC 201 Math Placement Test Preparation

8 hours lecture

Review concepts and problem solving techniques from beginning algebra, with emphasis on basic operations with signed number polynomials and linear functions. Topics include problem-solving techniques, algebraic expressions, polynomials, linear equations, integer exponents, proportions, and radicals. Course is intended for students who have passed an introductory algebra class.

N BASC 202 Supervised Tutoring

16 hours laboratory

This course provides supplemental instruction in academic subjects for individual students to improve their knowledge or abilities in the tutored subject.

N BASC 203 Basic Mechanical Skills

48 hours laboratory

To provide basic skills and knowledge needed for success in an educational or shop setting. Emphasis will be on safety and tool identification and usage.

N BASC 205 Preparation for Child Development Careers

42 to 48 hours lecture

This course is designed to prepare students to enter the Child Development major. Reading and writing skills in human development from conception through adolescence. Basic understanding of theories and background of Child Development will be covered.

Career and Technical Education (N CTED)

Contact the Occupational & Noncredit Programs at (760) 744-1150, ext. 2155 or 2284 for further information and registration procedures.

COURSE OFFERINGS

N CTED 600 Basic Blueprint Reading

32 hours lecture/laboratory

This course will cover the fundamental functions and structure of blueprints. Course content will include construction drawings, line symbols, freehand sketching and pictorial drawings.

N CTED 601 P.C. 832 Arrest and Control

40 hours lecture

A POST-approved arrest and control course covering professional orientation, law, laws of evidence, investigation, community relations, communications (report writing), and arrest and control. Excludes firearms course. Meets POST requirements for the P.C. 832 40-hour course. Required for those peace officers who make arrests.

N CTED 605 Basic Tutoring Training

32 hours lecture/laboratory

This course will teach college students to tutor other college students through lectures, discussions, video tapes, and practical experience.

Citizenship (N CTZN)

Contact the Occupational & Noncredit Programs at (760) 744-1150, ext. 2155 or 2284 for further information and registration procedures.

COURSE OFFERINGS

N CTZN 400 Citizenship

18 to 48 hours lecture

A general survey of U.S. history, government and civics, including culture, institutions, and use of community services and agencies. Designed to assist eligible individuals to become United States citizens. Includes practice of oral/aural/literacy skills in English necessary to pass an oral and written test with an Immigration and Naturalization Service official.

Disability Education (N DSAB)

Contact the English as a Second Language Department for further information and registration procedures at (760) 744-1150, ext. 2272.

COURSE OFFERINGS

N DSAB 500 Music and Movement

16-48 hours laboratory

This course facilitates the stimulation and integration of visual, tactile, and auditory senses through the use of music and physical movement, targeting receptive and expressive language skills, as well as gross and fine motor skills.

N DSAB 501 Independent Living Skills

72-150 hours lecture/laboratory

This course will provide independent living skills for the developmentally delayed, the adult acquired brain injury population, and the adventitiously blind population and stresses the practical application of basic skills and their use in daily life situations. Certain aspects of the course may be adapted to meet the specific needs of the student population being taught.

N DSAB 502 Creative Expression through Art

48 hours laboratory

This course facilitates participant's development of cognitive and social skills, as well as fine and gross motor development, through experience and participation in various art activities related to and including expressive art projects.

English as a Second Language (N ESL)

Contact the English as a Second Language Department for further information and registration procedures at (760) 744-1150, ext. 2272.

English as a Second Language Noncredit Certificate of Completion

This sequence of seven courses is designed to equip non-native speakers of English with the listening, speaking, reading and writing skills at the high intermediate level in English needed for employment or to successfully complete college level courses for a career or for associate or transfer degree programs. An assessment process determines appropriate initial placement in the sequence. In order to earn a certificate, students must successfully complete N ESL 306. The sequence is articulated with credit vocational English as a second language courses that prepare students to enter six recognized career fields and with degree applicable credit reading and composition courses.

Certificate Requirements

N ESL 300	Basic ESL
N ESL 301	Beginning ESL I
N ESL 302	Beginning ESL II
N ESL 303	Beginning ESL III

N ESL 304	Intermediate ESL I
N ESL 305	Intermediate ESL II
N ESL 306	Intermediate ESL III

COURSE OFFERINGS

N ESL 30 Basic ESL

48 to 192 hours lecture/laboratory

Basic literacy and conversation development for non-native speakers of English.

N ESL 301 Beginning ESL I

48 to 192 hours lecture/laboratory

Listening, speaking, reading, and writing skills for non-native speakers of English at the low-beginning level.

N ESL 302 Beginning ESL II

48 to 192 hours lecture/laboratory

Listening, speaking, reading, and writing skills for non-native speakers of English at the mid-beginning level.

N ESL 303 Beginning ESL III

48 to 192 hours lecture/laboratory

Listening, speaking, reading, and writing skills for non-native speakers of English at the high-beginning level.

N ESL 304 Intermediate ESL I

48 to 192 hours lecture/laboratory

Listening, speaking, reading, and writing skills for non-native speakers of English at the low-intermediate level.

N ESL 305 Intermediate ESL II

48 to 192 hours lecture/laboratory

Listening, speaking, reading, and writing skills for non-native speakers of English at the mid-intermediate level.

N ESL 306 Intermediate ESL III

48 to 192 hours lecture/laboratory

Listening, speaking, reading, and writing skills for non-native speakers of English at the high-intermediate level.

Home Economics Education (N HMEC)

Contact the Occupational & Noncredit Programs at (760) 744-1150, ext. 2155 or 2284 for further information and registration procedures.

COURSE OFFERINGS

N HMEC 101 Basic Sewing Skills

48 hours lecture/laboratory

The basic skills necessary for quality construction of apparel items will be presented, demonstrated, and applied.

Health and Safety Education (N HSED)

Contact the Occupational & Noncredit Programs at (760) 744-1150, ext. 2155 or 2284 for further information and registration procedures.

COURSE OFFERINGS

N HSED 900 Rape Aggression Defense

12 hours lecture

The Rape Aggression Defense (R.A.D.) course provides realistic self-defense tactics and techniques for women. The R.A.D. system is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, and progresses to the basics of hands-on defense training.

N HSED 901 Certified Emergency Response Team*20 to 24 hours lecture*

Provides instruction and basic skills to private citizens which enable them to assist first responders and other community members in the aftermath of a disaster.

N HSED 902 Senior Volunteer Patrol Academy*52 hours lecture*

Designed to prepare senior citizens to join the San Diego Sheriff's Department's Senior Volunteer Patrol Program. Senior volunteers perform a wide variety of duties and provide essential community services. Instruction will be provided in the use of police radios, operation of patrol vehicles, routine patrol duties, patrol safety, fingerprinting, and CPR. The student will participate in several ride-alongs and scenario training exercises.

Older Adult Education (N ADLT)

Contact the Occupational & Noncredit Programs at (760) 744-1150, ext. 2155 or 2284 for further information and registration procedures.

COURSE OFFERINGS

N ADLT 700 Be Alive—Exercise*16-72 hours laboratory*

A low impact aerobic exercise program designed specifically for the adult student. Exercises incorporate gentle but effective movements to increase endurance, flexibility, agility, strength, and muscle tone. Stretch bands and weights may be incorporated into the course. The course may be adapted for individuals with physical challenges.

N ADLT 701 Current and Newsworthy*16-48 hours laboratory*

A multi-media approach to the discussion of current local, national, and international events that will provide a frame of reference for exploration of historical and personal events. Guest speakers may be invited to address the group on specific topics. The class may be modified for skilled and day care residents. Course may be adapted for skilled and day care residents.

N ADLT 702 Drawing, Beginning (Portrait)*24-48 hours lecture/laboratory*

Key elements necessary to draw the human figure and face with pencil, colored pencil, pen and ink, conte, charcoal, pastels, and mixed media.

N ADLT 703 Experimental Arts/Mixed Media*24-48 hours lecture/laboratory*

Design and execution of works of art that incorporate a variety of media including but not limited to watercolor, oils, acrylics, colored pencils, pen and ink, pastels, wood, metal, fibers, and 'found' objects.

N ADLT 704 Exploring North County*32 hours laboratory*

To explore and appreciate the unique character of San Diego through its history, people and cultures with an emphasis on the individual's opportunity to be a vital participant in the community.

N ADLT 705 Folk Medicine/Herbology*16-48 hours laboratory*

An exploration of the historical use of herbology and folk medicine and its incorporation by modern western practitioners into an holistic approach to health care and disease prevention.

N ADLT 706 Hatha Yoga*24-72 hours lecture/laboratory*

This course will allow the individual to progress from beginner to advanced status. Yoga integrates static and dynamic physical postures with mental discipline to achieve greater well-being. Students will increase strength, flexibility, and balance; decrease mental and physical stress; and improve circulation throughout the body.

N ADLT 707 Portrait Painting*24-72 hours lecture/laboratory*

The fundamentals of painting the human figure and face using oil based media, acrylics, watercolor, and/or mixed media.

N ADLT 708 Quilting*24-72 hours lecture/laboratory*

This course presents the design and execution of various techniques to produce a quilt. A variety of quilt designs will be presented.

N ADLT 709 So You Want to Write*24-72 hours lecture/laboratory*

This course gives a practical approach to becoming a writer. The course will employ the read/critique format combined with lecture and guest speakers. Written self expression will be enhanced through exploration and appraisal of a variety of genre, elements of style, and introduction to the basic concepts of writing fiction and nonfiction. Students will gain practical knowledge regarding: selecting an agent; "pitching" a script idea; evaluating the options of self-publication and/or online publication; and submitting letters of inquiry, proposals and manuscripts to a variety of media.

N ADLT 710 Stitchery*24-72 hours lecture/laboratory*

This course will introduce the design and production of a variety of handicrafts, folk arts, and needle arts. Attention will focus on integrating various materials, patterns, and techniques into creating unique artifacts.

N ADLT 711 Watercolor*24-72 hours lecture/laboratory*

Instruction in basic to advanced techniques of transparent watercolor as a unique art form.

N ADLT 712 Drawing with Colored Pencils*24-72 hours lecture/laboratory*

A variety of methods for using dry and wet colored pencils will be explored. Students will also learn how to use these materials with other materials such as graphite and ink. Students will learn to select the appropriate paper and pencils to achieve the desired effect of their work.

N ADLT 713 Beginning Tai Chi Kung*24-72 hours lecture/laboratory*

Heart Coherent Tai Chi Kung provides practical training, with scientific and philosophical rationale and evidence, by which participants may improve and maintain holistic wellness. The practice of Heart Coherent Tai Chi Kung moving meditation and exercise offers a path to stress management, improved strength, flexibility, and balance and harmony of body and mind. This is an on-going course for learning and deepening into various Tai Chi Kung healing and wellness patterns, beginning with the Taking Wings Heart Coherent Tai Chi Kung form and expanding to others, continuing from semester to semester.

N ADLT 714 Glazing Techniques*24-48 hours laboratory*

This course will cover methods glazing using acrylic glazing mediums.

N ADLT 715 Mixed Media Drawing*48 hours lecture/laboratory*

This course will cover the interaction of both wet and dry media in an experiential approach.

N ADLT 716 PACE-People with Arthritis Can Exercise*48 hours laboratory*

PACE is a community-based, non-clinical program that involves group participation. Includes activities designed to improve certain physical parameters such as endurance and joint motion primarily for individuals with arthritis.

NADLT 717 Creative Retirement*16-72 hours lecture*

A multi-dimensional course designed to enhance the well-being of the older adult through the exploration and appreciation of diverse cultures and peoples. A variety of media may be incorporated throughout the course. Employing the art, music, literature, language, travel videotapes and/or the cuisine of the chosen subject will give the student a unique opportunity to experience and appreciate different countries and ethnic cultures. Each module may differ in its focus and the medium of presentation. The course may be modified for residents of skilled and day care facilities as appropriate.

NADLT 718 Introduction to Ceramics for Older Adults*96 hours lecture/laboratory*

An introduction to basic forming techniques of clay including hand building, throwing and firing techniques.

NADLT 719 Intermediate Tai Chi Kung*48 hours laboratory*

This course will continue the practice of the original Taking Wings Heart Coherent Tai Chi Kung form. Each class will include practice of acupuncture meridian stimulating exercises. Participants will receive continuing instruction in additional forms including Nine Pieces of Brocade, Shamanic Tiger Chi Qigong and Shen Dao Tai Chi Kung, as well as elements of Yang Style Tai Chi Chuan and such other forms and patterns as seem profitable to all. Generally classes will include a seated meditation designed to expand conscious mastery of psychophysiological harmony, as well as specific instruction in acupressure meridian paths and points for facilitating chi flow.

NADLT 720 Qigong For Energy and Wellness*16 to 48 hours lecture/laboratory*

Qigong (vital energy cultivation) is the clinically proven modern science of physical and emotional healing based on ancient Chinese practice comprised of gentle exercises, breath relaxation techniques, and visualization/meditation. Students learn how to reduce stress, improve overall physical and emotional health, and enhance their immune system and self-healing capacity. "Healing" is defined as strengthening one's overall core health and well being. Students may stand and/or sit during any part of the class. On-going class.

Parenting (N PRNT)

Contact the Occupational & Noncredit Programs at (760) 744-1150, ext. 2155 or 2284 for further information and registration procedures.

COURSE OFFERINGS

N PRNT 100 Solve Problems with Your Children*24 hours lecture*

Provide parents with the necessary elements that will allow them a better understanding of parent-child interaction; to include tools for applying the concepts, principles and methods to the solutions of family problems.

N PRNT 101 Helping Your Child with Math*20 hours lecture/laboratory*

This course will provide parents of 3rd through 5th grade students an understanding of the mathematical concepts, terminology, and procedures used in their child's school and provide tools for helping their child with math homework.

