

**GCMW 296 Special Projects (1,2,3)**

(Formerly GC 296)

2, 4, or 6 hours lecture/laboratory

**Note:** Cross listed as GCIP 296; may be taken 4 times**Transfer acceptability:** CSU

Independent work on a specified sustained project which does not fit into the context of regularly scheduled classes. Students work from a contract agreed upon by the student and the instructor.

**Health (HE)**

Contact the Physical Education Department for further information, (760) 744-1150, ext. 2462

**COURSE OFFERINGS****HE 100 Health Education and Fitness Dynamics (3)**

3 hours lecture

**Corequisite:** HE 100L**Transfer acceptability:** CSU; UC

Individual well being will be developed through the study of the emotional, spiritual, intellectual, social, and physical qualities of health.

**HE 100L Health Performance Lab (1,1.5,2)**

3, 4.5, or 6 hours laboratory

**Corequisite:** HE 100**Transfer acceptability:** CSU; UC

Fitness lab course designed to develop and encourage positive attitude and habits with regards to Health Education and fitness dynamics. Lab activity will primarily utilize exercise equipment as it relates to cardiovascular efficiency, body composition, muscular strength and endurance and flexibility. An individual fitness profile will be established, including pre-post testing, to determine each students' fitness accomplishments.

**HE 165 Fundamentals of Nutrition (3)**

3 hours lecture

**Note:** Cross listed as FCS 165**Transfer acceptability:** CSU; UC – FCS 165, FCS 185, BIOL 185, HE 165 combined: maximum credit, one course; CAN FCS 2

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.

**HE 197 Current Topics in Health (1,2,3)**

1, 2, or 3 hours lecture

**Note:** May be taken 4 times with different subject matter**Transfer acceptability:** CSU

Current issues in health education meeting student and community educational needs dealing with the social, mental, and physical aspects of personal health. Course title will designate subject covered.

**Health Occupations**

See Emergency Medical Education, Dental Assisting, Medical Assisting, and Nursing Education

**History (HIST)**

Contact the Economics, History and Political Science Department for further information, (760) 744-1150, ext. 2412

**COURSE OFFERINGS****HIST 101 History of the United States Through Reconstruction (3)**

3 hours lecture

**Note:** This course plus History 102 meets the State requirement in American History and Institutions.**Transfer acceptability:** CSU; UC – HIST 101 and 102 or AS 101 and 102 com-

bined: maximum credit, one pair; CAN HIST 8; HIST 101+102=CAN HIST SEQ B

Political, economic, social, and cultural development of the American people through Reconstruction with particular emphasis on the colonial period; the Revolution; constitutional development; westward expansion with emphasis on California and frontier influences; emergence of sectionalism; the Civil War and Reconstruction.

**HIST 102 History of the United States Since Reconstruction (3)**

3 hours lecture

**Note:** This course plus History 101 meets the State requirement in American History and Institutions.**Transfer acceptability:** CSU; UC – HIST 101 and 102 or AS 101 and 102 combined: maximum credit, one pair; CAN HIST 10; HIST 101+102=CAN HIST SEQ B

Political, economic, social, and cultural developments of the American people since Reconstruction. Emphasis will be on the westward and farm movements, industrial development, twentieth century reform movements, the United States as a world power, and civil rights. Special consideration will be given to the development of California state and local government.

**HIST 105 History of Western Civilization Through the Reformation (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC; CAN HIST 2, HIST 105+106=CAN HIST SEQ A

A survey of ancient civilizations, Greece, Rome and medieval Europe, with emphasis on the heritage, ideas, attitudes, and institutions basic to Western Civilization.

**HIST 106 History of Western Civilization Since the Reformation (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC; CAN HIST 4, HIST 105+106=CAN HIST SEQ A

Emergence of modern Europe, expansion of European power and influences; emphasis on cultural and intellectual trends which affect Western civilization in the Twenty-first Century.

**HIST 107 World History to 1650 (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC

The growth of civilizations and the interrelationships of the peoples of Europe, Asia, Africa, and America to 1650.

**HIST 108 World History Since 1650 (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC

The development of the civilizations and the interrelationships of the peoples of Europe, Asia, Africa, and America since 1650.

**HIST 110 History of the Modern Far East (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC

A survey of the cultural, political, and economic trends in Eastern Asia during the Nineteenth and Twentieth Centuries; penetration and impact of the West; post World War II developments including revolution, independence, modernization, and communication.

**HIST 114 American Military History (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC

Covers the American military experience from Colonial times to present.

**HIST 121 History of California (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC

The history of California from the origins of the native peoples to the pres-