

Independent study for students who have demonstrated skills and/or proficiencies in Graphic Communications subjects and have the initiative to work independently on projects or research outside the context of regularly scheduled classes. Students will work under the personal supervision of an instructor.

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

3, 6, or 9 hours laboratory

**Recommended preparation:** Advanced coursework or job-related experience

**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

Office: O-10

### 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

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

Office: P-17K

### 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

combined: maximum credit, one pair

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

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

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

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 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 present. Course focuses on the events and people who shaped the development of California with an emphasis on the many diverse cultural elements (native peoples, Hispanics, Anglo-Americans, Asians, African-Americans, Pacific Islanders, and women) involved.

#### HIST 130 Women in United States History (3)

3 hours lecture

**Transfer acceptability:** CSU; UC

A survey of the changing role, status, and contributions of women in the United States from the colonial period to the present. Their social, economic, political, and religious positions in American society are examined.