

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.

**HIST 140 History of the Americas Through 1800 (3)**

3 hours lecture

**Note:** This course plus HIST 141 meets the State requirement in American History and Institutions.

**Transfer acceptability:** CSU; UC

Surveys the evolution of the political, economic, and social institutions of the societies of Western Hemisphere from the 14th through the 18th centuries. Examines major pre Columbian Indian Cultures, European exploration and colonization, life in the colonial Americas, and the achievement of independence by the United States. Latin America, Canada, and the United States are studied from a comparative perspective. Included is consideration of the Constitution of the United States.

**HIST 141 History of the Americas Since 1800 (3)**

3 hours lecture

**Note:** This course plus HIST 140 meets the State requirement in American History and Institutions.

**Transfer acceptability:** CSU; UC

History of the American nations in the 19th and 20th centuries with emphasis on the Latin American wars of independence, inter American relations, the foreign policy of the United States and its relation to Latin America, Canada's relations with other nations of the hemisphere, and the transition of Latin American society in the 20th century.

**HIST 150 History of Latin America To 1824 (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC

A survey of the historical evolution of the peoples and states of Latin America with special attention to the indigenous states and empires of the Americas, their conquest by the Iberian nations of Europe, the creation of multi racial colonial empires, and the growth of creole nationalism which lead to the overthrow of the Iberian empires at the beginning of the 19th century.

**HIST 151 History of Latin America from Independence to the Present (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC

A survey of the republics of Latin America since independence that concentrates on the political evolution of these nations and the social and economic institutions that characterize the region. Special attention will be given to the contrast between the urban and rural cultures and economies, as well as the political and economic relations of the region with the world and the United States in particular.

**HIST 152 The World War II Generation (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC

Survey of the lives and experiences of the World War II Generation as they relate to four specific areas--the war in both the Pacific and in Europe, the Home Front, and American prisoners of war. Once each area is studied, students will have the opportunity to contrast the knowledge gained through their readings and classroom discussions with the reality of stories that focus on local representatives of the WW II Generation. Whenever possible, this will be done through panel discussion nights when community members of this generation visit the class and engage in a dialogue with students and each other on their war-time experiences.

**HIST 197 History Topics (.5 - 4)**

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

**Note:** May be taken 4 times

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

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

**HIST 295 Directed Study in History (1, 2, 3)**

3, 6, 9 hours laboratory

**Prerequisite:** Approval of project or research by department chairperson

**Note:** May be taken 4 times

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

Independent study for students who have demonstrated a proficiency in history subjects and have the initiative to work independently on projects or research that does not fit into the context of regularly scheduled classes. Students will work under the personal supervision of an instructor.

**Home Economics**

See Family and Consumer Sciences, Fashion, Interior Design, Child Development and Home Economics Education (Noncredit)

**Humanities (HUM)**

Contact the English Department for further information.

(760) 744-1150, ext. 2392

Office: P-2

**COURSE OFFERINGS****HUM 100 Introduction to Humanities I (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC

Examines significant movements and developments in literature and other arts in Western culture from classical times to the late Middle Ages. Emphasis is on ideas and their realization in works of art.

**HUM 101 Introduction to Humanities II (3)**

3 hours lecture

**Transfer acceptability:** CSU; UC

A general survey of the fine arts in the Western world. Arranged chronologically rather than thematically, the course material includes consideration of the major achievements of Western culture from the Renaissance until the present.

**HUM 197 Humanities Topics (1-4)**

Units awarded in topics courses are dependent upon the number of lecture hours required of the student. Refer to Class Schedule.

**Note:** May be taken 3 times

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

Topics in Humanities. See class schedule for specific topic covered. Course title will designate subject covered.

**Industrial Technology (IT)**

See Cabinet and Furniture Technology, Drafting Technology, and Electronics and Computer Hardware Technology for additional courses

Contact the Trade and Industry Department for further information.

(760) 744-1150, ext. 2545

Office: T-1

**COURSE OFFERINGS****IT 108 Technical Mathematics (3)**

3 hours lecture

**Note:** Cross listed as WELD 108

Methods and experience in defining and solving mathematical problems in industrial technology. Special emphasis will be given to the application of these basic processes to the solution of the unique mathematical problems encountered in the areas of architecture, automotive, drafting, machine, welding, and woodworking technology.

**IT 197 Industrial Technology Topics (.5 - 4)**

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

**Note:** May be taken 4 times