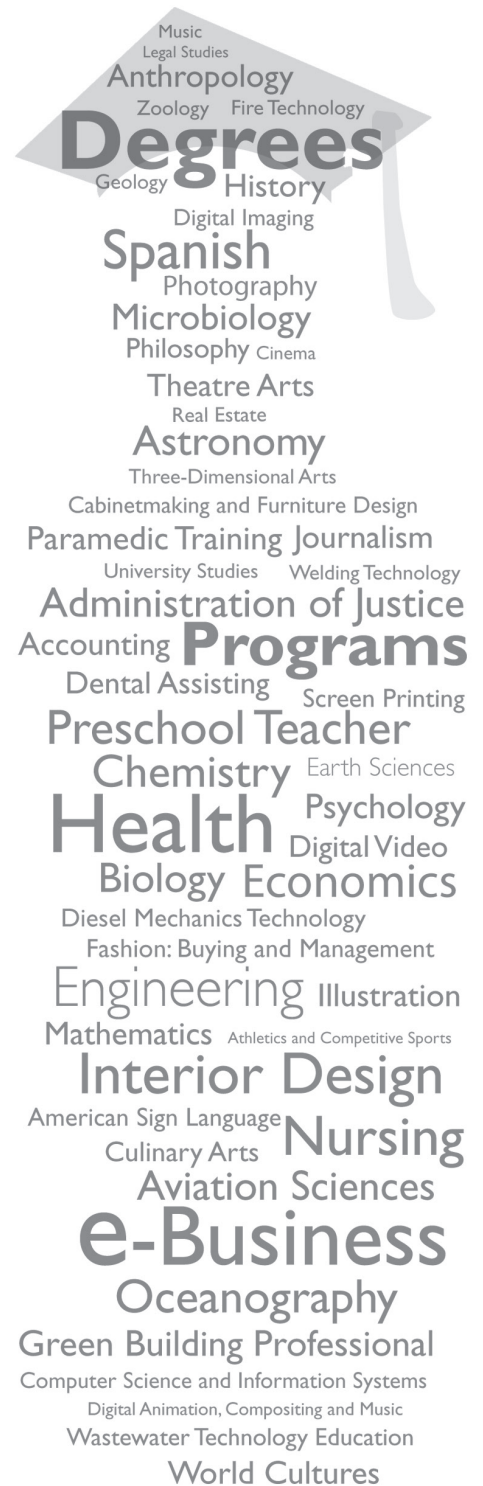


# Noncredit Courses and Certificates



## Noncredit Courses and Certificates

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 six 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 classroom 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.

ties. Learners participate in an individually prescribed program which includes classroom activities, independent activities, collaborative learning, and mediated learning.

## Basic Education (N BASC)

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

### COURSE OFFERINGS

#### N BASC 200 Literacy/Adult Basic Education

64-96 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 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.

## Career and Technical Education (N CTED)

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

### COURSE OFFERINGS

#### N CTED 602 Shop Safety and Hand Tools

8 hours lecture/laboratory

This entry level course stresses the importance of safety while working in the automotive shop. Students will learn the proper operation and maintenance of a variety of hand tools. These skills are needed in many mechanical trades.

#### N CTED 603 Measuring Tools

6 hours lecture/laboratory

Students will learn the basics of performing precise measurements using a variety of special measuring tools, a primary skill in many mechanical trades.

#### N CTED 604 Power Tools

10 hours lecture/laboratory

Students will learn the proper operation and maintenance of a variety of power tools. Both hand-held and stationary tools will be included. The operation of this equipment is required in many mechanical trades.

#### N CTED 605 Basic Tutoring Training

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

### 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 Disability Resource Center at (760) 744-1150, ext. 2375 or the Occupational & Noncredit Programs Department at (760) 744-1150, ext. 2155 for further information and registration procedures.

### COURSE OFFERINGS

#### N DSAB 500 Music and Movement

8-48 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

48-150 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

24-51 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.

The following course may be substituted: ESL 36 for N ESL 306.

#### 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 300 Basic ESL

48 to 192 hours lecture

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

#### N ESL 301 Beginning ESL I

48 to 192 hours lecture

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

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

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

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 Department at (760) 744-1150, ext. 2155 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 Department at (760) 744-1150, ext. 2155 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 Community Emergency Response Team

24-30 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.

## Older Adult Education (N ADLT)

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

### COURSE OFFERINGS

#### N ADLT 700 Adult Active Fitness

8-72 hours laboratory

A low impact aerobic exercise program designed specifically for the adult student. Exercises incorporate gentle but effective movements to increase endurance.



ance, 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.

#### **NADLT 702 Drawing, Beginning (Portrait)**

*16-54 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.

#### **NADLT 703 Experimental Arts/Mixed Media**

*16-54 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.

#### **NADLT 704 Focus on North County**

*16-54 hours laboratory*

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

#### **NADLT 706 Hatha Yoga**

*12-72 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.

#### **NADLT 707 Portrait Painting**

*16-72 hours lecture/laboratory*

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

#### **NADLT 708 Quilting**

*16-72 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.

#### **NADLT 709 So You Want to Write**

*16-72 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.

#### **NADLT 710 Stitchery**

*16-72 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.

#### **NADLT 711 Watercolor**

*16-72 hours lecture/laboratory*

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

#### **NADLT 713 Beginning Tai Chi Kung**

*12-72 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.

#### **NADLT 716 Keep it Moving with Arthritis**

*8-48 hours laboratory*

This course is 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 Cultural Discoveries for Older Adults**

*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 of the world, country by country. Students will become familiar with environmental conditions, cultural aspects, economic and political issues, religions, destination points of interest, physical attributes, history, music and food of each country. Studies include map recognition, regional climate, physical features, and cultural heritage. 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. A variety of media may be incorporated throughout the course. The course may be modified for residents of skilled and day care facilities as appropriate.

#### **NADLT 718 Introduction to Ceramics for Older Adults**

*24-54 hours lecture/laboratory*

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

#### **NADLT 719 Intermediate Tai Chi Kung**

*12-54 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**

*12-54 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.

#### **NADLT 721 A Matter of Balance: Managing Concerns About Falls of Older Adults**

*16 hours lecture*

This older adults course is designed to reduce the fear of falling and increase appropriate activity levels to empower students. Participants learn to set realistic goals, increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

#### **NADLT 722 Healthier Living: Managing Ongoing Health Conditions for the Older Adult**

*16 hours lecture*

This course provides older adults with effective strategies and skills, good nutrition, and a regular fitness program to assist in managing personal health conditions and to maintain an active and fulfilling life.

#### **NADLT 723 Art Appreciation**

*48 hours lecture/laboratory*

Art Appreciation offers to older adults a survey and study of the arts through the ages and the various cultures around the world. The exposure to the various media, styles and forms of art found from ancient civilizations to our contemporary times helps students to appreciate and value the creative endeavor and the many forms of art born of the need to express. This course is designed to engage each individual to be more active in their involvement and participation in the art life of the community and extend it to those around them as a result of their newfound interest and knowledge. It is meant to expand their life experience and give them a valuable and enriching new option in their later years.