

RE 158 Current Trends in Escrow (3)
 3 hours lecture
Recommended preparation: RE 157
Transfer acceptability: CSU
 A refresher course for Escrow officers and supervisors covering current problems, legislation, and court cases. Open discussions and exchange of ideas will be expected of participants.

RE 197 Real Estate Topics (.5 - 4)
 Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.
Transfer acceptability: CSU
 Topics in Real Estate. See Class Schedule for specific topic offered. Course title will designate subject covered.

Recreation (REC)

Contact the Department of Health, Kinesiology and Recreation Management for further information.
 (760) 744-1150, ext. 2462
 Office: O-10
 For transfer information, consult a Palomar College Counselor.

Associate in Arts Degrees -

AA Degree requirements are listed in Section 6 (green pages).
 • Outdoor Leadership
 • Recreation Agency Leader

Certificates of Achievement -

Certificate of Achievement requirements are listed in Section 6 (green pages).
 • Outdoor Leadership
 • Recreation Agency Leader

PROGRAMS OF STUDY

Outdoor Leadership

Provides the skills necessary for work as a leader in outdoor activities for federal, state, municipal, and private recreational agencies.

A.A. DEGREE MAJOR OR CERTIFICATE OF ACHIEVEMENT

Program Requirements	Units
AJ 100 Introduction To Criminal Justice	3
CE 100 Cooperative Education	3 - 4
EME 100/HE 104 Emergency Medical Responder	3
HE 100 Health Education and Fitness Dynamics	3
REC 110 Community Recreation	3

Group I (Select 1 of the following courses)

KINE 206 Coaching of Women's Team Sports	1 - 2
KINE 229 Lifeguarding	1.5
KINE 230 Lifeguarding and Emergency Response	3

Group II (Select 1 of the following courses)

HE 100L Health Performance Lab	1 - 2
KINE 114A Beginning Walkfit	1 - 2
KINE 114B Intermediate Walkfit	1 - 2
KINE 114C Advanced Walkfit	1 - 2
KINE 128A Wellness Modalities- Cardio	1 - 2
KINE 128B Wellness Modalities-Muscular	1 - 2
KINE 128C Wellness Modalities- Functional	1 - 2
KINE 128D Wellness Modalities- Periodization	1 - 2

Group III (Select 1 of the following courses)

KINE 150A Beginning Weight Training	1 - 2
KINE 150B Intermediate Weight Training- Strength Training for Total Fitness	1 - 2

KINE 150C Advanced Weight Training- Power Lifting and Plyometrics Training	1 - 2
KINE 204A Off Season Sports Conditioning I Aerobic/Anaerobic Development	1 - 2
KINE 204B Off Season Conditioning II- Motor Skill Development and Application	1 - 2
KINE 205A In Season Sports Conditioning I Aerobic and Anaerobic	1 - 2
KINE 205B In Season Conditioning II-Fine Motor Skills Maintenance	1 - 2

TOTAL UNITS 18 - 23

Recreation Agency Leader

Provides the skills necessary for work as a leader in a municipal or private recreation program.

A.A. DEGREE MAJOR OR CERTIFICATE OF ACHIEVEMENT

Required Courses	Units
AJ 100 Introduction To Criminal Justice	3
BMGT 105 Small Business Management	3
CE 100 Cooperative Education	1 - 4
EME 100/HE 104 Emergency Medical Responder	3
HE 100 Health Education and Fitness Dynamics	3
REC 110 Community Recreation	3
REC 120 Recreational Team Sports	2

Group I (Select 1 of the following courses)

KINE 206 Coaching of Women's Team Sports	1 - 2
KINE 229 Lifeguarding	1.5
KINE 230 Lifeguarding and Emergency Response	3
MUS 197 Topics in Music	0.5 - 3

Group II (Select 1 of the following courses)

HE 100L Health Performance Lab	1 - 2
KINE 130 Individualized Fitness Exercise	1 - 2

Group III (Select 1 of the following courses)

KINE 170A Team Sports - Baseball Strategies	1 - 2
KINE 170C Team Sports- Basketball Strategies	1 - 2
KINE 170E Team Sports- Football Strategies	1 - 2
KINE 170G Team Sports- Soccer Strategies	1 - 2
KINE 170K Team Sports-Volleyball Strategies	1 - 2
KINE 175A Psychology of Specific Athletic Competition - Contact	2
KINE 175B Psychology of Specific Athletic Competition - Minimal Contact	2
KINE 175C Psychology of Specific Athletic Competition - Non-Contact	2
KINE 175D Psychology of Specific Athletic Competition - Skilled	2

Group IV (Select 1 of the following courses)

KINE 210 Professional Prep for Football - Theory and Mental Preparation	3
KINE 210L Professional Prep for Football Lab- Biomechanic Application	1 - 1.5
KINE 211 Professional Prep. for Basketball - Theory and Mental Preparation	3
KINE 211L Professional Preparation for Basketball Lab	1 - 1.5
KINE 212 Professional Prep for Baseball- Theory and Mental Preparation	3
KINE 212L Professional Prep for Baseball Lab - Biomechanic Application	1 - 1.5
KINE 215 Professional Prep for Wrestling - Theory and Mental Preparation	3
KINE 215L Professional Prep Wrestling Lab - Biomechanic Application	1 - 1.5
KINE 216 Professional Prep for Golf- Theory and Mental Preparation	3

KINE 216L	Professional Prep for Golf Lab - Biomechanic Application	I - 1.5
KINE 217	Professional Prep Tennis - Theory and Mental Preparation	3
KINE 217L	Professional Prep Tennis Lab - Biomechanic Application	I - 1.5
TOTAL UNITS		21.5 - 31

COURSE OFFERINGS

REC 110 Community Recreation (3)
3 hours lecture
Transfer acceptability: CSU
Scope of community recreation; basic philosophy of leisure time agencies and organizations for youth; program planning; playground practices; basic systems of organization; and policy formation.

REC 115 Recreational Leadership (3)
3 hours lecture
Transfer acceptability: CSU
Program planning and principles of group leadership; organized games and special events, playground management.

REC 120 Recreational Team Sports (2)
2 hours lecture
Transfer acceptability: CSU
The planning, organizing, of team sports designed to serve the interest of all people in a recreational setting. The course is designed to provide the methods and organization for group instruction in team sports including softball, soccer, touch football, volleyball, and basketball.

Registered Dental Assisting

See Dental Assisting

Religious Studies (RS)

See also American Indian Studies, Anthropology, History, Judaic Studies, Philosophy

Contact the Behavioral Sciences Department for further information.
(760) 744-1150, ext. 2330
Office: MD-261

COURSE OFFERINGS

RS 101 World Religions (3)
3 hours lecture
Transfer acceptability: CSU; UC
A comparative study of the practices, beliefs, institutions, and core characteristics of the major religions of the world: Western, Asian, and indigenous.

RS 102 Religion in American History (3)
3 hours lecture
Transfer acceptability: CSU; UC
Examines the role of religion and religious groups in key events, time periods, regions, and institutions of the United States. The course concentrates on the interaction of religious groups with each other and with the larger society, particularly in relation to political, economic, geographical, and cultural life of the nation. Topics include colonialism, the Revolution, anti-slavery, the expansion west, the Civil War, immigration, the World Wars, the Great Depression, the Civil Rights Movement, and the 1960s.

RS 104 Introduction to Buddhism (3)
3 hours lecture
Transfer acceptability: CSU; UC
Introduction to the core practices, beliefs, institutions, and characteristics of Buddhist communities.

**RS 105 Ritual/Symbol/Myth:
Ways of Understanding Religion (3)**
3 hours lecture
Transfer acceptability: CSU; UC
The course introduces students to the religious dimensions of ritual, symbol, and myth in order to explore the nature of religion in traditional settings and in the popular cultures of the present.

RS 106 Introduction to Judaism I (3)
3 hours lecture
Note: Cross listed as JS 106
Transfer acceptability: CSU; UC
The philosophy, religion and ethnic culture of the Jewish people from the Patriarchs and Prophets through the modern branches of Judaism. Topics covered include Torah, Talmud, various commentaries and movements affecting Judaism; ceremonies, artifacts, and language.

RS 107 Introduction to Judaism II – Culture (3)
3 hours lecture
Note: Cross listed as JS 107
Transfer acceptability: CSU; UC
A survey of the cultural and historical roots of the Jewish people from 2000 B.C. to the present; their role in the ancient Near East; relationships in the Western World from the Greco Roman period to the post World War II era; creation and development of the state of Israel; cultural, religious, and political impact on America and the world community.

RS 108 History of Christianity (3)
3 hours lecture
Transfer acceptability: CSU; UC
A survey of movements, institutions, and communities in the history of Christianity from the first century to the twentieth century. Concentrates on socio-political influences, contexts, and consequences related to Christian history.

RS 110 Religion in America (3)
3 hours lecture
Transfer acceptability: CSU; UC
Introduces students to core practices, beliefs, and institutions of religions in the United States. The course also focuses on the interactions of religious communities with national culture of the United States, particularly in regards to social factors of race, ethnicity, class, age, and gender. Study concentrates on "religion" associated with Native Americans, Asian Americans, Latinos, African Americans, Jewish communities, Roman Catholics, Protestants, Muslims, Buddhists, and a variety of others.

RS 124 Islamic Cultures and Traditions (3)
3 hours lecture
Note: Cross listed as MCS 124
Transfer acceptability: CSU; UC
An introductory course designed for students with a general interest in the Islamic world, including its history and cultural traditions. Examines the main social, traditional and legal institutions of Islam.

RS 197 Religious Studies Topics (1-3)
Units awarded in topics courses are dependent upon the number of lecture hours required of the student. Refer to Class Schedule.
Transfer acceptability: CSU; UC - Credit determined by UC upon review of course syllabus.
Topics in Religious Studies. See Class Schedule for specific topic offered. Course title will designate subject covered.

Secretarial

See Business (BUS)

Sign Language

See American Sign Language