HED R106A – Introduction to Athletic Training and Sports Medicine 3 Units

Hours: 3 lecture weekly
This is an introductory course designed to present the basic concepts, skills, and practices involved in athletic training, sports medicine, and related health professions. The course explores the history and development of the profession and the concept of the sports medicine team, the basic concepts of prevention, evaluation, and acute care of athletic and recreational injuries. Throughout the course, basic anatomical and functional features of body parts will be introduced, relating with common sports injury seen in each body area, and learning basic emergency management of common injuries. Field trips may be required. Course is offered Pass/No Pass (P/ NP) at student’s option.
Transfer credit: CSU, UC

HED R106B – Care and Prevention of Athletic Injuries 3 Units
Prerequisites: HED R106A

Hours: 3 lecture weekly
This is a course designed to provide students an opportunity to further their study in athletic training, sports medicine, and related health professions. The course will emphasize prevention, evaluation, acute care, treatment, and rehabilitation of athletic and recreational injuries. Throughout the course, specific anatomical and functional features of body parts will be introduced, relating to common sports injury seen in each body area, identify injury and illness risk factors encountered by athletes and others involved in physical activity, and to plan and implement a risk management and prevention program. Field trips may be required. Course is offered Pass/No Pass (P/ NP) at student’s option.
Transfer credit: CSU, UC

HED R107 – Health/Fitness/Self-Defense 3 Units

Hours: 3 lecture weekly
This course focuses on developing the skills required to make decisions in the area of health, fitness and personal protection. The mental and psychological aspects of self-defense are also explored. Students learn how to assess a potentially dangerous situation; how to develop the awareness that may prevent them from becoming a target; how to safeguard themselves, their family and home. The civil and legal aspects of self-defense are also explored. Additional topics include physical fitness components; designing an individualized physical fitness program; and assessment of current personal lifestyle and risk factors.
Transfer credit: CSU, UC

HED R107L – Health/Fitness/Self-Defense Lab 1 Unit

Hours: 3 lab weekly
This course is a hands-on course, which addresses issues of physical assault and self-defense. Students will learn basic self-defense skills that increase their chances of surviving an assault situation. Cardiorespiratory fitness will also be stressed.
Transfer credit: CSU, UC

HED R110 – Introduction to Kinesiology 3 Unit

Hours: 3 lecture weekly
C-ID: KIN 100
This is an introductory course that surveys various disciplines related to the study of human movement. Students will examine the areas of history, sociology, biomechanics, physiology, and psychology as they relate to the sport and exercise environment. In addition, students will explore career pathways involving the study of human movement, teaching, research, and professional practice. Field trips may be required.
Transfer credit: CSU

HISTORY

History is one of the most popular, useful, and flexible subjects to study and major in. The popularity of History comes from the fact that human beings love stories about dynamic people and exciting events from the past. By studying the brilliance and blunders of past generations, students gain useful knowledge about how the world works and the critical thinking skills universities and employers value. History is also a very flexible major: the AA-T in History is a pathway to a state university for students interested in majoring in History and those unsure of what they want to major in yet (ex. law, business, government, etc.). It is also a fun “second major” for students interested in becoming more well-rounded, knowledgeable, and wise.

For more information, contact:
Kevin Hughes, khughes@vcccd.edu, 805-986-2179
or
Joshua Lieser, jlieser@vcccd.edu, 805-986-1909
or
Tomas Salinas, tsalinas@vcccd.edu, 805-986-1911

CAREER OPPORTUNITIES

| Jr High or High School Teacher | College or University Professor |
| Academic Counselor               | Archivist/Curator              |
| Park Ranger                     | Travel Consultant or Tour Guide |
| Consultant/Analyst in many fields | Genealogist                   |
| International Businessperson     | Corporate Executive            |
| Non-Profit or NGO Coordinator   | Public Administrator           |
| Urban or Regional Planner       | Diplomat/State Dept. Official |
| Social Worker                   | Book or Online Publisher/Editor |
| Researcher in many fields       | Instructional Designer         |
| Librarian                       | Lawyer/Judge                  |
| Journalist (online or traditional) | Architect                   |
| TV/Movie Consultant and Documentarian |                       |
| Government Employee (local, state, federal) |                   |
| Gender, Ethnic, or Global Studies Specialist |               |

FACULTY

Full-Time
Kevin Hughes  Tomas Salinas
Joshua Lieser

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**HISTORY**

**Associate in Arts for Transfer**

The Associate in Arts in History for Transfer (History AA-T) is intended for students who plan to complete a bachelor’s degree in a similar major at a CSU campus. Students completing this degree are guaranteed admission to the CSU system, but not to a particular campus or major. See page 62 for additional information.

The following is required for all AA-T or AS-T degrees:

1. **Minimum of 60 CSU-transferable semester units.**
   - The minimum grade point average (GPA) of at least 2.0 in all CSU-transferable coursework. While a minimum of 2.0 is required for admission, some majors may require a higher GPA. Please consult with a counselor for more information.
   - Completion of a minimum of 18 semester units in an “AA-T” or “AS-T” major as detailed in the Course and Program Information section of the catalog. All courses in the major must be completed with a grade of C or better or a “P” if the course is taken on a “pass-no pass” basis (Title 5 § 55063).
   - Certified completion of the California State University General Education-Breadth pattern (CSU GE-Breadth) (see page 67 for more information); OR the Intersegmental General Education Transfer Curriculum (IGETC) pattern (see page 73 for more information).
   - Complete requirements in residency. For students in the Ventura County Community College District, a minimum of 12 units must be completed in residency at the college granting the degree.

   - Students transferring to a CSU campus that does accept the History AA-T will be required to complete no more than 60 units after transfer to earn a bachelor’s degree (unless the major is a designated “high-unit” major at a particular campus). This degree may not be the best option for students intending to transfer to a particular CSU campus or to university or college that is not part of the CSU system. Students should consult with a counselor when planning to complete the degree for more information on university admission and transfer requirements.

   - The following CSU campuses have designated at least one major as “similar” to the History AA-T. Some campuses may also require or recommend specific course selections from choices within the AA-T. Please see a counselor for a comprehensive list of these designated majors and areas of emphasis/options within the History major.

   - California State University, Bakersfield
   - California State University, Channel Islands
   - California State University, Chico
   - California State University, Dominguez Hills
   - California State University, East Bay
   - California State University, Fresno
   - California State University, Fullerton
   - Humboldt State University
   - California State University, Long Beach
   - California State University, Los Angeles
   - California State University, Monterey Bay
   - California State University, Northridge
   - California State Polytechnic University, Pomona
   - California State University, Sacramento
   - California State University, San Bernardino
   - San Diego State University
   - San Francisco State University
   - San José State University
   - California State Polytechnic University, San Luis Obispo
   - California State University, San Marcos
   - Sonoma State University
   - California State University, Stanislaus

**HISTORY**

**Associate in Arts Degree**

**REQUIRED COURSES:**

<table>
<thead>
<tr>
<th>REQUIRED CORE COURSES (6 UNITS):</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIST R101A History of the United States I</td>
<td>3</td>
</tr>
<tr>
<td>HIST R101B History of the United States II</td>
<td>3</td>
</tr>
</tbody>
</table>

**LIST A - REQUIRED ADDITIONAL COURSES (6 UNITS):**

<table>
<thead>
<tr>
<th>LIST A - REQUIRED ADDITIONAL COURSES (6 UNITS):</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIST R100A World History I</td>
<td>3</td>
</tr>
<tr>
<td>HIST R100B World History II</td>
<td>3</td>
</tr>
</tbody>
</table>

**LIST B1 - SELECT ONE OF THE FOLLOWING COURSES (3 UNITS):**

<table>
<thead>
<tr>
<th>LIST B1 - SELECT ONE OF THE FOLLOWING COURSES (3 UNITS):</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIST R109 History of Mexico</td>
<td>3</td>
</tr>
<tr>
<td>HIST R110 History of the Middle East</td>
<td>3</td>
</tr>
</tbody>
</table>

**LIST B2 - SELECT ONE OF THE FOLLOWING COURSES (3 UNITS):**

<table>
<thead>
<tr>
<th>LIST B2 - SELECT ONE OF THE FOLLOWING COURSES (3 UNITS):</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIST R104 History of California</td>
<td>3</td>
</tr>
<tr>
<td>HIST R107 History of Mexicans in the United States</td>
<td>3</td>
</tr>
<tr>
<td>HIST R108 African-American History</td>
<td>3</td>
</tr>
<tr>
<td>HIST R115 History of the Americas I</td>
<td>3</td>
</tr>
<tr>
<td>HIST R116 History of the Americas II</td>
<td>3</td>
</tr>
<tr>
<td>HIST R117 History of American Women</td>
<td>3</td>
</tr>
</tbody>
</table>

**TOTAL REQUIRED MAJOR UNITS**

<table>
<thead>
<tr>
<th>TOTAL REQUIRED MAJOR UNITS</th>
<th>18</th>
</tr>
</thead>
<tbody>
<tr>
<td>CSU General Education or IGETC Pattern</td>
<td>38-41</td>
</tr>
<tr>
<td>Double-Counted Units</td>
<td>(6-9)</td>
</tr>
<tr>
<td>Electives (CSU transferable units needed to reach 60)</td>
<td>25-32</td>
</tr>
<tr>
<td><strong>DEGREE TOTAL</strong></td>
<td><strong>60</strong></td>
</tr>
</tbody>
</table>

To complete the Associate Degree, students must also meet requirements in general education, competency, units, scholarship, and residency. Refer to Education Pathways - Earn an Associate Degree and the A.A. or A.S. Degree in Specific Majors sections of this catalog.
PROGRAM STUDENT LEARNING OUTCOMES

Upon successful completion of the History program students will be able to:

- Demonstrate knowledge of historical events, trends and significant decision makers in a designated historical subject area.
- Demonstrate skill in historical research by locating and utilizing scholarly sources including primary source material.
- Apply critical thinking including quantitative and qualitative reasoning to historical data.
- Express connections between their knowledge of history and current social conditions, problems and controversies.
- Express how knowledge of history can influence a mature understanding of their own place in society.

COURSE DESCRIPTIONS

Note: Students planning to take a single course in US History or World History should seriously consider taking History of the US II (Hist 101B) or World History II (Hist 100B), because there is no requirement to take part I before part II and many students find the content easier to relate to. However it is also recommended that students take both parts of the History of the US and/or World History sequence to gain a fuller understanding of the nation and/or world in which they live.

HIST R100A – World History I
Hours: 3 lecture weekly
C-ID: HIST 150
To understand where we came from, it is important to study the histories of the great civilizations of the ancient world, from prehistory to the start of globalization in 1500 C.E. Students will explore the political, military, economic, social, and cultural evolution of the early civilizations of Asia, Africa, Europe, and the Americas. Students will also investigate the impact of religion, technology, migration, trade, and war on the relationships between the major civilizations of the ancient world. Students can take HIST 100A and/or HIST 100B to satisfy their General Education requirements. HIST 100A does not have to be taken before HIST 100B and both are taught at the same skill level.
Transfer credit: CSU, UC

HIST R100B – World History II
Hours: 3 lecture weekly
C-ID: HIST 160
To understand and navigate our global community, it is important to study the history of how our interdependent world came into being. Since 1500 C.E., the great civilizations of Asia, Africa, Europe, and the Americas have rapidly changed, influenced each other, and become more interconnected. Students will explore the political, military, economic, social, and cultural development of each regional civilization. Students will also study the modernizing and globalizing forces of trade, migration, colonization, decolonization, the nation state, the Enlightenment, industrialization, capitalism, urbanization, science, technology, and war. Students can take HIST 100A and/or HIST 100B to satisfy their General Education requirements. HIST 100A does not have to be taken before HIST 100B and both are taught at the same skill level.
Transfer credit: CSU, UC

HIST R101A – History of the United States I
Hours: 3 lecture weekly
C-ID: HIST 130
To understand the United States, it is important to study the roots of today’s conflicts and great achievements. This course will cover U.S. History from 1607 to 1877. Topics will include the contrasting worldviews of Native American, African, and European cultures as they converged in early colonial society; the road to revolution and the Revolutionary War; the drafting of the U.S. Constitution and the struggles of nation building; the contradictory rise of democracy and slavery; westward expansion and sectional tensions; industrial and technological advances; reform movements like abolitionism and women’s rights; and the causes and consequences of the Civil War. (Formerly HIST R102.) Field trips may be required. HIST 101A does not have to be taken before HIST 101B and both are taught at the same skill level.
Transfer credit: CSU, UC

HIST R101B – History of the United States II
Hours: 3 lecture weekly
C-ID: HIST 140
If America is the land of opportunity, it is wise to study the cultural, social, economic, political, diplomatic, and military history of the United States in order to understand how this nation developed and where it might be going. This course will cover U.S. History from 1877 to the present. Students will investigate topics such as westward expansion, imperialism, the Industrial Revolution, urbanization, immigration, the Women’s Rights movement, the Progressive Movement, the Great War, the “Roaring Twenties,” the Great Depression, World War II, the Cold War, the African American Civil Rights Movement, “The Sixties,” the conservative backlash, technological innovations, terrorism, and globalization. (Formerly HIST R103.) Field trips may be required. HIST 101A does not have to be taken before HIST 101B and both are taught at the same skill level.
Transfer credit: CSU, UC

HIST R104 – History of California
Hours: 3 lecture weekly
This course presents a survey of Native American, Spanish, Mexican and American periods of California while considering the political, economic, social, and cultural evolution of the state. Field trips may be required.
Transfer credit: CSU, UC

HIST R107 – History of Mexicans in the United States
Hours: 3 lecture weekly
This course is a historical survey of the Mexican/Chicano experience from the pre-Columbian period to the present. The emphasis is on Mexican settlement of Greater Mexico and the Southwest United States within the broader history of the United States. In the process, the course covers significant events in the historical development of the United States and Mexico – the colonial era, the early National period, the westward (and northward) movement of people across America in the last 150 years, and U.S.-Mexico relations in the 19th and 20th centuries. The course satisfies degree requirements in American institutions. (Same as CHST R107.) Field trips may be required. Course is offered Pass/No Pass (P/NP) at student’s option.
Transfer credit: CSU, UC

HIST R108 – African-American History
Hours: 3 lecture weekly
This course provides an analysis of the history of African Americans in the United States from their African origins to the present. The course examines how African Americans, individually and collectively, have been influenced by and contributed to the historical development of the United States. This course satisfies degree requirements in American Institutions. Field trips may be required.
Transfer credit: CSU, UC

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### HIST R109 – History of Mexico 3 Units
**Hours:** 3 lecture weekly
This is a survey of Mexican history from the pre-Columbian era to the present. The course presents major historical developments and personalities shaping the nation of Mexico. The class focuses on Meso American culture and civilization, the Spanish colonial period from the 1500's to the 1800's, the Mexican independence years, and the problems of nationhood through the 1850's. The U.S.-Mexico War, and the relationship between Mexico and the United States in the 20th and 21st centuries are also reviewed. Mexico's role in the world community, both historical and contemporary, remains a key topic. *Field trips may be required.* 
Transfer credit: CSU, UC

### HIST R110 – History of the Middle East 3 Units
**Hours:** 3 lecture weekly
Tlf the Middle East has become synonymous with “conflict,” this course will reveal that the historical developments of the region, which were always accompanied by conflict, have done much to shape the world in which we live. The Middle East gave rise to the first civilizations in Sumer and Egypt; the mighty empires of Persia and Alexander the Great; and the monotheistic traditions of Judaism, Christianity, and Islam. As a cultural crossroads and center of learning, the region facilitated the spread of knowledge throughout the medieval Old World, while inspiring would-be conquerors like the Crusaders and Mongols. The rise of the Ottoman Empire led to an early modern era of stability in the region, until the Ottoman state fell into decline due to the pressures of Western imperialism and modernization. The “conflicts” of the past hundred years will also be explored in depth, including petro-politics, terrorism, Islamist movements, the struggle between Arabs and Israelis, and the repeated diplomatic and military involvement of the Americans in the region. *Field trips may be required.* 
Transfer credit: CSU, UC

### HIST R115 – History of the Americas I 3 Units
**Hours:** 3 lecture weekly
This course surveys the evolution of the political, economic, and social institutions of colonial Latin America from the 1500's to the 1800's and examines major pre-Columbian societies, European exploration and colonization, the rise of multi-cultural, multi-racial societies in the Americas and the movement toward Spanish-American independence. *Field trips may be required.* 
Transfer credit: CSU, UC

### HIST R116 – History of the Americas II 3 Units
**Hours:** 3 lecture weekly
This course studies the comparative development of the Latin American nations since independence, considering their constitutions, leadership, religion, relations with each other, and their adjustments to the principles of democracy. The course also explains the impact of recent trends such as globalization, immigration, the drug wars, and radical political movements in Latin America. 
Transfer credit: CSU, UC

### HIST R117 – History of American Women 3 Units
**Hours:** 3 lecture weekly
This course offers a survey of the historical experience of women in North America including comparisons of Native-American, African-American, Latin-American, Asian-American and European cultures. Multiple ways of studying history are used to explain the impact of religion, culture, law, social class, economic roles and politics on the history of women. The tension between expanding work opportunities and traditional social roles is examined. The contributions of women to progressive reform is reviewed. 
Transfer credit: CSU, UC

### HIST R122 – History of Asia 3 Units
**Hours:** 3 lecture weekly
This course explores the rich and exciting history of Asia. Students will learn about the historical development of the some of the most influential civilizations of East Asia (China, Japan and Korea), South Asia (centered on India), and Southeast Asia (which includes the Philippines and Vietnam). Ancient and modern topics will include the Confucianist traditions of China, the eastern religions arising from India (such as Buddhism), the influence of the Indian Ocean and the Silk Road on global trade, the Mongol invasions of East Asia, the impacts of industrialization and European imperialism on Asia, World War II, Communist China, national liberation movements (like the Vietnam War), and the unprecedented economic growth of Asia in recent decades that has established it as a key region in our 21st century global community. *Field trips may be required.* 
Transfer credit: CSU

### HIST R199 – Directed Studies in History 1-3 Units
**Hours:** Lecture and/or lab hours as required by unit formula
This course is intended for students majoring in History, who are interested in furthering their knowledge through independent study. The student and instructor will work together to design course content and/or research. Meeting times and requirements will be determined by the instructor. *Field trips may be required.* 
Transfer credit: CSU

### HOSPITALITY MANAGEMENT

Hospitality Management courses at Oxnard College prepare students for management positions in the lodging field. Hospitality Management courses recognize the critical importance of an interdisciplinary education with a global perspective for tomorrow's leaders and managers. The curriculum provides students a thorough understanding of management principles and the operation of various departments on the hotel property. Students following this pathway will have the opportunity to explore career opportunities leading up to supervisory and middle-level management positions in hotel management, housekeeping management, human resource management, guest services, and food and beverage management.

For more information, contact: Frank Haywood, fhaywood@vcccd.edu
805-986-5800 x7618

### CAREER OPPORTUNITIES

Leading to middle-level positions in:
- Hotel Management
- Guest Services
- Housekeeping Management
- Food and Beverage Management
- Human Resource Management

### PROGRAM STUDENT LEARNING OUTCOMES

Students informed in Hospitality Management will be able to:

- Demonstrate knowledge of and experience in operations relative to the provision of goods and services in hospitality management.
- Examine foundations of management, leadership and human resources in hospitality management.
- Demonstrate knowledge of community involvement and social responsibility.
- Recognize legal and ethical considerations affecting lodging organizations.

*Note: A program is currently under development in this discipline.*