GEOL R178—Geological Marine Resource Management 1 unit
Corequisites: MST R170 or BIOL R170.
3 hours lab weekly
Topics in marine geology are related to current resource management issues in this region. This course includes the study of requirements and applications of federal, state, and local laws and regulations related to marine resource management. Field trips will be to natural areas where geological, biological, and oceanographic interactions can be observed. Course may be taken two times. (Same as MST R178) (2)
Transfer credit: CSU

GENERAL STUDIES
See pages 58 - 64 for Degree Requirements

HEALTH EDUCATION
Students who wish to earn an A.A. or A.S. degree must successfully complete a minimum of one Health Education course and one Physical Education course.

Career Opportunities
Health Science Instructor
Nutritionist

Faculty
Full-Time
Graciela Casillas-Tortorelli
Ron McClurkin

Part-Time
Ramona Armijo
William Becktel
Marti Dibble
Marcia Frallic
Joyce Jones

Health Education Courses

HED R098—Short Courses in Health Education ½-10 units
Lecture and/or lab hours as required by unit formula
Short courses or activities designed to inform and/or train interested persons in various disciplines within the scope of health education. Units/credit hours determined by course format. Field trips may be required. (2)

HED R101—Health and Society 3 units
3 hours lecture weekly
This course explores the nature and function of health in our society. An overview of major health concepts designed to contribute to the students’ understanding of healthy living will be the focus of this course. Environmental health, communicable diseases, harmful substances, chronic and degenerative disease, fitness, personal relationships, mental health, reproduction and contraception, as well as consumer health will also be explored. (2)
Transfer credit: UC, CSU

HED R102—Fitness/Nutrition/Health 3 units
Corequisites: HED R102L.
3 hours lecture weekly
This course explores the principles and concepts that aid individuals in making informed decisions about fitness, nutrition, and health. The importance of physical fitness components are addressed; health related physical fitness self-appraisal; nutrition for health and wellness; assessment of current personal lifestyle and risk factors; principles of exercise program design; health and fitness consumer awareness and decision making; exercise benefits and potential exercise risks; and exercise options. (2)
Transfer credit: UC, CSU

HED R102L—Fitness/Nutrition/Health Lab 1 units
Corequisites: HED R102.
3 hours lab weekly
This lab course is designed to accompany HED R102, its lecture component. The course allows students the opportunity to apply principles learned in HED R102. Students will participate in a fitness program in order to achieve goals set within the parameters of HED R102. The primary focus will be on the development of basic skills, coordination, muscular tone, and strength through the use of weight machines and free weights. Cardiorespiratory conditioning and the application of sound nutritional principles will also be emphasized. (2)
Transfer credit: CSU

HED R103—Women’s Health 3 units
3 hours lecture weekly
This course considers the nature and function of women’s health in our society. The course offers an analysis of major female health problems; and is designed to contribute to students’ understanding of women’s roles both as individuals and as contributing members of the community’s efforts to implement advances in medicine and health sciences.
Transfer credit: UC, CSU

HED R104—Family and Personal Health 3 units
3 hours lecture weekly
This course is a broad study of the knowledge and skills necessary for family and personal health and wellness. It covers the prevention, assessment, and treatment of common health problems. Topics include health and wellness; communication; substance abuse; human sexuality, behavior, reproduction; sexually transmitted diseases; cardiovascular disease; cancer; stress and stress management; mental health; nutrition; fitness; weight control; aging, dying, death and health care; and environmental health. Field trips may be required.
Transfer credit: UC, CSU

HED R105—First Aid and Personal Safety 3 units
3 hours lecture weekly
This course develops safety awareness and positive reactions to emergency situations. It covers ways of reacting to persons suffering from traumatic shock as well as ways of interacting with and calming family members of injured persons. The course includes, but, is not limited to recognition and standard treatment procedures for four life threatening situations (unconsciousness, breathing, circulation-pulse, and severe bleeding), use of the Automated External Defibrillator (AED), care for poisoning, fractures, emergencies, shock, identification and prevention of sexually transmitted diseases, injury prevention and safety of infants, toddlers/preschoolers and young children, and preventative drug education. Students successfully completing the course receive an American Red Cross Standard First Aid Card, Adult and Child and Infant CPR Cards, and an Automated External Defibrillation (AED) Card. A material fee will be required. (2)
Transfer credit: UC, CSU

HED R106—Introduction to Athletic Training and Sports Medicine 3 units
3 hours lecture weekly
This is an introductory course designed to present the basic concepts and skills involved in Athletic Training pursuant to the expanded field of Sports Medicine. Emphasis is placed on the basic concepts of the areas of prevention, evaluation, acute care, treatment and rehabilitation of athletic injuries. Introduction to training room activities and practices, and the utilization of techniques used in primary and secondary injury assessments for a variety of injuries are emphasized throughout the course. Field trips may be required. (2)
Transfer credit: UC, CSU

Oxnard College Catalog 2011-2012
HED R107—Health/Fitness/Women’s Self Defense 3 units

Corequisites: HED R107L.
3 hours 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 women’s 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 and individualized physical fitness program; and assessment of current personal lifestyle and risk factors. (2)

Transfer credit: UC, CSU

HED R107L—Health/Fitness/Women’s Self Defense Lab 1 unit

Corequisites: HED R107.
3 hours 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. (2)

Transfer credit: UC, CSU

HISTORY

Career Opportunities

Archivist/Curator  Journalist
Genealogist  High School Teacher
International Business  College Instructor
Public Administration  Tour Guide
Publishing Researcher/Book Editor  Career Opportunities
Librarian/Learning Resource Development

Faculty

Full-Time  Part-Time  Part-Time
Carolyn Dorrance  Robert Huttenback  Steve McHargue
Ishita Edwards  Gregory Kaapuni  Mark Scott
Tomas Salinas

History Courses

HIST R100A—History of World Civilizations I 3 units
3 hours lecture weekly

This interdisciplinary survey will investigate the social, cultural, economic, linguistic, political and institutional characteristics of the ancient and classical civilizations that emerged in Africa, Asia, the Near East, Europe and the Americas before 1500 C.E. The impact of religion, cultural values, technology, migration, leadership, war and trade on the internal development of civilizations and the interactions between civilizations will be studied. The evidence documenting the emergence of world history will be examined along with theoretical interpretations of that evidence. Field trips may be required. (2)

Transfer credit: UC, CSU

HIST R100B—History of World Civilizations II 3 units
3 hours lecture weekly

This interdisciplinary survey will examine the social, cultural, economic and political factors influencing the modernization of classical civilizations established in Asia, the Near East, Europe, Africa and the Americas. The impact of industrialization, global trade, migration, urbanization, the nation-state model, war, colonization, and secular social and political ideals will be examined to identify and explain the process of modernization and global interdependence which has transformed human experience since 1500 C.E. Field trips may be required. (2)

Transfer credit: UC, CSU

Required Courses:

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<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
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<tbody>
<tr>
<td>A. HIST R102</td>
<td>History of the United States I</td>
<td>3</td>
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<tr>
<td>HIST R103</td>
<td>History of the United States II</td>
<td>3</td>
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<tr>
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<td>HIST R107</td>
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<tr>
<td>D. HIST R108</td>
<td>African-American History</td>
<td>3</td>
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<td>The History of Mexico</td>
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<tr>
<td>HIST R117</td>
<td>History of American Women</td>
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<tr>
<td>HIST R121</td>
<td>U.S. Multicultural/Migration</td>
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<tr>
<td>E. HIST R110</td>
<td>History of the Middle East</td>
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<td>HIST R114</td>
<td>Modern Asia</td>
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<tr>
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<td>History of the Americas I</td>
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<td>HIST R116</td>
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<td>Modern Russia: An Introduction</td>
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Complete a total of 12 units, one from each of the following groups:

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Required Additional Courses:

Complete a total of 6 units from any History courses not used to satisfy the 12-unit requirement above.

Total Required Units 18

Program Student Learning Outcomes

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

- Students will demonstrate knowledge of historical events, trends and significant decision makers in a designated historical subject area.
- Students will demonstrate skill in historical research by locating and utilizing scholarly sources including primary source material.
- Students will apply critical thinking including quantitative and qualitative reasoning to historical data.
- Students will be able to identify major theories and conceptual paradigms used to explain historical events.
- Students will be able to express connections between their knowledge of history and current social conditions, problems and controversies.
- Students will be able to express how knowledge of history can influence a mature understanding of their own place in society.
- Students will demonstrate familiarity with the standards of professional ethics espoused by the discipline of history.