

FT R167—Fire Apparatus and Equipment 3 units

*Prerequisites: FT R151.
3 hours lecture weekly*

This course will introduce the student to concepts related to fire apparatus design, specifications, performance capabilities and effective utilization of apparatus in fire service emergencies. Field trips may be required.

Transfer credit: CSU

FT R168—Fire Investigation 3 units

*Prerequisites: FT R151.
3 hours lecture weekly*

This course covers types of fires; the methods used to determine and classify the cause of fires as accidental, suspicious or incendiary; an introduction to arson and related laws; the recognition and preservation of evidence; techniques for interviewing witnesses and suspects; arrest and detention procedures; court procedures and giving court testimony; and the importance of accurate and thorough documentation. This course is required for students who wish to complete the Pre-service Fire Prevention Technology A.S. Degree. Field trips may be required.

Transfer credit: CSU

GEOGRAPHY

Career Opportunities

B.A. Level

(All careers require a bachelor's or advanced degree)

Conservationist	Demographer
Economic Geographer	G.I.S.
Land-Use Analyst	Urban Planner Climatologist

Faculty

Full-Time	Part-Time
Christiane Mainzer	James Craine Martine Vallade

Geography Courses

GEOG R101—Elements of Physical Geography 3 units

3 hours lecture weekly

This course is an introduction to physical geography as a spatial study which investigates the "human/environment" interaction process incorporating the elements of the atmosphere, lithosphere, hydrosphere, and biosphere. Global environmental issues will also be reviewed. Field trips may be required. (2)

Transfer credit: UC, CSU

GEOG R101L—Physical Geography Lab 1 unit

Prerequisites: GEOG R101 or concurrent.

3 hours lab weekly

This optional laboratory is designed to accompany GEOG R101. It introduces the global physical world, its dynamics and spatial relationships. This lab features observation, measurement and analysis of basic principles and concepts pertaining to Earth's physical systems, including the atmosphere, hydrosphere, lithosphere and biosphere. Field trips will be required. (2)

Transfer credit: UC, CSU

GEOG R102—World Regional Geography 3 units

3 hours lecture weekly

This course introduces the regional approach to the study of human geography and the world's major culture realms. Interpreting the cultural landscape employs the essential concepts in a geographic survey of the world in spatial terms, places and regions, the physical environment, and society and environment interaction. (2)

Transfer credit: UC, CSU

GEOG R103—Introduction to Weather and Climate 3 unit

3 hours lecture weekly

An introduction to the Earth's atmosphere, the methods employed in analyzing and understanding weather phenomena are investigated in this course. Global changes in climate patterns, human modification, and impact of weather systems are also examined. Field trips may be required. (2)

Transfer credit: UC, CSU

GEOG R104—Geography of California 3 units

3 hours lecture weekly

This course examines the physical and cultural environments of California's diverse landscapes, including landforms, climate, natural vegetation, natural resources, economic activities and historical settlement in the Golden State. Special emphasis is given to the human landscape of Southern California. Field trips may be required. (2)

Transfer credit: UC, CSU

GEOLOGY

Career Opportunities

B.S. Level

Consulting Geologist	Field Geologist
Engineering Geologist	Laboratory Research Worker
Geological Technician	Petroleum Geologist
Environmental Geologist	Marine Geologist

Faculty

Full-Time	Part-Time
Thomas O'Neil	Joseph Saenz

Geology Courses

GEOG R101—Physical Geology 3 units

3 hours lecture weekly

This course is a survey of the earth and the processes that shape it. The course offers an overview of earthquakes, volcanism, plate tectonics, mountain building, weathering, erosion, soil, origin of minerals and rocks, and water and energy resources. Field trips may be required. (2)

Transfer credit: UC, CSU

GEOG R101L—Physical Geology Lab 1 unit

Prerequisites: GEOG R101 or concurrent.

3 hours lab weekly

This course is the laboratory to accompany GEOG R101. Topics include identification and interpretation of geologic features, interpretation of topographic maps and aerial photographs, identification of rocks and minerals. Field trips will be required. (2)

Transfer credit: UC, CSU

GEOG R103—Introduction to Oceanography 3 units

3 hours lecture weekly

This course is a broad survey of the field of oceanography. Topics include geology and geography of ocean basins and coastlines, plate tectonics, waves, currents, tides, properties of seawater, methods of oceanographic exploration, and an introduction to Marine Biology. Physical oceanography is for those students who wish to complete a general education physical science course to transfer to a four-year university. Field trips may be required. (Same as MST R103) (2)

Transfer credit: UC, CSU

GEOG R103L—Intro to Oceanography Lab 1 unit

Prerequisites: GEOG R103 or MST R103 or concurrent.

3 hours lab weekly

This course is the laboratory to accompany GEOG R103. Topics include introduction to ocean/atmosphere relationships, interpretation of bathymetric maps, applied methods of measurement, and descriptive analysis of the physical ocean, including beaches, ocean currents, waves, and water properties. Field trips will be required. (Same as MST R103L) (2)

Transfer credit: UC, CSU

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	Part-Time
Graciela Casillas-Tortorelli	Ramona Armijo
Ron McClurkin	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