

# “G” Course Descriptions

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**GEOGRAPHY**

**GEOLOGY**

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## GEOGRAPHY

(Also see Earth Science, Environmental Science, and Oceanography)

### 1 Physical Geography (3) UC:CSU

This course is a systematic study of the elements of the physical environment (e.g. weather, climate, landforms, water, soil and vegetation), and an analysis of their interrelationships and patterns of world distribution.

### 2 Cultural Elements of Geography (3) UC:CSU

*Note: Geography 1 is not a prerequisite for Geography 2.*

The cultural elements of geography, and their correlation with the physical environment are introduced. Population patterns, cultural diversity, livelihood, settlement, environmental modification and perception are emphasized.

### 15 Physical Geography Laboratory (2) UC:CSU

*Prerequisite: Geography 1, or concurrent enrollment in Geography 1.*

This course will introduce the student to the description, analysis, explanation and representation of natural phenomena such as: Earth-Sun relationships; Earth's representation on maps and in air photos; temperature, moisture, and pressure; air masses, fronts, and storms; and landform evolution by tectonic, erosion, and depositional forces.

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## GEOLOGY

(Also see Earth Science and Oceanography)

### 1 Physical Geology (3) UC:CSU

This course surveys the materials and structures of the earth and the agents and processes that modify it. A study of rocks and their mineral composition; the work of rivers, winds, glaciers and oceans as agents of erosion; and volcanoes and earthquakes as forces which change the surface of the earth are covered. The main purpose of the class is to stimulate student interest in the geological aspects of the environment in which they will spend their lives. *Note: Geology 1 and Geology 6 taken together fulfill a laboratory science course.*

### 6 Physical Geology Laboratory (2) UC:CSU

*Prerequisite: Geology 1 or concurrent enrollment in Geology 1.*

This course deals with laboratory exercises that aid students in the identification of rock-forming minerals, igneous, metamorphic and sedimentary rocks, and the interpretation of topographic and geologic maps. *Note: Geology 1 and Geology 6 taken together fulfill a laboratory science course).*

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## HEALTH

### 2 Health and Fitness (3) UC:CSU

This course promotes healthy physical and psychological lifestyles, with emphasis on disease prevention, nutrition, sexuality, reproduction, drugs, alcohol, tobacco, aging, stress management and weight control. The physical fitness segment emphasizes individual improvement utilizing aerobic, flexibility and strengthening activities.

*UC Transfer Credit Limit: A maximum of one course from Health 2 or Health 11.*

### 7 Physical Fitness and Nutrition (3) UC:CSU

This course covers the importance of physical fitness and proper nutrition in our personal and social development. Students will construct a health behavior change project based on a thorough analysis of personal health and fitness choices. Students will evaluate various types of fitness activities, as well as diet plans based on fact rather than fad. The course also encourages good decision-making when selecting nutritive foods and healthy behaviors that enhance weight control goals, disease prevention and overall well-being.

### 11 Principles of Healthful Living (3) UC:CSU

This course is required for all students seeking an associate degree. It is also recommended for students entering the teaching profession, or in preparation for health care professions such as nursing, medicine, physical therapy, dentistry, and areas in the biological sciences. Emphasis is placed upon up-to-date and factual information related to personal, family, and public health, as well as approaches to critical thinking with reference to important health issues and publications. *UC Transfer Credit Limit: A maximum of one course from Health 2 or Health 11.*

### 12 Safety Education and First Aid (3) UC:CSU

This course meets the certification requirements of both the standard and advanced first-aid courses offered by the American Red Cross. It covers prevention of accidents, care of common injuries, and emergency procedures at an accident scene.

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## HISTORY

*NOTE: Check with the Counseling Office to determine which History courses meet the American Institutions Requirement.*

### 1 Introduction to Western Civilization I (3) UC:CSU

This course provides a broad historical study of the main cultural, economic and political trends and events, from the rise of civilization in the Near East to the Age of Absolutism.

### 2 Introduction to Western Civilization II (3) UC:CSU

This course surveys Western Civilization from the Renaissance to the present. Major topics include the political, economic, and social organization of Europe, with particular emphasis upon the rise of the nation state and industrialization. Europe's expanding global influence in the nineteenth and twentieth centuries will also be examined.