HUMANITIES

(HUMAN)

HUMAN 030 The Beginnings of Civilization (3) UC/CSU
This survey of the cultural heritage of Western civilization, from ancient Egypt, Mesopotamia and Greece to the Early Renaissance, presents a history of culture and values with emphasis on artistic, literary, musical, religious and philosophical traditions. A wide variety of audio/visual materials is used.

HUMAN 031 People in Contemporary Society (3) UC/CSU
A study of cultural history from the 17th century to the present. The approach is interdisciplinary, involving art, music, literature, drama, philosophy, and history. Emphasis is upon the evolutionary influences that have shaped modern culture.

HUMAN 060 People and Their World: Technology and the Humanities (3) UC/CSU
This course provides opportunities to examine the interaction between society and technology. Challenging and stimulating questions about cultural and social values in light of the effects of modern technology are developed and discussed.

HUMAN 077 Medieval Cultures (3) UC/CSU
A comparative study of the cultures of the Middle Ages in Europe and the Middle East will include the literary, musical, and artistic traditions of Christianity, Islam, and Judaism.

HUMAN 089 Current Musical Dramatic & Art Events (2) CSU
This course shall examine and discuss in depth selected current cultural events at major venues in the Los Angeles area, such as major art museums (The Getty Museum, LACMA), or concert/performance venues and/or theaters, utilizing resources and/or productions at such venues. This course shall vary from semester to semester depending upon production schedules at selected venues.

INTERIOR DESIGN

(INTRDGN)

INTRDGN 102 Introduction to Interior Design (3) CSU
Prerequisites: ARC 172, ENV 101
Introduction to the field of interior design including the elements and principles of ideas and design as applied to color, materials, space planning, furniture and lighting selection. Products, services and career options are reviewed. Design projects are assigned through exercising spatial relationships, proximities, scales, focal elements, and color material balance.

INTRDGN 106 Digital Drafting for Interior Design (3) CSU
Prerequisites: ARC 172, ENV 101
An introduction to the fundamentals of freehand drawing, drafting, and computer-based drawing for Interior Designers. This course involves 2D and 3D analysis and interpretive studies using drawing as an integral part of the design process.

INTRDGN 107 Color Theory and Design (3) CSU
This course covers the developments and use of color as it relates to interior design. The psychology of color, texture and light effects, the historic value of color, color trends past and present, and the uses of color in build environments.

INTRDGN 108A Residential Space Planning (3) CSU
Prerequisites: INTRDGN 102, 106, 107
This course covers space planning for interior design with an emphasis on complete environmental planning including humane and green environments, client requirements, ADA compliance, architectural considerations, interior and exterior relationships in residential design. Covers basic drawing and 3D modeling techniques in developing design proposals.

INTRDGN 108B Residential Space Planning (2) CSU
Prerequisite: INTRDGN 108A
This course covers commercial space planning for interior design with an emphasis on complete environmental planning. The course also client requirements, ADA compliance, architectural considerations, and interior and exterior relationships to commercial design. This course includes presentation methods and field trips.

INTRDGN 114 Interior Design Materials, Standards and Specifications (3) CSU
This course covers the knowledge of materials and finishes specification and their applications for both residential and commercial space. Students learn about interior products for durability, health, environmental, sustainability, and American Disability Act considerations.

JAPANESE

(JAPAN)

JAPAN 001 Elementary Japanese I (5) UC/CSU
This course provides the fundamentals of the Japanese language with emphasis on the spoken word. The Japanese
## COURSE DESCRIPTIONS

syllabary for Hiragana, Katakana and basic Kanji are introduced. In addition, the course introduces the study of Japanese culture.

**JAPAN 002 Elementary Japanese II (5) UC/CSU**  
*Prerequisite: JAPAN 1 with a grade of "C" or better*  
This course continues students’ development of fundamental linguistic communication skills in Japanese. The course also continues the study of Japanese culture.

### KINESIOLOGY

**KIN 185 Directed Study (1) CSU**  
*(Formerly PHYS ED 185)*  
Students pursue directed studies in Kinesiology on a contract basis, under the direction of a supervising instructor.

**KIN 229 Body Conditioning Skills (1) UC/CSU**  
*(Formerly PHYS ED 228)*  
This course uses a variety of aerobic and anaerobic exercises to help the student achieve fitness and establish a workout program they can use for the rest of their life.

**KIN 232 Step Aerobics Activity (1) UC/CSU**  
*(Formerly PHYS ED 470)*  
Students are instructed how to safely exercise using step aerobic benches to achieve their personal fitness goals. Additional instruction offered on exercises from a variety of different sources such as yoga, Pilate’s and weight training. Course is open to all levels.

**KIN 245 Body Dynamics Skills (1) UC/CSU**  
*(Formerly PHYS ED 229)*  
Emphasis is on physical fitness through a non-traditional strength training. Students will leave with and extensive exercise library using nontraditional equipment (fit balls, bends, medicine balls, etc.).

**KIN 250 Weight Training Skills (1) UC/CSU**  
*(Formerly PHYS ED 230)*  
This course covers the principles of weight training for men and women. It develops a general program of progressive resistance exercises with adaptation and implication for the individual student. Attention is given to terminology, use of equipment, safety precautions, nutrition and weight control, and basic factors of anatomy and physiology.

**KIN 251 Yoga Skills – (1) UC/CSU**  
*(Formerly PHYS ED 225)*  
This course is designed to improve both strength and flexibility through mind and body integration. The course focuses on the physical and breathing exercises of Yoga. It will assist with the development of flexibility and strength in the skeletal, muscular, and nervous systems, improve circulation, reduce stress, and increase energy levels. Various styles of Hatha Yoga will be studied and practiced. This course will give the student both the knowledge and the practice to move toward improved health and reduce stress levels.

**KIN 272 Track and Field Skills – (1) UC/CSU**  
*(Formerly PHYS ED 262)*  
This class is for the student interested in developing track and field skills. The emphasis is on teaching fundamentals while working to improve the student’s overall fitness and conditioning levels.

**KIN 285 Directed Studies- Kinesiology – (2) CSU**  
Students learn to participate professionally in a variety of fitness environments. Areas of study can include personal training, group fitness, senior classes and health. Students learn to pursue directed studies in the area of Kinesiology on a contract basis, under the direction of a supervising instructor.

**KIN 286 Baseball Skills – (1) UC/CSU**  
*(Formerly PHYS ED 301)*  
Course will focus on developing fundamental skills, strategies, knowledge of the rules and history of baseball. An opportunity for teamwork experience and game play will be provided. Open to all ability levels.

**KIN 287 Basketball Skills – (1) UC/CSU**  
*(Formerly PHYS ED 304)*  
This course offers instruction, and practice on the fundamental skills and basic techniques of basketball.

**KIN 288 Flag/Touch Football Skills – (1) UC/CSU**  
*(Formerly PHYS ED 667)*  
This course is designed to teach students the rules and skills related to flag football as a team activity.

**KIN 289 Soccer Skills – (1) UC/CSU**  
*(Formerly PHYS ED 313)*  
This course emphasizes fundamental soccer skills, as well as the selection and care of equipment, rules, proper etiquette, terminology and strategies of the game. The student will be introduced to individual and team offense and defense as well as terminology and the five components of fitness.

**KIN 291 Volleyball Skills – (1) UC/CSU**  
*(Formerly PHYS ED 322)*  
This course is designed to teach beginning to intermediate volleyball skills of passing, setting, spiking, serving and blocking. The course will introduce individual and team offense and defense systems, as well as the rules, proper etiquette, terminology, components of fitness, nutritional and injury prevention strategies for volleyball.