“G” Course Descriptions

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GEOGRAPHY

GEOLOGY
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(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.

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 nutritious 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.