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.

7 World Regional Geography (3) UC: CSU
This course provides a geographical survey of the world’s major regions with emphasis on those features important to an understanding of current global concerns and problems.

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.

101 French Language Laboratory (1) CSU
An independent course in which students improve their reading, writing, speaking and comprehension skills by use of audio materials.

HEALTH

11 Principles of Healthful Living (3) UC: CSU
Note: 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. This course develops health knowledge and values with the goal of promoting a high quality of life for each individual. Areas of focus include nutrition, physical fitness, communicable diseases and other major health problems, consumer and environmental health, human sexuality and family life, mental and emotional health, tobacco, alcohol and drugs, aging, death and dying.

7 Physical Fitness and Nutrition (3) CSU
This course reviews the relationship of physical fitness and nutrition, and how it affects our personal and social development. Students will analyze their personal health and fitness choices and then construct a healthy behavior change plan. Various types of fitness activities and diet choices will be evaluated. The course encourages healthy behavior that enhances physical fitness, disease prevention, weight control, and overall well-being.

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.