

Note: Course Dates indicate Beginning and Ending Dates

M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=

CRN	Instructor	Days	Time	Room	D	CRN	Instructor	Days	Time	Room	D
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Automotive - Auto, Lt Truck

AUTO 698A Cooperative Education

1 Units

The student must be simultaneously enrolled in a class that relates to the Cooperative Education class.

A course designed to assist students in planning and accomplishing meaningful learning objectives related to Automotive Technology at their place of volunteer employment or training sites. This course may be taken four times. 60 hours lab arranged per semester.

21319	Clark, J.	HRS-ARRG			08/28-10/23
21320	Clark, J.	HRS-ARRG			10/25-12/18

Department approval required prior to enrollment.

Cosmetology

COS 141 Introduction to Cosmetology

12 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This is the introductory course for students majoring in cosmetology. The course includes the exploration of a variety of subjects including hairstyling, hairstyling, facials, manicuring, hair coloring, chemical texturizing and practical experience in cosmetology. 144 lecture hours, 144 lab hours.

21187	Carver, S.	MTWR	08:00 AM-04:10 PM	PC 108	08/30-10/21
	Carver, S.	F	08:00 AM-12:00 PM	PC 108	08/30-10/21
21190	Carver, S.	MTWR	08:00 AM-04:10 PM	TC 208	10/22-12/17
	Carver, S.	F	08:00 AM-12:00 PM	TC 208	10/22-12/17

Call department for additional fee information at 626-914-8710

Call department for additional fee information at 626-914-8710

COS 199A Esthetician I

8 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

An introductory course of skin care treatments, hair removal, make-up application, anatomy and physiology. This course also includes massage techniques, sanitation and disinfecting, disease and disorders of the skin, cosmetic chemistry, electrical current and modalities for skin care. The course focuses on the basic skills required to achieve a State Board License. Phase one of a three-part course. 72 lecture hours, 216 lab hours.

21224	Mead, R.	MTWR	07:30 AM-03:40 PM	P1 101	08/30-10/21
	Mead, R.	F	07:30 AM-11:30 AM	P1 101	08/30-10/21

Call department for additional fee information at 626-914-8710

COS 199B Esthetician II

8 Units

Prerequisite: COS 199A.

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course is phase two of the esthetician program. A basic course which includes state board preparedness, customized facial treatments, the psychology of services, make-up artistry, color coordination, product knowledge and aromatherapy. Must be completed before entering phase three, "Salon Fundamentals". 72 lecture hours, 216 lab hours.

21226	Mead, R.	MTWR	07:30 AM-03:40 PM	P1 101	10/22-12/17
	Mead, R.	F	07:30 AM-11:30 AM		10/22-12/17

Dental Assisting

DENT 100 Dental Assisting Basics

2.5 Unit:

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course will give the beginning dental assisting student a foundational knowledge of basic terminology, structures of the oral cavity, tooth morphology, tissues of the teeth, charting, and oral health care. The student will be oriented to the profession of dentistry in terms of governing bodies, professional organizations, ethics and jurisprudence. 45 lecture hours.

20043	Pohl, C.	TR	08:30 AM-11:05 AM	PC 223	08/28-10/23
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Mandatory one hour orientation on June 10 @ 2:00pm, OR August 5 @ 2:00pm.

Call (626)914-8728 to schedule orientation.

First 8 weeks

DENT 101 Chairside Assisting

3 Units

Prerequisite: Completion of, or concurrent enrollment required in, DENT 100. This lecture/lab course provides preclinical instruction in four-handed dentistry techniques and prepares the student to assist a dentist at chairside. Content includes: the use and care of dental equipment, oral evacuation, instrument transfer, tray setups, infection control, preparation of anesthetic syringe, rubber dam, tofflemire matrix, cavity preparation, and rotary and hand instruments. Emphasis is placed on the responsibilities of a chairside dental assistant during general restorative procedures. 45 lecture hours, 45 lab hours, 27 lab hours arranged.

20067	Gonzales, R.	MW	08:30 AM-11:10 AM	PC 223	08/28-10/23
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Lecture section only. Lab section also required.

First 8 weeks

20069	Pohl, C.	F	08:30 AM-01:50 PM	PC 215	08/28-10/23
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Lab section only. Lecture section also required.

+27 TOTAL HRS ARRG

First 8 weeks

20828	Gonzales, R.	F	08:30 AM-01:50 PM	PC 215	08/28-10/23
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	Gonzales, R.	R	03:00 PM-06:00 PM	PC 215	08/28-10/23
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Lab section only. Lecture section also required.

+ 27 TOTAL HRS ARRG

First 8 weeks

DENT 102 Dental Materials

2.5 Unit:

Prerequisite: Completion of, or concurrent enrollment required in, DENT 100.

This course presents the basic physical and technical aspects of dental materials utilized in restorative, and laboratory dental procedures. It is designed to develop the manipulative skills necessary for the application of these materials. 36 lecture hours, 36 lab hours, 18 lab hours arranged.

20079	Arredondo, D.	M	12:00 PM-04:55 PM	PC 223	08/28-10/23
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Lecture section only. Lab section also required.

First 8 weeks

20082	Arredondo, D.	W	12:00 PM-04:15 PM	PC 215	08/28-10/23
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Lab section only. Lecture section also required.

+ 18 TOTAL HRS ARRG

First 8 weeks

20834	Cusick, T.	W	12:00 PM-04:15 PM	PC 215	08/28-10/23
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Lab section only. Lecture section also required.

+ 18 TOTAL HRS ARRG

First 8 weeks

DENT 121 Preclinical Dental Science

2 Units

Prerequisite: Completion of, or concurrent enrollment required in, DENT 100.

The study of the basic structure and function of the human anatomy as it relates to the oral cavity. This course provides instruction on oral histology and embryology, head and neck anatomy, and oral pathology with emphasis on their relationship to and affect on dental treatment. 36 lecture hours.

20090	Pohl, C.	W	08:30 AM-12:45 PM	PC 223	10/25-12/18
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Second 8 Weeks

21165	Pohl, C.	T	08:30 AM-12:45 PM	PC 223	10/25-12/18
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Second 8 Weeks

DENT 122 Infection Control in the Dental Office

1.5 Unit:

Prerequisite: Completion of, or concurrent enrollment required in, DENT 100.

This course is designed to prepare the dental assistant in the prevention of disease transmission in the work environment. Emphasis is placed on knowledge of the infectious disease process, use of barriers, sterilization, disinfection, OSHA requirements, and the concept of standard precautions. 27 lecture hours.

20092	Arredondo, D.	R	08:30 AM-12:00 PM	PC 223	10/25-12/18
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Second 8 Weeks

DENT 124 Dental Specialties

2 Units

Prerequisite: Completion of, or concurrent enrollment required in, DENT 100.

The scope of this course includes instruction in the fundamental principals, instrumentation and procedures of various dental specialties with emphasis on the role of the auxiliary in each speciality. 36 lecture hours.

20095	Parry, E.	M	08:30 AM-12:45 PM	PC 223	10/25-12/18
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Second 8 Weeks

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DENT 125 Dental Practice Management 2 Units

Prerequisite: Completion of DENT 100, 101, and 102.
 This course is designed to provide instruction in the application of skills and responsibilities of a business assistant in a dental practice. Fundamentals in basic bookkeeping procedures, communication skills, appointment scheduling, dental insurance, records management, employment preparation, and banking/financial procedures. Instruction includes integration of material through lecture, practical experience and the use of computers.
 36 lecture hours, 9 lab hours.
 20096 Arredondo, D. F 08:30 AM-12:45 PM LS 120 08/28-10/23
 Arredondo, D. F 01:30 PM-02:35 PM LS 120 08/28-10/23
Lecture section only. Lab section also required.
First 8 Weeks

DENT 201 Dental Radiology 2 Units

Prerequisite: DENT 100, 101, 102.
 This course encompasses the preclinical and clinical instruction in radiation safety, exposing, processing and mounting of radiographs utilizing traditional and digital methods. Student must be 18 years of age or older. 18 lecture hours, 54 lab hours.
 21305 Arredondo, D. M 02:00 PM-04:05 PM 10/25-12/18
Second 8 Weeks
 20502 Arredondo, D. W 01:30 PM-04:40 PM PC 223 10/25-12/18
 Arredondo, D. M 05:30 PM-08:40 PM PC 223 10/25-12/18
Lab section only. Lecture section also required.
Second 8 Weeks
 20905 Arredondo, D. T 05:30 PM-08:55 PM PC 223 10/25-12/18
 Arredondo, D. R 01:30 PM-04:45 PM PC 223 10/25-12/18
Lab section only. Lecture section also required.
Second 8 Weeks
 20906 Cusick, T. T 08:30 AM-11:40 AM PC 223 10/25-12/18
 Cusick, T. W 05:30 PM-08:40 PM PC 223 10/25-12/18
Lab section only. Lecture section also required.
Second 8 Weeks
 20907 Cusick, T. R 05:30 PM-08:40 PM PC 223 10/25-12/18
 Cusick, T. T 01:30 PM-04:40 PM PC 223 10/25-12/18
Lab section only. Lecture section also required.
Second 8 Weeks

Math

MATH 029 Pre-Algebra 3 Units

Prerequisite: Placement is based on multiple assessment measures or successful completion of MATH 020.
 Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.
 This course is designed to prepare a student for Elementary Algebra. Topics include a review of arithmetic, a study of signed numbers, an introduction to fundamental algebraic concepts, solving equations, and solving applied problems.
 NOTE: THE UNITS EARNED FOR THIS COURSE MAY NOT BE APPLIED TOWARD THE 60 UNITS FOR GRADUATION. 72 lecture hours.
 21444 Davis, M. TR 02:40 PM-04:15 PM ES 610 09/14-12/18
 Davis, M. T 04:25 PM-05:30 PM LS 120 09/14-12/18

MATH 151 Plane Trigonometry 4 Units

Prerequisite: MATH 131 and MATH 149 or MATH 150 or High School Geometry or placement is based on multiple assessment measures.
 Functions, the trigonometric functions: their graphs and identities, laws of sines and cosines, solutions of triangles, trigonometric equations, inverse trigonometric functions, polar coordinates, DeMoivre's Theorem. 72 lecture hours. CSU
 20610 Gonzalez, R. MTWR 10:00 AM-11:10 AM MA 222 08/28-12/04

MATH 190 Calculus with Analytic Geometry I 4 Units

Prerequisite: MATH 175 or placement is based on multiple assessment measures.
 Introduction to differential and integral calculus with applications; functions; limits; and continuity; techniques of differentiation; exponential; logarithmic; and inverse trigonometric functions. 72 lecture hours. CSU UC
 20665 Medrano, E. MTWR 09:55 AM-11:05 AM PS 106 08/28-12/04
 20672 Swatzel, J. MTWR 11:30 AM-12:40 PM MA 124 08/28-12/04

MATH 191 Calculus with Analytic Geometry II 4 Units

Prerequisite: MATH 190.
 Continuation of integral calculus with applications; techniques of integration; sequences and series; analytic geometry; plane curves; parametric equations; and polar coordinates. 72 lecture hours. CSU UC
 20675 Gonzalez, R. MTWR 11:35 AM-12:45 PM MA 207 08/28-12/04

Nursing

NRS 101 Nurse Assistant 5 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.
 Provision of basic nursing care to residents in a long-term care facility. Upon successful completion of this course, students become eligible to sit for the nurse assistant competency exam for certification. 54 lecture theory hours, 108 lab clinical hours.
 21010 Bowman, D. T 07:00 AM-01:50 PM TC 230 08/28-10/23
First 8 weeks
 20960 Bowman, D. T 07:00 AM-01:50 PM TC 230 10/25-12/18
2nd 8 weeks
MANDATORY ORIENTATION
10/8/2010 - 8:00a.m. -11:00a.m. - CI 158
 21298 Bowman, D. WR 07:00 AM-01:50 PM TC 230 08/28-10/23
First 8 Weeks
 21299 Dhillon, D. WR 07:00 AM-01:50 PM 08/28-10/23
First 8 Weeks
 21300 Bowman, D. WR 07:00 AM-01:50 PM 10/25-12/18
Second 8 Weeks
 21301 Dhillon, D. WR 07:00 AM-01:50 PM 10/25-12/18
Second 8 Weeks

Nursing - Registered

RNRS 190 Foundations of Nursing 4 Units

Prerequisites: BIO 200, 201, 220 or equivalents and admission to the ADN program.
 Corequisites: RNRS 191 and 192.
 The first course in the nursing sequence, students are introduced to the applications of critical thinking and the nursing process needed to provide basic care to clients in a variety of community, long term and acute care settings. Emphasis is on promoting optimum health across the health-illness continuum. Clinical experiences provide the opportunity to practice basic skills and include campus laboratory and experiences in community settings. 36 lecture hours, 108 lab hours.
 20940 Deras, W. R 08:00 AM-12:20 PM TC 228 08/28-10/23
Lecture section only. Lab section also required.
First 8 Weeks
 20942 Deras, W. MT 06:45 AM-01:50 PM FD 08/28-10/23
Lab section only. Lecture section also required.
First 8 Weeks
 20943 Hawkins, K. MT 06:45 AM-01:50 PM FD 08/28-10/23
Lab section only. Lecture section also required.
First 8 Weeks

RNRS 191 Introduction to Medical/Surgical Nursing I 5 Units

Pre-requisites: BIO 200, 201 and 220.
 Corequisites: RNRS 190 and 192.
 Introduction to concepts and practices as they relate to the non-critical young adult through geriatric adult in the medical-surgical environment. Through utilization of the nursing process, the student will begin to recognize alterations in functioning or illness and formulate age-appropriate nursing interventions. Selected psychomotor skills associated with the basic needs, medication administration and intravenous therapy will be studied and practiced. Introduction to Medical-Surgical Nursing I introduces the first year nursing student to concepts and practices as they related to the adult patient in the Medical-Surgical environment. 36 lecture hours, 162 lab hours.
 21302 Deras, W. R 08:00 AM-12:50 PM 10/25-12/18
Second 8 Weeks
 21044 Deras, W. MT 06:45 AM-04:50 PM FD 10/25-12/18
Lab section only. Lecture section also required.
Second 8 Weeks
 21045 Boquiren, C. MT 06:45 AM-04:50 PM FD 10/25-12/18
Lab section only. Lecture section also required.
Second 8 Weeks

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RNRS 201 Medical-Surgical Nursing III 5 Units

Prerequisites: RNRS 193, 194, 195 or 200; OR current standing as a LVN in California and the successful completion of RNRS 200 (Role transition: LVN to RN).

Corequisite: RNRS 203.

This course examines the nursing care of selected individuals throughout the lifespan who are experiencing complex alterations in wellness involving multiple systems. Care of clients experiencing a high-risk pregnancy and high-risk newborns is also included. Clinical experiences in local health care agencies and computerized simulation manikins and scenarios provide students opportunity to apply theoretical concepts to actual care of clients. 45 lecture hours, 135 lab hours.

21047 Clark, A. MU 06:45 AM-05:50 PM FD 08/28-10/23

Lab section only. Lecture section also required.

21049 Allahbachayo, S. MT 06:45 AM-05:50 PM FD 08/28-10/23

Lab section only. Lecture section also required.

First 8 weeks

21128 Allahbachayo, S. MT 06:45 AM-05:50 PM FD 10/25-12/18

Lab section only. Lecture section also required

Second 8 weeks.

RNRS 203 Mental Health-Psychiatric Nursing 3 Units

Prerequisites: RNRS 193, 194, 195 or 200; OR current standing as a LVN in California and the successful completion of HS 200 SLOs.

Corequisite: RNRS 201.

This course presents the principles of mental health and the social, economic, cultural and physiological factors that predispose a person to dysfunctional human behavior. Emphasis is placed on the therapeutic role of the nurse in promotion, preventing, maintaining and restoring individuals to optimal mental well-being. Concepts of therapeutic communication, age related concerns, treatment modalities, and delivery of mental health services are included.

Clinical laboratory experiences are provided in community care facilities. 27 lecture hours, 81 lab hours.

21051 Greene, D. M 06:45 AM-06:35 PM FD 08/28-10/23

Lab section only. Lecture section also required.

+ 6.5 TOTAL HRS ARRG

NOTE: Clinical days and times are subject to change.

21052 Greene, D. F 06:45 AM-06:35 PM 10/25-12/18

Lab section only. Lecture section also required.

+ 6.5 TOTAL HRS ARRG

NOTE: Clinical days and times are subject to change.

21053 Greene, D. M 06:45 AM-06:35 PM FD 10/25-12/18

Lab section only. Lecture section also required.

+6.5 TOTAL HRS ARRG

Note: Clinical days and times are subject to change

Nursing - Vocational

VNRS 150 Fundamentals of Nursing 3 Units

Prerequisite: NRS 100.

Corequisites: VNRS 151L, 152, 153, 154, and 155.

This course presents the evolution of nursing through history until the present time, defines the paradigm of health and illness, explores the issues of culture and ethnicity, and examines the nurse-client relationship. The course presents a wide variety of basic nursing procedures used in the practice of vocational nursing, including how to do the procedure, as well as why and when these procedures should be done. The course presents special tools of nursing: the nursing diagnosis and the nursing process, which are used to provide individualized care to clients. The course provides 54 lecture hours at 6.75 hours per week for 8 weeks.

20911 Grauso, L. T 09:00 AM-11:00 AM TC 228 08/28-10/23

Grauso, L. T 01:00 PM-03:29 PM TC 228 08/28-10/23

Grauso, L. T 03:30 PM-05:30 PM TC 228 08/28-10/23

Lecture section only. Lab section also required.

First 8 Weeks

VNRS 151L Fundamentals of Nursing Lab 3 Units

Prerequisite: NRS 100.

Corequisites: VNRS 150, 152, 153, 154, and 155.

Clinical application of theoretical concepts of basic nursing functions. Offered for Pass/No Pass grading only. 162 lab hours over the span of 8 weeks.

20913 Grauso, L. WF 06:45 AM-04:50 PM FD 08/28-10/23

Lab section only. Lecture section also required.

NOTE: Clinical days and times are subject to change.

First 8 Weeks

20914 Ellis, J. WF 12:00 PM-10:05 PM FD 08/28-10/23

Lab section only. Lecture section also required.

NOTE: Clinical days and times are subject to change.

First 8 weeks

VNRS 152 Pharmacology I 1 Units

Prerequisite: NRS 100

Corequisites: VNRS 150, 151L, 153, 154, and 155.

A beginning course in pharmacology. Elementary use of drug formulas, conversions, and dosage forms. 18 lecture hours.

20915 Wong, J. M 02:15 PM-04:35 PM TC 228 08/28-10/23

First 8 Weeks

VNRS 153 Introductory Nutrition for the Vocational Nurse 1 Units

Prerequisite: NRS 100.

Corequisites: VNRS 150, 151L, 152, 154, and 155.

This course introduces the fundamentals of nutrition to the nursing student by discussing the relationship of food and health and the body's utilization of the six essential nutrients. Content also includes the five basic food groups, the food guide pyramid, and how to define and achieve a well-balanced diet. This course establishes the foundation needed for further study of nutrition in NRS 163. 18 lecture hours.

20916 Grauso, L. T 06:45 AM-08:50 AM TC 228 08/28-10/23

First 8 Weeks

VNRS 154 Body Structure Function for the Vocational Nurse I 1.5 Units

Prerequisite: NRS 100.

Corequisites: VNRS 150, 151L, 152, 153, 155.

Vocational nursing students will explore the basic facts of human anatomy and the principles of physiology with selected clinical examples. 27 lecture hours.

20917 Ellis, J. M 06:35 AM-10:05 AM TC 228 08/28-10/23

First 8 Weeks

VNRS 155 Social Psychology for the Vocational Nurse 1 Units

Prerequisite: NRS 100.

Corequisites: VNRS 150, 151L, 152, 153, 154.

This course introduces basic concepts of psychology while helping students relate them to their patient and themselves. It includes information about personality development, wellness, and personal care, assertiveness, job-related communication, cultural and spiritual differences, employability skills, the role of the LVN, general legal aspects and nursing ethics. 18 lecture hours.

20918 Ellis, J. M 10:15 AM-12:35 PM TC 228 08/28-10/23

First 8 Weeks

VNRS 160 Medical - Surgical Nursing I 3 Units

Prerequisites: VNRS 150, 151L, 152, 153, 154, 155.

Corequisites: VNRS 161L, 162, 163, 164, and 165.

This course presents the theory and principles of nursing care for clients with illness and/or injury of the musculoskeletal, integumentary, and gastrointestinal systems. The course presents the principles and skills needed to perform a beginning level assessment of clients with alterations of these systems, within the scope of practice of the LVN. The course presents the application of the nursing process to the planning and care of these clients. 54 lecture hours over the span of 8 weeks.

20919 Ellis, J. T 09:00 AM-10:50 AM TC 228 10/25-12/18

Ellis, J. T 01:00 PM-03:30 PM TC 228 10/25-12/18

Ellis, J. T 03:36 PM-05:35 PM TC 228 10/25-12/18

Lecture section only. Lab section also required.

Second 8 Weeks

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VNRS 161L Medical - Surgical Nursing I Lab 3 Units

Prerequisites: VNRS 150, 151L, 152, 153, 154, 155.
 Corequisites: VNRS 160, 162, 163, 164, and 165.
 Clinical application of theoretical concepts of nursing care for clients with illness and/or injury of the musculoskeletal, integumentary, and gastrointestinal systems. Offered for Pass/No Pass grading Only. 162 lab hours over the span of 8 weeks.

20920	Grauso, L.	WF	06:45 AM-04:50 PM	FD	10/25-12/18
	Grauso, L.	R	HRS-ARRG		10/25-12/18

Lab section only. Lecture section also required.
 + 18 TOTAL HRS ARRG

NOTE: Clinical days and times are subject to change.

Second 8 Weeks

20921	Ellis, J.	WF	01:30 PM-11:50 PM	FD	10/25-12/18
	Ellis, J.	R	HRS-ARRG		10/25-12/18

Lab section only. Lecture section also required.

+ 18 TOTAL HRS ARRG

NOTE: Clinical days and times are subject to change.

Second 8 Weeks

VNRS 162 Pharmacology II 1 Units

Prerequisites: VNRS 150, 151L, 152, 153, 154, 155.
 Corequisites: VNRS 160, 161L, 163, 164, and 165.
 Fundamental principles of drug action, the application of specific drugs in the treatment of disease, and the appropriate nursing actions to maximize the desired outcome of therapy. 18 lecture hours.

20923	Wong, J.	M	02:30 PM-04:35 PM	TC 228	10/25-12/18
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Second 8 Weeks

VNRS 164 Body Structure and Function for the Vocational Nurse II 1.5 Unit:

Prerequisites: VNRS 150, 151L, 152, 153, 154, 155.
 Corequisites: VNRS 160, 161L, 162, 163, 165.
 Vocational nursing students will explore the basic facts of human anatomy and the principals of physiology with selected clinical examples. 27 lecture hours.

20925	Ellis, J.	M	06:45 AM-09:55 AM	TC 228	10/25-12/18
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Second 8 Weeks

Office Tech & Computer Apps

OFF 057 Computer Keyboarding 1 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course introduces touch keyboarding using a computer keyboard and is open to students with no previous keying experience. 18 lecture hours, 18 lab hours.

21002	James, R.	TR	08:00 AM-10:10 AM	LB 201	10/25-12/18
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Second Eight Weeks

OFF 120 Excel Spreadsheet 2 Units

An introduction to Excel worksheets and workbooks. Includes formatting, calculating sums, formulas, charts, enhancing the worksheet, and making decisions using the IF function, completing financial functions, data lists, and large workbooks and using templates. 36 lecture hours. CSU

20146	James, R.	MW	08:00 AM-10:10 AM	LB 201	10/25-12/18
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Second Eight Weeks

Physical Education-Aquatics

PE 142 Swimming - Beginning 1 Units

This course provides basic instruction and practice in the fundamental elements of swimming including beginning diving and water safety instruction. The class is designed to develop proficiency in the basic strokes needed to meet the prerequisites for the senior lifesaving and water safety instruction course. 18 lecture hours, 18 lab hours. CSU UC

20042	Gunstream, M.	MW	10:30 AM-11:40 AM	AQ POOL	08/28-10/23
	Gunstream, M.	TR	10:30 AM-11:25 AM	AQ POOL	08/28-10/23

This Class is short term - 1st 8 weeks.

Physical Education-Fitness

PE 153 Walking/Jogging 1 Units

A Walking/Jogging program that consists of activity alternately at a slow to moderate pace. This program is designed to build cardiorespiratory stamina and endurance, attack excessive weight, relieve psychological tension, and enhance one's sense of well being. This course may be taken four times. 18 lecture hours. 18 lab hours. CSU UC

20027	Brawner, M.	TR	09:55 AM-11:00 AM	PE ST	10/25-12/18
	Brawner, M.	MW	09:55 AM-10:55 AM	PE ST	10/25-12/18

Late Start - Second Eight Week Class

This Class Team Taught

20954	Brawner, M.	MW	08:20 AM-09:20 AM	PE ST	08/28-10/23
	Brawner, M.	TR	08:20 AM-09:30 AM	PE ST	08/28-10/23

First 8 weeks class

PE 156A Physical Conditioning for Intercollegiate Sports 1 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

Other: Must be a varsity college athlete/varsity college prospect or with coaches permission.

This course is designed to provide an out of season physical conditioning program for the student interested in intercollegiate athletics. PE 156A and PE156B can be taken a combined total of four times. 9 lecture hours, 27 lab hours. CSU

21132	Nila, R.	TW	02:30 PM-03:45 PM	PE 822	10/25-12/18
	Nila, R.	R	02:30 PM-04:00 PM	PE 822	10/25-12/18

OR 36 HOURS ARRG

Recommended for Varsity Athletes - Men's and Women's Track & Field.

Second Eight Weeks

PE 159 Cardiovascular Training 1 Units

This course will offer a non-competitive, flexible, scheduled environment in which the student can develop a total fitness program. This program will promote areas of muscular strength, flexibility, and cardiovascular endurance. A philosophy of "Fitness for Life" will be the ultimate objective. Every student will be encouraged to regulate his/her program so that it will be enjoyable on a long term basis. This course may be taken four times. 9 hours lecture, 27 hours lab. CSU UC

21186	Greer, M.	MW	03:25 PM-04:25 PM	AP 109	08/28-10/23
	Greer, M.	TR	03:25 PM-04:35 PM	AP 109	08/28-10/23

This is a short term class - meets the first 8 weeks.

Or 36 TOTAL HRS ARRG.

Must attend one mandatory orientation the first week of class:

M-F 7:00, 8:00 OR M-R 9:00 am OR M-T 3:30 pm OR WR 4:30 pm.

Physical Education-Varsity Ath

PE 216 Women's Varsity Cross Country 2 Units

Strongly recommended: Advanced cross country skills to participate in a competitive collegiate experience.

Varsity athletics. Involves intercollegiate competition for two units of credit.

This course may be taken four times. 160 lab hours. CSU UC

21067	Shaw, N.	MTWRF	07:00 AM-08:39 AM	PE ST	08/28-12/18
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Or 160 TOTAL HRS ARRG

PE 226 Men's Varsity Cross Country 2 Units

Strongly recommended: Advanced Cross Country skills to participate in a competitive collegiate experience.

Varsity athletics. Involves intercollegiate competition for two units of credit.

This course may be taken four times. 160 lab hours. CSU UC

21066	Shaw, N.	MTWRF	07:00 AM-08:39 AM	PE ST	08/28-12/18
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Or 160 TOTAL HRS ARRG.

PE 227 Women's Varsity Golf 2 Units

Strongly recommended: Advanced golf skills to participate in a competitive collegiate experience.

Varsity athletics. Involves intercollegiate competition for two units of credit.

This course may be taken four times. 160 lab hours. CSU UC

21069	Horton, J.	MWF	01:00 PM-04:20 PM	PE GI	08/28-12/18
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Or 160 TOTAL HRS ARRG

Note: Course Dates indicate Beginning and Ending Dates

M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=

CRN	Instructor	Days	Time	Room	D	CRN	Instructor	Days	Time	Room	D
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PE 229 Men's Varsity Water Polo 2 Units

Strongly recommended: Advanced swimming skills to participate in a competitive collegiate experience.

Varsity athletics. Involves intercollegiate competition for two units of credit.

This course may be taken four times. 160 lab hours. CSU UC

21070 Rivas, B. MTWRF 02:30 PM-04:16 PM 08/28-12/18

Or 160 TOTAL HRS ARR