

COURSE CORRECTIONS

KINE-32 CIRCUIT WEIGHT TRAINING (Revised course description) Catalog p.182

1 unit: 3 hours lab.

Advisory: Good general health; absence of medical conditions that would prevent planned physical activity.

The equipment provided for both cardiovascular endurance and strength training (single station exercise machines) in the fitness lab are designed to exercise all major muscle groups for a well-rounded fitness program with the non-athletic in mind. Circuit weight training has proven beneficial for people of all ages and genders, who are interested in weight training, with the emphasis on increasing muscle tone and cardiovascular fitness. (04/20)

NEW COURSES – EFFECTIVE SUMMER 2020

MGMT-52H THE SCIENCE OF HAPPINESS: THE CONNECTION BETWEEN WELL BEING AND PRODUCTIVITY AND HOW TO CULTIVATE IT AT WORK

0.5 unit: 0.5 hours lecture.

This course will explore why happiness matters and how to increase it within yourself, among colleagues, and across your organization. The course will look at actionable strategies for boosting happiness at work, leading to better performance, innovation, higher productivity and well-being. (05/20)

MGMT-52N FUEL YOUR BODY FOR SUCCESS: THE LINK BETWEEN FOOD, QUALITY SLEEP, AND SUCCESS

0.5 unit: 0.5 hours lecture.

This course focuses on how healthy eating and quality sleep can help your energy level, work performance, and overall health. Students will have an opportunity to evaluate their own eating and sleep habits and strategize on how to make improvements. The subjects of microbiome/gut health, meal planning and creating a healthy work environment will also be presented. This course is recommended for Nutrition and Foods majors and individuals wanting to improve their health, productivity, and well-being. (05/20)

MGMT-52R BUILDING RESILIENCE: ESSENTIAL SKILLS TO BOUNCE BACK AND GROW DURING CHALLENGES AND CHANGE

0.5 unit: 0.5 hours lecture.

This course offers strategies for building resilience to stress and strengthening our well-being in the face of challenges at work. The practice of Mindfulness will be covered as well as an exploration of how resilient mental habits are foundational to well-being and productivity in the workplace. (05/20)

MGMT-52W FOUNDATIONS OF WELL-BEING IN THE WORKPLACE

0.5 unit: 0.5 hours lecture.

This course will cover the foundations of Well-Being in the workplace and will explore the relationship between employee well-being and how it ties in with employee engagement, productivity, customer service, and team work. The course will cover the essential elements of Well-Being including gratitude and career, social, financial, emotional, physical, and community Well-Being. Strategies will be introduced to increase Well-Being. (05/20)

REVISED PROGRAMS

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**CERTIFICATE (11/14)
HUMAN SERVICES (21500.CT)**

A certificate of Achievement will be awarded upon the satisfactory completion of the curriculum listed below.

Program Student Learning Outcomes

- A. Recognize community resources that facilitate the helping process, including the importance of advocating for community empowerment, participation, and change.
- B. Explain the historical development and philosophical paradigms of the social work, social welfare, and human services systems.
- C. Understand and identify the roles of a human services professional, emphasizing the Helping Process, basic helping skills, identifying behaviors of challenging clients, and the application of crisis intervention strategies.

PROGRAM REQUIREMENTS:

PROGRAM CORE: 31 UNITS

Cooperative Education	4
HMSV-20 Social Welfare.....	3
HMSV-21 Human Behavior and the Helping Process.....	3
HMSV-22 Survey and Utilization of Community Resources.....	3
HMSV-41 Case management.....	3
HMSV-42 Introduction to Counseling Skills.....	3
HMSV-43 Ethics in Counseling.....	3
HMSV-44 Leadership and Counseling in Groups.....	3
Take 2 courses (6 Units) from the following:	
ANTH-02 Sociocultural Anthropology	3
ANTH-10 Southeast Asian Culture: Hmong	3
CRIM-33 Family Violence	3
HIST-22 History of Minorities -- Black Emphasis	3
HIST-23 History of Hispanic Americans in the Southwest US	
HLTH-15 Drugs, Alcohol, and Tobacco.....	3
HUM-15 Comparative Cultures	3
CLDV-09 Human Development	3
or	
PSYC-09 Human Development	3
PSYC-01A Introduction to Psychology.....	3
or	
PSYC-01AH Honors Introduction to Psychology.....	3
PSYC-22 Human Sexuality	3
PSYC-23 Personal and Social Adjustment.....	3
PSYC-40 Drugs and Behavior.....	3
SOC-01 Introduction to Sociology.....	3
SOC-03 Marriage and the Family.....	3

TOTAL UNITS: (31 Units)

PROGRAM TITLE CORRECTIONS (p. 36 – Associate Degree Majors)

Correction to Foods and Nutrition Programs – Corrected titles:

Nutrition and Foods A.S.

Nutrition and Foods CN

PROGRAM CORRECTION (p. 131) (unit corrections)

DEGREE (02/20)

A.A. - Theatre Arts (10600.AA)

Program Requirements:

Program Core: (24 Units) Units

DRAM-01 Introduction to Theater	3
DRAM-02* Rehearsal and Performance	4
DRAM-02L* Rehearsal and Performance Lab	2
DRAM-12 Acting I	3
DRAM-13 Acting II	3
DRAM-15 Stagecraft	3
DRAM-16 Introduction to Costume Design and Construction....	3
Plus three units from the following electives:	
DRAM-08 Theatre History: Ancient to Romanticism.....	3
DRAM-14 Acting III: Advanced Scene Study	3
ENGL-08 Introduction to Shakespeare	3
ENGL-14 Introduction to Film.....	3
HUM-21 Humanities and Film	3
MUSA-21A Voice I	3

Total Units for Major: (24 Units)

Completion of GE Pattern MCCD GE Breadth.....23

Possible Double Counting

Electives (as needed to reach 60 units):16

Total Degree Units: (60 Units)

*Repeatable for credit