CURRICULUM INSTRUCTIONAL COUNCIL (CIC) November 14, 2019

Review and Approval of G.E./Transferability Actions From CIC Meetings: 08/29/2019 to 11/14/2019 Approved

| SDCCD General Education/District Other Requirement | District Multicultural Requirements | District American Institutions | CSU General Education (Breadth) | CSU American Institutions | | UC Transfer |
|---|---|--------------------------------------|---------------------------------------|---------------------------------|-----------|-------------|
| | | | | | | ANTH 130* |
| ANTH 140* | | | ANTH 140* | | ANTH 140* | ANTH 140* |
| EXSC 110A | | | | | | EXSC 110A |
| EXSC 110B | | | | | | EXSC 110B |
| EXSC 110C | | | | | | EXSC 110C |
| EXSC 110D | | | | | | EXSC 110D |
| EXSC 116A | | | | | | EXSC 116A |
| EXSC 116B | | | | | | EXSC 116B |
| EXSC 130C* | | | | | | EXSC 130C* |
| EXSC 130D* | | | | | | EXSC 130D* |
| | | | | | | EXSC 236A |
| | | | | | | EXSC 236B |
| | | | | | | EXSC 237A* |
| | | | | | | EXSC 237B* |
| | | | | | | EXSC 243A |
| | | | | | | EXSC 243B |
| | | | | | | EXSC 244A |
| | | | | | | EXSC 244B |
| | | | | | | EXSC 298 |
| | | | HEAL 103 | | | HEAL 103 |
| | | | HEAL 104 | | HEAL 104 | HEAL 104 |
| | | | HEAL 107 | | | HEAL 107 |
| | | | | | | PERG 130 |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

* Courses with an asterisk have been previously approved by CIC.

| ~ 130 Bones: Human Osteology | CIC 10/10/19 |
|---|---|
| 48 - 54 hours lecture, 3 units | |
| Letter Grade or Pass/No Pass Option | |
| | Action(s) Proposed: Course |
| REQUISITES: | Activation (Currently active at |
| Advisory: English 101 with a grade of "C" or better, or equivalent. | another college) |
| This course focuses on the study of the human skeleton. Emphasis is placed on two main aspects: identification of recently deceased individuals in a legal | Approved |
| context, and historic or prehistoric skeletal remains as a contribution to human history. This hands-on course includes information on bone biology, growth and | Proposed for College(s): Mesa |
| development, variation, and reconstruction. Students identify all parts of the skeletal system, measure bones, and identify non-metric features and stress | Originating Campus: MESA |
| markers. This course is designed for Anthropology majors or students interested in biology or physical anthropology. | This course is being proposed at Mesa for UC Transfer Course |
| FIELD TRIP REQUIREMENTS: Not required | List |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List. | Effective: Fall 2021 |

Subject: Anthropology (ANTH) Discipline: Anthropology

| ~ 140 Primatology | CIC 10/10/19 |
|---|---|
| 48 - 54 hours lecture, 3 units | |
| Letter Grade or Pass/No Pass Option | |
| | Action(s) Proposed: Course |
| REQUISITES: | Activation (Currently active at |
| Advisory: English 101 with a grade of "C" or better, or equivalent. | another college) |
| This course is an introduction to the study of non-human primates: prosimians, | Texts |
| New World monkeys, Old World monkeys, and apes. The course focuses on | Approved |
| primate behavior and how it relates to the study of human biocultural evolution. | |
| Of special concern are the relationships and adaptations of primates to varied environments. The primates at the San Diego Zoo are an integral part of the | Proposed for College(s): Mesa |
| course. Various observational and data collecting techniques are employed in zoo projects. This course is designed for anthropology majors and/or students | Originating Campus: MESA |
| interested in anthropology, biology, or zoology. | This course is being proposed at |
| | Mesa for: |
| FIELD TRIP REQUIREMENTS: Required | • CSU General Education: |
| | D Area D. Social |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | Sciences |
| CSU General Education. IGETC. UC Transfer Course List. | • District General |
| | Education: |
| | D Social and Behavioral |
| | Sciences |
| | • IGETC: Area 4. Social |
| | and Behavioral Sciences |
| | - 4A: Anthropology and |
| | Archaeology |
| | T. I |
| | To be reviewed at the November 14th CIC meeting |
| | This course is being proposed at Mesa for UC Transfer Course List |
| | Effective: Fall 2021 |

Subject: Anthropology (ANTH) Discipline: Anthropology

| *~ 110A Surfing I | CIC 10/10/19 |
|---|---|
| 24 - 54 hours lab, 0.5-1 units | Offered At: NONE |
| Grade Only | Approved |
| REQUISITES: <i>Advisory:</i> Exercise Science 113A with a grade of "C" or better, or equivalent. | Action(s) Proposed: New Course |
| <i>Limitation on Enrollment:</i> Health and Safety. Students will need to demonstrate the ability to swim in an ocean environment prior to being allowed to | Proposed for College(s): Mesa |
| participate in ocean activities. This is the first of four courses in surfing. Topics include historical perspective | Originating Campus: MESA |
| of surfing, ocean safety, surfing equipment, surfing etiquette, and surfing fundamentals. This course is designed for students interested in the Aquatics | This course is being proposed at |
| Certificate of Achievement, kinesiology majors or those that want to learn about | Mesa for: • District General |
| surfing. | Education: Other |
| FIELD TRIP REQUIREMENTS: Required | Graduation Requirement |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | To be reviewed at the November 14th CIC meeting |
| | This course is being proposed at Mesa for UC Transfer Course List |
| | Effective: Fall 2020 |

| *~ 110B Surfing II | CIC 10/10/19 |
|---|---------------------------------------|
| 24 - 54 hours lab, 0.5-1 units | Offered At: NONE |
| Grade Only | |
| | Action(s) Proposed: New Course |
| REQUISITES: | |
| - | Approved |
| Advisory: Exercise Science 110A and Exercise Science 113A, each with a grade | |
| of "C" or better, or equivalent. | Proposed for College(s): Mesa |
| <i>Limitation on Enrollment:</i> Health and Safety. Students will need to demonstrate | I I I I I I I I I I I I I I I I I I I |
| the ability to swim in an ocean environment prior to being allowed to | Originating Campus: MESA |
| participate in ocean activities. | Originating Campus. MLSA |
| This is the second of four courses in surfing. Topics include surfing fitness and | |
| conditioning, advanced wave selection, intermediate wave riding techniques | This course is being proposed at |
| | Mesa for: |
| and basic beach first aid. This course is designed for students interested in the | District General |
| Aquatics Certificate of Achievement, kinesiology majors or those that want to | Education: Other |
| learn about surfing. | Graduation Requirement |
| | Gradauton Requirement |
| FIELD TRIP REQUIREMENTS: Required | |
| | To be reviewed at the November |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | 14th CIC meeting |
| TRANSFER AT LICADILIT T, Associate Degree Creat & Italister to CSU. | |
| | This course is being proposed at |
| | Mesa for UC Transfer Course |
| | List |
| | |
| 1 | |

| *~ 110C Surfing III | CIC 10/10/19 |
|---|--------------------------------------|
| 24 - 54 hours lab, 0.5-1 units | |
| | Onereu At: NONE |
| Grade Only | |
| | Action(s) Proposed: New Course |
| REQUISITES: | Approved |
| Advisory: Exercise Science 110B and Exercise Science 113A, each with a grade | |
| of "C" or better, or equivalent. | Proposed for College(s): Mesa |
| <i>Limitation on Enrollment:</i> Health and Safety. Students will need to demonstrate | |
| the ability to swim in an ocean environment prior to being allowed to | Originating Campus: MESA |
| participate in ocean activities. | originating campust willow |
| This is the third of four courses in surfing. Topics include advantages of | This course is being proposed at |
| surfing, advanced paddling techniques and advanced riding techniques. This | Mesa for: |
| course will also cover environmental issues as they pertain to the ocean and | District General |
| surfing. This course is designed for students interested in the Aquatics | |
| Certificate of Achievement, kinesiology majors or those that want to learn about | Education: Other |
| surfing. | Graduation Requirement |
| | |
| FIELD TRIP REQUIREMENTS: Required | To be reviewed at the November |
| | 14th CIC meeting |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | |
| TRANSFER ATTERCADILITT. Associate Degree creat & transfer to C50. | This course is being proposed at |
| | Mesa for UC Transfer Course |
| | List |
| | |
| | Effective: Fall 2020 |
| | |

| *~ 110D Surfing IV | CIC 10/10/19 |
|--|--|
| 24 - 54 hours lab, 0.5-1 units | |
| Grade Only | |
| | Action(s) Proposed: New Course |
| REQUISITES: | Approved |
| Advisory: Exercise Science 110C and Exercise Science 113A, each with a grade | 11 |
| of "C" or better, or equivalent. | Proposed for College(s): Mesa |
| <i>Limitation on Enrollment:</i> Health and Safety. Students will need to demonstrate | - |
| the ability to swim in an ocean environment prior to being allowed to participate in ocean activities. | Originating Campus: MESA |
| This is the fourth of four courses in surfing. Topics include rescue techniques, | |
| surfboard repair, surf trip planning and advanced paddling and riding | This course is being proposed at |
| techniques. This course is designed for students interested in the Aquatics | Mesa for: |
| Certificate of Achievement, kinesiology majors or those that want to learn about | District General |
| surfing. | Education: Other Graduation Requirement |
| | Graduation Requirement |
| FIELD TRIP REQUIREMENTS: Required | To be reviewed at the November |
| | 14th CIC meeting |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | |
| | This course is being proposed at |
| | Mesa for UC Transfer Course |
| | List |

| ~ ~ . | | | |
|---------------------------|--------------|-----------------------|--------|
| Subject: Exercise Science | (EXSC) Disci | ipline: Physical Educ | cation |

| *~ 116A Stand Up Paddle Boarding | CIC 10/10/19 |
|--|--|
| 48 - 54 hours lab, 1 units | |
| Grade Only | |
| | Action(s) Proposed: New Course |
| REQUISITES: | Approved |
| Advisory: Exercise Science 113A with a grade of "C" or better, or equivalent. | 11 |
| Limitation on Enrollment: Health and Safety. Students will need to demonstrate | Proposed for College(s): Mesa |
| the ability to swim at the first class meeting on the water. | |
| This is the first of two courses to provide instruction in water paddling. | Originating Campus: MESA |
| Emphasis for this course is Stand Up Paddle Boarding. Topics include paddling equipment, etiquette, safety in a water environment and paddling techniques. | |
| This course is designed for those students that are interested in the Certificate of | This course is being proposed at |
| Achievement in Aquatics, kinesiology majors or the sport of Stand Up Paddle | Mesa for: |
| Boarding. | • District General Education: Other |
| | Graduation Requirement |
| FIELD TRIP REQUIREMENTS: Required | Graduation Requirement |
| | To be reviewed at the November |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | 14th CIC meeting |
| | |
| | This course is being proposed at |
| | Mesa for UC Transfer Course |
| | List |
| | E69 |
| | Effective: Fall 2020 |
| | |

| *~ 116B Kayaking 48 - 54 hours lab, 1 units | CIC 10/10/19 Offered At: NONE |
|--|--|
| Advisory: Exercise Science 113A with a grade of "C" or better, or equivalent. | Action(s) Proposed: New Course Approved |
| <i>Limitation on Enrollment:</i> Health and Safety. Students will need to demonstrate the ability to swim at the first class meeting on the water. This is the second of two courses to provide instruction in water paddling. | Proposed for College(s): Mesa Originating Campus: MESA |
| Emphasis for this course is kayaking. Topics include paddling equipment, etiquette, safety in a water environment and paddling techniques. This course is designed for those students that are interested in the Certificate of Achievement in Aquatics, kinesiology majors or the sport of kayaking. | This course is being proposed at Mesa for: |
| FIELD TRIP REQUIREMENTS: Required | • District General Education: Other Graduation Requirement |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | To be reviewed at the November 14th CIC meeting |
| | This course is being proposed at Mesa for UC Transfer Course |

| List |
|----------------------|
| Effective: Fall 2020 |

~ 130C Indoor Cycling III CIC 10/10/19 24 - 54 hours lab, 0.5-1 units Offered At: Mesa **Grade Only** Action(s) Proposed: Course Activation (Currently active at **REQUISITES:** another college) Advisory: Exercise Science 130B with a grade of "C" or better, or equivalent. This course is the third in a series of Indoor Cycling courses. Emphasis is based Approved on intermediate to advanced cycling techniques, interval training, power cycling, and intermediate workload training. Intermediate level principles of **Proposed for College(s):** Miramar physiology are explored including how to train within a workload range and why. This class is designed for students interested in aerobic fitness **Originating Campus:** improvement through indoor cycling as well as Exercise Science or related MIRAMAR majors. This course is being proposed at FIELD TRIP REQUIREMENTS: May be required Miramar for: **District General** • TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. **Education:** Other UC Transfer Course List. **Graduation Requirement** To be reviewed at the November 14th CIC meeting This course is being proposed at Miramar for UC Transfer Course List Effective: Fall 2020

| Subjett. Exercise Science (EASC) Discipline. Thysical Education | | | | |
|--|---|--|--|--|
| ~ 130D Indoor Cycling IV | CIC 10/10/19 | | | |
| 24 - 54 hours lab, 0.5-1 units | Offered At: Mesa | | | |
| Grade Only | | | | |
| | Action(s) Proposed: Course | | | |
| REQUISITES: | Activation (Currently active at | | | |
| Advisory: Exercise Science 130C with a grade of "C" or better, or equivalent. | another college) | | | |
| This is the fourth course in a series of Indoor Cycling courses. Emphasis is | Approved | | | |
| placed on advanced cycling techniques, advanced interval training, advanced | i i ppi o rea | | | |
| power cycling and advanced workload training. Advanced principles of | Proposed for College(s): Miramar | | | |
| physiology are explored including how to train within a workload and why. | Toposed for Conege(s). Witamar | | | |
| This class is designed for students interested in aerobic fitness improvement | Originating Campus: | | | |
| through advanced indoor cycling as well as Exercise Science or related majors. | MIRAMAR | | | |
| | | | | |
| FIELD TRIP REQUIREMENTS: May be required | This course is being proposed at | | | |
| | Miramar for: | | | |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | District General | | | |
| UC Transfer Course List. | Education: Other | | | |
| | Graduation: Other | | | |
| | Graduation Requirement | | | |
| | To be reviewed at the November | | | |
| | 14th CIC meeting | | | |
| | 14m CIC meeting | | | |
| | This course is being proposed at | | | |
| | Miramar for UC Transfer Course | | | |
| | List | | | |
| | | | | |
| | Effective: Fall 2020 | | | |
| | | | | |
| 1 | 1 | | | |

| *~ 236A Theories and Strategies of Beach Volleyball I 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only | CIC 10/24/19 Offered At: NONE Approved |
|--|---|
| REQUISITES: Advisory: Completion of or concurrent enrollment in: Exercise Science 228A | Action(s) Proposed: New Course |
| with a grade of "C" or better, or equivalent. This course covers theoretical concepts necessary for successful participation in | Proposed for College(s): Mesa |
| beach volleyball. Topics covered include mechanical analysis of fundamentals through advanced beach volleyball skills, offensive/defensive strategies, court | Originating Campus: MESA |
| etiquette, rules and officiating. This course is designed for students competing on the intercollegiate beach volleyball team and those interested in the sport of beach volleyball. | This course is being proposed at Mesa for UC Transfer Course List |
| FIELD TRIP REQUIREMENTS: May be required | Effective: Fall 2020 |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | |

| Subject: Exercise Science (EXSC) Discipline: Physical Education | |
|---|--|
| *~ 236B Theories and Strategies of Beach Volleyball II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only | CIC 10/24/19 Offered At: NONE Approved |
| REQUISITES: Advisory: Completion of or concurrent enrollment in: Exercise Science 228B with a grade of "C" or better, or equivalent. This course covers advanced theoretical concepts necessary for successful participation in beach volleyball. Topics include advanced team strategies, efficient beach volleyball conditioning techniques, goals for game preparation, and leadership qualities for beach volleyball. Concepts of team building and social skills necessary for success at the intercollegiate level are also emphasized. This course is designed for students competing on the intercollegiate beach volleyball team and those interested in the sport of beach volleyball. FIELD TRIP REQUIREMENTS: May be required TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | Action(s) Proposed: New Course Proposed for College(s): Mesa Originating Campus: MESA This course is being proposed at Mesa for UC Transfer Course List Effective: Fall 2020 |

| ~ 237A Theories and Strategies of Tennis I | CIC 09/12/19 |
|--|--------------------------------------|
| 24 - 27 hours lecture, 24 - 27 hours lab, 2 units | Offered At: City |
| Grade Only | |
| | Action(s) Proposed: Course |
| REQUISITES: | Activation (Currently active at |
| Limitation on Enrollment: This course is not open to students with previous | another college) |
| credit for Physical Education 248A. | Texts |
| This course covers the theoretical concepts necessary for students to compete | Approved |
| successfully in their first intercollegiate tennis season. Topics covered include | |
| mechanical analysis of fundamental through advanced tennis skills, offensive | Proposed for College(s): Mesa |
| and defensive strategies, statistics, and rules. This course is offered separately | |
| for men and women who are interested in competing at the intercollegiate level. | Originating Campus: MESA |
| FIELD TRIP REQUIREMENTS: May be required | |
| | This course is being proposed at |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | Mesa for UC Transfer Course |
| UC Transfer Course List. | List |
| | Effective: Fall 2020 |
| | Ellective. Pail 2020 |

| ~ 237B Theories and Strategies of Tennis II | CIC 09/12/19 |
|---|---|
| 24 - 27 hours lecture, 24 - 27 hours lab, 2 units | Offered At: City |
| Grade Only | |
| | Action(s) Proposed: Course |
| REQUISITES: | Activation (Currently active at |
| Limitation on Enrollment: This course is not open to students with previous | another college) |
| credit for Physical Education 248B. | Texts |
| This course further develops the theoretical and practical skills necessary for | Title |
| students to compete successfully in their second intercollegiate tennis season. Emphasis is placed on advanced offensive and defensive tennis skills and | Approved |
| strategies. This course is offered separately for men and women who are interested in competing at the intercollegiate level. | Proposed for College(s): Mesa |
| FIELD TRIP REQUIREMENTS: May be required | Originating Campus: MESA |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List. | This course is being proposed at Mesa for UC Transfer Course List |
| | Effective: Fall 2020 |
| | |

| *~ 243A Theories and Strategies of Water Polo I | CIC 10/24/19 |
|--|--------------------------------------|
| 24 - 27 hours lecture, 24 - 27 hours lab, 2 units | |
| Grade Only | |
| | Action(s) Proposed: New Course |
| REQUISITES: | Approved |
| Advisory: Completion of or concurrent enrollment in Exercise Science 226 with | |
| a grade of "C" or better, or equivalent. | Proposed for College(s): Mesa |
| This course covers the theoretical concepts necessary for students to compete | |
| successfully in their first intercollegiate water polo season. Topics include rules, | Originating Campus: MESA |
| game strategies, history, and game preparation. The physiological requirements | |
| for the intercollegiate athlete and importance of nutritional components for | This course is being proposed at |
| optimal performance are emphasized. Separate sections of this course are | Mesa for UC Transfer Course |
| offered for men and women. The course is intended for intercollegiate water | List |
| polo athletes. | |
| FIELD TDID DECLIDEMENTS. May be required | Effective: Fall 2020 |
| FIELD TRIP REQUIREMENTS: May be required | |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | |

| REQUISITES: <i>dvisory: Completion of or concurrent enrollment in</i> Exercise Science 227 with grade of "C" or better, or equivalent. 'his course covers advanced theoretical concepts and techniques for | Offered At: NONE Action(s) Proposed: New Course <i>Approved</i> Proposed for College(s): Mesa |
|---|--|
| REQUISITES: <i>dvisory: Completion of or concurrent enrollment in</i> Exercise Science 227 with grade of "C" or better, or equivalent. 'his course covers advanced theoretical concepts and techniques for | Approved |
| REQUISITES: <i>dvisory: Completion of or concurrent enrollment in</i> Exercise Science 227 with grade of "C" or better, or equivalent. 'his course covers advanced theoretical concepts and techniques for | Approved |
| <i>dvisory: Completion of or concurrent enrollment in</i> Exercise Science 227 with grade of "C" or better, or equivalent. 'his course covers advanced theoretical concepts and techniques for | |
| <i>dvisory: Completion of or concurrent enrollment in</i> Exercise Science 227 with grade of "C" or better, or equivalent. 'his course covers advanced theoretical concepts and techniques for | |
| his course covers advanced theoretical concepts and techniques for | Proposed for College(s): Mesa |
| his course covers advanced theoretical concepts and techniques for | Toposed for Conege(s). Mesa |
| terre lle siste meter rele commetition. Terries include a decorred terre strate size | |
| ntercollegiate water polo competition. Topics include advanced team strategies, | Originating Campus: MESA |
| fficient water polo conditioning techniques, goals for game preparation, and | originating campus: MEST |
| eadership qualities for water polo. Concepts of team building and social skills | This course is being proposed at |
| ecessary for success at the intercollegiate level are also emphasized. Separate | Mesa for UC Transfer Course |
| actions of this course are offered for man and woman. The course is intended | List |
| or intercollegiate water polo athletes. | |
| | Effective: Fall 2020 |
| IELD TRIP REQUIREMENTS: May be required | |
| | |

| *~ 244A Theories and Strategies of Swimming and Diving I | CIC 09/12/19 |
|--|---|
| 24 - 27 hours lecture, 24 - 27 hours lab, 2 units | Offered At: NONE |
| Grade Only | |
| | Action(s) Proposed: New Course |
| REQUISITES: | Approved |
| Advisory: Completion of or concurrent enrollment in Exercise Science 218 with | приотеи |
| a grade of "C" or better, or equivalent. | Dropogod for Collogo(g), Mass |
| This course covers the theoretical concepts necessary for students to compete | Proposed for College(s): Mesa |
| successfully in their first intercollegiate swimming and diving season. Topics | Origina dina Communi MESA |
| covered include rules, history, race tactics, individual and team training and | Originating Campus: MESA |
| strategies. The physiological requirements for the intercollegiate athlete and | This course is haing proposed at |
| importance of nutritional components for optimal performance are emphasized. | This course is being proposed at Mesa for UC Transfer Course |
| Separate sections of this course are offered for men and women. The course is | ů ů |
| intended for intercollegiate athletes and students who may be interested in | List |
| coaching swimming and diving teams. | |
| | Effective: Fall 2020 |
| FIELD TRIP REQUIREMENTS: May be required | |
| | |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | |

| *~ 244B Theories and Strategies of Swimming and Diving II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only | CIC 09/12/2019 Offered At: NONE |
|--|---|
| REQUISITES: <i>Advisory: Completion of or concurrent enrollment in</i> Exercise Science 219 with a grade of "C" or better, or equivalent. This course covers advanced theoretical concepts and techniques for | Action(s) Proposed: New Course Approved Proposed for College(s): Mesa |
| intercollegiate swimming and diving competition. Emphasis is placed on team development, competition scheduling, site preparation, and teaching the principles of swimming and diving program management. Topics include advanced team strategies, officiating, facilities, and organizational procedures for administrating a college swimming and diving meet. Concepts of team building, leadership and social skills necessary for success at the intercollegiate | Originating Campus: MESA This course is being proposed at Mesa for UC Transfer Course List |
| level are also emphasized. Separate sections of this course are offered for men and women. This course is designed for second-year students who are participating in this sport and for those who are interested in coaching swimming and diving. | Effective: Fall 2020 |
| FIELD TRIP REQUIREMENTS: May be required TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | |

| *~ 298 Applications of Health and Wellness Coaching | CIC 11/14/2019 |
|--|---|
| 24 - 54 hours lab, 0.5-1 units | Offered At: NONE |
| Grade Only | |
| | Action(s) Proposed: New Course |
| REQUISITES: <i>Prerequisite:</i> Exercise Science 294 with a grade of "C" or better, or equivalent. | Approved |
| This course helps students enhance their coaching skills with practice coaching sessions and instructor feedback. It also covers the ethical and legal | Proposed for College(s): Mesa |
| implications of health and wellness coaching. This course is designed to provide students in the Health and Wellness Coaching Program with practical | Originating Campus: MESA |
| experience in the field of wellness coaching. | Dist. Ed Proposed For |
| FIELD TRIP REQUIREMENTS: May be required | College(s): Mesa |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | This course is being proposed at Mesa for UC Transfer Course List |
| | Effective: Fall 2020 |

| *~ 103 Introduction to Public Health | CIC 10/24/2019 |
|--------------------------------------|---|
| 48 - 54 hours lecture, 3 units | Offered At: NONE |
| REQUISITES: | Action(s) Proposed: New Course Approved Proposed for College(s): Mesa Originating Campus: MESA Dist. Ed Proposed For College(s): Mesa This course is being proposed at Mesa for: • CSU General Education: E Area E. Lifelong Learning and Self- Development To be reviewed at the November 14th CIC meeting This course is being proposed at Mesa for UC Transfer Course List Effective: Fall 2020 |

Subject: Health Education (HEAL) Discipline: Health

| *~ 104 Public Health and Social Justice | GT G 4444 440 40 |
|--|---|
| *~ 104 Public Health and Social Justice | CIC 11/14/2019 |
| 48 - 54 hours lecture, 3 units Grade Only | Offered At: NONE |
| conditions. Students will learn and synthesize information concerning the impact of the social determinants of health including, education, socioeconomic status, race, sexual orientation, disability, and gender. The roles of public health, government, and private sector policies on health outcomes will be compared and contrasted. Students will explore opportunities for health | Action(s) Proposed: New Course Approved Proposed for College(s): Mesa Originating Campus: MESA Dist. Ed Proposed For College(s): Mesa |
| FIELD TRIP REQUIREMENTS: May be required | This course is being proposed at Mesa for: |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | CSU General Education: D7 Area D. Social Sciences - Interdisciplinary Social or Behavioral Science E Area E. Lifelong Learning and Self- Development IGETC: Area 4. Social and Behavioral Sciences - 4G: Interdisciplinary, Social & Behavioral Sciences To be reviewed at the November 14th CIC meeting This course is being proposed at Mesa for UC Transfer Course List |
| | Effective: Fall 2020 |

Subject: Health Education (HEAL) Discipline: Health

Subject: Health Education (HEAL) Discipline: Health

| *~ 107 Lifestyle Medicine for Health and Wellness | CIC 10/24/19 |
|--|---|
| 48 - 54 hours lecture, 3 units | Offered At: NONE |
| Grade Only | |
| | Action(s) Proposed: New Course |
| This course provides the science and application behind healthy lifestyle interventions for the prevention and treatment of chronic, lifestyle-related | Approved |
| diseases such as cardiovascular disease, diabetes, cancer, and other chronic conditions. Lifestyle medicine connects the science of physical activity, | Proposed for College(s): Mesa |
| nutrition, stress resiliency, sleep hygiene, and behavior change to the advancement of total person mental, emotional, and physical wellbeing. This | Originating Campus: MESA |
| course offers students the evidence-based knowledge and practical strategies to instill healthy lifestyle behaviors in clients and patients. This course is intended for students completing certification in the Health and Wellness Coaching | Dist. Ed Proposed For College(s): Mesa |
| Program. | This course is being proposed at |
| | Mesa for: |
| FIELD TRIP REQUIREMENTS: May be required | CSU General Education: |
| | E Area E. Lifelong |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | E Area E. Effetong Learning and Self- Development |
| | To be reviewed at the November 14th CIC meeting |
| | 17th CIC meeting |
| | This course is being proposed at Mesa for UC Transfer Course List |
| | Effective: Fall 2020 |

Subject: Personal Growth (PERG) Discipline: Counseling

| Subjett. Fersonal Orowin (EERG) Discipline. Counsening | |
|---|---------------------------------------|
| ~ 130 Career - Life Planning | CIC 10/24/19 |
| | Offered At: City, Mesa, Miramar |
| Letter Grade or Pass/No Pass Option | |
| | Action(s) Proposed: Course |
| This course is designed for students interested in self-exploration, career | Revision (May Include Activation) |
| transitions, and career-life planning in order to achieve success in a diverse | Six Year Review |
| society. Various assessments are utilized through a systematic approach to | Course Description |
| career development by examining values, interests, skills, and personality types. | Critical Thinking Assignments |
| Other topics include life roles, personal self-management, decision making, and | Methods of Instruction |
| goal setting throughout the lifespan. This course is intended for students who | Outside Assignments |
| are considering a career change or are undecided about their future career field | Reading Assignments |
| or college major. | Student Learning Objectives |
| | Supplies |
| FIELD TRIP REQUIREMENTS: May be required | Texts |
| | Writing Assignments |
| TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. | Approved |
| CSU General Education. | |
| | Proposed for College(s): City, |
| | Mesa, Miramar |
| | iviosa, iviitainai |
| | Originating Campus: |
| | MIRAMAR |
| | |
| | This course is being proposed at |
| | City, Mesa, and Miramar for UC |
| | Transfer Course List |
| | |
| | Effective: Fall 2020 |
| | |
| 1 | |