



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

**Subject: Anthropology (ANTH) Discipline: Anthropology**

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

**Subject: Anthropology (ANTH) Discipline: Anthropology**

~ 140 Primatology

**48 - 54 hours lecture, 3 units  
Letter Grade or Pass/No Pass Option**

**REQUISITES:**

*Advisory:* English 101 with a grade of "C" or better, or equivalent.

This course is an introduction to the study of non-human primates: prosimians, New World monkeys, Old World monkeys, and apes. The course focuses on 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 course. Various observational and data collecting techniques are employed in zoo projects. This course is designed for anthropology majors and/or students interested in anthropology, biology, or zoology.

**FIELD TRIP REQUIREMENTS:** Required

**TRANSFER APPLICABILITY:** Associate Degree Credit & transfer to CSU. CSU General Education. IGETC. UC Transfer Course List.

**CIC 10/10/19**

**Offered At:** City

**Action(s) Proposed:** Course Activation (Currently active at another college)

*Texts*

**Approved**

**Proposed for College(s):** Mesa

**Originating Campus:** MESA

*This course is being proposed at Mesa for:*

- *CSU General Education: D Area D. Social Sciences*
- *District General Education: D Social and Behavioral Sciences*
- *IGETC: Area 4. Social and Behavioral Sciences - 4A: Anthropology and Archaeology*

*To be reviewed at the November 14<sup>th</sup> CIC meeting*

*This course is being proposed at Mesa for UC Transfer Course List*

**Effective:** Fall 2021

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 110A Surfing I</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b> <i>Advisory:</i> Exercise Science 113A with a grade of "C" or better, or equivalent. <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. This is the first of four courses in surfing. Topics include historical perspective of surfing, ocean safety, surfing equipment, surfing etiquette, and surfing fundamentals. This course is designed for students interested in the Aquatics Certificate of Achievement, kinesiology majors or those that want to learn about surfing.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> Required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 10/10/19</b> <b>Offered At:</b> NONE <b>Approved</b></p> <p><b>Action(s) Proposed:</b> New Course</p> <p><b>Proposed for College(s):</b> Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"><li>• <i>District General Education: Other Graduation Requirement</i></li></ul> <p><i>To be reviewed at the November 14<sup>th</sup> CIC meeting</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p><b>Effective:</b> Fall 2020</p>
---	---

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 110B Surfing II</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b> <i>Advisory:</i> Exercise Science 110A and Exercise Science 113A, each with a grade of "C" or better, or equivalent. <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. This is the second of four courses in surfing. Topics include surfing fitness and conditioning, advanced wave selection, intermediate wave riding techniques and basic beach first aid. This course is designed for students interested in the Aquatics Certificate of Achievement, kinesiology majors or those that want to learn about surfing.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> Required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 10/10/19</b> <b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"><li>• <i>District General Education: Other Graduation Requirement</i></li></ul> <p><i>To be reviewed at the November 14<sup>th</sup> CIC meeting</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p>
--	--

	<b>Effective:</b> Fall 2020
--	-----------------------------

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 110C Surfing III</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <i>Advisory:</i> Exercise Science 110B and Exercise Science 113A, each with a grade of "C" or better, or equivalent.  <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.  This is the third of four courses in surfing. Topics include advantages of surfing, advanced paddling techniques and advanced riding techniques. This course will also cover environmental issues as they pertain to the ocean and surfing. This course is designed for students interested in the Aquatics Certificate of Achievement, kinesiology majors or those that want to learn about surfing.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> Required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 10/10/19</b>  <b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course  <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> <li>• <i>District General Education: Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the November 14th CIC meeting</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p><b>Effective:</b> Fall 2020</p>
--	---

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 110D Surfing IV</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <i>Advisory:</i> Exercise Science 110C and Exercise Science 113A, each with a grade of "C" or better, or equivalent.  <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.  This is the fourth of four courses in surfing. Topics include rescue techniques, surfboard repair, surf trip planning and advanced paddling and riding techniques. This course is designed for students interested in the Aquatics Certificate of Achievement, kinesiology majors or those that want to learn about surfing.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> Required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 10/10/19</b>  <b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course  <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> <li>• <i>District General Education: Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the November 14th CIC meeting</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p>
--	--

	<b>Effective:</b> Fall 2020
--	-----------------------------

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 116A Stand Up Paddle Boarding</b></p> <p style="text-align: right;"><b>48 - 54 hours lab, 1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <i>Advisory:</i> Exercise Science 113A with a grade of "C" or better, or equivalent.  <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 first of two courses to provide instruction in water paddling. 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 Achievement in Aquatics, kinesiology majors or the sport of Stand Up Paddle Boarding.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> Required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 10/10/19</b>  <b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course  <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> <li>• <i>District General Education: Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the November 14th CIC meeting</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p><b>Effective:</b> Fall 2020</p>
--	---

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 116B Kayaking</b></p> <p style="text-align: right;"><b>48 - 54 hours lab, 1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <i>Advisory:</i> Exercise Science 113A with a grade of "C" or better, or equivalent.  <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. 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.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> Required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 10/10/19</b>  <b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course  <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> <li>• <i>District General Education: Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the November 14th CIC meeting</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course</i></p>
---	---

	<p><i>List</i></p> <p><b>Effective:</b> Fall 2020</p>
--	---

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>~ 130C Indoor Cycling III</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <i>Advisory:</i> 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 on intermediate to advanced cycling techniques, interval training, power cycling, and intermediate workload training. Intermediate level principles of physiology are explored including how to train within a workload range and why. This class is designed for students interested in aerobic fitness improvement through indoor cycling as well as Exercise Science or related majors.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU. UC Transfer Course List.</p>	<p><b>CIC 10/10/19</b>  <b>Offered At:</b> Mesa</p> <p><b>Action(s) Proposed:</b> Course Activation (Currently active at another college)</p> <p><b>Approved</b></p> <p><b>Proposed for College(s):</b> Miramar</p> <p><b>Originating Campus:</b>  MIRAMAR</p> <p><i>This course is being proposed at Miramar for:</i></p> <ul style="list-style-type: none"> <li>• <i>District General Education: Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the November 14<sup>th</sup> CIC meeting</i></p> <p><i>This course is being proposed at Miramar for UC Transfer Course List</i></p> <p><b>Effective:</b> Fall 2020</p>
--	---

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>~ 130D Indoor Cycling IV</b> <b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <i>Advisory:</i> Exercise Science 130C with a grade of "C" or better, or equivalent. This is the fourth course in a series of Indoor Cycling courses. Emphasis is placed on advanced cycling techniques, advanced interval training, advanced power cycling and advanced workload training. Advanced principles of physiology are explored including how to train within a workload and why. This class is designed for students interested in aerobic fitness improvement through advanced indoor cycling as well as Exercise Science or related majors.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU. UC Transfer Course List.</p>	<p><b>CIC 10/10/19</b> <b>Offered At:</b> Mesa</p> <p><b>Action(s) Proposed:</b> Course Activation (Currently active at another college)</p> <p><b>Approved</b></p> <p><b>Proposed for College(s):</b> Miramar</p> <p><b>Originating Campus:</b> MIRAMAR</p> <p><i>This course is being proposed at Miramar for:</i></p> <ul style="list-style-type: none"><li>• <i>District General Education: Other Graduation Requirement</i></li></ul> <p><i>To be reviewed at the November 14<sup>th</sup> CIC meeting</i></p> <p><i>This course is being proposed at Miramar for UC Transfer Course List</i></p> <p><b>Effective:</b> Fall 2020</p>
---	---

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

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



**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 236B Theories and Strategies of Beach Volleyball II</b> 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p><b>REQUISITES:</b> <i>Advisory: Completion of or concurrent enrollment in:</i> 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.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 10/24/19</b> <b>Offered At:</b> NONE <b>Approved</b></p> <p><b>Action(s) Proposed:</b> New Course</p> <p><b>Proposed for College(s):</b> Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p><b>Effective:</b> Fall 2020</p>
---	---

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

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

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

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

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 243A Theories and Strategies of Water Polo I</b> 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p><b>REQUISITES:</b> <i>Advisory:</i> Completion of or concurrent enrollment in Exercise Science 226 with a grade of "C" or better, or equivalent. This course covers the theoretical concepts necessary for students to compete successfully in their first intercollegiate water polo season. Topics include rules, game strategies, history, and game preparation. The physiological requirements for the intercollegiate athlete and importance of nutritional components for optimal performance are emphasized. Separate sections of this course are offered for men and women. The course is intended for intercollegiate water polo athletes.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 10/24/19</b> <b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course</p> <p><b>Approved</b></p> <p><b>Proposed for College(s):</b> Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p><b>Effective:</b> Fall 2020</p>
---	--

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 243B Theories and Strategies of Water Polo II</b> 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p><b>REQUISITES:</b> <i>Advisory: Completion of or concurrent enrollment in Exercise Science 227 with a grade of "C" or better, or equivalent.</i> This course covers advanced theoretical concepts and techniques for intercollegiate water polo competition. Topics include advanced team strategies, efficient water polo conditioning techniques, goals for game preparation, and leadership qualities for water polo. Concepts of team building and social skills necessary for success at the intercollegiate level are also emphasized. Separate sections of this course are offered for men and women. The course is intended for intercollegiate water polo athletes.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 10/24/19</b> <b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p><b>Effective:</b> Fall 2020</p>
---	---

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

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

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

<p><b>*~ 244B Theories and Strategies of Swimming and Diving II</b> 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p><b>REQUISITES:</b> <i>Advisory: Completion of or concurrent enrollment in Exercise Science 219 with a grade of "C" or better, or equivalent.</i> This course covers advanced theoretical concepts and techniques for 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 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.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 09/12/2019</b> <b>Offered At:</b> NONE <b>Action(s) Proposed:</b> New Course <b>Approved</b> <b>Proposed for College(s):</b> Mesa <b>Originating Campus:</b> MESA <i>This course is being proposed at Mesa for UC Transfer Course List</i> <b>Effective:</b> Fall 2020</p>
--	--

**Subject: Exercise Science (EXSC) Discipline: Physical Education**

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

**Subject: Health Education (HEAL) Discipline: Health**

<p><b>*~ 103 Introduction to Public Health</b></p> <p style="text-align: right;"><b>48 - 54 hours lecture, 3 units Grade Only</b></p> <p><b>REQUISITES:</b> This course introduces the concepts, terminology, and functions of public health professions and institutions. Various public health professions and agencies will be examined, as well as the role of public health professionals within the overall health care system. Public health applications of epidemiology, disease prevention, and health promotion will be analyzed. Infectious diseases, chronic diseases, and mental illness will be addressed with respect to epidemiology, prevention, and promotion. The social determinants of health and their impact on health disparities will be covered with respect to environmental health, global health, and healthcare policy and management. This course is intended for students in the Health and Wellness Coaching Program and for students interested in Public Health.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 10/24/2019</b></p> <p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><b>Dist. Ed Proposed For College(s):</b> Mesa</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"><li>• <b><i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i></b></li></ul> <p><i>To be reviewed at the November 14th CIC meeting</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p><b>Effective:</b> Fall 2020</p>
--	---

**Subject: Health Education (HEAL) Discipline: Health**

<p><b>*~ 104 Public Health and Social Justice</b></p> <p style="text-align: right;"><b>48 - 54 hours lecture, 3 units Grade Only</b></p> <p>This course provides an introduction to the health inequities in the United States and other nations that stem from unequal living, social, and economic 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 promotion and advocacy in the local community. This course is intended for students in the Health and Wellness Program and those interested in Public Health.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>CIC 11/14/2019</b></p> <p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> Mesa</p> <p><b>Originating Campus:</b> MESA</p> <p><b>Dist. Ed Proposed For College(s):</b> Mesa</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"><li>• <i>CSU General Education: D7 Area D. Social Sciences - Interdisciplinary Social or Behavioral Science E Area E. Lifelong Learning and Self- Development</i></li><li>• <i>IGETC: Area 4. Social and Behavioral Sciences - 4G: Interdisciplinary, Social &amp; Behavioral Sciences</i></li></ul> <p><i>To be reviewed at the November 14<sup>th</sup> CIC meeting</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p><b>Effective:</b> Fall 2020</p>
---	---

**Subject: Health Education (HEAL) Discipline: Health**

**\*~ 107 Lifestyle Medicine for Health and Wellness**

**48 - 54 hours lecture, 3 units  
Grade Only**

This course provides the science and application behind healthy lifestyle interventions for the prevention and treatment of chronic, lifestyle-related diseases such as cardiovascular disease, diabetes, cancer, and other chronic conditions. Lifestyle medicine connects the science of physical activity, nutrition, stress resiliency, sleep hygiene, and behavior change to the advancement of total person mental, emotional, and physical wellbeing. This 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 Program.

**FIELD TRIP REQUIREMENTS:** May be required

**TRANSFER APPLICABILITY:** Associate Degree Credit & transfer to CSU.

**CIC 10/24/19**

**Offered At: NONE**

**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: Personal Growth (PERG) Discipline: Counseling**

<p><b>~ 130 Career - Life Planning</b></p> <p style="text-align: right;"><b>48 - 54 hours lecture, 3 units</b> <b>Letter Grade or Pass/No Pass Option</b></p> <p>This course is designed for students interested in self-exploration, career transitions, and career-life planning in order to achieve success in a diverse society. Various assessments are utilized through a systematic approach to career development by examining values, interests, skills, and personality types. Other topics include life roles, personal self-management, decision making, and goal setting throughout the lifespan. This course is intended for students who are considering a career change or are undecided about their future career field or college major.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU. CSU General Education.</p>	<p><b>CIC 10/24/19</b> <b>Offered At:</b> City, Mesa, Miramar</p> <p><b>Action(s) Proposed:</b> Course Revision (May Include Activation) <i>Six Year Review</i> <i>Course Description</i> <i>Critical Thinking Assignments</i> <i>Methods of Instruction</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Writing Assignments</i> <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MIRAMAR</p> <p><i>This course is being proposed at City, Mesa, and Miramar for UC Transfer Course List</i></p> <p><b>Effective:</b> Fall 2020</p>
---	--