

EVENT AND CONVENTION PLANNING: ADVANCED



CERTIFICATE OF ACHIEVEMENT

CAREER/TECHNICAL (MAJOR CODE: 02967)

Prepares students to gain an entry-level position as an event, meeting, and convention planner. Provides an overview of the opportunities available in the field and prepares students with fundamental skills to gain employment.

Program Student Learning Outcome Statement

- Student will be able to identify and conduct comparative analyses of major historiographic and cultural perspectives, concepts, issues, historic relationships, contributions, and paradigms that are relevant to the female experience and feminist perspectives.

GAINFUL EMPLOYMENT:

The U.S. Department of Education requires colleges to disclose a variety of information for any financial aid eligible program that “prepares students for gainful employment in a recognized occupation.”

Students who complete this program will have acquired the necessary analytical tools to successfully secure gainful employment in the field of study.

For more information regarding the data provided for this program and what it means to you as a student, please feel free to visit our SWC Gainful Employment website at: www.swccd.edu/gainfulemployment.

ACCT 7	Basic Business Bookkeeping (3) OR	3–4
ACCT 101	Principles of Accounting I (4)	
BUS 210	Business English	3
BUS 290–293	Work Experience in Business I–IV	2
CIS 122B	Spreadsheet Software—Excel	1
CIS/LIB 151	Research Using the Internet	1
CL 120	Computer Literacy	1
EVNT 154	Introduction to Event and Convention Planning	3
EVNT 155	Event Marketing	3
EVNT 157	Corporate Event Project Management	3
Total units		20–21

Note: For other options in Event and Convention Planning, see Hospitality and Tourism Management, page 214.

EXERCISE SCIENCE

SCHOOL OF WELLNESS, EXERCISE SCIENCE, AND ATHLETICS

DEAN: James Spillers, M.S., Office H403, 619-482-6551

FACULTY: Duro Agbede, Ph.D.; Edward A. Carberry, M.A.; John D. Cosentino, M.A.; Melanie Durkin, M.A.; Jennifer Harper, M.A.; Dionicio Monarrez, M.Ed.; Michael Meehan, M.Ed.; Mustafa Tont, M.A., M.Ed.; Yasmin Mossadeghi, M.S.; Toni Pfister, M.S., Ed.D.; Brad Platt, M.S.; Angela Rock, M.S.

DEPARTMENT CHAIR: Brad Platt, M.S.; Dionicio Monarrez, M.Ed.

GENERAL DESCRIPTION

Exercise Science is an academic area of study concerned with the art and science of physical movement. This department explores the processes through which individuals obtain optimal health, physical skills, and fitness. Learning concentrates on human movement as it affects and is affected by physiological, psychological, cultural, social, and mechanical parameters. The application of movement concepts evolves from a foundation in human anatomy, physiology, and principles of kinesiology that cover healthful living, nutrition, and emergency practices.

CAREER OPTIONS

Below is a sample of the career options available for the exercise science major. A few of these require an associate degree, most require a bachelor's degree, and some require a graduate-level degree: athletic trainer, high school or college instructor, coach, corrective therapist, exercise test technologist, sports medicine doctor, recreation specialist, community center leader, personal trainer, rehabilitation technician, sportscaster, referee, resort sports coordinator, and sports club manager or personnel, exercise physiologist and physical therapist.

DEGREE/CERTIFICATE OPTIONS

MAJOR CODE

Associate in Arts Degree: Transfer Preparation

Exercise Science	A1360
Kinesiology (SB1440)	01365

Certificate of Achievement

Fitness Specialist Certification—Advanced	01362
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Certificate of Proficiency

Fitness Specialist Certification—Basic	01361
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Consult with a counselor to develop a Student Education Plan (SEP), which lists the courses necessary to achieve your academic goal.



ASSOCIATE IN ARTS DEGREE

EXERCISE SCIENCE

ASSOCIATE IN ARTS DEGREE TRANSFER PREPARATION * (MAJOR CODE: A1360)

Exercise science is the study of the processes through which individuals obtain optimal health, physical skills, and fitness. The academic foundation of exercise science is the study of human movement as it affects and is affected by physiological, psychological, developmental, sociocultural, and mechanical parameters.

While this program emphasizes preparation for the teaching career, the physical educator is prepared for a wide range of career opportunities in such fields as physical therapy, athletic training, recreation, research, and private fitness and health.

Program Student Learning Outcome Statement

- Student will learn how the body responds to exercise demands and the positive benefits, known as training effects, that can be achieved through healthy exercise habits.
- Student will be able to differentiate between cardio-respiratory exercise and muscle strength and endurance exercise and how those components make up physical fitness.

FIRST SEMESTER

BIOL 100	Principles of Biology	3
BIOL 101	Principles of Biology Laboratory	1
ES/T 202	Introduction to Kinesiology	3

SECOND SEMESTER

BIOL 260	Human Anatomy	4
SOC 101	Introduction to Sociology	3

THIRD SEMESTER

CHEM 100	Introduction to General Chemistry	4
COMM 103	Oral Communication	3
Complete 1 unit from ES/Activity		1

FOURTH SEMESTER

BIOL 261	Principles of Human Physiology	4
PSYC 101	General Psychology	3
Complete 1 unit from ES/Activity		1

Total units **30**

To earn an associate degree, additional general education and graduation requirements must be completed. See page 64.

- * Students planning to transfer to a four-year college or university should complete courses specific to the transfer institution of choice. University requirements vary from institution to institution and are subject to change. Therefore, it is important to verify transfer major preparation and general education through consultation with a counselor in either the Counseling Center or Transfer Center. See catalog TRANSFER COURSES INFORMATION section on page 45 for further information.

ASSOCIATE IN ARTS FOR TRANSFER

KINESIOLOGY

STUDENT TRANSFER ACHIEVEMENT REFORM (STAR) ACT (SB1440)



ASSOCIATE IN ARTS DEGREE TRANSFER PREPARATION * (MAJOR CODE: 01365)

The Kinesiology program offers a wide range of possibilities for the student who wants to pursue a degree in the interdisciplinary approach to the study of human movement, athletic training, physical education, pre-physical therapy, human anatomy, human physiology, and the social and psychological aspects of exercise, fitness and sport. Exploration of career opportunities in areas sport, movement, exercise and fitness, including teaching, coaching, and fitness professions. Transfer Credit: CSU.

REQUIRED CORE: (11 units)

ES/T 202	Introduction to Kinesiology	3
BIOL 260	Human Anatomy	4
BIOL 261	Principles of Human Physiology	4

Movement-based Courses (minimum 3 units)

Select a maximum of one (1) course from any three (3) of the following areas for a minimum of three units: Aquatics, Fitness, Individual Sports, Team Sports

Aquatics:

ES/A 155	Swimming I	1
ES/A 223	Beginning Sailing	1–2
ES/A 227	Aquatic Exercise I	1
ES/A 238	Beginning Surfing	1

Fitness:

ES/A 264	Beginning Yoga	1
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Individual Sports:

ES/A 135	Bowling—Beginning	1
ES/A 143	Badminton I	1



LIST A: select two courses (7–8 units)		7–8
MATH 119	Elementary Statistics (4) OR	
SOC 270	Statistical Methods of Sociology (3) OR	
BIOL 100	Principles of Biology (3) AND	
BIOL 101	Principles of Biology Laboratory (1) OR	
CHEM 100	Introduction to General Chemistry (4) OR	
CHEM 170	Preparation for General Chemistry (4)	
Total units		21–23

- * Students planning to transfer to a four-year college or university should complete courses specific to transfer institution of choice. University requirements vary from institution to institution and are subject to change. Therefore, it is important to verify transfer major preparation and general education requirements through consultation with a counselor in either the Counseling Center or Transfer Center.

CERTIFICATES

FITNESS SPECIALIST CERTIFICATION: BASIC

CERTIFICATE OF PROFICIENCY

CAREER/TECHNICAL (MAJOR CODE: 01361)

The Fitness Specialist program is designed to train and qualify students to function as entry-level, intermediate, and advanced group exercise leaders and personal trainers. Students will learn the scientific principles of exercise and physical conditioning, techniques of exercise leadership with groups and individuals, assessment and establishment of healthy behaviors, nutrition and the designing of safe, effective, and personalized exercise plans for a variety of clients.

Program Student Learning Outcome Statement

- Student will be able to create an effective and safe exercise program based on observation, client assessment and risk stratification to improve fitness level of target population.
- Student will learn teaching methodologies needed to implement exercise programs to target populations in various fitness settings.

HLTH 202	Nutrition for Athletes	3
ES/T 135	Introduction to Exercise Physiology	2
ES/T 136	Techniques of Weight Training	2
ES/T 137	Exercise for Special Populations	2
ES/T 138	Techniques of Exercise Leadership	2
ES/T 139	Fitness Specialist Internship	3
ES/T 140	Introduction to Applied Kinesiology	2
Total units		16

FITNESS SPECIALIST CERTIFICATION: ADVANCED

CERTIFICATE OF ACHIEVEMENT

CAREER/TECHNICAL (MAJOR CODE: 01362)

The Fitness Specialist program is designed to train and qualify students to function as entry-level, intermediate, and advanced group exercise leaders and personal trainers. Students will learn the scientific principles of exercise and physical conditioning, techniques of exercise leadership with groups and individuals, assessment and establishment of healthy behaviors, nutrition and the designing of safe, effective, and personalized exercise plans for a variety of clients.

Program Student Learning Outcome Statement

- Students will learn the aspects of a variety of diverse situations in the fitness setting with respect to CPR and first aid, risk assessment and basic protocol of injury management.
- Student will learn teaching methodologies needed to implement exercise programs to target populations in various fitness settings.
- Student will be able to create an effective and safe exercise program based on observation, client assessment and risk stratification to improve fitness level of target population.

GAINFUL EMPLOYMENT:

The U.S. Department of Education requires colleges to disclose a variety of information for any financial aid eligible program that “prepares students for gainful employment in a recognized occupation.”

Students who complete this program will have acquired the necessary analytical tools to successfully secure gainful employment in the field of study.

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HLTH 110	First Responder	3
HLTH 202	Nutrition for Athletes	3
ES/T 107	Fitness Assessment and Laboratory	2.5
ES/T 135	Introduction to Exercise Physiology	2
ES/T 136	Techniques of Weight Training	2
ES/T 137	Exercise for Special Populations	2
ES/T 138	Techniques of Exercise Leadership	2
ES/T 139	Fitness Specialist Internship	3
ES/T 140	Introduction to Applied Kinesiology	2
ES/T 250	Prevention and Care of Athletic Injuries	2
Total units		23.5

Consult with a counselor to develop a Student Education Plan (SEP), which lists the courses necessary to achieve your academic goal.

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The program below is undergoing modification and the modification will be placed into an addendum upon Chancellor's Office approval - see your counselor for further information and visit the college website under <http://www.swccd.edu/catalog> link for the latest addenda updates.

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FAMILY STUDIES

HIGHER EDUCATION CENTER AT SAN YSIDRO

DEAN: Silvia Cornejo, M.A., Office 4118B, 619-216-6755

FACULTY: Sandra Corona, Ph.D.; Leslynn Gallo, Ph.D.;

Mary Holmes, M.A.; Virginia Watson, M.A.

DEPARTMENT CHAIR: Leslynn Gallo, Ph.D.

GENERAL DESCRIPTION

Child development is the study of the physical, socio-emotional, cognitive, and psychomotor growth and development of the child from conception to adolescence. This department explores human anatomy, health, psychology, sociology, education, nutrition, home and childcare environments, community resources, curriculum, childrearing, and language acquisition as they pertain to the child in contemporary society.

CAREER OPTIONS

Below is a sample of the career options available for the child development major. Most require a certificate or associate degree, some require a bachelor's degree, or a graduate degree: infant-toddler teacher, preschool teacher, director or owner, parent education instructor, elementary school teacher, child and family counselor, pediatric psychologist, college instructor, social worker, adoption counselor, education technician, tutor, social service agent, pediatric nurse or physician, and public health administrator.

DEGREE/CERTIFICATE OPTIONS

MAJOR CODE

Associate in Arts Degree: Transfer Preparation	
Child Development	01750
Associate in Arts Degree: Career/Technical	
Child Development Teacher	B2721
Certificates of Achievement	
Child Development Teacher Permit Certificate	B2722
Certificates of Proficiency	
Family Childcare—Bilingual (English/Spanish)	B2725
Spanish-to-English Associate Teacher Certificate	02723

ASSOCIATE IN ARTS DEGREE

CHILD DEVELOPMENT

ASSOCIATE IN ARTS DEGREE

TRANSFER PREPARATION * (MAJOR CODE: 01750)

Prepares students to work as preschool teachers or directors or to transfer to other colleges and universities offering a bachelor's degree in child development for more advanced careers with children.

Students will acquire the ability to understand the cognitive development of the child from pre-birth through adolescence, as well as his/her emotional, social, physical and educational needs, and to develop skills to work with the young child.

Program Student Learning Outcome Statement:

- Students will be able to apply major concepts of child development and demonstrate the skills necessary to guide young children in a classroom setting.

CD 170	Principles of Child Development	3
CD 170L	Principles of Child Development Laboratory	1
CD 180	Observation and Guidance for Child Development	3
CD 181	Curriculum Planning for Child Development	3
CD 184	Observation and Documentation	3
CD 282A	Child Development Field Practicum	3
CD 284	Child, Family, and Community	3
CD 135	Principles of Family Development	3
SOC 101	Introduction to Sociology (3) OR	3
PSYC 101	Introduction to Sociology (3)	
SOC 270	Statistical Methods of Sociology (3) OR	3
PSYC 270	Statistical Methods of Psychology (3)	

Total units **28**

Recommended Electives: CD 175, 177.

To earn an associate degree, additional general education and graduation requirements must be completed. See page 64.

