

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.

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.



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.

