

2017 - 2018  
CATALOG ADDENDUM  
SPRING 2018  
January 16, 2018



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## CATALOG ADDENDUM

This catalog addendum consists of new and revised courses adopted since the 2017-2018 *Catalog* was published. It also includes corrections to the 2017-2018 *Catalog*. These additions, revisions, and corrections replace what is printed in the current *Catalog* and are effective as of Spring 2018.

Course / Program Title	Description
ATH 21 Football Theory and Practice: Special Teams	New Course
CAHM 120 Nutritional Cooking	New Course
CJ 108 Explorer Academy	New Course
CJ 130 Crisis Intervention Team Training	New Course
CJ 131 Principled Policing: Discussion of Procedural Justice Train the Trainer	New Course
CJ 135 Dual Sport Motorcycle Training	New Course
CJ 163 Supervisory Response to Critical Incidents	New Course
DH 453A Dental Technology I	New Course
DH 453B Dental Technology II	New Course
DM 56 Web Design Using WordPress	New Course
DM 57 Social Media and Self-promotion	New Course
DM 80 The Studio	New Course
FT 185AS Fire Fighter Academy Skills	New Course
FT 187 Fire Academy Prep Course	New Course
ATH 16 Football Theory and Practice: Offense	Revised Course
ATH 17 Football Theory and Practice: Defense	Revised Course
CEM 166A Fundamentals of the 2015 International Building Code I Structural	Revised Course
CAHM 20 Nutrition	Revised Course
ENGR 35 Statics	Revised Course
FT 185 Fire Fighter I Academy	Revised Course
HORT 54 Business Aspects of Horticulture	Revised Course
KIN 38B Intermediate Yoga and Stress Reduction	Revised Course
KIN 61A Beginning Swim Fitness	Revised Course
KIN 61B Intermediate Swim Fitness	Revised Course
KIN 61C Advanced Swim Fitness	Revised Course
Computer Science A.S. Degree	Correction
Kinesiology A.A.-T Transfer Degree	Correction

## NEW COURSES

### ATHLETICS

#### **ATH 21      Football Theory and Practice: Special Teams**

0.5 – 3 units; 1 - 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100

Presents the theory and practice of football special teams, including explanation, organization, and development of special teams skills and strategies. Open entry/open exit.

*Transfer Credit:* Transfers to CSU; UC, pending review.

### CULINARY ARTS & HOSPITALITY MANAGEMENT

#### **CAHM 120      Nutritional Cooking**

3 units; 2 hours Lecture, 3 hours Laboratory

Recommended Preparation Eligibility for ENGL 100 or ESL 100 or READ 100.

Repeatability: May be taken a total of 1 time.

Introduces the principles of menu planning for health and disease prevention. Explores the practical application of using food as medicine.

*Transfer Credit:* Non-transferable.

### CRIMINAL JUSTICE (PUBLIC SAFETY)

#### **CJ 108      Explorer Academy**

1.5 units; .55 hours Lecture, 3.95 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides students with basic knowledge of policing, digital safety, gang awareness, vehicle operations, team building, criminal justice system, crime scene evidence collection, use of force, special operations, crisis negotiations, firearms, and first aid and CPR.

*Transfer Credit:* Non-transferable.

#### **CJ 130      Crisis Intervention Team Training**

.5 units; .34 hours Lecture , 1 hour Laboratory

Prerequisite: 1. Commission on Police Officer Standards & Training

(POST) certified basic law enforcement academy diploma or equivalent as determined by the Dean of Academy Instruction. NOTE: Approval of equivalent training is not a guarantee state regulatory or licensing agencies will also grant equivalency.

2. Prior to beginning this course students must already be familiar with, and be able to demonstrate, all of the skills listed below. These will not be taught in the course; rather, they will

## NEW COURSES

### *CJ 130 continued*

be the starting point for advanced officer training that builds upon them. These minimum knowledge and skill levels are regarding:

- Officer safety
- Proper and safe tactical movement
- Proper and safe arrest and control technique
- Effective verbal communication used in policing
- Effective non-verbal communication used in policing

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides students with the proper techniques for safe and secure contact, detainment, and transport of individuals with mental health disorders (Welfare and Institution Code section 5150), developmental disorders, intellectual disorders, and substance use disorders.

*Transfer Credit:* Non-transferable.

### **CJ 131            Principled Policing: Discussion of Procedural Justice Train the Trainer**

.5 units; .44 hours Lecture, .44 hours Laboratory

Prerequisite: 1. Commission on Police Officer Standards & Training

(POST) certified basic law enforcement academy diploma or equivalent as determined by the Dean of Academy Instruction. NOTE: Approval of equivalent training is not a guarantee state regulatory or licensing agencies will also grant equivalency.

2. Prior to beginning this course students must already be familiar with, and be able to demonstrate all of the skills listed below. These will not be taught in the course; rather, they will be the starting point for advanced officer training that builds upon them. These minimum knowledge and skill levels are regarding:

- Effective verbal communication used in policing
- Effective non-verbal communication used in policing

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides training to develop a spirit of teamwork between law enforcement agencies and community members. This sense of cooperation leads to a reduction in criminal activity and an overall improved quality of life within the community. This course includes facilitation skills training for instructors.

*Transfer Credit:* Non-transferable.

## NEW COURSES

### **CJ 135 Dual Sport Motorcycle Training**

.5 units; .44 hours Lecture, 1.34 hours Laboratory

Prerequisite: POST Basic Motorcycle Course

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides instruction to qualify the novice student in the operation of a dual-purpose (street/dirt) motorcycle to meet the minimum standard for enforcement riding. Includes riding on both on and off road with a strong emphasis on officer safety.

*Transfer Credit:* Non-transferable.

### **CJ 163 Supervisory Response to Critical Incidents**

.5 units; .45 hours Lecture, .89 hours Laboratory

Prerequisite: Commission on Police Officer Standards & Training

(POST) certified basic law enforcement academy diploma or equivalent as determined by the Dean of Academy Instruction. NOTE: Approval of equivalent training is not a guarantee state regulatory or licensing agencies will also grant equivalency.

Prior to beginning this course students must already be familiar with, and be able to demonstrate all of the skills listed below. These will not be taught in the course; rather, they will be the starting point for advanced officer training that builds upon them. These minimum knowledge and skill levels are regarding:

Familiarity with incident response,  
 Familiarity with active shooter incidents,  
 Familiarity with threat assessment,  
 Familiarity with the role of law enforcement at a crime scene,  
 Knowledge of leadership concepts

Repeatability: May be taken a total of 1 time.

Teaches students how to respond to critical incidents while taking on a supervisor role. Topics include decision-making, tactical considerations, command and control, resources, special weapons, and formulating a tactical plan.

*Transfer Credit:* Non-transferable.

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## DENTAL HYGIENE

### **DH 453A Dental Technology I**

0 units; Semester hours: 9 hours Lecture, 9 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100

Teaches theory, application and hands-on computer training with patient management software used in the dental office.

## NEW COURSES

### **DH 453B      Dental Technology II**

0 units; Semester hours: 9 hours Lecture, 9 hours Laboratory

Prerequisite: DH 453A and Certification in radiation safety issued by the California Dental Board.

Recommended Preparation: Eligibility for ENGL 100 and READ 100

Teaches theory, application, and hands-on computer training with digital radiography and intraoral camera used in the dental office.

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## DIGITAL MEDIA

### **DM 56            Web Design Using WordPress**

2 units; 1.5 hours Lecture, 1 hour Laboratory

Prerequisite: DM 1 or equivalent skills.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Explores WordPress, a content management system (CMS) used to create and manage web pages. Course covers image preparation, web typography, search engine optimization, and web hosting. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU.

### **DM 57            Social Media and Self-promotion**

2 units; 1.5 hours Lecture, 1 hour Laboratory

Recommended Preparation: DM 1, Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces students to various forms of social media tools and technology and how to use these tools strategically for self-promotion and marketing. Students will learn about leading social media platforms and tools, who uses them, and how they have transformed the way we interconnect and interact with the world, both personally and professionally. Students will be expected to apply their knowledge by participating on different social media platforms through interactive class projects. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU.

### **DM 80            The Studio**

3 units; 2 hours Lecture, 3 hours Laboratory

Prerequisite: DM 2, DM 4

Recommended Preparation: DM 34, DM 60, Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Engages in best practices for collaborative media design, and production work experience in the creation and coordination of graphic, interactive, and motion media projects—from intake to delivery. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU.

## NEW COURSES

### FIRE TECHNOLOGY (PUBLIC SAFETY)

#### **FT 185AS      Fire Fighter Academy Skills**

.5-1 unit; 1.5-3 hours Laboratory

Prerequisite: State Fire Marshall certified basic firefighting academy diploma or equivalent as determined by the Dean of Academy Instruction. NOTE: Approval of equivalent training is not a guarantee state regulatory or licensing agencies will also grant equivalency. Prior to beginning this course students must already be familiar with, and be able to demonstrate all of the skills listed below. These will not be taught in the course; rather, they will be the starting point for advanced officer training that builds upon them. These minimum knowledge and skill levels are regarding: Knowledge of Firefighter Safety, Don and use Self Contained Breathing Apparatus (SCBA) and PASS Device, Knowledge of all Firefighting Personal Protective Equipment, Knowledge of all Firefighting Tools and Equipment, Ladders, and Hoses, Familiarity with Structure Ventilation, Knowledge of Fuel Types, Precautions and Suppression Methods, Familiarity with Rescue Knots.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides reinforcement, combination, and integration of the skills learned in the basic fire academy in accordance with the State Fire Marshal Firefighter 1 curriculum. Students are provided the opportunity to take the National Capstone tests for International Fire Service Accreditation Congress (IFSAC) and National Board on Fire Services Professional Qualifications (Pro Board) certifications. Successful completion of this course provides the student with the opportunity to apply for employment as a firefighter in the state of California and outside of California with those states that offer reciprocity.

*Transfer Credit:* Non-transferable.

#### **FT 187              Fire Academy Prep Course**

1 unit; .33 hours Lecture, 2.35 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Prepares potential Fire Academy students for success in the Fire Academy. The preparation course will include classroom lecture and hands on training.

*Transfer Credit:* Non-transferable.

## REVISED COURSES

### ATHLETICS

#### ATH 16 Football Theory and Practice: Offense

*Add to 2017-2018 Catalog  
Reactivated with updated units, hours, and course description*

0.5 – 3 units; 1 - 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100

Presents the theory and practice of football-offense, including explanation, organization, and development of offensive skills and strategies. Open entry/open exit.

*Transfer Credit:* Transfers to CSU; UC, pending review.

#### ATH 17 Football Theory and Practice: Defense

*Add to 2017-2018 Catalog  
Reactivated with updated units, hours, and course description*

0.5 – 3 units; 1 - 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100

Presents the theory and practice of football-defense, including explanation, organization, and development of defensive skills and strategies. Open entry/open exit.

*Transfer Credit:* Transfers to CSU; UC, pending review.

### CONSTRUCTION AND ENERGY MANAGEMENT

#### CEM 166A Fundamentals of the 2015 International Building Code I Structural

*2017-2018 Catalog, Page 137  
Revision: Change year of code manual to 2015  
in title and course description*

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100; Eligibility for MATH 154.

Repeatability: May be taken a total of 1 time.

Provides training in the structural portions of the 2015 International Building Code, including concrete, masonry, and wood frame construction. Designed for architects, contractors, designers, inspectors, and those seeking International Code Council Certification.

*Transfer Credit:* Non-transferable.



## REVISED COURSES

### CULINARY ARTS & HOSPITALITY MANAGEMENT

#### CAHM 20 Nutrition

*2017-2018 Catalog, Page 143  
Revision: Add C-ID # of NUTR 110*

3 units; 3 hours Lecture

Recommended Preparation Eligibility for ENGL 100 or ESL 100 or READ 100.

Repeatability: May be taken a total of 1 time.

Examines essential nutrients and how they affect our health throughout life emphasizing and evaluating current developments in nutrition. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU; UC. C-ID NUTR 110

### ENGINEERING

#### ENGR 35 Statics

*2017-2018 Catalog, Page 184  
Revision: Change lecture hours from 3 to 2;  
Add 3 laboratory hours; Add C-ID # of ENGR 130*

3 units; 2 hours Lecture, 3 hours Laboratory

Prerequisite: PHYS 4A and MATH 5B.

Recommended Preparation: ENGR 25; ENGL 100 or ESL 100 and ENGL 100L or Assessment into ENGL 1A; READ 100.

Repeatability: May be taken a total of 1 time.

Analyzes force systems on rigid bodies in static equilibrium using two- and three-dimensional models and vector and scalar analysis methods. Topics include distributed force systems, friction, couples, moments; shear and bending moment diagrams; analysis of trusses, frames, and beams; centroids/center of mass; area and mass moment of inertia. Optional topics include cables, Mohr's circle, and virtual work. Spring semester only.

*Transfer Credit:* Transfers to CSU; UC. C-ID ENGR 130

## REVISED COURSES

### FIRE TECHNOLOGY (PUBLIC SAFETY)

#### FT 185 Fire Fighter I Academy

*2017-2018 Catalog, Page 302  
Revision: Units from 13.5 to 14;  
Hours from 7 hours lecture and 20.90 hours laboratory to  
5.5 hours Lecture and 26.95 hours laboratory*

14 units; 5.5 hours Lecture, 26.95 hours Laboratory

Prerequisite: Ability to meet the Academy medical standards as certified by a medical doctor. Pass Pre-Academy physical abilities exam.

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides instruction on basic fire fighting skills, laws and regulations affecting the fire service, including knowledge and skills to safely perform, under minimal supervision, essential and advanced fire ground tasks, basic rescue, basic fire prevention, fire investigation tasks, and to use, inspect, and maintain fire fighting and rescue equipment. Curriculum is intended to provide the minimum training required by the State of California Fire Marshal in the field of Fire Technology as it relates to Fire Fighters.

*Transfer Credit:* Non-transferable.

### HORTICULTURE

#### HORT 54 Business Aspects of Horticulture

*2017-2018 Catalog, Page 221  
Revision: Student units from 4 to 3; Remove laboratory hours*

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100; Eligibility for MATH 154.

Repeatability: May be taken a total of 1 time.

Focuses on starting and managing horticultural businesses including developing a business plan, sales, marketing, licenses required, record keeping, and legal requirements of employers. Discusses a myriad of employment opportunities, especially niche markets.

*Transfer Credit:* Transfers to CSU.

## REVISED COURSES

### KINESIOLOGY

#### **KIN 38B Intermediate Yoga and Stress Reduction**

*2017-2018 Catalog, Page 237*

*Revision: Laboratory hours change from 1-6 to 1-4*

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 38A

Recommended Preparation: Eligibility for ENGL 100 and READ 100

Explores the eight limbs of yoga as a method for reducing stress, improving well-being, and cultivating the connection of mind and body for the intermediate student. Introduces postures, meditation, breathing techniques, skills, and guidelines that promote health and ethical living.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all KIN activity courses combined: maximum credit-4 units.

***Revision to 61 A/B/C:***

*2017-2018 Catalog, Page 241*

*Revision: Unit change from 0.5-3 to 0.5-2  
and updated course descriptions.*

#### **KIN 61A Beginning Swim Fitness**

0.5 – 2 units; 1 – 4 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100

Introduces physical fitness using competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all KIN activity courses combined: maximum credit-4 units.

#### **KIN 61B Intermediate Swim Fitness**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 61A

Recommended Preparation: Eligibility for ENGL 100 and READ 100

Provides instruction of intermediate level swimming techniques to improve physical fitness. Swim sets include interval training, work out structure to meet goals, and learning the differences between aerobic and anaerobic swimming.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all KIN activity courses combined: maximum credit-4 units.

**REVISED COURSES****KIN 61C      Advanced Swim Fitness**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 61B

Recommended Preparation: Eligibility for ENGL 100 and READ 100

Provides instruction of advanced level competitive swimming techniques to enhance physical fitness. Swim sets include flip turns, tactical breathing, and developing a complete swim work out.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all KIN activity courses combined: maximum credit-4 units.

## REVISED PROGRAMS

## Computer Science A.S. Degree

2017-2018 Catalog, Page 123-124

Revision:

Add paragraph after Learning Outcomes:

Model Program for Computer Science

The Computer Science program is intended to meet the needs of students majoring in computer science, and students from other science disciplines where computer programming is required. These disciplines include computer engineering, networking and system administration, business, bioinformatics, information systems management, economics, business and information systems, engineering, and engineering technology. The Computer Science program offers one degree program, four certificates of achievement, and two skills certificates. The A.S. Degree program transfers to four-year colleges and universities. Note: UC will accept a total of 6 courses from Computer Science. One of the following courses is recommended for all potential computer science/computer engineering majors early in their academic career to help determine their interest in pursuing the major: CS 1 or CS 11 (C++), CS 12GP, or CS 12J (Java).

## Learning Outcomes:

1. Demonstrate software development skills necessary to succeed in programming intensive majors at 4-year colleges. (Critical Thinking, Professional Development)
2. Demonstrate professional conduct by meeting strict project deadlines, participating in self-managed teams, and adopting classroom behavioral norms. (Communication, Professional Development)
3. Demonstrate the capacity to use computer software to communicate and interact with computer hardware. (Critical Thinking, Communication, Professional Development)
4. Demonstrate information literacy individually, and as a team member (proper citations, documentation, ethical practices). (Critical Thinking, Communication, Professional Development, Global Awareness)

## Model Program for Computer Science

These Associate Degrees require 60 units appropriate to your educational goal, to include general education and at least 30 units in a major. Courses should be selected to meet the lower-division major preparation requirements at your intended transfer university – these specific requirements can be found at [www.assist.org](http://www.assist.org) for 4-year public institutions in California. Please see a counselor for advisement to ensure you are taking the best possible courses given your goal. The department presents the following suggested Model Programs for this major. The courses listed below may or may not be appropriate depending on your specific goal. Please see a counselor for advisement for transfer to any 4-year institution.

General Education 21 Units  
 Computer Science Majors  
 Core courses for all transfer students (39 Units)

	Units
CS 19 or CS 20J CS 21	C++ Programming .....4
	Java Programming .....4
	Introduction to Data Structures and Algorithms.....4
	*Discrete Mathematics .....4
CS 23 or MATH 23 MATH 5A MATH 5B	*Discrete Mathematics .....4
	Analytic Geometry and Calculus I ..... 5
	Analytic Geometry and Calculus II .....5
The following core courses are required for transfer for most computer science majors and transfer universities.	
CS 24	**Elementary Computer Organization.....4
MATH 5C	Analytic Geometry and Calculus III .....5
MATH 6	Introduction to Linear Algebra .....3
MATH 7	Introduction to Differential Equations .....3
CHEM 1A	General Chemistry I..... 5
CHEM 1B or PHYS 4A PHYS 4B PHYS 4C or BIO 9A and BIO 9B	General Chemistry II .....5
	Physics for Scientists and Engineers I ..... 5
	**Physics for Scientists and Engineers II .....5
	*Physics for Scientists and Engineers III .....5
	Molecular, Cellular, and Animal Biology .....5
	Ecology, Evolution, and Plant Biology ..... 5
Computer Engineering Majors	
CS 19 or CS 20J MATH 5A MATH 5B MATH 5C MATH 6 MATH 7 CHEM 1A PHYS 4A and PHYS 4B	C++ Programming .....4
	Java Programming .....4
	Analytic Geometry and Calculus I ..... 5
	Analytic Geometry and Calculus II .....5
	Analytic Geometry and Calculus III .....5
	Introduction to Linear Algebra.....3
	Introduction to Differential Equations .....3
	General Chemistry I..... 5
	Physics for Scientists and Engineers I ..... 5
	**Physics for Scientists and Engineers II .....5
The following core courses are required for transfer for most computer engineering majors and transfer universities:	
CS 21	*Introduction to Data Structures and Algorithms .....4
	*Discrete Mathematics .....4
CS 23 or MATH 23 CS 24 PHYS 4C or CHEM 1B or BIO 9A and BIO 9B	*Discrete Mathematics .....4
	**Elementary Computer Organization.....4
	*Physics for Scientists and Engineers III ..... 5
	General Chemistry II ..... 5
	Molecular, Cellular, and Animal Biology .....5
	Ecology, Evolution, and Plant Biology .....5
Total Units	<b>60</b>
*spring only; **fall only	

## REVISED PROGRAMS



Associate Degree  
for Transfer  
*A Degree with a Guarantee.™*

## Kinesiology A.A.-T Transfer Degree

2017-2018 Catalog, Page 231-232

Revision to KIN AA-T, List A:

From:

Take two courses from two of the five different areas: BIO, CHEM, First Aid, Statistics, and PHYS.

To

Take two courses from two different departments: BIO CHEM, First Aid, Statistics and PHYS (6-10 Units)

Kinesiology is the academic discipline concerned with the art and science of human movement. Kinesiology may also be listed as Physical Education or Human Performance at some campuses. Students may pursue Bachelors and graduate degrees with emphasis in adaptive physical education, athletic training, physical therapy, dance, movement sciences, sports management, teaching, and coaching which provide numerous career opportunities in both the public, and private sectors.

Cabrillo offers options for degrees in Kinesiology. The first option listed below is an Associate in Arts in Kinesiology for Transfer (A.A.-T), which is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing these degrees are guaranteed admission to the CSU system, but not to a particular campus or major. See Associate Degree for Transfer information in the Cabrillo College *Catalog*. Students pursuing transfer to a specific campus or major concentration should pay careful attention to the courses they choose from List A to insure major preparation for their preferred campus.

The following is required for all A.A.-T or A.S.-T degrees:

- Completion of 60 CSU-transferable semester units.
- Minimum grade-point average (GPA) of at least 2.0 in all CSU-transferable coursework. While a minimum of 2.0 is required for admission, some majors may require a higher GPA.
- Completion of a minimum of 18 semester units in the major with a letter grade of "C" or better, or a "P" if the course is taken on a "Pass/No Pass" basis.
- Certified completion of the California State University General Education- Breadth pattern (CSU GE Breadth) or the Intersegmental General Education Transfer Curriculum (IGETC) pattern.

## Learning Outcomes

The Cabrillo College Core Competencies (with an emphasis in the study of Kinesiology):

1. Communication: Reading, Writing, Listening, Speaking, and/or Conversing

2. Critical Thinking and Information Competency: Analysis, Computation, Research, Problem Solving
3. Global Awareness: An appreciation of Scientific Processes, Global Systems and Civics, and Artistic Variety
4. Personal Responsibility and Professional Development: Self-Management and Self-Awareness, Social and Physical Wellness, Workplace Skills

CSU or IGETC for CSU General Education Requirements 37-39 Units  
Core Courses (11 units)

KIN 2	Introduction to Kinesiology .....	3
BIO 4	Human Anatomy .....	4
BIO 5	Human Physiology.....	4

## Movement Based Courses

You must take one course from three of the four different areas for an overall 3-unit minimum. One 3-unit course will not complete the Movement-Based Course requirement. Each course should be taken for 1 unit. Other KIN and DANCE courses may be used for the Movement Based Courses requirement IF they are documented as lower-division major preparation for the Similar Major at a CSU. Students may also substitute a higher level course (i.e. level B or C).

## Aquatics Courses

KIN 60A	Beginning Swimming .....	0.5-2
KIN 60B	Intermediate Swimming .....	0.5-2
KIN 61A	Beginning Swim Fitness .....	0.5-3
KIN 63A	Beginning Water Polo .....	0.5-2
KIN 63B	Intermediate Water Polo .....	0.5-2
KIN 63C	Advanced Water Polo .....	0.5-2

## Dance Courses

DANCE 2A	Introduction to Dance I .....	0.5 - 3
DANCE 4	Contemporary Modern Dance I .....	0.5 - 3
DANCE 12A	Choreography I .....	0.5 - 3
DANCE 21A	Ballroom Dance I .....	0.5 - 3
DANCE 21B	Ballroom Dance II .....	0.5 - 3
DANCE 81	Swing Dance .....	0.5 - 3

## Fitness Courses

KIN 27A	Beginning Weight Training .....	0.5 - 2
KIN 27B	Intermediate Weigh Training .....	0.5 - 2
KIN 34A	Beginning Core Performance .....	0.5 - 2
KIN 37A	Beginning Hatha Yoga .....	0.5 - 2
KIN 38A	Beginning Yoga & Stress Reduction .....	0.5 - 2
KIN 39A	Beginning Gyrokinesis® Movement Yoga ....	0.5 - 2
KIN 55	Sports Conditioning .....	0.5 - 3

## Team and Individual Sports courses

*Note: KIN 53A may be used if taken before Spring, 2014*

KIN 40A	Beginning Golf .....	0.5 - 2
KIN 40B	Intermediate Golf .....	0.5 - 2
KIN 43A	Beginning Tennis .....	0.5 - 2
KIN 43B	Intermediate Tennis .....	0.5 - 2
KIN 43C	Advanced Tennis .....	0.5 - 2
KIN 47A	Beginning Basketball .....	0.5 - 2
KIN 47B	Intermediate Basketball .....	0.5 - 2

## REVISED PROGRAMS

### *Kinesiology AA-T Transfer Degree continued*

	Units
KIN 50A	Beginning Soccer .....0.5 - 2
KIN 52A	Beginning Ultimate Frisbee .....0.5 - 2
KIN 54A	Beginning Volleyball .....0.5 - 2
KIN 54B	Intermediate Volleyball .....0.5 - 2
KIN 54C	Advanced Volleyball .....0.5 - 2

### List A - Take two courses from two different departments: BIO CHEM, First Aid, Statistics and PHYS. (6-10 Units)

BIO 9A	Molecular, Cellular, and Animal Biology.....	5
BIO 9B	Ecology, Evolution, and Plant Biology.....	5
BIO 11A	General Biology.....	4
CHEM 30A	Inorganic Chemistry for Health Occupations.....	4
CHEM 30B	Introductory Organic Chemistry and Biochemistry for Health Occupations.....	4
CHEM 1A	General Chemistry I.....	5
CHEM 32	Chemistry for the Allied Health Major.....	5
KIN 13	First Aid: Responding to Emergencies.....	3
MATH 12	Elementary Statistics.....	5
MATH 12H	Honors Elementary Statistics.....	5
PSYCH 2A	Statistics for Behavioral Sciences.....	3
PHYS 2A	General Physics I.....	4
PHYS 4A	Physics for Scientists and Engineers I.....	5
PHYS 10	Introduction to Physics.....	3
and		
PHYS 10L	Introduction to Physics Lab.....	1

*Note: BIO MATH, CHEM, PHYS and PSYCH courses are also general education courses.*

Total Units	60
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